



## ***NES Newsletter November 2025***

### ***Be Safe...Be Respectful...Be Responsible***

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#### **Important Dates and Reminders**

- November 2nd - Set Clocks Back One Hour
- November 3rd - 7th, Book Fair - See details below under "Library"
- November 3rd - 7th - Dental Sealants for all Students that Turned in Permission Forms
- November 4th - Book Fair Family Night 2:45-6:00 P.M., Parent Council Family Event - Cookie Decorating in the cafeteria 4:00-6:00
- November 10th - School Board Meeting - 6:30 p.m. at the District Office or on Zoom
- November 11th - No School - Veteran's Day
- November 25th - No School - Grade Day
- November 26th - 28th - No School - Thanksgiving Holiday



#### **Coming Saturday, December 6th, 2025:**

NES's Seaside Cinema Takeover for Disney's movie, Zootopia. Look for details and sign up info coming out mid - November.

# FALL BACK

DAYLIGHT SAVING TIME ENDS



**SUNDAY, NOVEMBER 2, 2025  
AT 2:00 AM**

Remember to  
**SET YOUR CLOCKS BACK  
ONE HOUR!**

Gain an extra hour of rest – don't forget  
to adjust your clocks before you go to  
bed Saturday night.




## ***November Lunch Menu***



# NOVEMBER 2025

## NEHALEM ELEMENTARY

Sandwiches or Hand-Crafted  
Salads are Available Daily  
As an Option for Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
 Waffles <b>3</b> Lasagna Soup & Garlic Bread	 Banana Bread <b>4</b> Nachos	 Yogurt Parfaits <b>5</b> Chicken Alfredo	 Biscuits & Sausage <b>6</b> Cheese Burgers	 Oatmeal Rounds <b>7</b> Crispy Drumsticks
Breakfast Bar <b>10</b> Hot Dogs	<b>11</b> VETERAN'S DAY NO SCHOOL	Cream Cheese Bage <b>12</b> Tater Tot Casserole	Breakfast Pizza <b>13</b> Chicken Burger	Blueberry Muffins <b>14</b> Pepperoni Calzones
French Toast <b>17</b> Cheesy Breadsticks & Marinara	Pumpkin Bread <b>18</b> Enchiladas	Pancake on a Stick <b>19</b> Spaghetti	Breakfast Sandwich <b>20</b> Chicken Strips & Fries	Cinnamon Rolls <b>21</b> Peppy Chicken Rotini
Pancakes <b>24</b> Corn Dogs & Tots	<b>25</b> GRADE DAY NO SCHOOL	 <b>26</b>	<b>27</b> HAPPY THANKSGIVING!!	 <b>28</b>

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our breads and pastas are whole wheat or whole grain. GF options are available. Fat free and 1% milks are offered daily. Whole grain cereals are an option for breakfast.  
**"This institute is an equal opportunity provider."**

## Bookfair is November 4th - 7th!



**Monday** (preview with class)

**Tuesday-Thursday**- Before class and Lunch Recess.

**Friday**- close and pack up

### Tuesday November 4th

**Book Fair Family Night** 2:35-6:00pm in the library

**& Family Decorate-a-Cookie Night** 4:00-6:00pm in the cafeteria (put on by the Parent Council)



## Ms. Jennifer's School Counseling Office



Ms. Jennifer's School Counseling Office  
503-355-3657/ [jenniferh@nknsc.org](mailto:jenniferh@nknsc.org)  
[NKN Elementary Counseling](#)



How is it November already?! In October grades K-5 started to learn about/review Kelso's choices and dealing with conflict. Students worked on recognizing the size of the problem and worked on using Kelso's strategies for conflict resolution. We focused on using "I statements" in resolving conflicts with peers rather than blaming the other person. We will continue with Kelso's choice and conflict resolution in November. We also covered student safety k-5 with our Child Protection Unit from Second Step. Students learned about ways to stay safe with our "Never Never Rules" and the "Always Ask First Rule." I encourage you to ask your child about the different Kelso's choices and the never never rules, they know their stuff!



Additionally, in November we will continue to work on skills for learning: focused attention, listening, following directions, being assertive, empathy and more. We will continue developing using our 'tools' (Breathing, Listening & Words) to help in solving problems and staying in the green zone. If you have any questions or concerns about your student feel free to contact me. You can also fill out a counseling form to request a meeting. Ms. Jennifer 503-355-3657 [jenniferh@nknsc.org](mailto:jenniferh@nknsc.org)



Each month our PBIS team will be sharing something we have been working on to support positive student behavior at Nehalem Elementary School.

## **WHAT IS POSITIVE BEHAVIOR INTERVENTIONS and SUPPORT (PBIS)?**

PBIS is a school-wide system that includes proactive strategies for defining, teaching, reinforcing and supporting appropriate student behaviors to create a positive school environment. Nehalem Elementary has been using PBIS since 2011.

