



Nehalem Nugget November 2023

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

Important Dates and Reminders

- October 30th-November 3rd, Book Fair - See details below under "Library"
- October 31st - NES Harvest Parade 1:45, NO CHESS CLUB
- November 2nd - Book Fair Family Night 2:45-6:00 P.M., Parent Council Family Event - Cookie Decorating in the cafeteria 4:00-6:00
- November 5th - Set Clocks Back One Hour
- November 10th - No School - Veteran's Day
- November 13th - School Board Meeting - 6:30 p.m. at the District Office
- November 18th - NES Seaside Cinema Takeover - See Flyer Below
- November 22nd, 23rd and 24th - No School - Thanksgiving Holiday



Swim starts next week for McCoy, Carbary, And Henderson's classes.

McCoy - Tuesdays 1:40-2:10

(This week only McCoy's class will swim 11/1 instead of 10/31 due to the Harvest Parade)

Carbary - Wednesdays 1:40-2:10

Henderson - Thursdays 1:40-2:10

NES's Seaside Cinemas Takeover - Saturday, Nov. 18th!

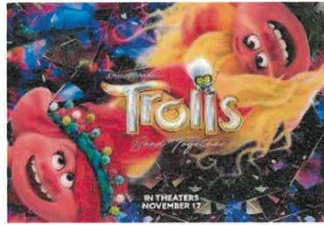
Come join your seagull friends and families to watch the new Trolls movie, *Trolls Band Together*, at a special NES Family Event

NES Families are invited to come see the movie for a reduced price on Saturday, November 18, 2023.

Doors open at 9:30 a.m. for check in and purchasing snacks.

Movie starts at 10:00 a.m. sharp! (PG rating)

To sign up, please return the slip below and ticket payment to school by the end of the day on Tuesday, Nov. 14.



- Reduced Ticket price: \$4 per person-check made out to NES or exact cash only. -send to NES on or before Tuesday, Nov. 14th.
- The regular snack bar plus special reduced price snacks will be available for purchase to include:
 - Movie Combo with soft drink (tray with popcorn, 12 oz. drink and snack size candy) for \$4.00
 - Movie Combo with ICEE (tray popcorn, 12 oz. ICEE and snack size candy) for \$4.50
- Please note that no outside food or drink are allowed in the theater.
- Students must be supervised by a parent or guardian and not dropped off.

Yes, we are coming to Trolls with y'all! I'm bringing _____ (number of) people with me.

Here's my info:

Parent: _____ Phone: _____

My student(s): _____

Other family members: _____

My payment of exact cash or a check made out to NES is attached. (\$4 per person!)

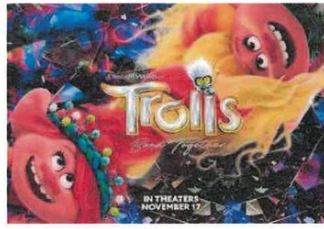
Adquisición de Seaside Cinemas de NES: ¡sábado 18 de noviembre!

Únase a sus amigos y familiares gaviotas para ver la nueva película Trolls. *Los trolls se unen*, en un evento familiar especial de NES

Las familias de NES están invitadas a ver la película a precio reducido el sábado 18 de noviembre de 2023.

Las puertas se abren a las 9:30 a. m. para registrarse y comprar refrigerios.
¡La película comienza a las 10:00 a. m. en punto! (clasificación PG)

Para inscribirse, p. Por favor, devuelva el formulario a continuación y pague el boleto a la escuela antes del final del día martes 14 de noviembre.



- Precio de entrada reducida: \$4 por persona-cheque a nombre de NES o solo efectivo. -enviar a NES el martes 14 de noviembre o antes.
- El snack bar normal y los snacks especiales a precio reducido estarán disponibles para su compra e incluirán:
 - Combo de Película con refresco (bandeja con palomitas, bebida de 12 oz y caramelo tamaño snack) por \$4.00
 - Combo de película con ICEE (palomitas de maíz en bandeja, ICEE de 12 oz y dulces tamaño snack) por \$4.50
- Tenga en cuenta que no se permite comida ni bebida del exterior en el teatro.
- Los estudiantes deben ser supervisados por un padre o tutor y no deben dejarse.

¡Sí, vamos a Trolls con todos ustedes! Voy a traer conmigo a _____ (número de) personas.

Aquí está mi información:

Padre: _____ Teléfono: _____

Mis estudiantes): _____

Otros miembros de la familia: _____

Se adjunta mi pago en efectivo exacto o un cheque a nombre de NES. (\$4 por persona!)



NES Fall 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!

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.



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.

Cafeteria

"It's a girl!!!"

