



Nehalem Nugget December 2023

Be Safe...Be Respectful...Be Responsible

Important Dates and Reminders

- **December 1st** - No School - Grade Day, report cards will come home in backpacks Thursday December 7th
- **December 4th-8th** - Parent Council Holiday Shop, packets with information were sent home in backpacks
- **December 5th** - Winter Concert @ 6:00-7:00 p.m. - Please have your child/children to their classroom by 5:45 and parents go to the gym.
- **December 5th** - Parent Council will be selling raffle tickets at the Winter Concert for a gift basket. They will have their Holiday Shop open for families in the Library from 4:30-5:30 before the Winter Concert.
- **December 6th** - Picture Retake Day
- **December 11th** - School Board Meeting - 6:30 p.m. at the District Office
- **December 11th - 15th** - NES Winter Spirit Week/Holiday Drive (see flyer below)
- **December 16th - January 1st** - No School - Winter Break (School Resumes Tuesday, January 2nd)



WINTER SPIRIT WEEK AND HOLIDAY DRIVE

December 11th-15th

Monday

Santa's Workshop Imposters

Dress like you work in Santa's shop! You can be Santa, an elf, reindeer, toy, tree, etc!

Tuesday

Ugly Sweater

Rock your Ugly Holiday Sweater

Wednesday

Channel your Flannel

Wear your favorite flannel, ribbons and bows!

Thursday

Winter Wonderland

Wear Blue and White and add sparkles!

Friday

Long Winters Nap

Wear your Favorite Holiday Pajamas!

****The NES Holiday Drive will be held all week. We are accepting canned and boxed goods, toiletries, new clothing, and toys to be donated to our NES Families and community in need.***

Attention 5th Grade Parents, Event will be Held in the Library



+



+



= \$75

5th, 6th, 7th, & 8th Grade Families... This is for you!

Learn how to open an **Oregon College Savings Plan** account for your student, for free
+Pre-Funded with **\$75!!**

Tuesday, November 28th, 6 PM to 7 PM
@ Garibaldi Elementary School
or

Thursday, November 30th, 6 PM to 7 PM
@ Nehalem Elementary School

Refreshments Provided!

All current 6th, 7th, and 8th grade students are eligible. Starting in 2024, all incoming 6th grade students will also be eligible.

This opportunity is available to our Middle School students thanks to Neah-Kah-Nie's GEAR UP grant and a partnership with OCSP

Lost and Found

December 15th is the last day to claim any lost and found items. It will all be donated over winter break, so please come and have a look!

Grade Day

Grade Day will be on Friday, 12/1. Report cards will be sent home with children in their backpacks on Thursday, December 7th. We encourage families to review the report cards with their child(ren). Families are encouraged to contact their student's teacher if they have any questions regarding the report card.

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 button below to access the Opt Out Form.

[Oregon State Testing Opt Out Form - English](#)

[Oregon State Testing Opt Out Form - Spanish](#)

BIG NEWS!!!

NEAH · KAH · NIE

BEGINNING NOV. 14, ALL STUDENTS WILL BE ABLE TO HAVE **FREE** SCHOOL BREAKFAST AND LUNCH

NO PAPERWORK OR FORMS NEEDED! JUST GET A SCHOOL MEAL AND ENJOY AT NO COST!

A HUGE 'THANK YOU' TO OUR STAFF, BUDGET COMMITTEE, AND SCHOOL BOARD FOR MAKING THIS HAPPEN!

FREE DAILY MEALS

Our Family Resource Center is in need of some Donations

If you're looking to clean out gently used clothing that your child/children outgrew, we're in need of the following items.....

- clothing
- shoes/boots
- coats
- swim suits and trunks

Preschool through 5th grade sizes would be greatly appreciated!

Donations can be dropped off at the office.



Ms. Jennifer's School Counseling Office

Happy December!

In November we continued to work on skills for learning: focused attention, listening, following directions, being assertive, empathy and more. Additionally, we continued developing using our 'tools' (Breathing, Listening & Words - so far) to help in solving problems and staying in the green zone.

In December we will continue focusing on skills needed for learning.: Listening, focus, respect, empathy, positive self talk to name a few. Specifically we will review our 'Words Tool' one of the innate tools we have within ourselves to help us with emotional regulation, skills for learning, social responsibility and problem solving, "Using our words tool" reminds us to use our words in the right, way at the right time, for the right reason, to others AND yourself. Remembering to use our words in a way that will be helpful instead of hurtful is aids in the ability to problem solve with others when there is a conflict. It is also a great reminder to speak to ourselves (self talk) in a way that we would speak to a friend - with kindness and empathy.



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

NES Parent Council

We had so much fun seeing everyone for the cookie decorating the night of the family book fair. We hope to have more family socials in the future!

Every year the main focus of the parent council is to raise money for school supplies. On average we spend around \$4,000. If you would like to help volunteer please email Ashley at aferber86@gmail.com. Unable to volunteer and still looking to help? You can always leave donations in the office for us to collect. Please make checks out to NEPC. Every little bit helps and is greatly appreciated!! BIG thanks to those who have already donated!!

We are also in great need of a secretary! Without one we can lose our nonprofit. All it requires is meeting once a month(3rd Tuesday) for about an hour to take minutes. If interested please email Ashley at aferber@gmail.com.

