

THE HOWLER

Garibaldi Grade School | Newsletter



October 2024

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.

If you were unable to come to our Back to School Night, the Title 1 presentation is linked here: [Back to School - Title 1 Presentation](#)

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. We will also be calling families soon to start scheduling conference times with you.

Important Upcoming Dates

October 1, Lifetouch Picture Day

October 14, School Board Meeting

October 23-25, Parent/Teacher conferences, PK-5th

o c t o b e r 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Picture Day - Tuesday, October 1st

Reminder we will have Lifetouch photographers here at school on Tuesday, October 1st. Pictures will be in the morning on that day. Picture packets have gone home with students. Picture Retakes are scheduled for November 20th.

Parent/Teacher Conferences - October 23-25

Parent Conferences with the Teacher are from after school, Wednesday, Oct. 23rd through Friday Oct. 25th. 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 there is no school on Thursday and Friday. Keep an eye out for more information on how to sign up for a time.



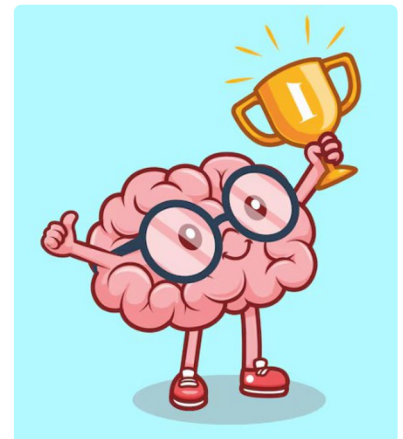
October Characteristic is Being Safe

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.

The Golden Brain Award!

The students have been learning all of the Tools and how to use them to manage their emotions and actions. It has been so exciting to see them be able to apply those skills in everyday situations. The Golden Brain award will be given out at our monthly assemblies to students who have been able to help themselves or others with our Toolbox Tools.



PE with Mrs. B!



Thank you to all students for being mindful about wearing appropriate footwear for PE! The first month of PE has been awesome. Students are practicing their daily fitness routine (warm-up & stretch, activity focused on skill or game and a quick reflection). The second half of September will focus on soccer

across K-5. Students are learning to dribble a soccer ball with control, trapping the ball, kicking for distance as well as mini scrimmages. Elementary students in the Neah-Kah-Nie School District receive daily PE 30 minutes a day. Overall, it is recommended that children participate in moderate to vigorous physical activity 60 minutes a day.

What's next? Students are going to be working on juggling skills as well as learning to manipulate hula hoops and bean bags. Get ready for some new fun tricks!

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!



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

- Choose and lay out clothing and shoes.
- Gather items for school (permission slips, library books) & 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.)

For the month of October Students with 90% and above attendance will receive fun stickers! A great goal to work with your child on is if you student reaches at least 6 months of great attendance, they will be able to attend GGS's end of year attendance ice cream celebration!

Ms. H's Counseling Corner

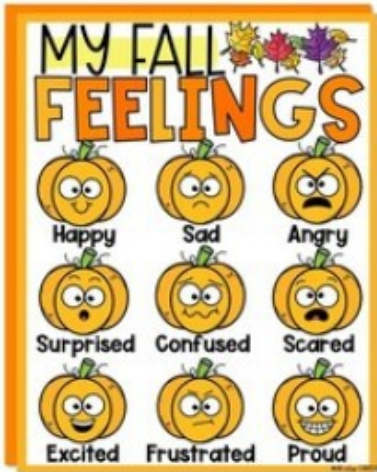
The month of September we have been exploring how to use our Breathing Tool, Listening Tool, and our Words Tool to be more mindful of our emotions and our actions. While "feelings" are not a Tool in our Toolbox, identifying and naming feelings is central to children's ability to understand themselves and others.



We have been learning how to use our Listening Tool to listen to others as well as listening 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 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. I have told the students that the deep breaths we take are like the brakes in a car. It helps us to pause, and can give us the 3 to 5 seconds we need to change our course of action when we have a strong emotion.

Our words have great power to either inspire or to hurt others. As we learn about our Words Tool, we focus on using the “right” words, at the “right” time, in the “right” way and for the “right” reason. Body language and voice tone have a big impact on the message we are trying to deliver. We are going to practice using our words in a kind and caring way when we “talk to our brain,” and as we talk to others.



