



February 2024

Important Dates/Reminders

- **February 5th** - No School - Professional Development Day
- **February 8th - 14th** - Val-o-grams for Sale - (see details below)
- **February 12th** - Board Meeting - 6:30 p.m. @ the District Office
- **February 19th** - No School - President's Day Holiday
- **February 20th** - Parent Council Meeting - 6:30 p.m. in the Cafeteria
- **February 26th - March 11th** Read-A-Thon
- **February 26th - March 1st** - Read Across America Week



February Swim Make Up Days:

- **Henderson** - 2/1, 2/8, 2/15, 2/22
- **Carbary** - 2/29

New NES Staff

Welcome to our new NES staff:

- **Alisa Folen** - new special education assistant
- **Christina Pfister** - new preschool instructional assistant

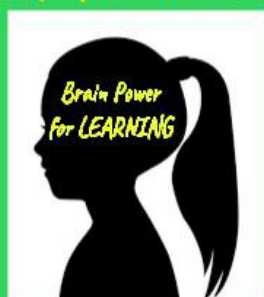
Families Eating Lunch with Students

We encourage families to come have lunch, the students love it and we enjoy seeing you!

Please make sure to call the office before 8:30 a.m. if you are planning on eating a school lunch with your student. Every morning we get a lunch count for the cafeteria. They try to have very little wasted food, so the count needs to be as accurate as possible. We cannot guarantee a lunch for you if you don't pre arrange the morning of.

School Breakfast is served from 7:40 a.m.-7:55 a.m.

SCHOOL BREAKFAST IS . . .



Make sure your kids get a balanced, nutritious breakfast every day. If your morning schedule makes this difficult, or your kids aren't hungry early in the morning, send them to school for breakfast. Many nutritious foods are available every morning in the cafeteria for ALL students. Help your kids to make every morning a success!

Start Your Day with FREE Breakfast!



READ A THON

Welcome Parents, Students and Friends to our fourth Read-A-Thon! We are excited to announce that we will hold a Read-A-Thon fundraiser again this year. Our Read-A-Thon is a program that brings students together with family and friends to encourage reading and to build literacy skills.

The main focus of the Read-A-Thon is for everyone to know we are committed to improving reading skills. To that end, the Read-A-Thon promises to be a fun, exciting journey for all participants as they begin a personal Reading Adventure that challenges each reader to complete 10 reading sessions over our 2-week event.

Our Read-A-Thon will start February 26th and end on March 11th

All of the donations received will help our school in many ways:

- **Thank for all of your support! Here's what we've earned in past years - 2019 = \$940 ,**
- **2020 = \$600 , 2021 = \$870, 2022 = \$2328.00, 2023 = \$3246.40!!**
- Supporting our commitment to literacy and daily reading.
- Purchasing student books to help celebrate our annual Read-Across-America Week book walk (each day, students' names are drawn for a chance to pick out a new book.)
- Purchasing student prizes for our PBIS treasure chest. Students have the chance every day to earn "Way to Go's" for being safe, respectful and responsible. The office then does a weekly drawing for a chance at choosing one item from our treasure chest.

You Can Register Now at [Read A Thon 2024](#)

To sign up. You can do it all in a minute or two and really help us meet our financial needs.

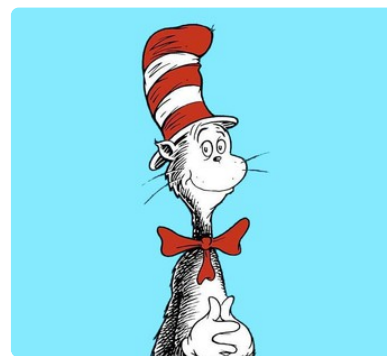
How It Works:

- Activate your account at the link above.
- Use the easy online tools to tell friends and family about our Read-A-Thon.
- Track and log at home reading sessions online.
- That's it!

Thanks so much,
Nehalem Elementary

**Read Across America Week, February 26th - March 1st
celebrating all of our amazing readers and Dr. Seuss's
birthday!**

Each morning we'll have a book walk in the classrooms. The students standing on the lucky number will get to come pick out a book from the office to take home.



The cafeteria will have some fun Dr. Seuss themed meals throughout the week. In honor of Dr. Seuss's birthday, Friday, March 1st the cafeteria will be serving "Cat in the Hat pancakes".

Dress Up Days:

- Monday - Wear Mixed up Clothing
 - Tuesday - Wear Your Favorite Hat
 - Wednesday - Wear Your Wackiest Socks
 - Thursday - Wear Orange and/or Fake Mustache
 - Friday - Dress Up Like Your Favorite Decade
-

NES Parent Council

Hello families!

