

# The Nehalem Nugget

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

OCTOBER 2023

## Important Dates

- October 9th, School Board Meeting - 6:30 p.m. @ the District Office
- October 10th, Parent Council meeting in the cafeteria @6:30
- October 16th-20th, Dental Sealants - All Week
- October 17th, SCHOOL PICTURE DAY - Packets will be sent home soon!
- October 24th, Preschool conferences, 4:00 p.m.-8:00 p.m.
- October 25th, Conferences, 4:00 p.m.-8:00 p.m.
- October 26th, NO SCHOOL - Conferences
- October 27th, NO SCHOOL - Conferences
- October 30th-November 3rd, Book Fair - See details below under "Library"
- October 31st, NES Community Harvest Parade - 1:45 p.m.



## 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.**

NKNSD's new Talented and Gifted (TAG) Plan is now available on the District Website. The plan features a new system for identification of students for the TAG program as well as details about the annual meetings regarding student plans. For more information, please contact your building TAG Coordinator (school counselor) or Ericka Keefauer, Special Student Services Director.

## Parent/Teacher Conferences

- **Tuesday, Oct. 24th from 4:00p.m.-8:00p.m. for Preschool Only**

- Wednesday, Oct. 25th from 4:00p.m.-8:00p.m.
- Thursday, Oct. 26th from 7:30 a.m.-7:30 p.m.
- Friday, Oct. 27th 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 26th AND 27th\*\*



## 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.

## Dental Sealants October 16th-20th

Free dental sealants are again being offered to students in grades K-5. Permission slips have already gone home and need to be returned by October 13th. If your child has not brought one home, the office has extra copies. **ALL forms need to be returned to school** – even if you choose not to participate. This program is sponsored by the Oregon Health Authority.

Preschool parents can choose to have a screening done, but no sealants would be done.

## Parent Council Needs More Families

Hi Seagull Families!

We had three parents at our September Parent Council meeting, and we need many more. Traditionally our Parent Council has focused on two main purposes:

- Fundraises to buy school supplies for each teacher's classroom so families do not have this expense.
- Plans fun activities for families to do throughout the year.

Our group's main fundraisers and events were planned out at this past meeting, but we need more families involved to pull this off! If you could volunteer to come to a meeting for one hour per month then help a bit with the events and fundraisers, it would be so appreciated! We are also looking for a Secretary for our group. Please contact Ashley Ferber, president of Parent Council, at [afferber86@gmail.com](mailto:afferber86@gmail.com) to get involved! Thanks! WE NEED YOU!

## Fall 2023 NES Harvest Parade

### Who:

Nehalem Elementary K-5 students and staff (175 students, 25 staff).  
(Our preschool will have their own fun separately!)

### When:

Tuesday, October 31 -Students will be leaving the NES parking lot at **1:45 p.m. sharp**

### Where:

Downtown Nehalem: Classes will parade from school down 8th Street to B street to 7th street and then cross Hwy 101 at the blinking light. Students will walk down one side of Hwy 101, cross Hwy 101 at Nehalem Food Mart and then continue back on Hwy 101 on the other side of the street and then head back to school. Merchants who wish to participate are encouraged to be out on the sidewalk with store-bought candy or other packaged treats for students to walk by and collect. Giving pencils or stickers is always appreciated, too! Nut-free is preferred due to allergies!

**\*\*\*Rainy day back up plan:** Students will be parading around the gym! Merchants and parents: If it rains, please come join us here on campus in the gym! (Unless it's REALLY, REALLY raining, the parade is happening OUTSIDE!!! ☺) We will make a final decision by 1:20pm!

### Why:

To celebrate fall, to connect our school to our community and to have some fun while participating in this Nehalem Elementary School tradition.

### What should students wear?

Students usually wear either fall colored clothing (orange & black or yellow, red, orange & brown) or costumes. Costumes MAY NOT be worn to school as students will have time to change before the parade. Costumes must be appropriate for school....please no revealing costumes, no gory costumes or weapons of any kind and please, **please make sure the costume can be put on by your child by him or herself, and go over their school clothes- we will not have time to allow students to individually change clothes in the bathrooms.** ☺ Staff will not be able to fix hair or face makeup for costumes. Easy is the name of the game!

### What about Harvest parties in the school afterward?

Your child's teacher will get information out about this later this month if a party is happening-stay tuned!

### What do we need help with?

We'd love to have families along the parade route to cheer us on as we cruise the downtown area! Come meet us there to see the fun! Your child's teacher may contact families to ask for volunteers, especially for our primary grades-again, stay tuned!