October is the month where we will be focusing on being safe and we will be learning about the 8 Never Nevers, and our 3 ways to stay safe. Our Personal Space Tool and our Garbage Can Tool are the two new Tools that we will add to our Toolbox to help us stay safe. Our Garbage Can Tool helps us determine the size of our problems and then we can respond accordingly. The small problems can sometimes “feel” like big problems, however big problems are emergencies.

If you have any questions, please feel free to email me at cherieh@nknsd.org, or call 503-322-0311.

NKN School Board Meetings

Next Meeting is Monday, October 14th, 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.

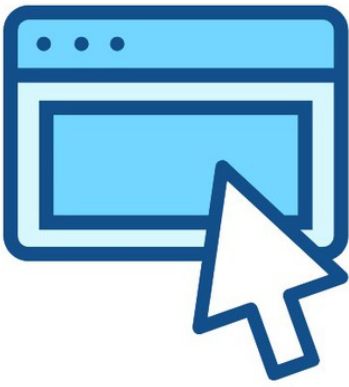


To do this you go to <https://www.flashalert.net/>, *manage your messenger subscription*, and make sure you are signed up for Neah-Kah-Nie School District. We will also post information (as we can) to Facebook and the website, as long as we have access to the internet to do so.

GGG 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](https://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 GGS!

We currently have a **Special Education Instructional Assistant** position available within Garibaldi Grade School! 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...
 Fever: temperature of 100.4°F (38°C) or greater	*The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses. *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	*Symptoms improving for 24 hours (no more than two bowel movements more than normal and no longer having accidents) OR with orders from doctor to school nurse.
 Vomiting: one or more episode that is unexplained	*Symptom-free for 24 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.

VACCINE CLINICS

PROTECT YOUR HEALTH

No appointment required!



NORTH COUNTY RECREATION DISTRICT

- Thursday 10/24 9am-6pm



ROCKAWAY ST MARY'S BY THE SEA

- Wednesday 10/30 9am-11:30am



NESTUCCA K-8

- Wednesday 10/23 3:30-6:30pm
- Thursday 11/7 3:30-6:30pm



TILLAMOOK FAIRGROUNDS

- Monday 10/21 11am-6pm
- Tuesday 10/22 11am-6pm
- Monday 10/28 11am-6pm
- Tuesday 10/29 11am-6pm
- Monday 11/4 11am-6pm
- Tuesday 11/5 11am-7pm
- **Wednesday 11/6 11am-7pm***

COVID-19
Ages 6 months+

Flu
Ages 6 months+

Pneumonia
Ages 50+

*See below for special event

Spanish Clinic

NOVEMBER 6 | 11am-7pm

Our **November 6** clinic will have Spanish-focused resources, interpretation, and vaccination services. Everyone is welcome!



Most health insurance plans cover the cost of vaccines. If you do not have insurance, a sliding fee scale may be used. No one is turned away for the inability to pay. Vaccine age limit varies. COVID-19 and Flu vaccines may be administered in same day.

OCTOBER 2024

GARIBALDI GRADE SCHOOL

A variety of sandwiches are Available daily as an option for lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	Egg & Cheese Bagel 1 Tacos	Blueberry Muffin 2 Spaghetti	Sausage & English Muffin 3 Chicken Burger	Oatmeal Rounds 4 Fish & Chips
Pancakes 7 Cheesy Breadsticks With Marinara	Breakfast Sandwich 8 Chicken Quesadilla	Banana Bread 9 Mac & Cheese	Breakfast Burrito 10 Teriyaki Chicken & Rice	Cinnamon Rolls 11 Chicken Strips and Rice Pilaf
Waffles 14 Corn Dog	Yogurt & Grahams 15 Enchiladas	Breakfast Bar 16 Crispy Drumstick and Mashed Potatoes	Pancake on a Stick 17 Sloppy Joe's	Blueberry Muffin 18 Pizza Sticks
Cinnamon Bagel 21 Chicken Potato Bowl	Breakfast Bagel 22 Nachos	Sausage & Biscuit 23 Chicken Alfredo	PARENT/TEACHER CONFERENCES 24 NO SCHOOL	PARENT/TEACHER CONFERENCES 25 NO SCHOOL
Pancakes 28 Hot Dog & Baked Beans	Breakfast Bar 29 Burritos	Yogurt & Grahams 30 Orange Chicken Over Rice	Scrambled Eggs & English Muffin 31 CANDY CORN PIZZA	



A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread items are whole wheat or whole grain. Gluten free options are 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"



Garibaldi Grade School

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Phone: [503-322-0311](tel:503-322-0311)



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