

NESTUCCA VALLEY SCHOOL DISTRICT NEWSLETTER

December // 2020



Food Service Star!

Although all our food service staff are wonderful & hardworking, this month we are celebrating the contributions made to our program by Food Service Coordinator Sandy Porter. Sandy is a serious foodie!



She has been working in the food service sector for most of her professional life. Her experiences running her own restaurant, farm and farm stand give her a wonderful background for feeding the students of Nestucca Valley School District.

She strives to use locally sourced products and provide our kids scratch made menu items whenever possible.

Thanks to Sandy, Nestucca Valley Food Service is delicious!

We ❤️ Sandy!

Thanks for all you do!

Food Prep- Behind the Scenes!



Step 1
(Above)



Step 2



Step 3
(Yum!)

NVHS Student Council Start Bi-weekly announcements!

This past month, Nestucca High School's very own Student Council began their twice weekly announcements to the student body.

The announcements include staff and student interviews, interesting facts and riddles to try and keep students engaged.

Announcements are sent out via email every Tuesday & Friday.

There is also an Instagram for students to follow. The account is private so that it is exclusive to students & parents, so Instagram users must request to follow the page.

The link to watch the announcements is in the bio of the Instagram page as well as the email. Here is the page if you would like to request to follow!

[nestucca_student_council](#)



NESTUCCA VALLEY
SCHOOL DISTRICT
NEWSLETTER



Nestucca Valley Food Service Updates

Food Service Delivery Schedule

During Winter Break, Food Service will not be in operation. The last delivery for 2020 will be on Friday, December 18th, and service will resume on Monday, January 4th, 2021.

What's in the Bag: Local Products

During the pandemic, Nestucca Valley Food Service has been providing all participants breakfast, lunch, and supper every day. We have also been excited to use local products from Tillamook County! We received 150 lbs. of tomatoes from Circes Garden in Tillamook and Moon River Farm in Nehalem. These tomatoes were roasted and used to make soups. We have ground beef from Nehalem River Ranch, which we will use in Chili and Pasta dishes. Cranberry Orange Scones contained fresh cranberries from the Old Bog Farm in Warrenton. Keep an eye out for Carrot Cake made from the carrots grown in the school garden!

Community Eligibility Program

The Oregon Department of Education has approved Nestucca Valley School District for the Community Eligibility Program. This allows all district students to eat meals at no charge through June 30th 2024! Due to this designation, we will not be sending Free and Reduced Meal Applications out to families.

The district will continue to monitor the State Direct Certification system, and notify families when students are directly certified. If you have any questions about this topic, contact Ursula McVittie at x403 or ursulam@nestucca.k12.or.us



**SENIOR QUOTES FOR YEARBOOK ARE DUE FRIDAY, DECEMBER 11!
THE LAST DAY THEY WILL BE ACCEPTED IS FRIDAY, DECEMBER 18.**

QUOTES CAN BE SENT TO FIONAH@STUDENTS.NESTUCCA.K12.OR.US

A note from math teacher, Mr. Schiewe



Online learning in high school's advanced math...

People are asking, "How is distance learning going?"

My response is, "Great... in some cases and not as well in others."

I think that parents need to know that I understand that everyone does not have access to great internet. When it storms, internet gets interrupted if your connection is through satellite or cellular service data.

The only way I can help students who have a less than a desirable connection is to make myself available to them.

Many students have called in at office hours. Those are on school days from 11am-noon, and 1pm-3pm. Quite a few zoom in for help, and that is awesome!!! Students have texted me and told me that they want to meet, so I can zoom from my home. I have been watching a college football game and helping students with pre-calculus assignments at the same time. I enjoy this and it is not a burden.

I believe that your students who are successfully navigating through distance learning are just going to be very successful in college. This distance learning is forcing students to be more independent than the standard teaching model does.

So, I encourage you to keep encouraging your students to give a strong effort, so they can perform really well in class. People's effort, performance and the decisions they make are what set up their future opportunities.

