



## NES January 2026 Newsletter

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### Important Dates and Reminders

- **December 22nd - January 5th** - No School - Winter Break
- **January 6th** - Students Return to School
- **January 12th** - School Board Meeting 5:30 p.m. @ the District Office
- **January 19th** - No School - Martin Luther King, Jr. Day
- **January 27th** - Vision Screening for all students



Swim lessons will start for Panks, Christensen, and LeDoux's classes on January 6th.

- **Panks** - Tuesdays
- **Christensen** - Wednesdays
- **LeDoux** - Thursdays

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## Restaurant Invasion Returns

Restaurant Invasion returns to NES starting January 15th with The Bunkhouse Restaurant. Restaurant Invasion is an event started at NES a few years ago, where a local restaurant comes into our school and cooks a high-quality meal for students creating a real restaurant-style dining experience on campus. It exposes kids to new foods, teaches table etiquette, and introduces them to careers in food and farming. Community partners help provide ingredients, dining supplies, and presentations. It's designed to be an accessible, educational, and memorable way for students to

experience restaurant culture without leaving school. Big Shaun's Smashburger will be here in February and The North Fork Potato Co. will work with our students in March.

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## NES Family Survey Winter 25-26

Hello NES families! We are asking our families to take a short NES Family Survey to help us plan our school programs. Thank you for taking the time to fill this out by Feb. 1, 2026.

[Preschool Survey](#)

[K-5 Survey](#)

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## PBIS: The Seagull Feather Reward System

Dear Nehalem Elementary Families,

At Nehalem Elementary, we are proud of our positive school culture. You have likely heard your student mention earning "Seagull Feathers" in their classroom, so we wanted to share exactly how this program works and how we use it to celebrate teamwork and great behavior!

As part of our PBIS (Positive Behavioral Interventions and Supports) framework, the Seagull Feather program allows us to recognize whole classes when they uphold our school expectations of being safe, respectful and responsible..

### How the Program Works

Here is a look at the process your students participate in every day:

- *Spotting the Success:* When a staff member sees a class displaying one of the behaviors on our expectations matrix, they pause to acknowledge it.
- *Specific Praise:* The staff member gives the class a "Seagull Feather." Importantly, they tell the students exactly *why* they earned it (e.g., "*I noticed everyone walked quietly and respectfully in the hall.*").
- *Note:* If the staff member can't stop right then, they write the specific positive behavior on the back of the feather and deliver it to the teacher later so the class still gets their recognition.
- *Tracking Progress:* The class brings their earned feather back to their room to add to their classroom collection.

### Earning Rewards

We believe in celebrating milestones together! The feathers help us work toward two different types of goals:

1. Classroom Rewards (The "25" Goal) When a classroom collects 25 Seagull Feathers, they earn a special class reward! The teacher and students decide on this activity together (such as a pajama day, extra recess, or a game hour). Once the reward is enjoyed, the count resets, and the class begins working toward their next 25 feathers.
2. School-Wide Celebration We are all one big flock! At the end of every month, our office staff tallies up the total feathers earned by every class. If we hit our school-wide goal, the entire school earns a PBIS celebration activity!

### Home Connection

Next time you ask your child, "How was school?" try asking if their class earned a feather today! It is a great way to start a conversation about what teamwork and respect look like at Nehalem Elementary.

Thank you for your continued support in helping our students soar!

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## Swim Begins for 2nd and 3rd Grade January 6th

Please be sure 2nd and 3rd grade students are prepared for swimming by bringing a swimsuit and towel to school on their swim day. Unfortunately we do not have towels or swimsuits for students to borrow. We begin swim January 6th with the following schedule:

Ms. Pank's class, Tuesdays, 1:15-2:00

Ms. Christensen's class, Wednesdays, 1:15-2:00

Ms. LeDoux's class, Thursdays, 1:15-2:00

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## NES Vision Screenings

**On Tuesday January 27, 2026** Vision Screenings will be attempted for all students in coordination with the Rockaway Lions Club. These screenings occur each year as part of required Oregon school based health screening. A letter will be sent home in the coming weeks **ONLY** if there are unexpected results or if your child needs a follow up screening with an eye doctor. We appreciate this opportunity offered by the Oregon Lions Sight and Hearing Foundation.

We are looking for a few volunteers to help escort students to/from the classrooms. If you're interested and available in the morning on January 27th, please contact Elizabeth Avila ([elizabetha@nknsd.org](mailto:elizabetha@nknsd.org)).

