

The Howler



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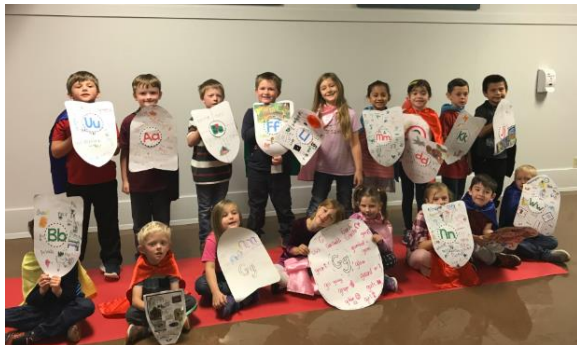
Be Safe

Be Respectful

Be Responsible

K-1 ABC Boot Camp

Lots of smiles and proud parents. The K-1 students paraded around the school with their shields and sang their letter songs.



Calendar of Events

November

November 2, Friday

- Lifetouch Photo Retakes – afternoon
- All School Assembly; gym; at 2:10 pm

November 9, Friday

- Lion's Vision Screening; am

November 12, Monday

- Veteran's Day Holiday – **No School**

November 13, Tuesday

- School Board Meeting; District Office; 6:30 pm

November 15, Thursday

- Emergency Preparedness Family Night; 5:30-7:30pm

November 21, Wednesday

- **No School**

November 22

- Thanksgiving Holiday – **No School**

November 23, Friday

- **No School**



November 27, Tuesday

- Site Council Meeting at 2:50 pm

November, Friday, 30

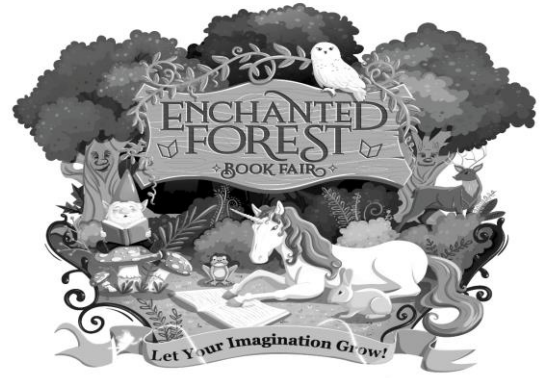
- No School – end of 1st trimester; Grade Day

Nov 4, 2018 - Daylight Saving Time Ends

Clocks are turned **backward** 1 hour.

This is a good time to check alarm clock and smoke detector batteries. 😊

**FALL BOOKFAIR COMING
SOON!
DECEMBER 3RD THROUGH 7TH
MARK YOUR CALENDARS!**



Perfect Attendance for October

Mrs. Rumage

Milena
Destiny
Ian
Scottee
Ivan
Andrew
Zane
Athena
Nikos

Mrs. Herder

Tozoc
Hunter
Haven
Gael
Kennedy
Trenady

Mrs. Shepard

Rustyn
Elizabeth
Adriana
Eros
Lionel
Nathaniel
Mercer

Mrs. Christensen

Tessa
Brooke
Francisco
Cody
Briza
Chloe
Morgan
Mahala
Gary
Mary

Mrs. Baertlein

Jetta
Zachary



Miss Clifton

Acacia
Elaine
Liam
Hanalei
Karsten
Caidence
Madison
Lloyd
Daniel

Mrs. Briamcombe

David
Miel
Harleigh
Ryan
Keegan
Dylan
Payton

Mr. Kinstedt

Miriam
Kessler
Bailey
Starla
Brian
Asa
Logan
Sara
Grace

Mr. Gordon

Lance
Abraham
Karson
Rylee
Kinsington
Kelcy



Bring in 25 box tops

**And get a free
BOOK!**



Smarter Balanced Assessment

Once again our 3rd-5th graders will be taking the Smarter Balanced Assessment (SBAC) in the spring. If you would like to opt-out of your child taking this test, you will need to go to the district website and fill out the opt-out form and submit it to the school by April 1st.

Keep informed, here are some helpful tools for school closure -

► School Messenger System

School Messenger is an automated calling system that the District uses for attendance calls, to notify parent of special events, but most importantly to notify parents of an unexpected, weather related, school closure. The system will call the phone numbers that are in your child's student record. Please review and update your child's parent contact information at the beginning of the year and any time during the year that contact information changes.

It is **VERY IMPORTANT** that our schools have the most current parent contact information.

