

NESTUCCA VALLEY SCHOOL DISTRICT NEWSLETTER

APRIL//2023



Local Businesses & Companies Visit Nestucca High School

In March, Nestucca High School launched a series of “Career Exploratory” seminars, in which a handful of local companies throughout our community came in to share their daily routine at their job.

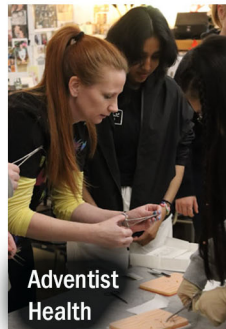
“I liked the realistic experience,” said sophomore Ryan McKillip. “The fish hatchery came and brought salmon for us to look at. The speaker explained how they track and tag the fish, and take samples of their DNA. The whole thing felt like it gave us a good idea of the day and the life of someone who worked there.”

The businesses that participated in this event were Iconipro, Tillamook Health Department, the National Guard, Doryland Pizza, Adventist Health, and Cedar Creek Fish Hatchery. and speakers came to talk about a career in Hospitality, limo driving, and practicing law.

“I really enjoyed the forestry session I attended,” said junior Zac Collins. “The speaker explained everything really well, and talked about different job opportunities in the field. I even learned a few things about forestry that I didn’t know. The presentation made my interest in forestry even more appealing of a career than I thought before.”



“Doryland’s exploratory gave me a different point of view of the culinary world,” said sophomore Alyssa Manzone. “I had never really considered culinary arts as a career and it made it seem like a realistic possibility.”



Adventist Health



Doryland teaching kids how to work in a commercial kitchen



Iconipro showing kids how to install a fire alarm



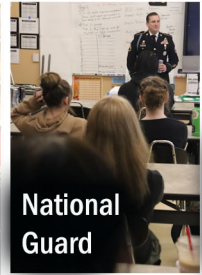
Cedar Creek Fish Hatchery



Students learning how to use a syringe on some sick oranges with Tillamook Health Dept



Iconipro teaches students about terminating cat6 cables for security cameras



National Guard

Forestry

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Juntos Visits the Commissioner's Office!

NHS's Juntos students visited the Tillamook Commissioner's office in March. At the visit, the Juntos kids practiced their public speaking skills by giving a presentation to the commissioners, and explain the activities they participated in over the summer.

"It was kind of cool to give a presentation, even though I was nervous about it," said freshman Eric Chaverin. "It made me feel good though, because the commissioners told us most of their meetings are boring and the one we gave was the best one they had in a while." Great job Juntos kids!



EAT YOUR BREAKFAST!

NESTUCCA VALLEY FOOD SERVICES HAS ALWAYS BEEN AN ADVOCATE FOR EATING BREAKFAST. EVEN BEFORE OUR CEP DESIGNATION ALLOWING ALL STUDENTS ACCESS TO FREE MEALS, NVSD OFFERED STUDENTS FREE BREAKFAST DAILY.

THE STUDENT SUCCESS ACT, PASSED IN 2019 PROVIDED NVSD STUDENTS WITH ADDITIONAL TIME TO EAT THIS IMPORTANT MEAL BY ESTABLISHING THE BREAKFAST AFTER THE BELL REQUIREMENT. NVSD STUDENTS CAN ACCESS BREAKFAST BEFORE AND AFTER THE START OF THE SCHOOL DAY. ENCOURAGE YOUR CHILDREN TO VISIT THE CAFETERIA FOR THE HEALTHY FOOD THEY NEED TO LEARN AND GROW...EVEN AFTER THE START OF THE SCHOOL DAY. BREAKFAST IS SERVED UNTIL 10:45AM DAILY AT THE K8.

DID YOU KNOW CHILDREN WHO EAT BREAKFAST ARE MORE LIKELY TO...

- REACH HIGHER LEVELS OF ACHIEVEMENT IN READING AND MATH
- SCORE HIGHER ON STANDARDIZED TESTS
- HAVE BETTER CONCENTRATION AND MEMORY
- BE MORE ALERT AND MAINTAIN A HEALTHY WEIGHT



Do you know about the P-EBT for Summer 2022 Benefits?