Thanks,  
Denise  
Neah-Kah-Nie Nurse

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## Reasons to keep me home from school and what needs to happen before I can return

| What is my symptom?                   | When should I stay home?   | When can I return to school?  |
|---------------------------------------|--|---|
| <b>Fever</b>                          | I have had a fever of 100.4°F (38°C) or higher in the last 24 hours.   | If I have been fever-free for 24 hours without the use of fever-reducing medication and I am feeling better.  |
| <b>Vomiting or diarrhea</b>           | If I have vomited 1 or more times in the last 24 hours. If I have had 3 loose or watery stools in a day or if I may not make it to the toilet in time.       | If I did not vomit in the last 24 hours and I am able to drink liquids and eat food. If I have not had diarrhea in the last 24 hours.   |
| <b>New cough or trouble breathing</b> | If I have a new or persistent cough that interferes with my ability to participate in school activities, difficulty breathing or trouble catching my breath. | Once I am feeling better and my symptoms are improving for at least 24 hours. If my symptoms were due to asthma, please make sure that I have permission to use a rescue inhaler at school. |
| <b>Rash</b>                           | If the rash is new and undiagnosed by a health-care provider, is increasing in size, is draining and cannot be completely covered, or if I develop a fever.  | If my rash has healed or I have been cleared for return by my health-care provider and any draining rashes are completely covered.  |
| <b>Eye redness and drainage</b>       | If I have new and unexplained eye redness without drainage, fever, eye pain, eyelid redness or vision changes.   | Once my eye symptoms have gone away or I have been cleared for return by my health-care provider.   |

*If you don't know whether to send your child to school or have specific concerns regarding your child's health, contact your child's health-care provider, a local healthcare provider, or the school nurse.*



Adapted from:



## Motivos por los que debo quedarme en casa y no ir a la escuela y qué debe suceder para que pueda volver

| ¿Cuál es mi síntoma?                          | ¿Cuándo debo quedarme en casa?   | ¿Cuándo puedo volver a la escuela?   |
|---|--|--|
| <b>Fiebre</b>                                 | He tenido fiebre de 100.4 °F (38 °C) o más en las últimas 24 horas.  | Si he estado 24 horas sin fiebre sin utilizar medicamentos para reducir la fiebre y me siento mejor.   |
| <b>Vómitos o diarrea</b>                      | Si he vomitado 1 o más veces en las últimas 24 horas. Si he tenido 3 heces blandas o acuosas en un día o si es posible que no llegue al baño a tiempo.                             | Si no he vomitado en las últimas 24 horas y puedo beber líquidos y consumir alimentos. Si no he tenido diarrea en las últimas 24 horas.  |
| <b>Nueva tos o dificultad para respirar</b>   | Si tengo una tos nueva o persistente que interfiere con mi capacidad para participar en las actividades escolares, dificultad para respirar o problemas para recuperar el aliento. | Una vez que me sienta mejor y mis síntomas mejoren durante al menos 24 horas. Si mis síntomas provocados por el asma, por favor, asegurarse de que tengo permiso para utilizar un inhalador de emergencia en la escuela. |
| <b>Sarpullido</b>                             | Si el sarpullido es nuevo y no ha sido diagnosticado por un proveedor de atención médica, aumenta de tamaño, supura y no puede cubrirse por completo, o si tengo fiebre.           | Si el sarpullido se ha curado o mi proveedor de atención médica ha autorizado a que vuelva y cualquier sarpullido que supure esté completamente cubierto.  |
| <b>Enrojecimiento y secreción de los ojos</b> | Si tengo enrojecimiento de los ojos nuevo e inexplicable con secreción, fiebre, dolor en los ojos, enrojecimiento de los párpados o cambios en la visión.                          | Una vez que los síntomas en mis ojos hayan desaparecido o mi proveedor de atención médica autorice a que vuelva.   |

*Si no sabe si debe enviar a su hijo a la escuela o si tiene alguna duda específica sobre su salud, póngase en contacto con el proveedor de atención médica de su hijo, con un proveedor de atención médica local o con la enfermera escolar.*



Adaptado de:



## Flash Alert

Click on this link to sign up for Flash Alert. It is a good way to get emergency information about school delays and closures. Follow the steps below to sign up:

- View local news - Portland, Vancouver, Salem
- No. Ore. Coast Schools
- NKN School Dist.
- Subscribe with your email

[Click here to see the Flyer](#)  
[Flash Alert Sign Up](#)