Parent council is hosting a Valentine's Day Val-o-gram sale February 8th, 9th, 12th, 13th and 14th. Kids will be able to shop before school 7:40-7:55 and at lunch recess. Grams will be delivered to classmates on Valentine's Day. We are looking for volunteers to help with sales, sorting and delivery/ handing out. If you are interested in volunteering please email Ashley at aferber86@gmail.com. Any and all help is greatly appreciated.

Thank you again for your help!

Our next parent council meeting is February 20th, @ 6:00 p.m. in the elementary school cafeteria.

Ashley Ferber, PTC president

STATE TESTING INFORMATION

Required state testing for grades 3-5 will be this spring. Specific dates will be in the newsletter when testing gets closer so that parents know the actual dates their children will test. State law requires parents be notified of their right to opt-out their child from state testing, even though NES, the Neah-Kah-Nie School District and the Oregon Department of Education recommends that all students test. Click on the red buttons below to access the Opt Out Form.

Oregon State Testing Opt Out Form - English

English Language Arts and Mathematics

Oregon State Testing Opt Out Form - English

Science

Formulario de exclusión de prueba

Artes del lenguaje inglés y matemáticas

Formulario de exclusión de prueba

Ciencia

Ms. Jennifer's School Counseling Office

Welcome February!

In January we learned about showing and responding with compassion. Having compassion requires us to have empathy for others by understanding how someone else is feeling. We continue to learn about recognizing our own feelings which is a necessary skill needed so we can show compassion and be empathetic towards others.

We also continued lessons in our Child Protection Unit. Students learned about safe, unsafe, and unwanted touches. They also learned to say no and refuse unsafe or unwanted touches. I encourage you to ask your kids what the difference is between an unsafe touch and an unwanted touch. An unsafe touch hurts our body: hitting, kicking, pushing, etc. An unwanted touch is a touch you don't want. An unwanted touch can be a safe touch: Hugs, pats on the back, arm and arm, etc. BUT it is a safe touch you don't want. Students have learned to tap into how they feel about a safe touch to know if it is unwanted or not. We continue to learn that their body belongs to them and it is ABSOLUTELY OKAY for them to say no to an unwanted touch. The first week of February, we will finish up our Child Protection unit with learning about The private body parts rule.

We will also celebrate Kindness in February. February 17th is Random Act of Kindness day. We will have students practice random acts of Kindness throughout the month with the intention of making Kindness part of our everyday life!

Mindfulness (another way to describe it to younger kids - being where your feet are) will continue to be incorporated into our SEL lessons this year. Practicing mindfulness is a great way to train our brains to regain focus and calm. and be "present" in the moment (without judgment), whether it be in the classroom, at lunch, at recess or at home with family. I encourage you to practice this with your students at home. The more they practice, the more automatic a mindfulness response becomes. [MindYeti](#) is a great resource for PreK - 3rd grade. It was created by the Committee for Children who is the creator of Second Step, the SEL curriculum used at NES. [Waterford.org](#) is another great resource for kids and mindfulness as well.

If you have any questions or concerns about your student feel free to contact me. You can also fill out a [counseling form espanol](#) to request a meeting.

Ms. Jennifer

503-355-3657



PE - Mrs. Duer

Students have been spending the month of January working on their jump roping and gymnastics. In our jump roping unit, we covered how to jump rope and jump consecutively in the primary grades. We worked on jump rope tricks and routines in the upper grades. Students have also worked on gymnastics skills in all grade levels. This includes movement skills involving balance, traveling, flexibility, and jumping.

February Focus:

- Basketball Skills/Game Play
- Juggling
- Introduction to Paddle Sports and Paddle Skills



AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

Tuesdays	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Closed for lunch 12:00 – 1:00 pm)
Wednesdays	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Closed for lunch 12:30 – 1:30 pm)
Thursdays <small>Counseling appointments only</small>	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Closed for lunch 12:00 – 1:00 pm)

SERVICES AVAILABLE:

NKN Student Health & Wellness Center offers various medical services, including:

Regular check-ups	Dental screenings
Sports physicals	Blood-pressure screenings
Care for illness and injury	Health education
Immunizations	Counseling
Routine lab tests	Wellness opportunities
Prescription medications	Referrals for other medical services (Dental, X-rays, MRIs, Specialty)
Age-appropriate reproductive health	
Vision screenings	



EN LA SECUNDARIA NEAH-KAH-NIE

HORARIOS:

