

# NESTUCCA VALLEY SCHOOL DISTRICT NEWSLETTER

MARCH//2023



## NHS Girl's Basketball Goes to the Playoffs!

*The girls basketball team finished their season Saturday 2/25 exiting the OSAA state playoffs. The girls had their most successful season in over a decade, winning 19 games & being Northwest League Champions for the first time since 2000.*

*The Bobcats lost a closely fought game against Colton & gained valuable experience as it was the first time the team has been in the state tournament since 2009.*

*This group brings back 14 of its 15 players in the program and has sights at another league title next year and a deeper playoff run.*



### Individual awards achieved by the girls were:

*Hailee Knight-1st team all league  
Kyla Hurliman- 3rd team all league  
Chloe Love Honorable Mention team all league  
Coach Gianella- Coach of the Year*

*Makayla Webber- Defensive Player of the year and 2nd team all league  
Lyndie Hurliman 3rd team all league*

## Team Kiwanda wins big time!

*Congratulations to Team Kiwanda from Mr. Deam's 5th grade class for achieving 237 table points for the month of January. Points are awarded for sound behavior, organization, teamwork and work ethic. Those pictured won a two bags of candy and a photo opportunity with Principal Albin! (Students pictured, left to right: April Rist, Juan Contreras JR., Osziel Aldahir Bernal Alvarado , Eduardo Zamudio Reyes, Naila Mendoza Cortes & Hattie Mena).*



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## NHS Wrestlers Finish Strong at District & State Tournament!

Our Nestucca Wrestling team concluded the 2022/2023 Wrestling Season with strong team and individual performances at both the 2A/1A District and State Tournaments.

At Districts, Nestucca placed 3rd overall out of 14 schools and 9 out of our 10 wrestlers placed at the tournament. In addition, 5 wrestlers Zak Chatelain, Jacob Whittles, Draven Marsh, Quinn Hill and Dylan Prock qualified for at our 2A1/A State Tournament.

The State Wrestling Tournament was held in the Veteran's Memorial Coliseum in Portland, Oregon on February 24th. Nestucca placed two wrestlers at State, Zak Chatelain made the State Finals match and eventually finished as the State Runner up at the 126 pound weight class and Jacob Whittles battled through the consolation side of the bracket to earn a 4th place State finish at the 132 pound weight class.

Zak and Jacob are the first Nestucca Wrestlers since 2016 to make the podium at the State Tournament.

Congrats to all the athletes- Go Bobcats!



## 5-8 Band Concert Thursday March 9 7:00 pm

Band students in grades 5-8 will present a Concert Thursday, March 9 at 7:00 in the K8 Main Gym. Attendance is required – it is large portion of their band grade. We are very excited for this concert!! You will be amazed with our improvement in just 10 weeks!

Fifth and Sixth Grade students are encouraged to dress nicely for the concert; i.e. boys - pants with no holes, shirt with collar, girls – nice, school appropriate top, pants with no holes, skirt, or dress. Students in 7/8 Band wear concert black – Black tops, bottoms, and black shoes.

- Students are to arrive by 6:40.
- 5th band students report to their homerooms with instruments and music.
- 6th band students report to Ms. Filosi's room with their instruments and music.
- 7Th & 8Th band students report to the band room.





# MONTHLY SCHOOL NURSE NEWSLETTER

## HEALTH ANNOUNCEMENT

- National Nutrition Month
- National Sleep Awareness Week 4-11th
- Immunization and Birth Certificates
- Current illnesses

## TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

**Spend quality time with kids.**  
When they feel loved and supported, children develop emotional strength.

**Talk about feelings so your child learns to share their worries and fears with people they trust.**

**Instead of rushing to solve problems, give kids time to work things out themselves.**

**When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.**

**Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.**

**If your child can't find a solution to a problem, use gentle questioning to guide them towards it.**

**Ensure kids are eating well and getting enough sleep and exercise.**



## MENTAL HEALTH RESOURCES

Please do not hesitate to ask for help. Here are a list of local resources:

Tillamook Community Health Center  
Appt: (503) 842-3938  
Central: (503) 842-3900  
North: (503) 355-2700

Tillamook Family Counseling Center  
(503) 842-8201 or (800) 962-2851

LINES FOR LIFE  
(800) 273-8255  
Text 273-8255 to 839863

Tillamook County Crisis Line  
(503) 842-8201 or (800) 962-2851

If you need help finding different resources contact Reach Out Oregon at 1-833-REACH-OR (1-833-732-2467). Or you can email them at [info@reachoutoregon.org](mailto:info@reachoutoregon.org). They can assist with finding the help you are looking for.