Nehalem Elementary students were very excited to hear about the birth of Gertie, our virtual adopted baby calf. We have partnered for the second year with "Discover Dairy" where we are assigned a farm and then wait for our calf to be born. Over the remaining school year, we will be updated weekly on Gertie's growth, health, and milestones. This year our sponsored farm is Schoch Dairy & Creamery in Hillsboro, Oregon. We are very excited to watch this little calf grow up!



I also wanted to let you know about another program we've started. It's called "Make today a Try-day". Although we've offered some pretty amazing fruits and vegetables over the years that are a little different from the standard elementary school choices, last week Miss Caroline made some delicious roasted swiss chard for the kids to try. They LOVED it!!! We even had kids with lunches from home that wanted to try some. We would like to encourage you to ask your kids about what they're enjoying at lunchtime. Thank you, Miss Kris

Kris Troutman
Food Service Director
Head Cook-Nehalem Elementary School

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

Hard to believe it is already November!

In October we learned about Kelso's choices. Students worked on recognizing the size of the problem and worked on using Kelso's strategies for conflict resolution. We also covered student safety with our Child Protection Unit from Second Step. Students learned about ways to stay safe

with our “Never Never Rules” and the “Always Ask First Rule.” I encourage you to ask your child about the different Kelso’s choices and the never never rules, they know their stuff!



In November we will continue to work on skills for learning: focused attention, listening, following directions, being assertive, empathy and more. Additionally, we will continue developing using our ‘tools’ (Breathing, Listening & Words) to help in solving problems and staying in the green zone. 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](http://MindYeti.com) 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

jenniferh@knksd.org

PE - Mrs. Duer

October has been a great month in PE! We spent a lot of time learning soccer fundamentals and skills in all grade levels. We also have been working on throwing and catching skills and games in all grade levels. 2nd through 5th graders have been throwing and catching specifically using footballs. Our preschool through 1st graders have been using yarn balls to practice basic throwing and catching. Primary grades have also been continuing to focus on locomotor movements (skipping, galloping, hopping) and fair game play with tag games.

November Focus:

- Scooter Games
- Cardio Drumming
- Teamwork Games and Relays





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	

NEED VACCINES?



COVID* and flu vaccines are available at NKN Student Health & Wellness Center.

Age 15 and older: Stop by the health center to schedule an appointment.

Younger than 14: Stop by the health center to pick up paperwork for your parent/guardian to sign.

* COVID vaccines for age 12+

503-355-3500 | [NKNhealth.org](https://www.nknhealth.org)



EN LA SECUNDARIA NEAH-KAH-NIE

HORARIOS:

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

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 (Dental, radiografías, resonancias magnéticas, especialistas)
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

¿NECESITA VACUNAS?



STUDENT HEALTH
& WELLNESS CENTER

Las vacunas contra el COVID* y la gripe están disponibles en El Centro de Salud y Bienestar para Estudiantes de NKN.

Mayores de 15 años: pase por el centro de salud para programar una cita.

Menores de 14 años: pase por el centro de salud para recoger el papeleo para que lo firme su padre/tutor.

* Vacunas COVID para mayores de 12 años

503-355-3500 | nehalembayhealth.org

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

Hello 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 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. The only no school day in November is 22. 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-

Registration is open for Futsal. 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. angiet@ncrdnehalem.org
kileyk@ncrdnehalem.org

NCRD Pool

Dear Patient Pool Patrons.

The most recent pool repair seems to be Successful as of this post!

I am just a tad cautiously optimistic these days due to the complicated aging mechanical unpredictable technicalities

the old Nehalem pool has had to overcome.

OCTOBER 30th Monday...The POOL is OPEN!!

We are super excited to see the enthusiastic student swimmers.

school swim is on

***November 1** is the first Wednesday Water Play.

(6x before X-Mas Break—check flyer schedule for dates).

***November 17th** is the first Friday Night Swim 6pm—7:30pm.

(4x before X-Mas Break—check dates).

Fall Pool Schedule 2023 Open October 30, 2023

Wednesday Water Play (WWP) November 1,8,15,29 (no swim Nov.22) December 6,13.

Open to: 1st thru 5th grade students

Time: 2:45—4:00 (drop off & pick up @ pool family's responsibility, punctuality appreciated!)

Cost: \$2 per session or use your swim pass (\$18 10x \$20 11x)

Bring swim suit and towelNo reservations required***

Friday Night Family Swim November 17 December 1,8,15.

Parents must accompany children

Time: 6pm—7:30pm

Cost: \$2 students(passes available) \$6 adults (passes available)

Employment Opportunities at NKN School District

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

**SUPPORT OUR
SCHOOLS!**

**Become an ESS
Substitute**



**SCAN
ME TO
GET
STARTED!**



Amy Cram

Amy is using Smore to create beautiful newsletters