Martes	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Cerrado para almorzar de 12:00 a 1:00 p. m.)
Miércoles	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Cerrado para almorzar de 12:30 a 1:30 p. m.)
Jueves <small>Citas de consejería solamente</small>	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Cerrado para almorzar de 12:00 a 1:00 pm)

SERVICIOS DISPONIBLES:

El Centro de Salud y Bienestar para los estudiantes de NKN ofrece varios servicios médicos, inclusive:

Controles regulares	Estudios dentales
Exámenes físicos para deporte	Estudios de presión arterial
Atención de enfermedades y lesiones	Educación de salud
Vacunas	Asesoría
Análisis de laboratorio de rutina	Oportunidades de bienestar
Medicamentos de receta	Remisiones para otros servicios médicos (Dental, radiografías, resonancias magnéticas, especialistas)
Salud reproductiva adecuada a la edad	
Estudios de visión	

Conozca más en: NKNHealth.org

NKN Student Health & Wellness Center | Teléfono: 503-355-3500 | Fax: 844-720-1901

Nehalem Elementary Weekend Backpack Program

Filling the weekend food gap for local children in need

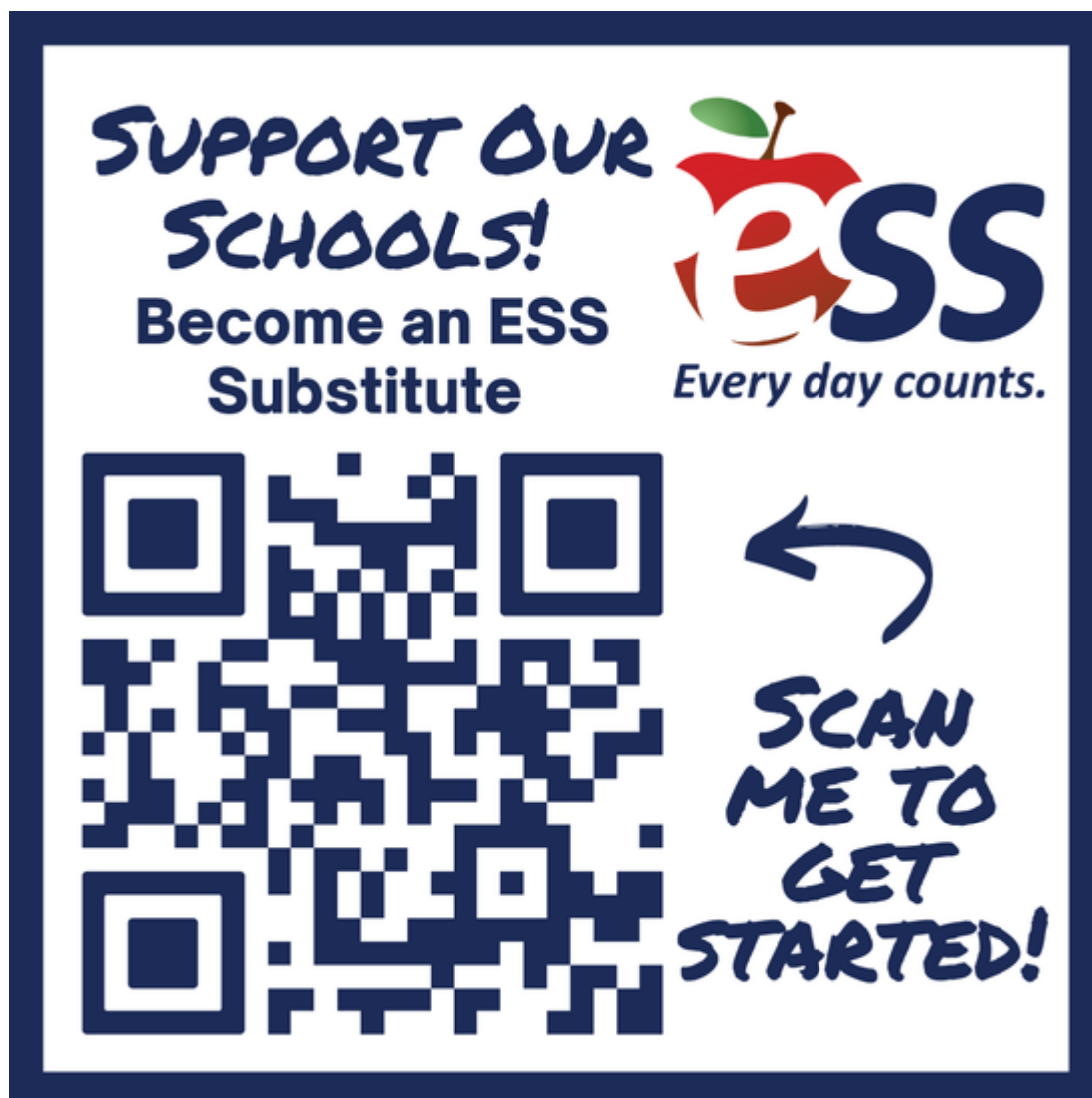
Over half of the children at Nehalem Elementary School qualify for free or reduced priced meals. Many of these children face hunger over weekends and school breaks. The Nehalem Elementary School Backpack Program is an ongoing volunteer-based organization that provides food for local hungry children at times when other resources are not available, such as weekends and holidays. Volunteers provide the children who are enrolled in the program with a bag of food for the weekend. These food resources will support the health, behavior, and achievement of every student that participates. The success in programs like this can be seen in positive changes in student attendance, behaviors, and grades.

