



## March 2024

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### Important Dates/Reminders

- March 8th - NO SCHOOL - Grade Day (Report cards come home the middle of the following week in backpacks.)
- March 11th - School Board Meeting - 6:30 p.m. at the District Office or by Zoom
- March 12th - 5th Grade Parent Meeting - 6:00 p.m. in the cafeteria
- March 14th - Family Paint Night - 5:30-6:30 p.m.
- March 19th - Clean Water Festival (4th grade)
- March 25th - 29th - Spring Break



### Swim lessons will end for Honts and Christensen's classes:

- Honts last day will be March 12th.
- Christensen's last day will be March 13th.

### Swim lessons will start for K/1 classes the week after we return from Spring Break.

- Spicer - Tuesdays
- Archer - Wednesdays
- Schaper - Thursdays

### March Swim Make Up Days:



## NES Family Painting Night

March 14th, 5:30-6:30 p.m.

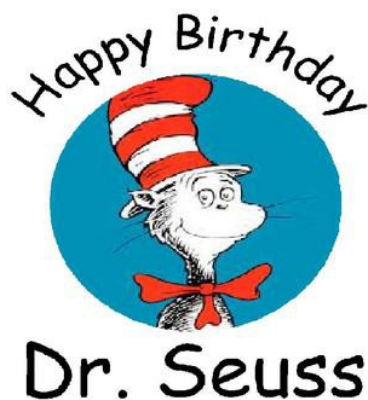


On March 14 Tami Waldron will be leading a step-by-step painting class for NES families. We'll be painting raccoon and fox paintings (your choice)! This event will be taking place at school from 5:30-6:30 p.m. There is a \$5 fee per painter to cover the costs of supplies and the artist. (Cash and checks are accepted, please make the check out to NES and give it to the office.) This is open to any Nehalem Elementary School student and their school-age siblings, and their parents/guardians.

Payment is required to secure reservations as there are only 50 spots available. If parents would only like to have their child(ren) paint and not paint themselves that is perfectly fine, but we do require an adult to attend with their children for this event.

Paintings will go home with the painters that same night—how exciting!

Hard copies will come home with students soon!



### Read Across America Week, February 26th - March 1st

**Celebrating all of our amazing readers and the birthday of Dr. Seuss!**

- Each morning we'll have a book walk in the classrooms. The students standing on the lucky number will get to come pick out a book from the office to take home.
- Friday, March 1st the cafeteria will be serving "Cat in the Hat pancakes".
- Archer and Henderson's classes will perform "The Sneetches" for K-5 only on Friday March 1st in the gym from 2:00-2:25. Parents

are welcome to attend. Please remember to check in at the office.

#### Dress up Days:

- **Mix it Up Monday - Wear mixed up clothing**
- **Top Hat Tuesday = Wear your favorite hat**
- **Wacky Wednesday = Wear your wackiest socks**

- Lorax Thursday = Wear orange and/or a fake mustache
  - Decade Day Friday = Dress up like your favorite decade
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## Sixth Annual Read-A-Thon

**February 26th and goes through March 11th.**

Please register at [Read A Thon 2024](#)

You can do it all in a minute or two and really help us meet our financial needs. **How It Works:**

- Activate your account at the link above.
- Use the easy online tools to tell friends and family about our Read-A-Thon.
- Track and log at home reading sessions online.
- That's it!



**All proceeds go to:**

- Supporting our commitment to literacy and daily reading.
  - Purchasing student books to help celebrate our annual Read-Across-America Week book walk (each day, students' names are drawn for a chance to pick out a new book.)
  - Purchasing student prizes for our PBIS treasure chest. Students have the chance every day to earn "Way to Go's" for being safe, respectful and responsible. The office then does a weekly drawing for a chance at choosing one item from our treasure chest.
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## 5th Grade Parent Meeting

Attention 5th Grade Parents! Per tradition, 5th grade parents organize an end of the year celebration trip for our kids. We had our first meeting and are brainstorming ideas. Past trips included places like Captain Kids, Bullwinkles and Skyzone. We raise money so this is no cost. If you have any ideas and/or want to help organize, email Renae ([renae.scalabrin@gmail.com](mailto:renae.scalabrin@gmail.com)) or Lesley ([lesleyanctil@gmail.com](mailto:lesleyanctil@gmail.com)). Our next meet-up will be March 12th @ 6pm in the cafeteria. Come join us!

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## Cafeteria

**National School Breakfast Week is March 4th-8th**

Remember, breakfast and lunch are free for all students.



# MARCH 2024

## NEHALEM ELEMENTARY SCHOOL

Breakfast and Lunch  
Are Free for all  
Students!!

