



OCTOBER 2025

Important Dates

- October 7th - Parent Council meeting in the cafeteria @ 5:00 p.m.
- October 13th, School Board Meeting - 6:30 p.m. @ the District Office or by Zoom
- October 20th - Picture Retakes
- October 22nd, Conferences, 4:00 p.m.-8:00 p.m.
- October 23rd, NO SCHOOL - Conferences
- October 24th, NO SCHOOL - Conferences
- November 3rd-7th - Dental Sealants - More Information to come.



Class Birthday Celebration Reminders:

- Prearrange with your child's teacher and see if there are any allergies before you bring treats. We try to maintain a nut-free school.
 - All treats have to be store bought or made in a commercial kitchen.
-

Parent/Teacher Conferences

Parent/Teacher Conferences

- Wednesday Oct. 22nd from 4:00 p.m.-8:00 p.m. (except Henderson & McCoy)
- Thursday, Oct. 23rd from 7:30 a.m.-7:30 p.m.
- Friday, Oct. 24th from 8:00 a.m.-3:30 p.m. (Henderson & McCoy Only)

Families can call the school office at (503-355-3650 or 1-888-218-2455) to schedule a conference time. Meeting with your child's teacher during conferences will assist you in helping your child be more successful in school. We hope to see 100% of our parents during conferences this year!

****THERE IS NO SCHOOL ON OCTOBER 23rd AND 24th****

Attendance

Don't Be Tardy: Why On-Time Arrival Matters for Your Child

We know mornings can be hectic! Between getting everyone dressed, making breakfast, and finding that missing shoe, it can feel like a race against the clock just to get out the door. However, arriving at school **on time** is one of the best things you can do to set your child up for a successful day of learning.

What is the big deal about a few minutes?

When a student arrives late—even a little bit late—it can disrupt more than just their own morning.

The Impact of Tardiness

- **Missing Out on Important Information:** The first few minutes of the school day are often used for crucial announcements, reviewing the schedule, or establishing the day's goals. A late arrival means your child misses this important "**launch**" time and has to play catch-up right from the start.
- **A Stressful Start:** Rushing to the classroom door after the bell rings can make a child feel anxious or embarrassed. Starting the day already feeling behind can negatively affect their **mood and focus** for the rest of the morning.
- **Classroom Disruption:** When a student enters the room late, the teacher has to stop what they are doing to welcome them, check them in, and help them get settled. This pause interrupts the **flow of instruction** and can distract the other students who are already working.
- **Building Good Habits:** Punctuality is a vital **life skill**. By prioritizing on-time arrival now, you are teaching your child respect for schedules and the importance of being prepared—lessons that will serve them well all the way through high school and into their careers!

Tips for On-Time Success

If you find that tardiness is a frequent struggle, here are a few simple tips to try:

- **Establish a Routine:** Have a set order of operations for the morning (e.g., wake up, get dressed, eat breakfast, brush teeth). Use a visual checklist if it helps!
- **"Prep the Night Before" Power:** Pack backpacks, lay out clothes, and make lunch before bedtime. A few minutes of evening prep saves major time in the morning.

- **Set the Clock Ahead:** Try setting a clock or two in your house 5-10 minutes fast. This little trick gives you a built-in buffer.

Thank you for partnering with us to ensure every student starts the day ready to learn! We look forward to seeing your children smiling at the school door before the bell rings.

Family/School Compact



Nehalem Elementary School Family/School Compact

Staff Promise	<ul style="list-style-type: none"> • Know every student by name, strength and need. • Encourage every student to do their best and grow to their full potential. • Problem solve by working with students and families to support learning and achievement. • Engage in 2-way communication between caregivers and staff to enhance home-school partnership. • Foster a learning community that respects all cultures, languages and differences.
Family Promise	<ul style="list-style-type: none"> • Help my student attend school on time each day. • Discuss school work with my student to support learning. • Engage in 2-way communication with school staff. • Encourage my student's efforts and positive behaviors. • Respect all cultures, languages and differences.
Student Promise	<ul style="list-style-type: none"> • Get to school daily and on time. • Be ready to learn. • Try my best in everything I do. • Discuss school-work with my grownup to support my learning. • Practice self-care and respect for others. • Respect all cultures, languages and differences.