## MARCH 2023

- Women's History Month
- National Cheerleading Safety Month
- Read Across America Day 2nd
- St. Patrick's Day 17th
- National Youth Violence Prevention Week 19-23
- National LGBT Health Awareness Week 20-24



# Monthly School Nurse Newsletter



## Current illnesses:

### **Norovirus, Flu, Colds, COVID-19**

Be sure to practice good hand washing habits, cover cough and sneezing well, and stay home when you are sick. Sleep and rest are important to your recovery. Below are fact sheets with more information on Norovirus. Please feel free to contact the District Nurse if you have any questions on health.

<https://www.oregon.gov/ode/students-and-family/healthsafety/documents/commndisease.pdf>

<https://www.cdc.gov/norovirus/downloads/keyfacts.pdf>

## Immunizations and Birth Certificates

Thank you all for being diligent in providing up to date records for students immunizations. It is a tasking process and you all were very helpful! Please contact the Nurse if have any questions about your students immunizations.

We are still waiting for some students' birth certificates. If you have been contacted by the school or are not sure if you have this on file for your student, then please contact your child's school as soon as possible. We not only need to have this to be sure of who your child is but also for safety reasons. School District number is 503-302-3194 and you can also email the Nurse at [ahndreas@nestucca.k12.or.us](mailto:ahndreas@nestucca.k12.or.us).

## NATIONAL SLEEP AWARENESS WEEK

*Practice these six small steps for healthy sleep:*

### **DAYTIME**

**1. Light:** Spend time in bright light during the day, natural light or equivalent brightness.

**2. Exercise:** Exercise regularly for deeper sleep. Aim for 30 minutes a day, 5 days a week.

**3. Mealtimes:** Eat your meals at consistent times day after day.

### **NIGHTTIME**

**1. Avoid...** Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime.

**2. Wind-down:** Use a consistent routine with a relaxing wind-down to help get the sleep you need each night (7-9 hrs for most adults and PK-12 avg. 8-13 hrs., with same sleep and wake times).

**3. Environment:** Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment.

Look for more resources on the National Sleep Foundation's website  
<https://www.thensf.org>

## NATIONAL NUTRITION MONTH

### **Week 1: Eat with the environment in mind.**

Enjoy more plant-based meals and snacks. Purchase foods with minimal packaging. Buy foods in season and shop locally when possible. Start a container or backyard garden to grow food at home.

### **Week 2: See a Registered Dietitian Nutritionist (RDN).**

Ask your doctor for a referral to an RDN. Find an RDN who specializes in your unique needs. Learn how nutrient needs may change with age. Receive personalized nutrition information to meet your health goals.

### **Week 3: Stay nourished and save money.**

Plan your meals and snacks. See what food you have at home before purchasing more. Use a grocery list and shop sales when purchasing food. Learn about community resources such as SNAP, WIC and local food banks.

### **Week 4: Eat a variety of foods from all food groups.**

Include your favorite cultural foods and traditions. Eat foods in various forms including fresh, frozen, canned and dried. Avoid fad diets that promote unnecessary restrictions. Practice gratitude for your body by giving it the fuel it needs.

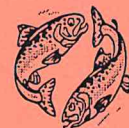
### **Week 5: Make tasty foods at home.**

Learn cooking and meal preparation skills. Try new flavors and foods from around the world. Find creative ways to use leftovers rather than tossing them. Create happy memories by eating with friends and family when possible.