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Cat In The Hat Pancake  One Fish, Two Fish Sticks & Fries Sam I Am Ham Sammies
	<b>4</b> Breakfast Sandwich  Hot Dog  Chef's Salad	<b>5</b> Banana Bread  Nachos  SB & J	<b>6</b> Pancake on a Stick  Tater Tot Casserole  Chef's Salad	<b>7</b> Blueberry Muffin  Soup & Sandwich  Cheese Quesadilla
	<b>11</b> Waffles  Cheesy Breadsticks w/ Marinara Deli Sandwich	<b>12</b> Scrambled Eggs & English Muffin Enchiladas Chef's Salad	<b>13</b> Strawberry Smoothie  Spaghetti Chicken Salad	<b>14</b> Breakfast Bar  Tillamook Cheeseburger & Fries Deli Sandwich
	<b>18</b> Cream Cheese Bagel  Corn Dog Deli Sandwich	<b>19</b> French Toast  Burrito Deli Sandwich	<b>20</b> Breakfast Bar  Orange Chicken Over Rice Deli Sandwich	<b>21</b> Pancakes  Chicken Burger Tuna Salad Sandwich
<b>25</b> HAVE A	<b>26</b> SAFE AND	<b>27</b> WONDERFUL	<b>28</b> SPRING	<b>29</b> BREAK!!!

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread and pasta items are whole grain or whole wheat. Gluten free options are available. Every day choices of 1% and fat-free milk are offered. Whole grain cereal is an option at breakfast. Menu items are subject to change if needed.  
"This institute is an equal opportunity provider"



### Mrs. Jennifer's Counseling Office

Greetings!

Greetings!

February we celebrated kindness! Our K- 3rd graders learned about filling someone's bucket! What can they do daily to make someone feel valued and cared for. While our 4th and 5th graders learned about the science of kindness and how showing random

acts of kindness can improve both your mental and physical health! All grades committed to carrying out random acts of kindness throughout the month of February.

March is all about bully prevention. Students will learn to recognize, refuse and report bullying. It is important for students to know the difference between bullying, and a mean moment or a conflict with another student. Bullying is taken very seriously and all students need to learn to recognize the signs.

Every year Nehalem Elementary administers the Cognitive Abilities Test (CogAT) to 2nd and 5th grade students. This assessment helps us in determining if a student qualifies for Neah-Kah-Nie's Talented and Gifted program (TAG). We will be testing the 2nd grade students March 13, 14 & 15 and the 5th grade students March 19, 20 & 21 . Each testing window is an hour or less. If you have any questions, please reach out via email - [jenniferh@nksd.org](mailto:jenniferh@nksd.org) or phone - 503-355-3657.

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.

Ms. Jennifer

503-355-3657

[jenniferh@nknsd.org](mailto:jenniferh@nknsd.org)

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## P.E.

Students have been spending the month of February working on basketball skills, introduction to juggling, and paddle skills/sports. On Monday, February 12th we had a special visitor join us. Mag from We Care Sports put on a juggling workshop in all grade levels and ended the day with an exciting assembly. Thank you to the Mudd Nick Foundation for this wonderful learning opportunity!



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## Family Resource Center

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!

Please contact Heaven Hartford at 503-355-3639 or [heavenh@nknsd.org](mailto:heavenh@nknsd.org) to donate.





## NKN District Job Openings

Click button to access and apply for open positions.



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

### HOURS:

<b>Tuesdays</b>	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Closed for lunch 12:00 - 1:00 pm)
<b>Wednesdays</b> <small>Counseling appointments only</small>	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Closed for lunch 12:30 - 1:30 pm)
<b>Thursdays</b>	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 Sports physicals Care for illness and injury Immunizations Routine lab tests Prescription medications Age-appropriate reproductive health Vision screenings	Dental screenings Blood-pressure screenings Health education Counseling Wellness opportunities Referrals for other medical services (Dental, X-rays, MRIs, Specialty)
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Learn more at: [NKNHealth.org](https://NKNHealth.org)



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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](http://NKNHealth.org)

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



## EN LA SECUNDARIA NEAH-KAH-NIE

### HORARIOS:

<b>Martes</b>	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Cerrado para almorzar de 12:00 a 1:00 p. m.)
<b>Miércoles</b> <small>Citas de consejería solamente</small>	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Cerrado para almorzar de 12:30 a 1:30 p. m.)
<b>Jueves</b>	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
Salud reproductiva adecuada a la edad	(Dental, radiografías, resonancias magnéticas, especialistas)
Estudios de visión	

Conozca más en: [NKNHealth.org](http://NKNHealth.org)

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## NCRD Youth Center

Hello NES families, do you need youth after school care, please reach out to us here at NCRD. We pick up your students at Nehalem Elementary school at the end of each school day and are open until 5pm. The cost is \$6 per day per child. This does include a nutritious snack and a host of enrichment activities (outdoor play/walks, gym time, crafts, music, science, etc.) We offer full-day childcare on non- school days but are closed on all Federal holidays. No school days are \$20 per student with preregistration. March has 6 no school days that we are providing care for. The first is Friday, March 8, followed by all of spring break March 25 - 29. To preregister and prepay, contact the Welcome Center.