What is P-EBT for Summer 2022?

The state of Oregon will issue benefits to eligible children who had reduced access to meals from June to August of 2022 due to the COVID-19 pandemic. Each eligible child will receive a one-time payment amount of \$391.

Who's Eligible?

- P-EBT is available to all school children who were eligible to receive free or reduced-price meals during the 2021-2022 school year. This includes all students attending Community Eligibility Provision (CEP) schools.
- P-EBT is also available to all children under the age of 6 who were enrolled in SNAP during the 2022 summer months.

Wait...need to know more?

If you have any questions about the P-EBT program, eligibility requirements, or when funds will be released, scan the QR code here for FAQs for Families. Or visit us at the Pandemic EBT (P-EBT) website at pebt.oregon.gov





MONTHLY SCHOOL NURSE NEWSLETTER

HEALTH ANNOUNCEMENT

- National Child Abuse Prevention Month
- Sexual Assault Awareness and Prevention Month
- Current illnesses
- Birth Certificates

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. They can assist with finding the help you are looking for. Contacting our counselors or Nurse at 503-392-3194 can also assist you in finding local support.

APRIL 2023

- Alcohol Awareness Month
- National Autism Awareness Month
- National Distracted Driving Awareness Month
- Sports Eye Safety Awareness Month
- STI Awareness Month
- 22nd Earth Day
- 23 – 27th Every Kid Healthy™ Week



Monthly School Nurse Newsletter



Current illnesses:

Group A Strep, Norovirus, Flu, 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.

Strep Throat is more common in children:

Up to 3 in 10 children with a sore throat have strep throat. About 1 in 10 adults with a sore throat has strep throat.

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

<https://www.cdc.gov/groupastrep/diseases-public/strep-throat.html>

National Child Abuse Prevention Month

April is National Child Abuse Prevention Month. National Child Abuse Prevention Month recognizes the importance of families and communities working together to prevent child abuse and neglect. Prevention services and supports developed by this collaboration can help to protect children and strengthen families.

Resources:

<https://www.nationalcac.org/for-parents/>

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/conversation-guides/>

For more guidance the School District number is 503-302-3194 and you can also email the District Nurse at ahndreas@nestucca.k12.or.us.

WORLDWIDE EARTH DAY

How to Earth Day 2023

This year marks the 53rd anniversary of the birth of the modern environmental movement, commemorated annually as Earth Day. Since 1970, billions of individuals from more than 190 countries worldwide have come together every April 22nd to take action towards a greener, more equitable future for our planet. As the countdown to Earth Day 2023 continues, it is important to remember regardless of where you are or what you do, you have the power to yield real change and be a champion for Earth. To protect our planet, we must invest in it.

Rallying behind this year's theme, Invest in Our Planet, which highlights the importance of dedicating our time, resources, and energy to solving the climate crisis, here are 7 ways you can actively participate in Earth Day 2023:

- > **Plant trees or a pollinator garden.**
- > **Reduce your plastic consumption.**
 - > **Participate in advocacy.**
- > **Make sustainable fashion choices.**
 - > **Plan your own event.**
 - > **Donate.**
- > **Activate on social media.**

<https://www.earthday.org/how-to-do-earth-day-2023/>

SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

"Sexual Assault Awareness and Prevention Month calls attention to the fact that sexual violence is widespread and it brings advocates and communities together to help prevent these crimes. Every 73 seconds, an American is sexually assaulted. And every 9 minutes, that victim is a child. Each one of us can help promote healthy and positive relationships that are based on respect, safety and equality."

<https://www.dea.gov/stories/2022/2022-04/2022-04-11/sexual-assault-awareness-prevention-month>

"The only person responsible for committing sexual assault is a perpetrator, but all of us have the ability to look out for each other's safety. Whether it's giving someone a safe ride home from a party or directly confronting a person who is engaging in threatening behavior, anyone can help prevent sexual violence."

<https://www.rainn.org/saapm>
<https://www.nsvrc.org/saam>



Nestucca DEP

Diverse Educator Pathways Program

Are you:

A south Tillamook County student or community member?