If you think your child could benefit from this program, please ask the front office for an enrollment form!

To donate in any dollar amount please make checks payable to Nehalem Elementary School Backpack Program, P.O. Box 190 Nehalem, OR 97131 or drop checks off directly at the Nehalem Elementary School office.

NKN District Job Openings

Click button to access and apply for open positions.
The school district is also in need of qualified substitutes in all areas.
See below for ESS link to become a substitute.



NCRD

NCRD Youth Center

Hello NES families, if you are in need of youth after school care, please reach out to us here at NCRD. We pick up your students at Nehalem Elementary school at the end of each school day and are open until 5pm. The cost is \$6 per 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 offer full-day childcare on non-school days but are closed on all Federal holidays. No school days are \$20 per student with preregistration. The only no school day in February that we are providing care for is Monday February 5. To preregister and prepay, contact the Welcome Center.

- Upcoming Events -

Pop goes the heart will be happening Saturday Feb. 10th from 6-8pm, see attached flyer, there will be a movie and popcorn for the youth during this event. Preregistration is not required and is at no

additional charge for pop goes the heart ticket holders. Leapin Louie, a cowboy circus will be here Saturday March 23rd @ 1pm, tickets available at the door for this event. What a great way to kick off your spring break!! See attached flyer.

-Youth Sports-

Basketball is underway and will continue through the end of February on Monday and Wednesday nights from 4:30- 5:30pm at the NES gym. If you have not registered, please stop by, or call the Welcome Center for more details! Up next will be Futsal beginning in March 2024. If you are interested in volunteering/coaching for this or any sport, please let me know. None of this would be possible without the great coaches we have. angiet@ncrdnehallem.org kileyk@ncrdnehallem.org

For Kids of All Ages!

Fly Through Time



with

Leapin' Louie Lichtenstein
a cowboy circus about animals who fly

Saturday, March 23, 1 pm
NCRD Performing Arts Center
36155 9th St. Nehalem Oregon 855-444-6273

Tickets available only at the door	www.comedytricks.com
Adults: \$10	Show your EBT/Oregon Trail card
Students \$5	and receive \$5 off per adult
Children under 3 are free	and \$3 off per student



POP **GOES THE HEART**

COME JOIN US
for this Great Event!

Sat **FEBRUARY 10TH** **GRAND PRIZE!**
6pm - 8pm **\$1,000**
Wine and Cheese Reception

MONIES COLLECTED OR DONATED WILL GO TOWARD NEW FITNESS EQUIPMENT

BUY A CHANCE TO POP A BALLOON WIN BIG!

\$10 ONE CHANCE
- OR -
\$20 THREE CHANCES

Cash Prizes • Local Merchant Gift Cards • Specialty Items • Baskets
Art Work • Hand Crafted Items
And much more!

1,500 TICKETS WILL BE SOLD
(must be 21 years of age to purchase raffle tickets)

Event Hosted By:  friends of NCRD

VISIT OUR WEBSITE >> www.NCRD.ORG Hit the **Friends of NCRD Tab** 

NCRD Pool

Friday Night Family Swim is Happening!

6:00 p.m. - 7:30 p.m.

\$2 for Youth and \$6 for Adults

\$18 for Youth 10x pass \$50 for Adult 10x pass

Parents, please accompany your children!

See you at the Pool

****Pool closed February 19th for Presidents Day****

VOLUNTEER STEAM COACH TRAINING

TUESDAY, FEB. 13 AT THE BOATHOUSE

1209 Bay Ln, Garibaldi, OR 97118

9am - Noon: Orientation + Lunch Social

Noon - 2pm: Activity Demos (optional)

You don't have to be an expert,
just someone who is passionate
about helping students learn.



Amy Cram

Amy is using Smore to create beautiful newsletters