### -Youth Sports-

Futsal will begin Friday March 1 and run through April 12. Wednesday & Friday nights from 4:30-5:30pm at the NES gym. If you have not registered, 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@ncrdnehallem.org](mailto:angiet@ncrdnehallem.org) [kileyk@ncrdnehallem.org](mailto:kileyk@ncrdnehallem.org)

North County Recreation District Presents

## Fly Through Time

with Leapin' Louie Lichtenstein

A cowboy circus about animals who fly

Leapin' Louie uses circus, cowboy tricks, a six-foot unicycle, and lots of comedy to explore all the wild critters, including us, who fly. In 400 million years five amazing groups of animals developed flight: Insects, pterosaurs, birds, bats and finally, humans. Only 66 years after the Wright Brothers invented the airplane, we landed on the moon. We're moving so fast!

Can we leave enough room for our amazing wild ecosystems as we jet into the future? Leapin' Louie is a master of physical comedy, trick roping, whip cracking, and juggling. He has performed one-person Leapin' Louie shows in 35 different countries around the world, including many tours in Europe, Japan, and Australia. Leapin' Louie has decided to turn his comedy and cowboy circus skills towards the celebration of the diversity of animals on this beautiful planet. It's weird and it's fun! Leapin' Louie will be appearing at the NCRD Performing Arts Center on Saturday, March 23 at 1pm. This is a show for children and adults alike! And a great way to start your child's Spring Break!

For more information, go to <https://comedytricks.com> or contact NCRD at 855-444-6273.

"Lichtenstein, a multitalented performer, has to be seen to be believed."

—Portland Oregonian

"Awesome' is a terrible word, but there's no shame using it – in the truest sense – to describe Leapin' Louie." Broadway Baby ☆ ☆ ☆ ☆ (Edinburgh Fringe Festival)

# For Kids of All Ages!

## Fly Through Time



with

### Leapin' Louie Lichtenstein

a cowboy circus about animals who fly

**Saturday, March 23, 1 pm**  
NCRD Performing Arts Center  
36155 9th St. Nehalem Oregon 855-444-6273

Tickets available only at the door	<a href="https://comedytricks.com">www.comedytricks.com</a>
Adults: \$10	Show your EBT/Oregon Trail card
Students \$5	and receive \$5 off per adult
Children under 3 are free	and \$3 off per student

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# NCRD Aquatics Center

## SPRING BREAK SCHEDULE (March 25-March 29)

### Open Swim:

Monday-Friday -1:00-3:00pm

\$2 per student swimmer \$18 for a 10x pass adult \$6 or \$50 for a 10X pass.

children 5 years & younger must be accompanied by an adult

### Friday Family Night Swim Continues in 2024:

Time - 6:00-7:30pm (**NO FRIDAY NIGHT SWIM MARCH 29, SPRING BREAK**)

Adults, please accompany your children. It is not mandatory that adult must get in the pool unless child is 5 years and under \$2 per student \$18 10x pass adult \$6 or \$50 10x pass. Purchase @ the pool!

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## Girl Scouts

This story starts with you.



From exploring national parks to learning to code, what begins at Girl Scouts takes you anywhere you want to go. Join us at an upcoming event!



## Oregon Coast Troop Formation Night

Are you or your little one interested in learning more about Girl Scouts? Would your child like to make new friends, and get more involved in the community? Join us for a Troop Formation night at our Seaside property! RSVP to Lauren Bigej to express your interest

[lbigej@girlscoutsosw.org](mailto:lbigej@girlscoutsosw.org)

RSVP:  
Lauren Bigej  
Volunteer and  
Membership Support  
Specialist

[lbigej@girlscoutsosw.org](mailto:lbigej@girlscoutsosw.org)

Date: 3/19/24

Grades: K-12, all are welcome!

Time: 6:00 p.m. - 7:30 p.m.

Price: Free!

Location: Seaside Indoor Program Center 1215 Broadway Street, Seaside, OR 97138







13TH BIENNIAL

# NEHALEM ESTUARY CLEANUP

SAT MARCH 9TH

Sign up to be a Substitute

**SUPPORT OUR  
SCHOOLS!**  
Become an ESS  
Substitute



←  
**SCAN  
ME TO  
GET  
STARTED!**



**Amy Cram**

Amy is using Smore to create beautiful newsletters