### What about families who do not want their student(s) to participate?

We are planning an alternative activity at school for students who won't be participating. The activity is yet to be determined, but will probably include games, read aloud books or a short video. Please let



your child's teacher know before Tuesday, Oct. 31th if you prefer your child to remain at school and not be in the parade so we can plan accordingly.

## Parent Council & School Supplies

Hello from the Parent Council!

This year the Parent Council spent just over \$3400 on boxes of school supplies for our students. How does this process work? Teachers get an order form in June and order class sets of what their students will need in the fall for the whole school year. Parent Council shops the sales all summer, then organizes and delivers the school supplies to the classrooms the week before school starts.

During the school year we'll have various fundraisers to raise money for the school supplies. **If you would prefer to not participate in our fundraisers, and would like an easier way to donate, we are accepting donations of \$20 per child from families to help fund school supplies.** We realize families are busy, so hopefully this helps! The NES Office is accepting cash or check donations (**make checks payable to Parent Council**) through the month of October to help fund next year's school supplies fund. If you'd like to donate an extra \$20 for a family who needs assistance, you are welcome to do that, too!

Thank you for your support! This is such an impactful program for students and staff!

Ashley Ferber, President of Parent Council

[uferber86@gmail.com](mailto:uferber86@gmail.com)

Employment Opportunities at NKN School District

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



# ATTENDANCE MATTERS!

Dear Parents/Guardians,

The Neah-Kah-Nie School District believes regular school attendance is essential for a student's success in school. Attendance is an area we focus on in order to improve student achievement and ensure all students at Neah-Kah-Nie Schools have the opportunity to maximize their potential.

The district has a new attendance protocol with a dedicated team at each school to:

- Assist families and students in improving student attendance.
- Reduce chronic absenteeism.
- Multi-tiered Attendance Team : Parents, Teachers, Secretary, Principal, Family Resource Coordinator (FRC), Counselor, ESL & Special Education staff.

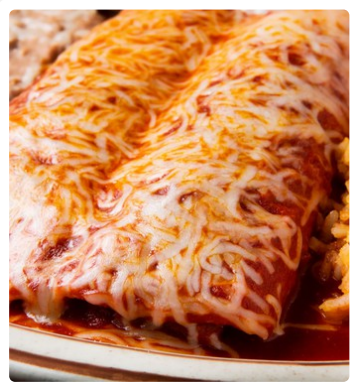
**We encourage families to help your child build the habit of good Attendance**

- Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try to schedule medical appointments and extended trips when school isn't in session
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- Seek help from school staff and other parents or community agencies, if you need support.

Mrs. Kris - Cafeteria

**October 9th-13th is National School Lunch Week!**

We are featuring some of our kid's favorite meals. We would love for families to come join their student's for lunch! Look for the lunch menu in your student's backpack. Below are a few of our dishes that will be served!



Enchiladas



Mac N Cheese



Chili

Ms. Jennifer's School Counseling Office

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 and listening tools 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 review Kelso's choices. Students will work on recognizing the size of the problem and work on conflict resolution.

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.

503-355-3657/ [jenniferh@nknsd.org](mailto:jenniferh@nknsd.org)

### [NKN Elementary Counseling](#)



## PE - Mrs. Duer

We've had a great first month of PE! Our 2nd through 5th graders have been working on cooperative games, recess game rules, throwing and catching skills with bean bags, and hula hoop skills. Our preschool, kindergarten, and 1st graders have been working on following directions, playing basic games, moving safely in the gym, volleying balloons, and manipulating hoops and bean bags in various ways.

### October Focus:

Soccer Skills (all grades)

Throwing and Catching Skills with Footballs (2nd-5th Grade)

Basic Throwing and Catching (Pre-K-1st Grade)

Relays (2nd-5th Grade)



## From our Library

**Bookfair is October 30th - November 3rd!!!**



- Family Bookfair Night will be on November 2nd from 2:35-6:00 p.m. in the Library.
- Our Parent Council will also have cookie decorating in the cafeteria for families from 4-6.

## 2023 Nehalem Bay Fire & Rescue Coloring Contest Oct. 9th-13th

**'Cooking Safety Starts with YOU!'**  
**Kindergarten and 1st Grade (Crayon Only)**  
**Prize: Toy Fire Engine**

**2nd-5th Grade (Crayon or Marker)**  
**Prize: Lego Fire Station**

Be sure to put your first AND last name on your picture!

The coloring page will be delivered to students on Monday October 9th and will need to be returned to your teacher by Friday morning on October 13th.

Come to the OPEN HOUSE October 14th at Station 13 and see your work of art displayed. Winner will be announced at 12:00! (if the winner is not present, the prize will be delivered to Nehalem Elementary on Monday, October 16th.