When does your student study for his/her classes? Do they have a quiet place where they can concentrate? Do they have a fairly inexpensive scientific calculator? (there is probably one on their cell phone.) Providing these for your children are just some of the ways in which you can support them.

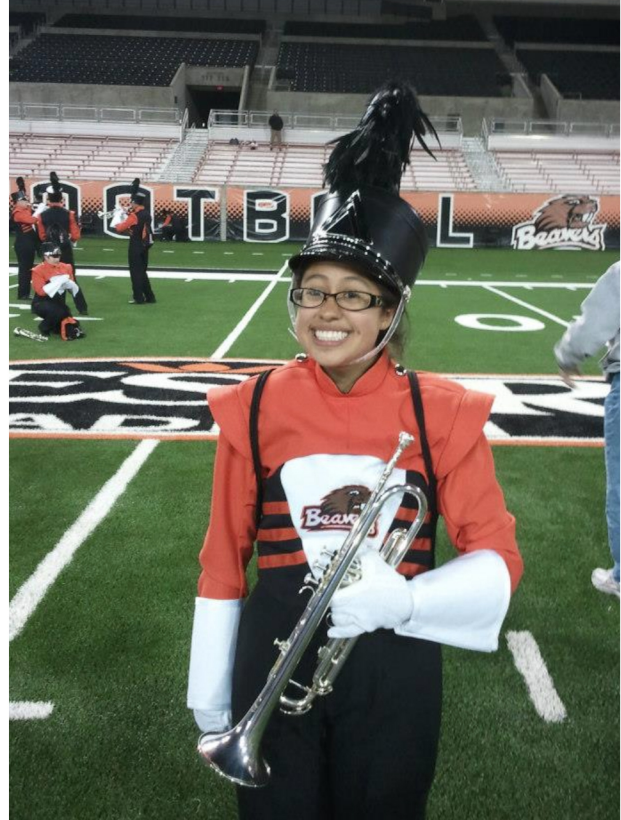
These are the weirdest time in my life, and I am sure it is the same for most of you. These kids need our support. Make sure they have an appropriate bedtime. I hope that study time is a priority before screen time.

Again, some kids are really doing great on their assignments and submitting them online, and others just need encouragement and structural support. When those elements are added to the equation, success should be the result. I encourage any of my students to come on [in to](#) my office hours to get help on homework.

Teacher Feature

Get to know middle school science (& high school Oceanography!) teacher,

Meesha Pena!



**Hi Miss Pena! Are you from this area?
Where did you go to school?**

I am not from around here! I grew up in Welches/ Rhododendron, Oregon, and went to school at Welches Middle school, and Sandy High school.

I had a 30 minute drive to my high school every day! I grew up in a mountain rural town, instead of a coastal rural town.

What are your hobbies/interests/passions that you do outside of school?

I love going on hikes, running, playing video games, growing and cooking my own food, experiencing new foods, and watching movies/tv (anyone else watching The Mandalorian??). I love The Lord of the Rings, Star Wars, Adventure Time, and Harry Potter, and love playing in trivia competitions when I have the chance! And even though I teach science, I love learning about it outside of school too.

What do you like about working at Nestucca so far?

Everyone is SO FUNNY. I don't need to watch stand up comedians, I get my fill from you guys. I love that people are super chill here too, it is easy to find something to talk about with someone. So many of you are so willing to help me learn new things too! Honestly, this school is pretty low key, and I like that I basically get to meet everyone in the school before you guys graduate (there are just a few I don't know... yet!)

Tell us a fun fact or something unique about you!

I can name all of the states in alphabetical order, but don't ask me to put them on a map! My friends and I would pass notes in middle school in dwarven runes from Lord of the Rings to keep them secret, and I still have some memorized. I played trumpet in the Oregon State University marching band, and got to go to the Alamo Bowl one year. I used to work in a research lab. Oh, and I am pretty short.