## **NEHALEM EXPECTATIONS TRAINING BOOSTER (NET BOOSTER)**

We do our NET Booster at the beginning of the year and after winter and spring breaks to make sure students know and practice the behaviors expected in each setting. All students rotate around the school through nonclassroom settings such as the cafeteria and the playground to learn the rules and expectations for each area. If students know the rules, then they are more likely to follow them. Students did great at our first NET Booster in September!



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## ***School Immunizations***

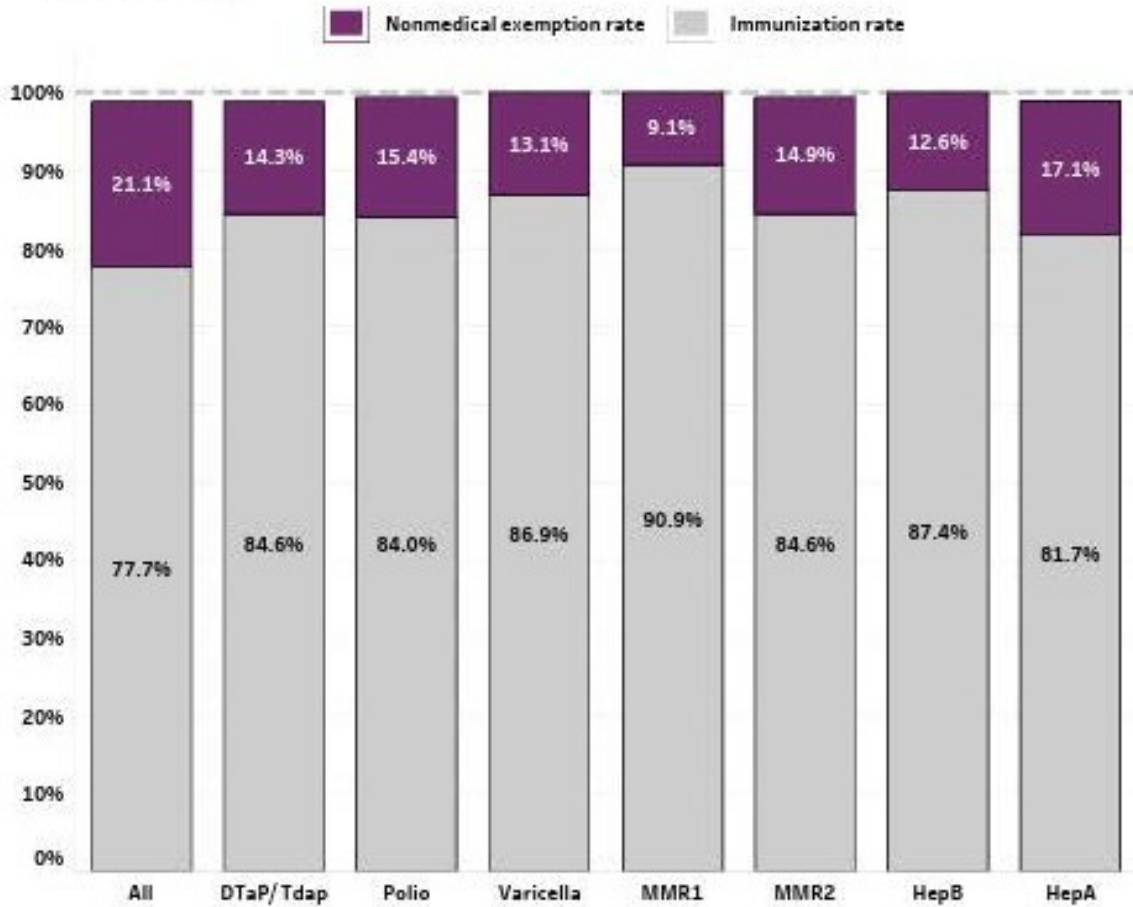
Now is a great time to review vaccine records and make sure your student's vaccines are up to date. You may receive a notice from the school if our records indicate missing vaccinations.

The state of Oregon does allow medical and non-medical exemptions with the correct forms and educational viewings. Visit [Oregon Immunizations](#) for more information.

With the rise of communicable diseases such as whooping cough and measles, it is important to note that if your child is exempt from vaccines (unvaccinated) and active cases of communicable diseases occur in school, local public health authorities may temporarily exclude exposed unvaccinated students from school during active outbreaks. Keeping students in school is a priority for all of us. Speak to your healthcare provider about the best options for your student regarding vaccinations.



