

THE HOWLER

Garibaldi Grade School | Newsletter



January 2025

Welcome back to a new calendar year! We hope your family had a relaxing and enjoyable Winter Break.

Just a reminder, if you are going to be out of town or someone else might be picking up your child, please make sure the office is aware. As always, if you have any questions or need anything, don't hesitate to reach out to us!

Important No School Days and Reminders

January 13th, Monday | School Board Meeting, 6:30pm @ District Office

January 16th, Thursday | Family Night BINGO, 5:30pm @ GGS

January 20th, Monday | No School - Martin Luther King Jr. Day Holiday

January 31st, Friday | PRESCHOOL ONLY - No School

Welcome to the Wolf Den Experience!

We are excited to introduce a new program at GGS designed to build connections across all grade levels: the Wolf Den! This opportunity brings together students from Kindergarten through 5th grade, creating small, mixed-age groups that meet regularly for fun and meaningful activities.



Each student was randomly assigned to a Wolf Den, and these groups will remain the same throughout the year. The goal is to create a sense of belonging and community across the entire school. The Wolf Den program gives students a chance to form friendships beyond their immediate classmates, fostering leadership, empathy, and teamwork.

During Wolf Den time, students will participate in a variety of games and activities designed to teach valuable social skills, promote cooperation, and provide a space where everyone feels included. Older students will have the opportunity to take on leadership roles by guiding younger peers through activities, while younger students will benefit from positive role models. Together, they will learn the importance of teamwork, communication, and respect.



Some of the activities might include cooperative games, problem-solving challenges, and creative projects. Each session will focus on building trust, encouraging kindness, and strengthening the bonds within our school community. Teachers and staff will guide the groups, ensuring that everyone has a safe and supportive space to participate.

We believe that the Wolf Den program will help students develop important life skills while making our school a more connected and welcoming place for everyone. We look forward to seeing the friendships and leadership skills that will grow from this exciting new initiative.



Upcoming Family Nights!

Be sure to save the dates for upcoming Family Nights!

January 16th, 5:30 - 6:30pm - Family Bingo Night

February 13th, 5:30 - 6:30pm - Free Family Paint Night

March 20th, 5:30 - 7pm - Family Skate Night - Tillaskate

May 6th - Spring Music Program

January's Characteristic is being Organized

Each month, GGS focuses on a personal characteristic and teaches it to our students. Our focus for the month of January is being organized. Students who are organized plan and set goals and prioritize them. They are able to plan and carefully keep things neat.



At the end of the month we will be handing out three awards in each class, two for students who were demonstrating Being Organized, 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 organized.

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.



Every Day Matters and We're Here to Help!

Students miss school for many reasons. Some are related to transportation or basic needs, and others are connected to emotional or academic challenges. No matter what the reason, it's important to address the root cause before a student falls behind. GGS wants your child to succeed and is focused on helping smooth the way to regular attendance.

Children may sometimes avoid school due to feelings of anxiety (symptoms may include decreased appetite, feeling tired, stomachache, headache, etc.). If you are worried that your child may be suffering from feelings of anxiety, talk with your teacher, the school nurse, counselor or other school staff to discuss the challenge and identify what can help your child stay in school. We have many resources and staff to help, you are not alone!



Students who are present for 90% or more in the month of January will be able to play BINGO!

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

Happy New Year and welcome back to school! I hope everyone had a wonderful holiday season and enjoyed some quality time with family and friends. As we step into 2025, I'm excited to continue working with our students to help them grow emotionally, socially, and academically.

During the month of January we will be reviewing all of the Tools in our Toolbox, as well as our mood meter to help us continue to grow our emotional regulation skills. This new year is a perfect time to set a goal and take small steps every day practicing our Tools. These small steps can make a big difference in how we feel.

This month I would like to encourage everyone to practice their Words Tool. We use our Words Tool when we talk to others, and also when we talk to our brain. Our inner voice has a big impact

on how we feel. Negative thoughts can bring us down, but positive self-talk can boost our confidence and help us navigate challenges. Let's make an effort everyday to replace self-criticism with encouragement!

Here's how to practice positive self-talk:

- **Challenge negative thoughts:** When you hear negative thoughts like "I can't do this" or "I'm not good enough," replace them with more positive and realistic ones like "I can try my best" or "I'm capable of learning and growing."
- **Use affirmations:** Start your day by saying, "I am strong," "I am kind," or "I am capable." These affirmations can help set a positive tone for the day.
- **Focus on progress, not perfection:** Remember that mistakes are part of learning. Celebrate how far you've come, not just where you want to go!

January Inspiration

If I cannot do
GREAT THINGS,
I can do
SMALL THINGS,
in a
GREAT WAY.

Martin Luther King, Jr. (Mon. January 15, 1956)

January is also the month when we will begin the next section of the Child Protection Unit. We will be using our 3 ways to stay safe and apply them to safe, unsafe, and unwanted touches. The third part to our lessons will be how to report these unsafe or unwanted touches to someone in our constellation of support. There will be an email sent out later in the month with a link to the information contained in this unit.

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



PE with Mrs. B!

During the month of December, students at GGS worked on building their knowledge about components of physical fitness (muscular strength & endurance, cardiovascular endurance, & flexibility). We had a lot of fun incorporating muscular & cardio endurance exercises to our favorite games. Additionally, students practiced exercising with a workout buddy from their class while incorporating circuit training. It was super fun!