Anything else you'd like to say to the community?

THANK YOU!!! When I first moved out here I felt nervous, because I was the new outsider. No one made me feel like that though, I felt welcome the moment I stepped foot here. I also want to say thank you to all of the families of our students. One year ago we never thought we would be here, but there is no way I could do my job without the help of all of you. THANK YOU THANK YOU!!! Hang in there. Together, we are all stronger!

= A message from the President =



My fellow classmates,

Though we are still confined in our homes, having to endure the strenuous and tedious process known as distance learning, we are still persevering through this ordeal steadily. I personally have been spending time surrounded by a safe, small group of friends. I stay connected with those in my class and we discuss issues and long for the day we can see each other again. I encourage all of you, if you aren't already, to do the same. As of the first week of December, Tillamook County has been placed in the "moderate" group of Oregon counties in regards of cases of COVID-19. Though returning in January is uncertain, I encourage all of you to look upon with optimism, schools in states like New York. For those who don't know, the mayor of New York City has ordered that kids are to slowly return to in-person, normal schooling. If this move pays off, and New Yorkers stay healthy, this could set a precedent for school across the country. In the meantime, I'd like to give credit to the Student Council, who have been working hard in providing you with virtual announcement videos. They are most definitely worth watching and I proudly look upon the dedication we have seen with Leif Marsh, Eva Marshall, Cara Simpson and Ms. Leja in providing you with these announcements.



 [nestucca_student_council](#)

follow to see our announcements!

Daniel Maddox

President of the Nestucca Student Body

SAVE THE DATE!



VIRTUAL CAREER FAIR

January 14, 2021

Interested in learning about career opportunities in:

- Ag/Natural Resources
 - Grass Straw/Ag Products
 - 4-H Extension Agent
 - Turfgrass Management
 - Animal Pharmaceuticals Sales
 - Dairy Robotic Tech
- Health/Medical
 - Athletic Trainer
 - Optometrist
 - Pharmaceutical Research
- Machine Shop
- And More!



Register here:

<https://forms.gle/HamQ72m53vSZDsvU9>



COLLEGE & CAREER



GET TO KNOW

Your College & Career Advocate!



Cara Elder
College & Career
Student Advocate
503-392-3194
ext. 202

Questions about career planning
or college applications? Not sure
how to file a FAFSA or access the
Oregon Promise application?
Let me help!

Meet for Zoom!
Mon thru Fri
1-3 pm or by appointment

Meeting ID:
823 0571 5843

Passcode:
005706

**DID YOU KNOW...*

Many colleges are not requiring you to take the SAT/ACT this year for college admittance. Please check with the colleges you are interested in to review their requirements.

Senior Year Checklist

- Review transcript: Are you on track for graduation?
- Register and take ACT and/or SAT
- Complete OSAC Personal Statements and Activities Chart
- Complete FAFSA or ORSAA: Opens October 1
- Review Student Aid Report (SAR) and make FAFSA corrections
- Begin submitting scholarship applications
- Begin submitting college applications; monitor deadlines
- Attend financial aid nights, workshops, and events

- Complete OSAC Scholarship Application
 - Activities Chart
 - Essays
 - Transcript
- Early Bird: February 15
Final Deadline: March 1 by 5:00pm

- Complete Oregon Promise Application, for students planning to attend community college
- Submit application to at least 3 colleges
- Apply for additional grants and scholarships offered by selected college
- Check your email and the OSAC Student Portal for notifications year-round

FALL
SEPTEMBER TO DECEMBER

WINTER
JANUARY TO MARCH

COLLEGE & CAREER



<https://oregonstudentaid.gov/scholarships.aspx>

A
NOTE

One Easy Application for \$10 million in Scholarships

OSAC Scholarship Updates

OSAC 2021-22 Scholarship Application will open November 1, 2020

Scholarships, like grants, are financial aid that you do not need to pay back. There is no cost to apply.