<https://www.eatright.org/national-nutrition-month-2023>



# TILLAMOOK AREA RAINBOW TROUT STOCKING 2023

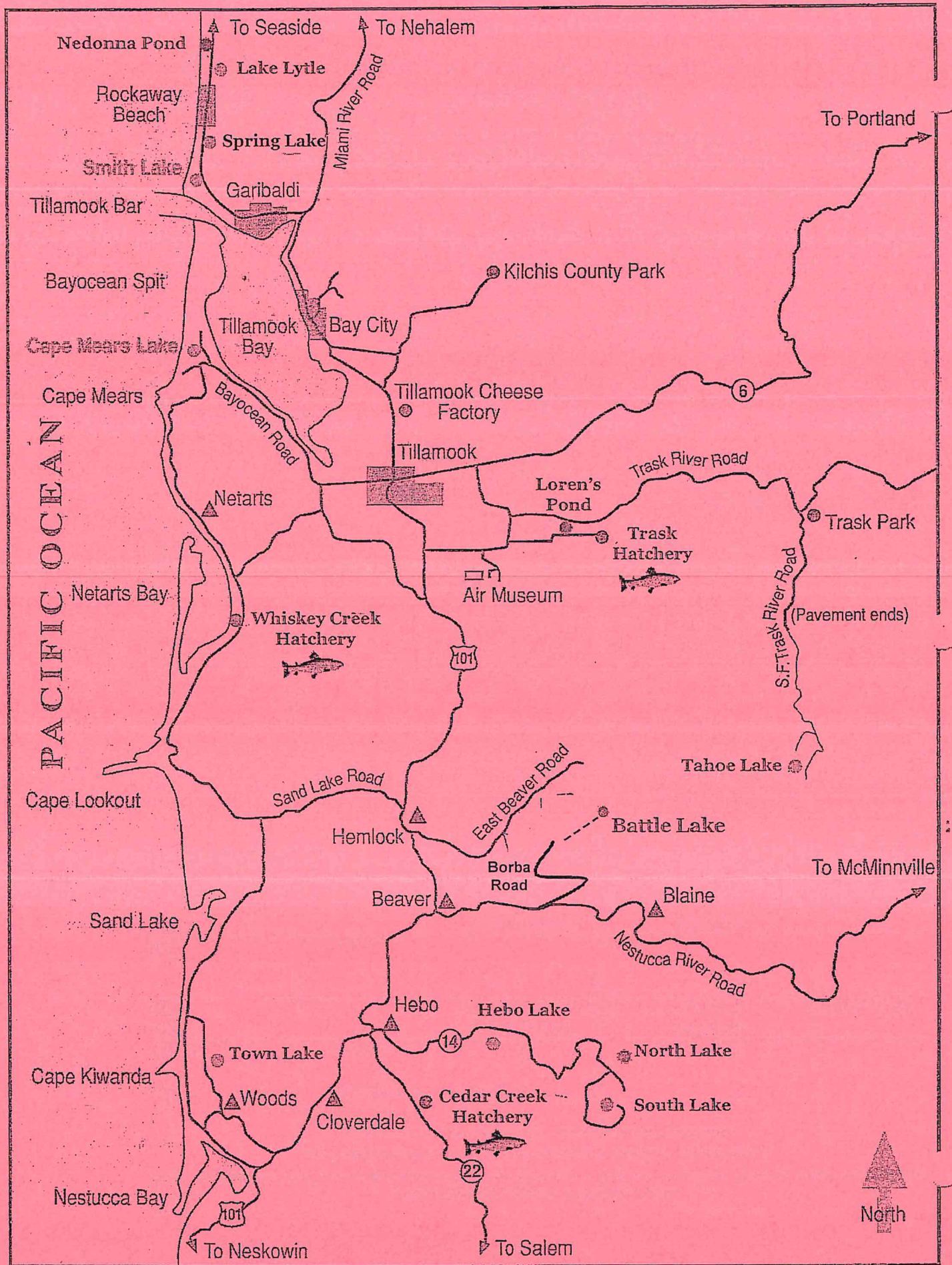


WEEK OF	HATCHERY	WATER	NUMBER
MARCH 20	SALMON RIVER	SOUTH LAKE	1,800
	SALMON RIVER	TOWN LAKE	2,850
	SALMON RIVER	HEBO LAKE	2,500
	NEHALEM	CAPE MEARES LAKE	4,000
	NEHALEM	SMITH LAKE	1,700
	NEHALEM	TAHOE LAKE	500
	NEHALEM	SPRING LAKE	1,000
	NEHALEM	LAKE LYTLE	4,000
	NEHALEM	LORENS POND	1,500
	NEHALEM	NEDONNA POND	350
		TOTAL	20,200
APRIL 17	SALMON RIVER	TOWN LAKE	1,750
	SALMON RIVER	SOUTH LAKE	2,700
	SALMON RIVER	HEBO LAKE	3,800
	SALMON RIVER	NORTH LAKE	200
	NEHALEM	TAHOE LAKE	500
	NEHALEM	NEDONNA POND	300
	NEHALEM	LAKE LYTLE	2,500
	NEHALEM	CAPE MEARES LAKE	3,000
	NEHALEM	LORENS POND	1,500
		TOTAL	16,250
MAY 1	NEHALEM	TOWN LAKE	950
	NEHALEM	HEBO LAKE	1,500
	NEHALEM	CAPE MEARES LAKE	2,250
		TOTAL	4,700
MAY 29	NEHALEM	CAPE MEARES LAKE	3,500
	NEHALEM	HEBO LAKE	1,250
	NEHALEM	NEDONNA POND	500
	NEHALEM	TOWN LAKE	1,250
		TOTAL	6,500
SEPTEMBER 11	NEHALEM	CAPE MEARES LAKE	300
	NEHALEM	TOWN LAKE	300
		TOTAL	600
		GRAND TOTAL	48,250

STOCKING DATES SUBJECT TO CHANGE WITHOUT NOTICE.

A FAMILY FISHING EVENT IS SCHEDULED FOR APRIL 22ND AT HEBO LAKE.

