

The Howler

Garibaldi Grade School | Newsletter



October 2023

I can't believe it is October already. There have been a lot of fabulous things happening at GGS including meeting new students and connecting with those who have been here for awhile.

We are starting strong and have already earned our first Wolf Pack Party due to the number of Pawsitives students have earned!

Just a reminder to keep the office up-to-date with contact information. Besides Thursday Folders going out weekly, look for information via email or find up-to-date information on the district webpage.

Important Upcoming Dates

October 9, School Board Meeting

October 10, GGS Parent Group Meeting

October 17, Lifetouch Picture Day

October 26-27, Parent/Teacher conferences, PK-5th



Parent/Teacher Conferences - October 26-27

Parent Conferences with the Teacher are on Thursday, October 26th and Friday Oct. 27th. This is a great time to talk with your child's teacher about progress in academics and behavior. All preschool through 5th grade will be during these dates and no school during this time.

Keep an eye out for more information on how to sign up for a time.



October Characteristic is Being Safe

Each month, GGS focuses on a personal characteristic and teaches it to our students.

Our focus for the month of October is being safe. Students who demonstrate being safe take care of their bodies with healthy choices and have safe hands and feet.

At the end of the month we will be handing out three awards in each class, two for students who were demonstrating Being Safe, and one Pride of the Pack award focused on perseverance. Please talk with your child(ren) around the conversations they are having at school on being safe.



Picture Day - Tuesday, October 17

Reminder we will have Lifetouch here at school for pictures. Pictures will be in the morning on that Tuesday. As we get closer, more information will be sent home with your student.

Tips for Getting Out the Door in the AM!

Did you know? Morning routines and school attendance patterns are set at the beginning of the year. That means that you can set your family up for success by getting off to a smooth and drama-free start! *For the month of October Students with 90% and above attendance will receive a "sweet treat".*



Here's a "Nighttime Checklist" that you might find useful:

- Choose and lay out clothing and shoes.
- Gather any items that need to go to school (permission slips, library books, homework) and put it in your backpack.
- Grown-ups – find your keys, wallet and phone!
- Prepare lunches, if you take one to school.
- Set your alarm!

Other tips:

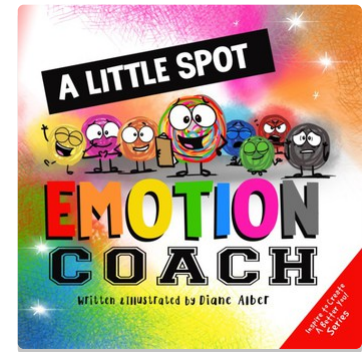
- Many households find that taking baths and showers at night helps reduce the morning rush.
- Kids who get tired of an adult "nagging" each step of the way might succeed with a series of alarms for their routine. (Or it might stress them out. You know your child best.)
- Use the school bus, taking allows enough time for your student to have breakfast or visit with friends.
- Set an "on time" goal with each child and adult. Decide on a shared reward if everyone makes it out the door on time all week. (It can be as simple as pizza for dinner on Friday.)

Talented and Gifted (TAG)

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 Keefauver, Special Student Services Director.

Ms. H's Counseling Corner

This month of September we have been exploring how to use our Breathing Tool, Listening Tool, and our Words Tool to be more mindful of our emotions. We read the book, Little Spot Emotion Coach and discussed how to become a good coach to our feelings. While “feelings” are not a Tool in our Toolbox, identifying and naming feelings is central to children’s ability to understand themselves and others.