OSAC awards more than \$10 million in scholarships annually. You don't need to be a merit scholar or a student with financial need to apply. OSAC administers more than 600 scholarship programs. You may qualify, but you won't know unless you apply!

[Apply Here!](#) Due to COVID – 19 and the Oregon Wildfires the OSAC Scholarship Application is allowing high school applicants to submit a high school transcript showing coursework and grades through sixth semester (junior year in high school) OR coursework and grades through the first semester, second quarter, or first trimester (depending on your school's calendar) of your senior year. This change is for the 2021-22 academic year and for scholarships only. It has been implemented to ensure all Oregon students have the opportunity to apply for scholarships. If you have any questions or are in need of application assistance please contact OSAC directly, our team is ready to assist you with scholarship questions. This exception does not apply to the transcript requirements for Oregon Promise or other Oregon grant programs that require a transcript showing coursework and grades through the first semester, second quarter, or first trimester (depending on your school's calendar) of your senior year.

Important Deadlines

February 15, 5pm PST: Early Bird Deadline. Error-free applications will be entered into a drawing for one of several \$1,000 Early Bird scholarships.

March 1, 5pm PST: Final Deadline. The final deadline for all application materials to be submitted.

**If a deadline falls on a weekend or holiday, that deadline will automatically be extended to 5:00 p.m. (PST) on the following business day.*



HAPPY HOLIDAYS FROM THE NVSD COUNSELING TEAM!

Activity 1:

Take a few minutes of your day to take 3 deep breaths. Do this three times during the day.

Activity 2:

On a piece of paper, write down what you are grateful for this year and one or two goals you have for next year.

Activity 3:

If weather allows, go for a walk. Think about where you are, what you smell, what you taste, and what you hear.

Activity 4:

Try a new activity!

Activity 5:

Do something spontaneous!

Activity 6:

Make a gift for someone you appreciate!
(or more than one)

Activity 7:

Plan a virtual family game night!

Activity 8:

Make glitter jars. Google "how to make glitter jars" for material list and instructions.

Activity 9:

Participate in an activity that helps you relax.



THE SCHOOL GARDEN

has had a productive summer and fall!

Fall Fava Bean cover crop

Here are a few of the high points:



Hoop house: covered with plastic and fitted with 8ft wide sliding doors on the ends



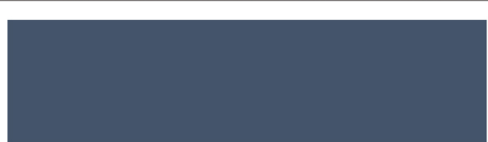
Carrots harvested for the school kitchen



Pumpkin Harvest!



Garden Shed in place, still needs pier blocks and to be leveled



Next Up:

- Readying soil for spring planting
- Setting up drip system in the hoop house.
- Setting up more classroom beds
- Planning Wash Station and Compost bins.



GOT A SURPLUS OF PLASTIC BAGS?

The Nestucca Valley Lion's club is collecting plastic bags and stretchy type plastic films.

They are competing in a Trex Recycling Program and working toward earning a bench made from recycled plastic.

So far in the last two years, they have earned two benches!

Great job, Lions!

Keep up the great work!

Clean plastic bags for recycling can be dropped off at:

- Chester's Market
- Kiwanda Community Center
- Hemlock Nazarene Church
- The Sportsman's Pub and Grub
- South County Food Pantry (open every other Tuesday)





Update for December 2020

Thank you the families who are working with us in this Comprehensive Distance Model for Preschool. We are incredibly grateful for the leadership in our community remaining focused on staying safe while ensuring that children are being educated and fed! If anyone thinks that teachers like this model because it's easier... you haven't spoken with a teacher! This is a lot of work to put creative ways to engage through a screen (*something we have always discouraged in our age group!*) and making sure we are sending home useful and fun materials for the students to continue their work in Kindergarten Readiness. The rewards come when those bright, smiling faces come on every morning to listen to a story, dance like a turkey, or this week- learn how to draw with the Community Arts Project and Teacher Nicola! In January, we look forward to seeing what you and your family have created while working on your "Winter Count" as a way to catalogue your memories of 2020 (check out the Sitka Center's page here: <https://www.sitkacenter.org/blog/sitkas-art-literacy-program-in-classrooms-now>)