Do you:

Identify as racially or linguistically diverse?

Would you:

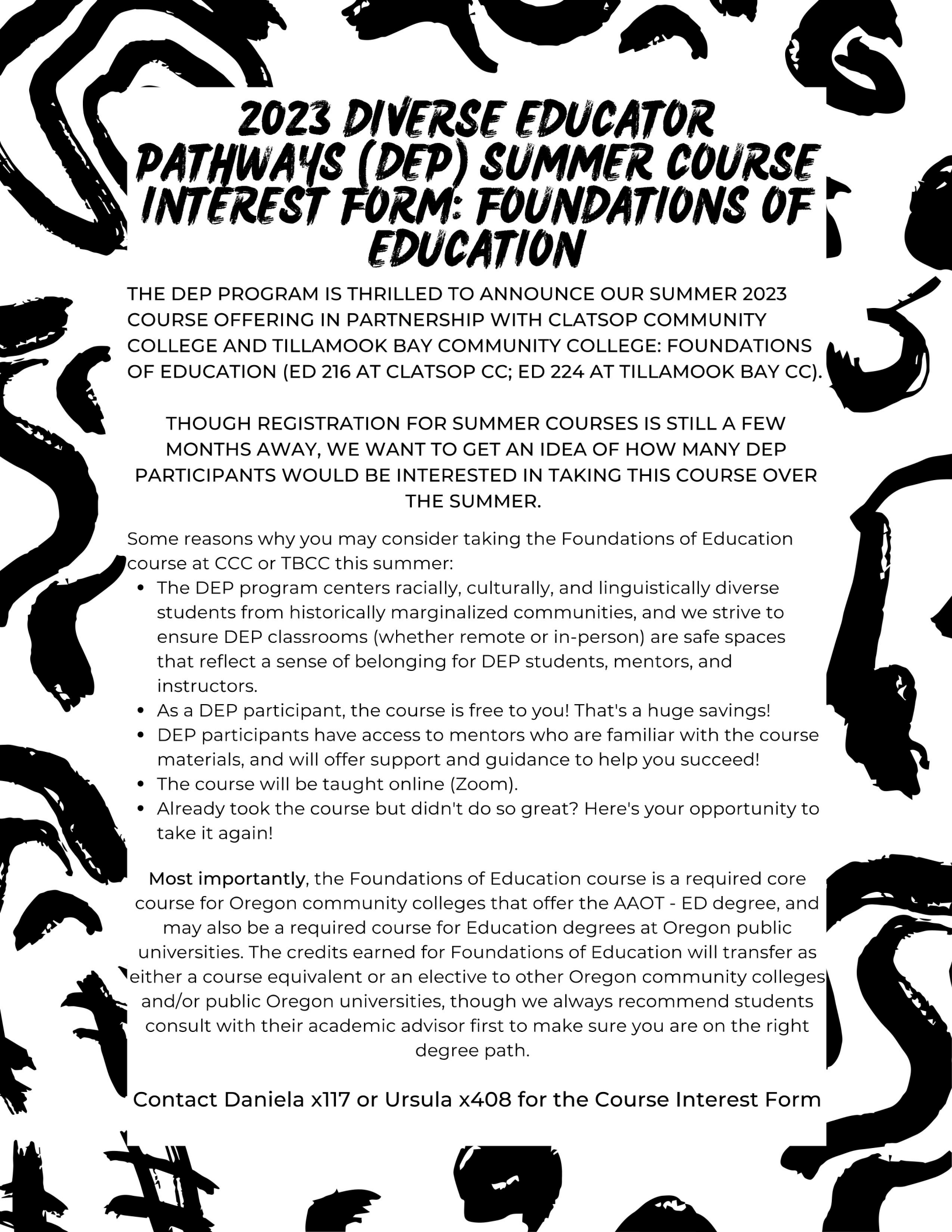
Like to work in education, and receive support and opportunities to do so.

IF YOU ANSWERED YES,

JOIN US!