FREE FISHING DAYS ARE FEB 18-19, JUNE 3-4, AND NOV 24-25. CHECK WITH ODFW OR YOUR LOCAL PAPERS FOR FREE FISHING WEEKEND EVENTS AND LOCATIONS.



..... = trail for walk in access



# NORTH COAST AREA RAINBOW TROUT STOCKING 2023



WEEK OF	HATCHERY	WATER	NUMBER
MARCH 20	NEHALEM	COFFENBURY LAKE	2,200
	NEHALEM	CULLABY LAKE	1,000
	NEHALEM	SUNSET LAKE	1,500
	NEHALEM	LOST LAKE	2,000
	NEHALEM	VERNONIA POND	2,500
		TOTAL	9,200
APRIL 6	NEHALEM	COFFENBURY LAKE	1,750
	NEHALEM	LOST LAKE	2,700
	NEHALEM	VERNONIA POND	2,000
		TOTAL	6,450
APRIL 17	NEHALEM	SUNSET LAKE	1,000
	NEHALEM	LOST LAKE	3,750
	NEHALEM	COFFENBURY LAKE	2,000
		TOTAL	6,750
MAY 1	NEHALEM	VERNONIA POND	5,500
		TOTAL	5,500
MAY 29	NEHALEM	COFFENBURY LAKE	4,500
	NEHALEM	LOST LAKE	1,500
		TOTAL	6,000
SEPTEMBER 11	NEHALEM	COFFENBURY LAKE	500
	NEHALEM	LOST LAKE	300
	NEHALEM	SUNSET LAKE	150
		TOTAL	950
		GRAND TOTAL	34,850

STOCKING DATES SUBJECT TO CHANGE WITHOUT NOTICE.

A FAMILY FISHING EVENT IS SCHEDULED FOR MAY 6th AT VERNONIA POND.

FREE FISHING DAYS ARE FEB 18-19, JUNE 3-4, AND NOV 24-25. CHECK WITH ODFW OR YOUR LOCAL PAPERS FOR FREE FISHING WEEKEND EVENTS AND LOCATIONS.