As always, if you have any questions, comments or suggestions please contact me. I'm learning with all of you and love to get input. The Nestucca Valley School District is working with all of the Tillamook County School Districts, Early Learning Centers and in-home providers who are offering Preschool Promise. We are collaborating with all of their staff, hoping to learn from each other and come out with great partnerships across the county. Family feedback is important in this work, so thank you for taking the time to offer it. -Diane Wilkinson 503-392-3194 x355 dianew@nestucca.k12.or.us

From Teacher Ashlee (4 year old class) We have started our language arts curriculum, which is called Zoo Phonics. Each letter has an animal associated with it as well as a signal. For instance, the letter a we have allie alligator and for the signal we use our arms to chomp like an alligator while sounding out the letter a. We have been practicing drawing our shapes, last week we made a flower using circles and ovals.

We have also been focusing our time on healthy habits. We have read books about what it means to be healthy and what can we do to stay healthy. Next we will be learning about the importance of brushing our teeth. We will also be introducing our social and emotional curriculum called Second Step. Canvas homepage is where you can find all of our Zoom links. I also share what the letter, number, color and shape is that week. As well, I add step by step of our drawings during zoom classes. You can also find learning resources at the bottom of the homepage right above my contact information.

Our Daily Schedule

Monday – Thursday Morning Zoom at 10:00
Monday / Wednesday Afternoon Zoom at 12:30
Tuesday – Power Paws with Counselor Sharman at 12:30
Thursday – Music with Mrs. Stirling at 12:30

Teacher Availability

Email Monday – Friday 7:30 – 4
Phone – Before or after zoom class
Ashlee Sears ashlees@nestucca.k12.or.us 503-392-3194 Ext. 351

From Teacher Autum (3 year old class): We have gotten the flow of things in the PS classroom. During our Zoom morning group times we have started using Zoo - phonics. This week we learned about "Inny Inchworm," letter li. We have been working on number correspondence, and working on adding "one more," to make our number. Currently we are working on the number five. We have also been working on how to recognize a pattern, the circle, oval and rectangle shapes, and the colors yellow, green, red, orange and purple. This week is our first Art Literacy lesson with Teacher Nicola! We are extremely excited for this new opportunity, and all the awesome art supplies we will acquire throughout the year. I think unanimously, our favorite part of morning group is music and movement! We are also really enjoying our little Renegades Mindful Kids exercises. We enjoy taking big breaths and doing stretches like our animal friends, to get our bodies calm and ready to listen!

Our Schedule:

Monday - Thursday : Zoom Morning Group at 10:00 am.

Monday and Wednesday : Zoom Story time with Teacher Natasha and/or Teacher Autum at 12:30 pm.

Tuesday: Zoom Power Paws with Mrs.Sharman at 12:30 pm.

Thursday: Zoom Music with Ms.Stirling at 12:30 pm.

Office hours – Monday – Friday, 11:30-12:30. (Use your child's Zoom link for this)

Canvas: In Canvas you will find extra learning opportunities to do throughout the day, including Seesaw and Epic.

Packets: Packets will come home Thursdays with activities for the following week.

Autum Marsh autumm@nestucca.k12.or.us 503-392-3194 ext. 358

From Cookie Debbie: This week, we decided we wanted to start listening to Christmas music, so we blared it all day and loved it. We are still making breakfast, lunch and supper daily, so we are keeping very busy. The kiddos seem to be having fun with what surprises are coming each day. We are all healthy and enjoying each other's company! There are 6 of us. Sandy made homemade cookies today. Today we sent home cookies, ham and cheese hoagies, chips, juice, apples, burritos, celery sticks, cereal, bagels with cream cheese and of course milk. Also, if someone likes a special salad or soup contact Sandra Porter for recipes. Have a wonderful Thanksgiving, everyone!