Escuela Primaria Nehalem Escuela Compacto familia/escuela

Promesa del personal	<ul style="list-style-type: none">• Conozca a cada estudiante por su nombre, fortaleza y necesidad.• Anime a cada estudiante a hacer lo mejor que pueda y alcanzar su máximo potencial.• Resolver problemas trabajando con estudiantes y familias para apoyar el aprendizaje y los logros.• Participar en una comunicación bidireccional entre los cuidadores y el personal para mejorar la asociación entre el hogar y la escuela.• Fomentar una comunidad de aprendizaje que respete todas las culturas, idiomas y diferencias.
Promesa familiar	<ul style="list-style-type: none">• Ayudar a mi estudiante a asistir a la escuela a tiempo todos los días.• Hablar sobre el trabajo escolar con mi estudiante para apoyar el aprendizaje.• Participar en comunicación bidireccional con el personal de la escuela.• Fomentar los esfuerzos y comportamientos positivos de mi estudiante.• Respetar todas las culturas, idiomas y diferencias.
Promesa estudiantil	<ul style="list-style-type: none">• Llegar a la escuela todos los días y a tiempo.• Preparate para aprender.• Dar lo mejor de mí en todo lo que hago.• Hablar sobre el trabajo escolar con mi adulto para apoyar mi aprendizaje.• Practicar el cuidado personal y el respeto por los demás.• Respetar todas las culturas, idiomas y diferencias.

Join us for Parent Council, October 7th

Come join parent council Tuesday October 7th at 5:00 pm in the school cafeteria for our first meeting of the year. Kids are welcome to join! Snacks and activities will be provided. We will be discussing future fundraising and family fun events. Please join us we could use all the help we can get!

Can't make the meetings and would like to help at events? Email Ashley aferber86@gmail.com

Trunk or Treat





PE -Ms. Duer

September Focus (Grades 2nd-5th):

- Cooperative Games
- Recess Activities and Games
- Soccer Skills

September Focus (Grades PreK-2nd):

- Following Directions and Safety in PE
- Locomotor Skills (skipping, galloping, ect.)
- Soccer Skills

We are beginning a throwing and catching unit to kick off October.

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



Employment Opportunities at NKN School District

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

Ms. Jennifer's School Counseling Office



Ms. Jennifer's School Counseling Office
503-355-3657/ jenniferh@nknscd.org
NKN Elementary Counseling



Happy October!

In September, we worked on skills for learning, starting with understanding brain states and self regulation. We learned about recognizing our emotions and paying attention to whether they are uncomfortable or comfortable feelings. We also introduced our breathing tool to help us with our self regulation skills to ensure we can get back to our 'green zone' - Where we can do our best learning and be a good friend.



In October we will be covering student safety with our Child Protection Unit from Second Step. The first two lessons cover ways to stay safe with our "Never Never Rules" and the "Always Ask First Rule." We will also begin to review Kelso's choices. Students will work on recognizing the size of the problem and work on conflict resolution.

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.

WE NEED OF SUBSTITUTES!!!

NEHALEM ELEMENTARY

IS LOOKING FOR CERTIFIED AND CLASSIFIED
SUBS FOR THE SCHOOL.

SCAN THE BARCODE BELOW TO GET STARTED



FOR MORE INFORMATION, CALL THE NES OFFICE AT
503.355.3650

October Lunch Menu

OCTOBER 2025

NEHALEM ELEMENTARY

Sandwiches or Hand Crafted
Salads are available daily for
lunch

"This institute is an equal opportunity provider"