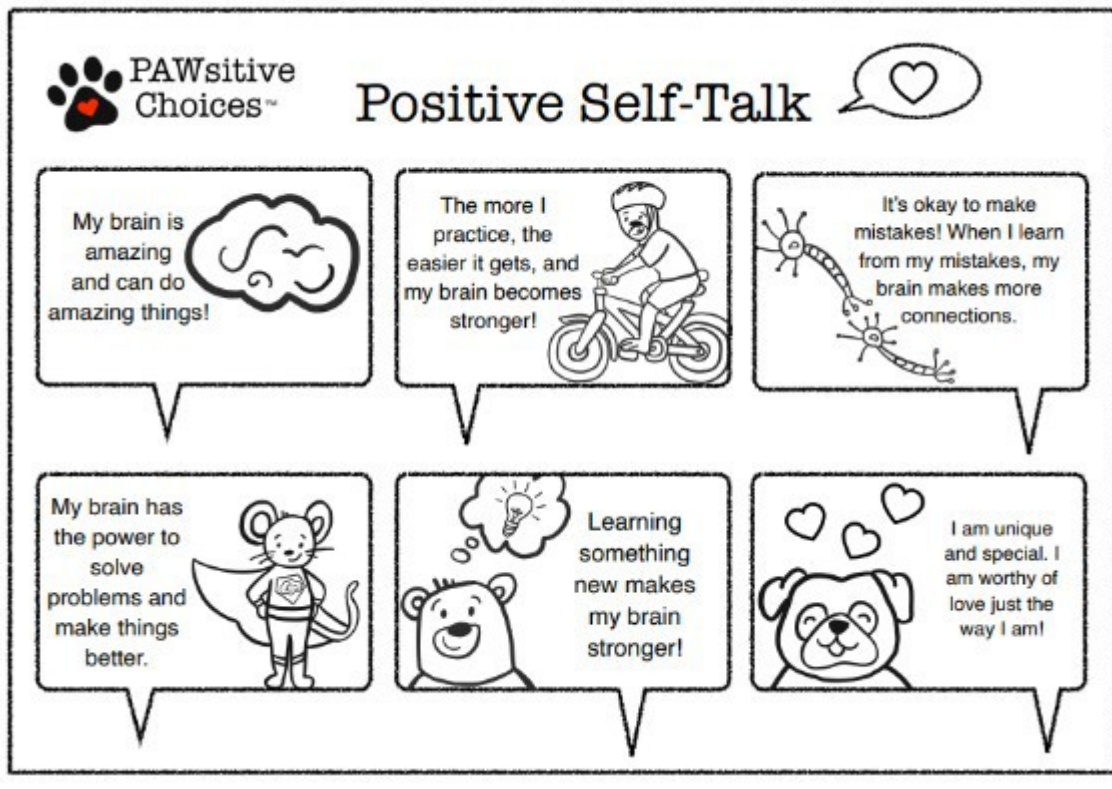


We have been learning how to use our **Listening Tool** to listen to our bodies. Our bodies give us sensations that are linked to feelings. The more students can identify what it feels like to have a feeling, the better they will become at naming those feelings. Our heart, muscles and energy level are some of the clues our body gives us to help us understand our feelings.

Our **Breathing Tool** is another Tool we have been practicing. Once we notice our body is starting to feel a feeling, we can take a deep breath to pause and calm ourselves. Taking this deep breath can give us the 3 to 5 seconds we need to change our course of action when we have a strong emotion. If we are taking a deep breath correctly our stomach should expand like we are filling up a balloon with air and then slowly blowing this breath out through our mouth. This is why we sometimes refer to this as our belly breathing.



As we end September, we will be learning about our **Words Tool** and using it to “talk to our brain.” Using the right words, in the right way, at the right time, and for the right reason, is something that we will practice when we use self-talk. During the month of October we will continue to work on our Words Tool as we talk to other people. If you would like some suggestions on how to continue to practice The Tools at home, please feel free to email me at cherieh@nknsd.org



Join the GGS Parent Group!

The mission of the GGS Parent Group is to improve the educational and social experiences of the children at GGS, and to support the teachers and staff who work there. We know that engaged parents help produce better outcomes for students, and we want to demonstrate appreciation for our hard-working staff at GGS.



A few of our projects include: reimbursing teachers for classroom supplies, sponsoring a reading challenge to let students earn money at the book fair, building a learning garden (with the support of Food Roots), and providing treats to staff and teachers during appreciation weeks and parent-teacher conferences. Our most popular fundraiser is the end-of-year carnival.

The GGS Parent group meets in the Library every second Tuesday of the month from 6-7PM. Join us to learn more about how you can participate! There are opportunities for everyone.

Follow us on FaceBook: <https://www.facebook.com/GaribaldiParentGroup>

Email: garibaldiparentgroup@gmail.com

NKN School Board Meetings

Next Meeting is Monday, October 9th, 6:30pm

This is a monthly meeting of our school Board. Meeting takes place at our District Office or through Zoom. You can access this meeting through our district website (www.nknsd.org) under "School Board" and then "Board Meetings".

Sign up for FlashAlert!

please remember as we move into the stormy weather months, you can receive flash alert messages from NKN School District updating you on any delays or closures.



To do this you go to <https://www.flashalert.net/>, *manage your messenger subscription*, and make sure you are signed up for Neah-Kah-Nie School District. We will also post information (as we can) to Facebook and the website, as long as we have access to the internet to do so.