From the rest of us **THANK YOU** to everyone involved in the
food preparation and delivery.

We are all so grateful for your hard work!



Teacher Ebony (2 year old class & Assistant to all of us! 😊):

I have been helping out teacher Ashlee with the 4 year old zoom class, and helping teacher Autum put weekly packets together along with doing online learning with my own classroom. Teacher Autum has graciously opened up her Zoom classes for them in with her 3 year old class and has included them in the weekly packet delivery to engage them in with her class. If you are a parent of a 2 year old from my class and have any questions, concerns or would like me to send out packets with extra activities please feel free to email me at ebonyb@nestucca.k12.or.us or call me at [503 392-3194 Ext 353](tel:5033923194)

Our interview for the month is Teacher Ashlee!

Where are you from? I am from Forest Grove Oregon.

Why did you choose to work in early learning? I chose to be an early learning teacher because I will get to build a foundation with all of my kiddos. Early learning is the beginning for most kiddos. They get to experience their first teacher and classroom. I get to be a part of all those important milestones in their life.

What is your favorite part of the day (in normal times) in the classroom?

My favorite part of the day in the classroom is music and movement. Watching kids dance and sing is the greatest.

Tell us about your family I have been married for about a year and a half. My husband and I have a yellow lab named Rogue. I have one sister that is three years older than me. I gained four sisters when I got married, I have lots of sisters now!

What do you do for fun? My husband and I love to take our dog on hikes, and to explore new places. I also love to walk around Target!

What is your favorite music? I don't have a favorite; I listen to a wide variety of things. Right now, I am listening to Christmas music.

If you won the lottery, what would you do with it? If I won the lottery I would do so many things. I would travel, not sure where. I would help my family out in any way that I could. Then I would donate money to Special Olympics and dog shelters.

Here is a picture of Teacher Ashlee! Thanks for answering our questions!



Sitka's Art Literacy Program in Classrooms Now

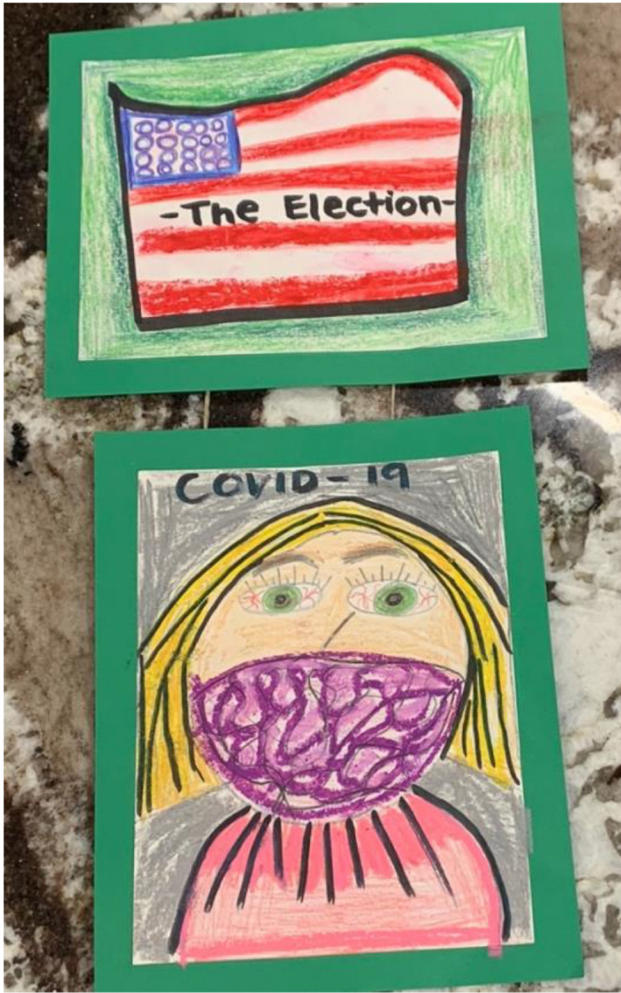
What Would You Draw to Record 2020?