► FlashAlert System

FlashAlert is the service we use to provide notice of emergency closures to the Portland television and radio stations. The system will send you a text and/or email message. You may log in and request a test message to revalidate your account. To subscribe to this service, you can go to the District website @ nknsd.org and go to the Parent link and click on the FlashAlert Signup. You also can download the iOS/Android app FlashAlert Messenger to your phones and link it to your account, <http://flashalert.net/news.html?id=1123>

No school on Friday November 30th

Grade Day

1st Trimester Ends 11/29

Watch for report cards to come home the week after Grade Day. We encourage parents to view report cards with your child/children.

Feel free to contact your child's teacher if you have any concerns or questions.

Looking ahead . .

- Winter Concert Program; 12/12/18 at 6:30pm
- Winter Break 12/17 through 1/1/2019
- School Resumes on 1/2/2019

Mark your calendar!



5th Annual Dart for Art- October 4, 2018

Smiles, laughter, and music accompanied all the Garibaldi students running in this year's *Dart for Art* on October 4th. With a full complement of enthusiastic parent volunteers the day was a huge success. All students participated during their regularly scheduled P.E. time. Thanks, Ms Medici, for keeping track of the running time and your positive attitude. Thank you GGS students and families for making this year's Dart for Art fundraiser the best yet! We raised needed funds for our art literacy program here at Garibaldi, provided by the Community Arts Project. After all the counting was finished (and double-checked), students raised \$3400.41 for art literacy this year! This is wonderful support from you for this program that reaches every student in our school. T-shirts and medallions have been ordered and will be distributed to students as soon as they arrive.

Ann Harper, our Art Literacy teacher, began classroom lessons on October 22. This month children will explore color, shape, and pattern with a look at Middle Eastern architecture and mosaic work. Volunteers are always welcome. Contact Ann at annh@nknsd.org.

COUNSELOR'S CORNER

This year at Garibaldi Grade School, we are learning about the Zones of Regulation. If you hear your child talk about what zone they are in, or “being in the blue/green/yellow/red zone” they are talking about how they are learning to self-regulate. Below is a brief explanation of what the ZONES OF REGULATION are about. If you find your child taking deep breaths, getting a drink of water, or counting to 10, they just might be using one of the tools to help regulate their brain and body.

ZONES OF REGULATION INFORMATION FOR PARENTS

Life is 10% what happens to us and 90% how we react to it. Charles Swindoll

Self-regulation is something everyone continually works on, whether we are aware of it or not. We all encounter trying circumstances that test our limits from time to time. If we are able to recognize when we are becoming less regulated, we are able to do something about it to feel better. This comes naturally for some, but for others it is a skill that needs to be taught and practiced.

The Zones is a systematic, cognitive behavior approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete zones.



The Red Zone is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behavior, devastation, or terror when in the red zone.

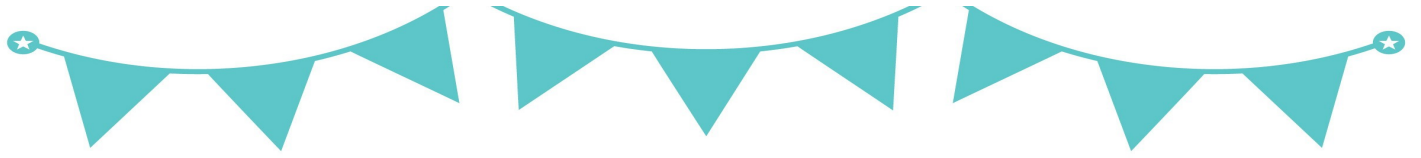
The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions; however, one has some control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles or nervousness when in the yellow zone.

The Green Zone is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The Blue Zone is used to describe low states of alertness and down feelings, such as when one feels sad, tired, sick, or bored.

The zones can be compared to traffic signs. When given a green light or in the Green Zone, one is “good to go.” A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light means stop, and when one is in the red zone, this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize.

Garibaldi Grade School Invites You to Our Community



EMERGENCY PREPAREDNESS

★ FAIR ★

Raffles

Door Prizes

Thursday November 15th

5:30 — 7:30 p.m.

Hosted By Garibaldi Grade School and SOS Tillamook Prevention

Where: Garibaldi Grade School

Advice: Tillamook County Emergency Management

Booths: Fire, Police, City, PUD, County Emergency, Coast Guard, Rockaway Beach Preparedness, Emergency Volunteer Corps.,

Activities: Art Judging, demos, kit samples, car kit, family plan, plan escape routes,

Contact: Terry Houchins, Garibaldi Grade School

terryh@neahkahnie.k12.or.us OR (503) 322-0311



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center

Community
Conversations



Disasters Are Not Convenient! Are You Prepared to Help?

Young children, in particular, are completely dependent upon many systems in their lives during an emergency or crisis: their parents, their broader families and communities, the institutions and organizations that care for them and teach them, and officials and policy-makers who shape their environment.

Let's do this together, so our kids can thrive!