**Nehalem Elementary**  
Tillamook County



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***PE - Mrs. Duer***

October Focus (Grades 2nd-5th):

- Throwing and Catching Skills and Games
- Volleyball Skills
- Relay Games and Sportsmanship

October Focus (Grades PreK-1st):

- Locomotor Skills (skipping, galloping, ect.)
- Underhand Tossing and Catching Skills
- Dribbling and Volleying
- Basic Tag Games

In November we plan to work on hockey skills and start up a basketball unit.

**\*Please make sure your child wears or brings tennis shoes every day.\***





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***NES T-Shirts Available for Purchase in Office***





**ADULT & KID  
SIZING**

**LIMITED QUANTITIES!**

**NES T-SHIRTS**

**\$15 EACH**

**EXACT CASH OR CHECK WRITTEN TO  
NEHALEM ELEMENTARY SCHOOL ONLY**



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## ***NES Seaside Cinemas Takeover - Saturday, December 6 - Zootopia***

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### ***Keeping Our Students Safe: Practice Makes Perfect***

#### **Keeping Our Students Safe: Practice Makes Perfect**

At NES, the safety of our students and staff is always our top priority. As part of our commitment to maintaining a secure learning environment, we regularly practice various emergency drills throughout the school year.

These drills are essential because they ensure that everyone knows exactly what to do and where to go in the event of a real emergency. This preparation helps reduce panic and allows us to respond quickly, calmly, and efficiently.

Once a month your child will participate in one of the following essential drills:

- Earthquake Drill (Drop, Cover, and Hold On) & Tsunami Drill: Students practice immediately taking cover under a sturdy piece of furniture or against an interior wall, protecting their heads



and necks until the shaking stops. They then exit the building. Our school is outside of the tsunami zone.

- Fire Drill: The sound of the fire alarm means everyone must quickly and quietly exit the building using the nearest designated route and gather at their class's safe meeting spot.
- Lock In Drill: This drill prepares students for a threat inside the school. Classes move away from doors and windows, the lights are turned off, and the classroom is secured (locked). We use the example of a stray dog or animal inside the school building to talk about this drill with students.
- Lock Out Drill: This drill is used when there is a potential threat outside the school building out in the community. All outside activity stops, all exterior doors are locked, and normal class activity continues inside. We will be practicing the Lockout Drill later this month.
- Hold in Place Drill: This drill is used when we have a medical emergency on campus and need students and staff to clear the area and remain in their classrooms so our onsite emergency team can be released to manage the situation until EMS arrives.

We understand these drills can sometimes sound serious, but they are conducted calmly and positively, emphasizing that they are simply practice runs. Staff and students are trained beforehand, and we never do "surprise drills." Staff and students always know when they are scheduled, and they are part of our normal routine. Please feel free to discuss the importance of these drills with your child at home.

Thank you for your partnership in making NES a safe place to learn!

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## ***Student Health & Wellness Center***

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### ***NCRD Youth***

Turkey and all the fixing, yes please!! We here at NCRD are ready for the changing leaves and fancy foods that come with Thanksgiving, if you need care over the holiday or after-school please reach out to us. We pick up your students at Nehalem Elementary school at the end of each school day and are open until 5pm. We are working on making a move with our after-school program which would include staying down at the school until 5pm. Our cost will stay \$6 a day per child. This does include a nutritious snack and a host of enrichment activities (outdoor play/walks, gym time, crafts, music, science, etc.) If interested, please reach out to Angie or Kiley at NCRD by phone, email, website, or just stop in. We are not currently accepting drop-ins. We do have full day care when the school is closed. We are closed on all national holidays. Those days are \$20 per student. The no school days in November are 25th & 26th. We are closed on November 27th & 28th, Happy Thanksgiving! To preregister and prepay, contact the Welcome Center. Scholarship applications are available upon request. Scholarships for students are funded through the Friends of NCRD Foundation. Please let any staff member or the Welcome Center know if this is a need, and we will get you a scholarship application.



#### -Youth Sports-

Futsal (indoor soccer) will start November 4 in the NES gym at 4:30 and run Tuesdays and Fridays until Dec. 19. If you are unsure if this is for you, come check it out. If you want to play but haven't registered, you still can, come over to NCRD and register if you have already played a sport this school year it's even easier, just call the welcome center (or email Kiley) and let them know your child's name, we can invoice you (\*late fees may apply). [angiet@ncrdnehallem.org](mailto:angiet@ncrdnehallem.org)  
[kileyk@ncrdnehallem.org](mailto:kileyk@ncrdnehallem.org)

#### -Upcoming Events-

Please join us for the Grand Opening of the NCRD Aquatics Center! Flyer is below with all the details. We are super excited, can't wait to see you there!

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## ***NCRD Aquatic Center Grand Opening***

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### **Employment Opportunities at NKN School District**

Click on this button to access and apply for open positions.

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#### **Elizabeth Avila**

Elizabeth is using Smore to create beautiful newsletters