## January Lunch Menu



# JANUARY 2025

## NEHALEM ELEMENTARY SCHOOL

A variety of deli sandwiches are available daily as an option for lunch

| Monday  | Tuesday                                     | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
|  |   | <b>HAPPY NEW YEAR!!</b>                                 |   |  |
| <b>6</b><br>PROFESSIONAL DEVELOPMENT<br>NO SCHOOL                                 | <b>7</b><br>Breakfast Sandwich<br>Tacos     | <b>8</b><br>Strawberry Cr. Cheese Bagel<br>Mac & Cheese | <b>9</b><br>Yogurt & Grahams<br>Hamburgers                  | <b>10</b><br>Blueberry Muffin<br>Popcorn Chicken             |
| <b>13</b><br>French Toast<br>Corn Dogs  | <b>14</b><br>Breakfast Bar<br>Enchiladas    | <b>15</b><br>Cherry Strudel<br>Orange Chicken Over Rice | <b>16</b><br>Pancake on a Stick<br>Chicken Burgers          | <b>17</b><br>Pumpkin Bread<br>Soup & Toasted Cheese Sandwich |
| <b>20</b><br>MARTIN LUTHER KING DAY<br>NO SCHOOL                                  | <b>21</b><br>Sausage & Biscuit<br>Nachos    | <b>22</b><br>Banana Bread<br>Crispy Chicken Drumsticks  | <b>23</b><br>Pancake Bites<br>Pizza Sticks                  | <b>24</b><br>Oatmeal Rounds<br>Chicken Nuggets               |
| <b>27</b><br>Waffles<br>Teriyaki Chicken Over Rice                                | <b>28</b><br>Breakfast Sandwich<br>Burritos | <b>29</b><br>Strawberry Cr. Cheese Bagel<br>Spaghetti   | <b>30</b><br>Strawberry Smoothie<br>Tillamook Cheese Burger | <b>31</b><br>Blueberry Muffin<br>Breakfast For Lunch         |

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread items are whole grain or whole wheat. GF options available. Fat-Free and 1% milks are offered daily. Whole grain cereals are an option at breakfast. Menu items are subject to change.

**"This institute is an equal opportunity provider"**

## Ms. Jennifer's School Counseling



Ms. Jennifer's School Counseling Office  
503-355-3657/ [jenniferh@nknsc.org](mailto:jenniferh@nknsc.org)  
NKN Elementary Counseling



Happy Holidays!

I hope you and your families have a restful winter break!

In January we will continue focusing on skills needed for learning: listening, focus, respect, empathy, positive self talk to name a few. Additionally, we will be covering our Child Protection Unit. Students will learn about safe, unsafe, and unwanted touches, and rules about touching private body parts. They'll also learn to say no to unsafe or unwanted touches, and to tell an adult if someone breaks rules about touching private body parts. You should receive a letter in the mail with information about these lessons.

If you have any questions or concerns please let me know. 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  
jenniferh@nknsd.org

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## PE-Mrs. Duer

### November/December Focus (Grades 2nd-5th):

- Floor Hockey Skills and Game Play
- Review of Throwing and Catching Skills Through Games
- Basketball Skills

### November/December Focus (Grades K-1st):

- Locomotor Skills (skipping, galloping, ect.)
- Dribbling with a Hockey Stick
- Throwing with Scoops and Balls
- Basketball Fundamentals: Dribbling and Shooting
- Tag Games

When we return in January we plan to start a gymnastics unit in all grade levels.

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



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## NCRD Youth

### **Cheers and Welcome to 2026!**

If you need care after school, please reach out to us. We pick up your students at Nehalem Elementary School and are now staying at the school until 5pm. Our cost will stay \$6 a day per child. This does include a nutritious snack and a host of enrichment activities (outdoor play/walks, gym time, crafts, 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. We are closed on all



national holidays. Those days are \$20 per student. The no school days in January are 1 & 5. To preregister and prepay, contact the Welcome Center.

Scholarship applications are available upon request. Scholarships for students are funded through the Friends of NCRD Foundation. Please let any staff member or the Welcome Center know if this is a need, and we will get you a scholarship application.

### **-Youth Sports-**

Basketball registration is now open. Basketball will run January 12 – Feb. 27. This will be on Monday and Wednesday from 4:30 – 5:30pm at the NES gym. If you want to play but haven't registered, you still can, come over to NCRD and register if you have already played a sport this school year it's even easier, just call the welcome center (or email Kiley) and let them know your child's name, we can invoice you (\*late fees may apply).

[angiet@ncrdnehallem.org](mailto:angiet@ncrdnehallem.org)

[kileyk@ncrdnehallem.org](mailto:kileyk@ncrdnehallem.org)

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## **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.

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## **Elizabeth Avila**

Elizabeth is using Smore to create beautiful newsletters