Monday

Tuesday

Wednesday

Thursday

Friday

Waffles **6**
Hot Dogs & Baked
Beans

Pancakes **13**
**SPAGHETTI &
MEATBALLS**

Breakfast Bar **20**
Corn Dogs

French Toast **27**
Cheesy Breadsticks
With Marinara

Banana Bread **7**
Nachos

Biscuits & Sausage **14**
**ENCHILADAS &
FIESTA RICE**

Scr. Eggs & Sausage **21**
Chicken Tacos

Blueberry Muffin **28**
Burritos

Cream Cheese Bagel **1**
Tater Tot
Casserole

Pancake on a Stick **8**
Chicken Alfredo

Yogurt & Grahams **15**
CHICKEN RAMEN

Cream Cheese Bagel **22**
Orange Chicken
Over Rice

Pancake on a Stick **29**
Mac & Cheese

Breakfast Pizza **2**
Bacon Cheese
Burgers

Breakfast Sandwich **9**
Chicken Burgers

Pumpkin Bread **16**
SHEPARD'S PIE

PK-12 **23**
Parent/Teacher Conference
NO SCHOOL

Breakfast Sandwich **30**
Chicken Strips &
Fries

Blueberry Muffin **3**
Peppy Chicken
Rotini

Cinnamon Rolls **10**
Pizza Sticks

Oatmeal Rounds **17**
FISH & CHIPS

PK-12 **24**
Parent/Teacher Conference
NO SCHOOL

Cinnamon Rolls **31**
Candy Corn Pizza

HELP US CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCT 13-17. FEEL FREE TO JOIN US FOR LUNCH AND EXPERIENCE OUR FAVORITE ETHNIC DISHES!!!

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.

NKN Wellness Center



AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

Tuesdays	8:00 am — 12:00 pm / 1:00 — 3 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)
<small>Counseling Appointments Only</small>	
Thursdays	8:00 am — 12:00 pm / 1:00 — 3 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
Age-appropriate reproductive health	(Dental, X-rays, MRIs, Specialty)
Vision screenings	

Learn more at: NKNHealth.org

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



EN LA SECUNDARIA NEAH-KAH-NIE

HORARIOS:

Martes	8:00 am — 12:00 pm / 1:00 — 3 pm (Cerrado para almorzar de 12:00 a 1:00 pm)
Miércoles <small>Citas de consejería solamente</small>	8:30 am — 12:30 pm / 1:30 — 4:30 pm (Cerrado para almorzar de 12:30 a 1:30 pm)
Jueves	8:00 am — 12:00 pm / 1:00 — 3 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

NCRD Youth Center

Happy Fall! We here at NCRD are getting ready for the Halloween season. If your little ghosts or goblins need youth care, 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. Our cost is \$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 do have full day care when the school is closed, if it is not a national holiday. Those days are \$20 per student. The no school days are October 23rd & 24th. To preregister and prepay, contact the Welcome Center.

Scholarship applications are available upon request. Scholarships for students are funded through the Friends of NCRD, who support families in need through various fundraisers throughout the year. Please let any youth center staff or the Welcome Center know if this is a need, and we will get you a scholarship application.

-Youth Sports-

Soccer has started at the NES field. If you want to play but haven't registered, you still can, come over

to NCRD and register. Please make sure you have cleats, shin guards, and a water bottle. If outdoor

soccer is not for you, next up is Futsal, more information will come home about that soon, and we hope to see you there. angiet@ncrdnehallem.org kileyk@ncrdnehallem.org

NCRD Pool News

HEALTH & PREVENTION @ NCRD/NEHALEM POOL

Because of E Coli, Cryptosporidium, Giardia, and other organisms that can make people very ill, we are requesting your help in following these guidelines put out by the Oregon Health Department.

- If a swimmer has had diarrhea in the past two weeks, they should not swim.
- Swimmers who may have bowel "accidents" must wear a special swim diaper.
- All swimmers must take a cleansing shower before entering the pool.

Our children's health is too important to take any chances. As you probably know, these diseases can be very serious, so we must be able to count on our students to follow these rules, and parents to help reinforce their importance.

If you are questioning your child's condition, play it safe and do not send them swimming.

Thank-you for your support!

NCRD Aquatic Department

Questions: pool # 1-855-444-6273

e-mail: suedg@ncrdnehallem.org

Immunizations Deadlines

Elizabeth Avila

Amy is using Smore to create beautiful newsletters

