

The Howler

Garibaldi Grade School | Newsletter



January 2023

Welcome back to a new calendar year! We hope your family had a relaxing and enjoyable Winter Break even with the crazy weather and loss of power! With all of the traveling, interactions happening with family and friends, please make sure to monitor any symptoms you may have. It is very important that we monitor our health and family's health closely to help prevent any spread of illness, as we have had our fair share already this year!

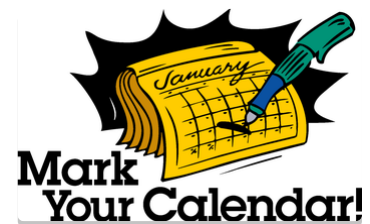
Important No School Days and Reminders

January 2nd, Monday | No School - New Years Holiday Observed

January 3rd, Tuesday | School Resumes

January 9th, Monday | No School - Professional Development

January 16th, Monday | No School - Martin Luther King Day Holiday



January's Characteristic is Being Organized

Each month, GGS focuses on a personal characteristic and teaches it to our students.

Our focus for the month of January is being organized. Students who are organized plan and set goals and prioritize them. They are able to plan and carefully keep things neat.

At the end of the month we will be handing out three awards in each class, two for students who were demonstrating being organized and one Pride of the Pack award focused on perseverance. Please talk with your child(ren) around the conversations they are having at school on being organized.

GGG Family Night - January 19th, 5:30-6:30pm

On Thursday, January 19th we are having a Family Night at GGS from 5:30-6:30pm in our gym. Families are invited to learn more about our tools and what we do here at school to help students learn to regulate their emotions. We will have a variety of self paced stations for families to visit and see what their child is learning about here at GGS! Mark your calendars!

Ms. H's Counseling Corner

Happy New Year! I hope everyone had a wonderful break!

In the month of December, we started our Child Protection Unit. We reviewed our 3 ways to stay safe and applied it to safe, unsafe, and unwanted touches. **Recognize, Refuse, Report.**

We reviewed using our Words Tool, and practiced the right words, in the right way, at the right time, and for the right reasons to refuse unsafe or unwanted touches. The third part to our lessons was to report these touches to someone in our constellation of support.



Personal Space Tool- "I have the right to my space and so do you."

With the introduction of our personal space tool, we talked about understanding our body boundary and the importance of respecting others boundaries as well. We talked about how our personal space can change depending on who we are with and our location. If someone is too close we can let them know by using our Words Tool. We practiced several different ways to use our words to let people know they are in our space.



During the month of January we will be doing some review and learning about our final two Wise Wolf Ways.

We will learn that our body gives us clues, "red flag warnings," that help us to identify an emotion that we are experiencing. If we begin to pay attention to our "red flag warnings," we can use Wise Wolf Way #5 and Exit the Emotional Elevator when we are at a lower level. We all have inside red flags that we feel and outside red flags that others can see and hear.

TFFC presents a Parent Prevention Info Series at GGS

Starting at the end of January, on Tuesdays from 11:30am-12:30pm here at GGS, families can join Tillamook Family Counseling Center as they present "Food with Families - Parent Prevention Information Series. Parents/primary caregivers can learn about the most effective ways to talk to youth about substance use and gambling.

Refreshments will be provided and participants will receive a \$15 Fred Meyer gift certificate in the mail after each session that they attend! For more information contact: Janeane@tfcc.org

A flyer for the NKN Student Health & Wellness Center. The background is light blue with various medical icons like a stethoscope, syringe, bandage, and pills. The NKN logo is at the top center, featuring a stylized bird or wave with a cross. Below the logo, the text reads: "The NKN Student Health & Wellness Center provides services to all students regardless of the student's ability to pay. Located at the Neah-Kah-Nie High School. Center opens Tuesday, August 9th for medical services (including sports physicals). Health & Wellness Center Hours Tuesday: 8:30 am - 12:00 pm 1:00 pm - 5:00 pm (closed 12:00 pm - 1:00 pm) Wednesday: 8:30 am - 12:30 pm 1:30 pm - 5:00 pm (closed 12:30 pm - 1:30 pm) Thursday: Starting September 6th (Counseling appointments only) 8:30 am - 12:00pm 1:00 pm - 4:30 pm (Closed 12:00 pm - 1:00 pm) (503) 355-3500 Visit the website for available services and resources: nknhealth.org *Parents have the right to opt out of services."/>

NKN
STUDENT HEALTH
& WELLNESS CENTER

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Located at the Neah-Kah-Nie High School.

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Health & Wellness Center Hours

Tuesday:
8:30 am – 12:00 pm
1:00 pm – 5:00 pm (closed 12:00 pm – 1:00 pm)

Wednesday:
8:30 am – 12:30 pm
1:30 pm – 5:00 pm (closed 12:30 pm – 1:30 pm)

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(Counseling appointments only)
8:30 am – 12:00pm
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Visit the website for available services
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**Parents have the right to opt out of services.*

NKN School Board Meetings

Monday, January 9th, 6:30pm

This is a monthly meeting of our school Board. Meeting takes place at our Rockaway Beach School District Office or through Zoom. You can access this meeting through our district website (www.nknsd.org) under "School Board" and then "Board Meetings".

Are you interested in a flexible work schedule?

Sign up to be a classified or certified substitute at any of our schools. Neah-Kah-Nie School District has contracted with ESS for our substitute services. To become a substitute for the District please go to ESS.com, click on the Job Seeker tab and type in Neah-Kah-Nie School District to begin the application process. If you have questions about the application process, or becoming a substitute, please contact ABrueske@ess.com or our Human Resources office at 503-355-3506



Garibaldi Grade School

604 Cypress Avenue, Garibaldi, ...
503-322-0311
lisas@nknsd.org
nknsd.org



**SCHOOL
DISTRICT**

Preparing children for an ever changing world

504 N. Third Ave. / PO Box 28
Rockaway Beach, OR 97136
Phone: 503-355-2222
Fax: 503-355-3434
www.nknsd.org

Delayed Start Communication Plan (revised 9/1/2022)

Neah-Kah-Nie Staff, Students, and Parents,

In case of inclement weather and/or a power outage, here is the school district's Delayed Start Communication Plan.

Monday-Friday

- 5:00 a.m. Road checks by First Student and NKN School Superintendent
- 5:45 a.m. First Student and superintendent will discuss road conditions to determine if a school delay or school closure is necessary. If the decision is to cancel or delay school, the superintendent will notify staff.
- 6:00 a.m. Public notice of school cancellation or delay by the school district will be available on the school district's Facebook and website pages (nknsd.org), Flashalert, and School Messenger.

In the case of inclement weather or a power outage, the school district will make timely and safe decisions based on current conditions. In case of a power outage, the school district will communicate with Tillamook PUD staff to determine next steps.

If there is a two hour delay, elementary staff will report to work at 9:30; school will begin at 10:00. At the secondary level, staff will report to work at 10:00 and school will begin at 10:45.

Parents, if there is a two hour delay, your child will need to be at the bus stop two hours later than the regular bus pick up time, for example, if your child is normally picked up at 8:10 a.m., with a two hour delay, your child will be picked up at 10:10 a.m.

Breakfast will not be provided on a delayed start day.

Sincerely,

Paul Erlebach , Superintendent
Neah-Kah-Nie School District