Riverbend Players Community Theater presents: "A CHRISTMAS STORY"

Featuring four Nehalem Elementary School students and Miss Meagan Mowers!

December 1st - 17th at the NCRD Performing Arts Center.

Join Ralphie Parker and his friends as they navigate the ups and downs of the holiday season. From the quest for the perfect Red Ryder BB gun to the infamous leg lamp, A CHRISTMAS STORY is a story that will bring smiles to the faces of audiences of all ages.

Don't miss this special holiday treat! Tickets are on sale now at www.RiverbendPlayers.org with special \$10 tickets for all Nehalem Elementary School students.

Get ready for a Christmas Story you'll never forget!

Pictured left to right:

Oliver Arnold as Ralphie, Quincy Carter as Flick, Meagan Mowers as Miss Shields, Colbie Conner as Esther Jane, and Julien Anctil as Schwartz.

December 1st - 17th at the NCRD Performing Arts Center
Tickets at RiverbendPlayers.org



A CHRISTMAS STORY

Adapted by Philip Grecian



NEW DISCOVERIES PRESCHOOL



PICTURES WITH SANTA

We will have Cookies, Hot Chocolate, and more for sale. Taking donations for photos. Get a photo with Santa by Dan Rice Photography. Printed and ready to take home!

SATURDAY **9** DECEMBER

11-1

36155 9TH STREET NEHALEM



AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

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

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	



WIN A PRIZE

for taking care of yourself!

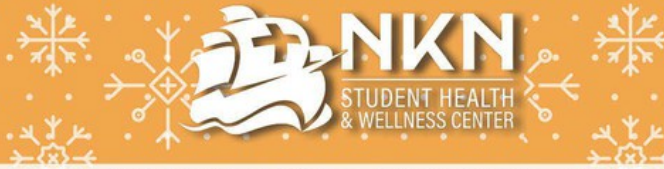
The team at NKN Student Health & Wellness Center invites you to participate in the 2nd Annual

Well-Being & Self Care Challenge

Pick up an entry form at NKN Student Health & Wellness Center (on the NKN HS campus). **Return the completed entry form by December 7, 2023** for a chance to win a prize.

*"It is not the load that breaks you down.
It's the way you carry it."*

—Lena Horne



Sponsored by: NKN Student Health & Wellness Center | NKNHealth.org | 503-355-3500



NKN

STUDENT HEALTH & WELLNESS CENTER

EN LA SECUNDARIA NEAH-KAH-NIE

HORARIOS:

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

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 <small>(Dental, radiografías, resonancias magnéticas, especialistas)</small>
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

¡GANA UN PREMIO por cuidarte!

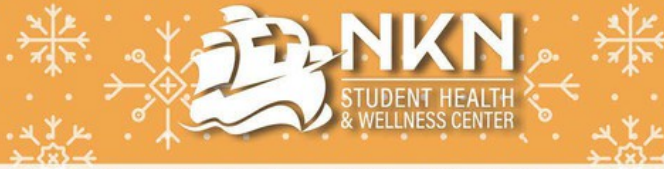
El Equipo del Centro de Salud y Bienestar para Estudiantes de NKN te invita participar en la 2da edición anual

Reto de Bienestar y Autocuidado

Recoge un formulario de inscripción en el Centro de Salud y Bienestar para Estudiantes de NKN (en el campus de NKN HS). **Devuelva el formulario de inscripción completo antes del 7 de diciembre de 2023** para tener la oportunidad de ganar un premio.

"No es la carga lo que te desmorona. Es la forma en que lo llevas."

—Lena Horne



Patrocinado por: Centro de Salud y Bienestar para Estudiantes de NKN | NKNHealth.org | 503-355-3500

5th Grade Trip Fundraiser



NES Seagull Swag Fundraiser

NES Logo
Included on
All Merch



Pullover Hoodie
Red or Black
\$25



Short Sleeve Tee
Red/Black
\$15



Full-Zip Hoodie
Red or Black
\$30



Beanie
Red or Black
\$15



3/4 Sleeve Raglan
Red or Black
\$20



Trucker Hat
Red or Black
\$20



20 oz Water Bottle
Red or Black
\$25



Seagull Decal
\$5



Dome Duffie Bag
Red/Black
\$20

~ Proceeds go towards 5th Grade Class Trip ~

Place order online @
<https://scovelink.com/seagull>

3XL and above
+ \$5



Customization
+ \$5

NCRD Youth

Happy Holiday's NES families! If you are in need of 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 day in December that we are providing care for are December 1, 18, 19, 20, 21, 22. Although there is no school the second week of the holiday break NCRD youth center will be closed. 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-

Futsal is underway and had to be changed up a little, it is open to children Kindergarten through 3rd grade on Wed. & Friday nights from 4:30- 5:30pm. Please stop by or call the Welcome Center for more details! 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. Next up after the new year will be basketball. angiet@ncrdnehallem.org kileyk@ncrdnehallem.org

Employment Opportunities at NKN School District


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



**SUPPORT OUR
SCHOOLS!**
Become an ESS
Substitute



ESS
Every day counts.



**SCAN
ME TO
GET
STARTED!**



Amy Cram

Amy is using Smore to create beautiful newsletters