What's next? Students will be building on their gymnastics skills and paddle skills for street racket. You can check out what street racket is by going to the website below:

<https://streetracket.co/pages/how-to-play>

Hearing Screening for K-3

On Tuesday, January 7th we had hearing screenings for our Kindergarten through 3rd grade students. Any problem with hearing can get in the way of a child's speech, language, social and emotional development, and school readiness. Learning about a child's hearing problem early can

improve social and emotional development and academic success. If your student is found to have further testing needed, our district nurse, Denise Weiss, will reach out to you.

Vision Screenings - January 28, 2025

On January 28, 2025 Vision Screenings will be offered by the Lions Club for all students. These screenings occur each year as part of required Oregon school based health screenings. A follow up letter will be sent home within a few weeks of the screening ONLY if there are unexpected results or if your students need a follow up screening with an eye doctor. We appreciate this opportunity offered by the Oregon Lions Sight and Hearing Foundation.



We really want students who wear glasses to bring them everyday to use, but on the screening day they are extremely important to test with them wearing.

NKN School Board Meetings

Next Meeting is Monday, January 13th, 6:30pm

This is a monthly meeting of our School Board. The 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".

GGs information online



"Is School Closed Today?"...

Our district has had its first official district wide school closure day in December. In the case of inclement weather or a power outage, the school district will make timely and safe decisions based on current conditions.

Public notice of school cancellation or delay will be made usually by 6am (or earlier if known) and notices sent out via School Messenger, Flashalert, posted on District website (nknsd.org) and

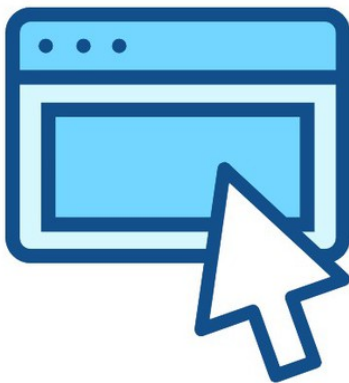
Facebook/Instagram pages.

School Messenger is sent out based on your contact phone number you have provided the school and Flashalert is a service you can sign-up for to be notified of closures of schools and other organizations. Directions on how to sign up are below. If you feel you are not receiving a message

to your contact phone from the District, please contact your child's school to confirm your information.

Reminder: Sign up for FlashAlert!

As we move into the stormy weather months, you can receive FlashAlert 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.



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!

**WE ARE
HIRING**

- Join Our Team -

Open Positions:

Elementary Special Education
Teacher -GGS

- Substitutes - PT & FT
Instructional Assistants,
Cafeteria helper,
custodian. Hired
through ESS.



If you have any questions about positions, reach out to Mrs. Nugent or Lisa in the school office.

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, 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.

Classroom Celebrations, Volunteering, and Field Trips

Reminder that all food that is brought for classroom celebrations needs to be store bought or food prepared in an health department inspected kitchen. Please let your child's teacher know prior to bringing in treats, it makes it easier for them to schedule a time to celebrate.

Also, if you would like to volunteer during a classroom party or field trip, remember you will need to have an approved volunteer background check on file. They are good for 3 years. Some field trips there is limited number of spots for volunteers, so please make sure you get the teacher's approval before making plans to attend.

Please Keep Students With Symptoms Out of School:

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? |
|---------------------------------------|--|---|
| Fever | 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. |
| Vomiting or diarrhea | If I have vomited 2 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. |
| New cough or trouble breathing | 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. |
| Rash | 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. |
| Eye redness and drainage | 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:



JANUARY 2025

GARIBALDI GRADE SCHOOL

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------------------|--|--|---|
| | | HAPPY NEW YEAR!! 1 | | |
| 6 PROFESSIONAL DEVELOPMENT NO SCHOOL | 7 Breakfast Sandwich Tacos | 8 Strawberry Cr. Cheese Bagel Mac & Cheese | 9 Yogurt & Grahams Hamburgers | 10 Blueberry Muffin Popcorn Chicken |
| 13 French Toast Corn Dogs | 14 Breakfast Bar Enchiladas | 15 Cherry Strudel Orange Chicken Over Rice | 16 Pancake on a Stick Chicken Burgers | 17 Pumpkin Bread Soup & Toasted Cheese Sandwich |
| 20 MARTIN LUTHER KING DAY NO SCHOOL | 21 Sausage & Biscuit Nachos | 22 Banana Bread Crispy Chicken Drumsticks | 23 Pancake Bites Pizza Sticks | 24 Oatmeal Rounds Chicken Nuggets |
| 27 Waffles Teriyaki Chicken Over Rice | 28 Breakfast Sandwich Burritos | 29 Strawberry Cr. Cheese Bagel Spaghetti | 30 Strawberry Smoothie Tillamook Cheese Burger | 31 Blueberry Muffin 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"



Garibaldi Grade School

Email: lisas@nknsd.org Website: nknsd.org

Location: [604 Cypress Ave, Garibaldi, OR](http://604CypressAveGaribaldiOR) Phone: 503-322-0311



Lisa S

Lisa is using Smore to create beautiful newsletters

