



## ***Nehalem Elementary December 2024 Newsletter***

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### **Important Dates and Reminders**

- **December 7th** - NES Cinema Takeover, Moana 2 - Sign up forms and payments are due December 3rd!
- **December 9th-13th** - Parent Council Holiday Shoppe, packets with information will be sent home in backpacks
- **December 9th** - School Board Meeting - 6:30 p.m. at the District Office or by Zoom
- **December 10th** - Winter Concert @ 6:00-7:00 p.m. - Please have your child/children to their classroom by 5:45 p.m. and parents go to the gym.
- **December 13th** - No School for Preschool Only
- **December 16th - 20th** - NES Winter Spirit Week (see flyer below)
- **December 23rd - January 3rd** - No School - Winter Break (School Resumes Tuesday, January 7th)
- **January 6th** - No School for Students - Professional Development Day



**December 19th is the last day of swim for Carbery, McCoy, and Henderson's classes. Carbery's class swims on Monday December 16th.**

**Swim will start for Honts, Christensen, and LeDoux's classes January 7th.**

**Tuesday - Honts**

**Wednesday - Christensen**

**NES's Seaside Cinemas Takeover - Saturday, Dec. 7th!**

Come join your seagull friends and families to watch the new Disney movie, *Moana 2*, at a special NES Family Event.

NES Families are invited to come see the movie for a reduced price.

Doors open at 9:15 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, December 3!**



**Adquisición de Seaside Cinemas de NES: ¡sábado 7 de diciembre!**

Únase a sus amigos y familiares gaviotas para ver la nueva película de Disney. *océano 2*, en un evento familiar especial de NES.

Se invita a las familias de NES a venir a ver la película por un precio reducido. Las puertas se abren a las 9:15 a. m. para registrarse y comprar refrigerios. ¡La película comienza a las 10:00 a. m. en punto! (clasificación PG) **Para inscribirse, devuelva el formulario a continuación y pague el boleto a la escuela antes del final del día martes 3 de diciembre.**

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# NES Holiday Spirit Week 2024

## December 16th-20th

Monday: Winter Wonderland  
Wear Blue and  
White with Sparkles!



Tuesday: Merry and Bright  
Get Festive with Holiday Accessories!

Wednesday: Baby, it's Cold Outside  
Channel Your Flannel with Hats & Scarves!

Thursday: Deck the Halls  
Get Decked out in your Favorite  
Holiday Sweater/Shirt!



Friday: Silent Night  
Prepare for the Best Break  
in your Favorite Pajamas!

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### Lost and Found

**December 20th** is the last day to claim any lost and found items. It will all be donated over winter break, so please come and have a look!

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### *December Menu*

# DECEMBER 2024

## NEHALEM ELEMENTARY

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

Monday	Tuesday	Wednesday	Thursday	Friday
Waffles Hot Dogs	Breakfast Sandwich Burritos	St. Cream Cheese Bagel Tater Tot Casserole	Yogurt & Grahams Tillamook Cheese Burgers	Blueberry Muffin Fish & Chips
French Toast Cheesy Breadsticks & Marinara	Breakfast Bar Enchilada Casserole	Pancake on a Stick Crispy Chicken Drumsticks	Pumpkin Bread Chicken Burgers	Oatmeal Rounds Breakfast For Lunch
Sausage & Biscuit Chicken Nuggets & Rice Pilaf	Cinnamon Bagel Nachos	Banana Bread Chicken Alfredo	Strawberry Smoothies Hamburger & Fries	Cinnamon Rolls Turkey Gravy & Mashed Potatoes
HAVE A	SAFE AND	HAPPY	WINTER	BREAK

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. 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"**

## 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

Happy December!

In November we continued to work on skills for learning: focused attention, listening, following directions, being assertive, respect and more. Additionally, we continued developing using our 'tools' (Breathing, Listening & Words) to help in solving problems and staying in the green zone.