November marks the launch of Sitka's new youth art literacy program in partnership with NVES, delivered by the non-profit Community Arts Project in prior years. This month, inspired by Christina Burke's talk and Lakota Winter Counts at Sitka Center, students created their own pictographs. To begin, the class is encouraged to have conversations with household members, discussing significant events that occurred this year. Afterwards, they choose which stories they will generate imagery for and record this history in their artwork. You can read more about the program and this art literacy lesson in "*Marking a year, making a change*" and her follow up story "*Storytelling Without Words*", written by regional arts journalist, **Lori Tobias**.

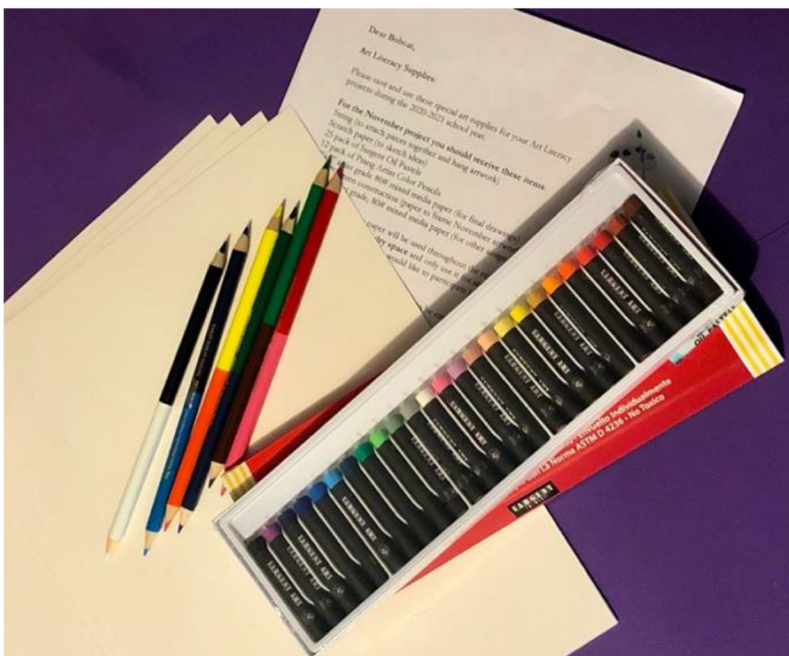
Please participate: With many of us celebrating winter holidays at a physical distance from loved ones this year, this activity is a way to reflect virtually with family members of all ages and create memories and art together. Here's how to participate:

1. Talk with your loved ones about life experiences this past year - happy, sad, scary, hilarious, unforgettable, etc.
2. Spend some time sketching out imagery you might use to tell these stories without using words, then make your final artwork/s.
3. Special note regarding cultural appropriation:
 - Do not draw images that look like traditional Winter Counts. Draw from your own life and experience.
 - Do not call what you are making Winter Counts, unless you come from that tradition. Do say that we are making pictures of events from our year inspired by the Lakota tradition of Winter Counts to remember history and share stories about the past.
4. Please share your creative work with us by sending photos to info@sitkacenter.org.
5. We'll share a link to the 2020 intergenerational gallery in December of select submissions.

We hope you will participate in the gallery project, joining our new kid collaborators, and creating a culture together where everyone draws!



Artwork by Evi S.



Art supplies each student received to create their pictograph's inspired by Lakota Winter Counts

Awesome Elk!

Several students were successful hunting this fall.

Here are a few of them!

Congrats everyone!



Lyndie Hurliman, Grade 10



Jace Owens, Grade 7



Trystin Rose, Grade 7