For questions call Lt. Leisha Mizze-Riggert at 503.368.7590 or email [l.mizrig@nbfrd.org](mailto:l.mizrig@nbfrd.org)



# Open House

NEHALEM BAY FIRE & RESCUE

## Events

- Extrication Demo
- Engine Tours
- Station Tours
- Color Contest Display
- Spray water- For Kids!
- Get your gear on! Dress up for Kids
- Cooking Fire Demo
- Emergency Preparedness Exhibits
- Medical Equipment Demo
- Hot Chocolate and Cider
- And MORE!

**October 14th**

**10am-3pm**

**Station 13**

**36375 Hwy 101 N  
Nehalem, Oregon**



Scan the QRCode to follow us on  
Facebook for more event details



2024 5th Grade Class Fundraiser for End of the Year Trip





# 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 5<sup>th</sup> Grade Class Trip ~

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

3XL and above  
+ \$5



Customization  
+ \$5

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NKN Wellness Center



**AT NEAH-KAH-NIE HIGH SCHOOL**

**HOURS:**

<b>Tuesdays</b>	8:30 am – 12:00 pm / 1:00 – 4:30 pm <i>(Closed for lunch 12:00 - 1:00 pm)</i>
<b>Wednesdays</b>	8:30 am – 12:30 pm / 1:30 – 4:30 pm <i>(Closed for lunch 12:30 - 1:30 pm)</i>
<b>Thursdays</b> <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	



**NKN**

**STUDENT HEALTH  
& WELLNESS CENTER**

**EN LA SECUNDARIA NEAH-KAH-NIE**

**HORARIOS:**

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

<ul style="list-style-type: none"> <li>Controles regulares</li> <li>Exámenes físicos para deporte</li> <li>Atención de enfermedades y lesiones</li> <li>Vacunas</li> <li>Análisis de laboratorio de rutina</li> <li>Medicamentos de receta</li> <li>Salud reproductiva adecuada a la edad</li> <li>Estudios de visión</li> </ul>	<ul style="list-style-type: none"> <li>Estudios dentales</li> <li>Estudios de presión arterial</li> <li>Educación de salud</li> <li>Asesoría</li> <li>Oportunidades de bienestar</li> <li>Remisiones para otros servicios médicos <small>(Dental, radiografías, resonancias magnéticas, especialistas)</small></li> </ul>
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**Conozca más en: [NKNHealth.org](http://NKNHealth.org)**

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

**NCRD Youth Center**

Happy Halloween NES students and families, we here at NCRD are looking forward to seeing all the costumes that come out for the holiday season. 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 are not doing drop-ins currently but hope to get back to that someday. We do have full day care when the school is closed if it is not a national holiday. Those days are \$20 per student. This month the no school days are October 26 & 27. 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. If you like kids and enjoy working part-time, please reach out to the youth department for job opportunities.

**-Youth Sports-**

Soccer is underway. If your child is interested in playing, please stop by, email, or call the Welcome Center for more details! Practices are Monday and Wednesday for PreK – 2nd and Tuesday and Thursday for 3rd – 8th right here at the NES field beginning at 4:30pm. Please make sure you have cleats, shin guards, and a water bottle. 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@ncrdnehalem.org](mailto:angiet@ncrdnehalem.org) or [kileyk@ncrdnehalem.org](mailto:kileyk@ncrdnehalem.org)

## NCRD POOL NEWS

Greetings anxious swimmers,

The city of Nehalem has not given the NCRD/Nehalem Pool the green light to re-open yet. Hopefully there is substantial sustained rainfall in the forecast to fill up the reservoir. We haven't forgotten about your passion and enthusiasm for school swim lessons and the pool! Hold on to that eager spirit and stay tuned for opening day! Looking forward to seeing you all swimming soon!

Sue & NCRD Aquatic Staff

Good News Club is returning in October. See flyer below for information.

### Released Time Good News Club

Children grades K-5 are invited to join us for a released time for Bible education every Thursday from 1:20-2:20, starting on October 5th. The Released Time leaders will meet your kids at school and walk them over to the NCRD for the Good News club where they will:

- Sing songs
- Learn Bible verses
- Hear Bible stories and learn how to apply those stories and principles to their lives.
- Have snacks!

Afterwards the leaders will walk the kids back in time for their next school activity. All volunteers have been screened by CEF and adhere to CEF's protection policies. For your child to attend you need to give your parental permission. You can do this by emailing either Julie Cardwell at [nabr@nehalemtel.net](mailto:nabr@nehalemtel.net) or Calvary Bible Church at [calvarymanzanita@gmail.com](mailto:calvarymanzanita@gmail.com). Please let us know your child's name, grade and if there are any food allergies.