In December we will continue focusing on skills needed for learning.: perspective taking, accepting differences, empathy, positive self talk to name a few. Additionally, we will continue to incorporate our 'Words Tool' one of the innate tools we have within ourselves to help us with emotional regulation, skills for learning, social responsibility and problem solving, "Using our words tool" reminds us to use our words in the right, way at the right time, for the right reason, to others AND yourself. Remembering to use our words in a way that will be helpful instead of hurtful is aids in the ability to problem solve with others when there is a conflict. It is also a great reminder to speak to ourselves (self talk) in a way that we would speak to a friend - with kindness and empathy.

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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## **NES Parent Council**

### **Our Holiday Shoppe will be December 9th-13th! 🎁**

We are in great need of parent help to run the shop. If interested in volunteering email Ashley at [aferber86@gmail.com](mailto:aferber86@gmail.com)

Every year the main focus of the parent council is to raise money for school supplies. On average we spend around \$4,000. If you would like to help volunteer please email Ashley at [aferber86@gmail.com](mailto:aferber86@gmail.com). Unable to volunteer and still looking to help? You can always leave donations in the office for us to collect. Please make checks out to NEPC. Every little bit helps and is greatly appreciated!! BIG thanks to those who have already donated!!



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## **NCRD Youth**

Happy Holidays from NCRD! If you are in need of after-school care or no school-day child care please reach out to us. We pick up your student at Nehalem Elementary school at the end of each school day and are open until 5pm. Our cost is \$6 per day per child. This includes 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 bring that back at some point. We do have full-day child care when the school is closed (excludes Holidays). No School Days are \$20 per student

per day. The no school days we are open in December are 23, 24, 30, 31, January 2, 3, & 6. To preregister and prepay, contact the Welcome Center.

Scholarship applications are available upon request. Scholarships for students are funded through the Friends of NCRD (501(C)(3)), 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-**

Futsal (indoor soccer) started in the NES gym at 4:30 and run Tuesdays and Fridays until Dec. 13. 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). Basketball will start after the winter break, be on the lookout for the flyers to come home in December.

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## ***NCRD Aquatics***

Friday Night Family Swim December 5, 13, 20

6:00pm--7:30pm

\*\*\*Adults please accompany your children to Friday Family Swim\*\*\*

Not Mandatory that adults must be in the pool for kiddos to participate(unless 5 years and under) \$2 per student \$18 10x swim pass \$6 adult \$50 10x swim pass purchase @ the pool!

No reservations necessary.

Wednesday Water Play December 4, 11, 18

3 days left in December!

Available for students 1st thru 5th grades.

Wednesday Water Play on PAUSE for Winter Term 2025

Start Date TBD.....

Pool Closed December 23rd thru January 5, 2025!

OPEN January 6, 2025

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# Toy & Clothing Drive



**November 21 -- December 13**

Donation Drop-off locations at  
all NKN schools & around the community

Help to spread joy and love to children  
and families in need by donating gently  
loved or new toys & clothing!



Sponsored by Leo's Club &  
National Honor Society





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

**HOURS:**

<b>Tuesdays</b>	8:30 am – 12:00 pm / 1:00 – 4:30 pm <i>(Closed for lunch 12:00 - 1:00 pm)</i>
<b>Wednesdays</b> <small>Counseling appointments only</small>	8:30 am – 12:30 pm / 1:30 – 4:30 pm <i>(Closed for lunch 12:30 - 1:30 pm)</i>
<b>Thursdays</b>	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	

**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:

**Martes**

8:30 am – 12:00 pm / 1:00 – 4:30 pm  
(Cerrado para almorzar de 12:00 a 1:00 p. m.)

**Miércoles**

Citas de consejería solamente

8:30 am – 12:30 pm / 1:30 – 4:30 pm  
(Cerrado para almorzar de 12:30 a 1:30 p. m.)

**Jueves**

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](http://NKNHealth.org)

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

## 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