Open Skate at Tillaskate!

Tillaskate would like to invite you and your child to join us for Open Skate throughout the winter. Bring your own skates for \$4.00 or use ours for \$5.00. We have a variety of sizes. No skateboards or scooters are allowed. Tillaskate is also available for private skate parties. Tillaskate will be open throughout October on the following dates for Open Skate:

Sunday, October 1st 2:00pm – 4:00pm

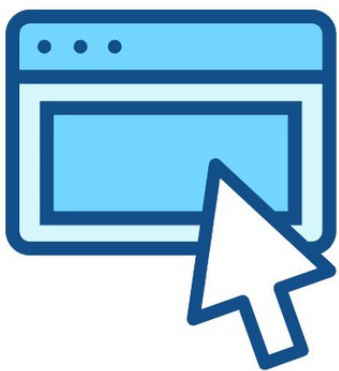
Friday, October 6th 6:00pm – 8:00pm

Saturday, October 7th 5:00pm – 7:00pm

Saturday, October 14th 5:00pm – 7:00pm

Tuesday, October 31st 5:30pm – 7:30pm

GGS information online



How to Find GGS Information Online!

Besides our monthly Howler Newsletter, you can find school information online! Our district has an informative website at www.nknsd.org and Garibaldi Grade School has a page with all sorts of great information for our families. You can find this monthly newsletter, student handbook and even a parent page with information on busing, school lunches, wellness and more!

Be a substitute at Garibaldi Grade School!

Sign up to be an Instructional Assistant (classified) or Teacher (certified) substitute at any of our schools. Neah-Kah-Nie School District has contracted with ESS for our substitute services. To become a substitute for the District please go to ESS.com, click on the Job Seeker tab and type in Neah-Kah-

Nie School District to begin the application process. If you have questions about the application process, or becoming a substitute, please contact 866-208-7454 x1 or email: applicationswest@ess.com.







Neah-Kah-Nie Employment Opportunities

Come work for the School District!

We currently have part and full time jobs available within the school district! Full Benefit and Job Descriptions are listed on our website: <https://nknsd.org/departments/human-resources/> If you have any questions, contact Kathie Sellars at our District office, 503-355-3506 or kathies@nknsd.org.

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL

This list is school instructions, not medical advice. Please contact your health care provider with health concerns.

SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER... *The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses.
 Fever: temperature of 100.4°F (38°C) or greater	*Fever-free for 24 hours without taking fever-reducing medicine.
 New cough illness	* Symptoms improving for 24 hours (no cough or cough is well-controlled).
 New difficulty breathing	* Symptoms improving for 24 hours (breathing comfortably). <i>Urgent medical care may be needed.</i>
 Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
 Vomiting: one or more episode that is unexplained	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
 Headache with stiff neck and fever	*Symptom-free OR with orders from doctor to school nurse. Follow fever instructions above. <i>Urgent medical care may be needed.</i>
Skin rash or open sores	*Symptom free , which means rash is gone OR sores are dry or can be completely covered by a bandage OR with orders from doctor to school nurse.
Red eyes with colored drainage	*Symptom-free , which means redness and drainage are gone OR with orders from doctor to school nurse.
Jaundice: new yellow color in eyes or skin	*After the school has orders from doctor or local public health authority to school nurse.
Acting differently without a reason: unusually sleepy, grumpy, or confused.	*Symptom-free , which means return to normal behavior OR with orders from doctor to school nurse.
Major health event, like an illness lasting 2 or more weeks OR a hospital stay, OR health condition requires more care than school staff can safely provide.	*After the school has orders from doctor to school nurse AND after measures are in place for the student's safety. Please work with school staff to address special health-care needs so the student may attend safely.



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
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

ATTENTION ALL CHESS ENTHUSIASTS!



Garibaldi Branch Library and Chess for Success have partnered to bring opportunities for all chess players in Tillamook County!

Chess for Success has made standard tournament game boards available for use at the library. Join us for **regular game days every Saturday at 2:00 pm** or meet your opponents at the library anytime during regular open hours.

Play for fun or preparation for an **open practice tournament** to be held **October 14th**, in the Garibaldi Community Hall. Watch for updates or contact Garibaldi Branch Library for more information.



CHESS for
SUCCESS



Tillamook County Library

107 6th Street, Garibaldi 503-322-2100 tillabook.org



Garibaldi Grade School

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✉ lisas@nknsd.org

☎ 503-322-0311

🌐 nknsd.org