Contact Daniela Moreno Gutierrez for more information: 503.392.3194 x117
danielam@nestucca.k12.or.us





2023 DIVERSE EDUCATOR PATHWAYS (DEP) SUMMER COURSE INTEREST FORM: FOUNDATIONS OF EDUCATION

THE DEP PROGRAM IS THRILLED TO ANNOUNCE OUR SUMMER 2023 COURSE OFFERING IN PARTNERSHIP WITH CLATSOP COMMUNITY COLLEGE AND TILLAMOOK BAY COMMUNITY COLLEGE: FOUNDATIONS OF EDUCATION (ED 216 AT CLATSOP CC; ED 224 AT TILLAMOOK BAY CC).

THOUGH REGISTRATION FOR SUMMER COURSES IS STILL A FEW MONTHS AWAY, WE WANT TO GET AN IDEA OF HOW MANY DEP PARTICIPANTS WOULD BE INTERESTED IN TAKING THIS COURSE OVER THE SUMMER.

Some reasons why you may consider taking the Foundations of Education course at CCC or TBCC this summer:

- The DEP program centers racially, culturally, and linguistically diverse students from historically marginalized communities, and we strive to ensure DEP classrooms (whether remote or in-person) are safe spaces that reflect a sense of belonging for DEP students, mentors, and instructors.
- As a DEP participant, the course is free to you! That's a huge savings!
- DEP participants have access to mentors who are familiar with the course materials, and will offer support and guidance to help you succeed!
- The course will be taught online (Zoom).
- Already took the course but didn't do so great? Here's your opportunity to take it again!

Most importantly, the Foundations of Education course is a required core course for Oregon community colleges that offer the AAOT - ED degree, and may also be a required course for Education degrees at Oregon public universities. The credits earned for Foundations of Education will transfer as either a course equivalent or an elective to other Oregon community colleges and/or public Oregon universities, though we always recommend students consult with their academic advisor first to make sure you are on the right degree path.

Contact Daniela x117 or Ursula x408 for the Course Interest Form

Diverse Educator Pathways



FIND YOUR PATH TO BECOME A TEACHER

Are you a part of one of the following school districts?

Washington County

- Forest Grove
- Hillsboro
- Tigard-Tualatin
- Beaverton
- Sherwood

Tillamook County

- Nestucca Valley
- Tillamook
- Neah-Kah-Nie

Clatsop County

- Seaside



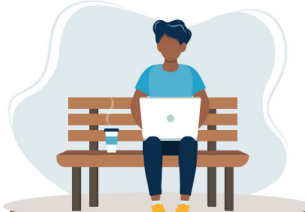
I identify as a student, classified staff, or community member and...



I do not have a college degree and want to earn a bachelor's or higher



I already have an associate's degree and want to earn a bachelor's or higher



I have a bachelor's degree but not in teaching



I am specialized in a career technical education (CTE) subject area and want to teach in that area



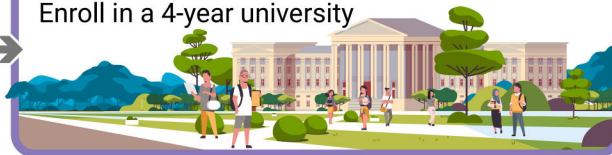
Step 1:

Enroll in a Community College



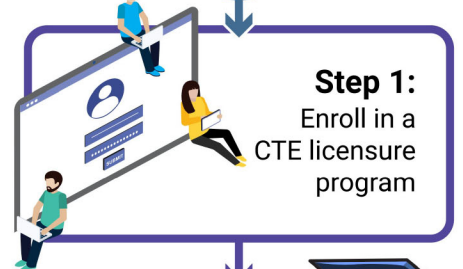
Step 1:

Enroll in a 4-year university



Step 1:

Enroll in a CTE licensure program



Step 2:

Enter into a teacher preparation program



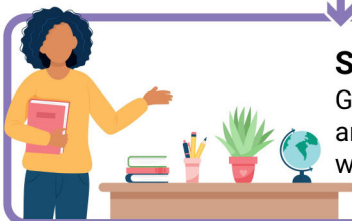
Step 2:

Graduate and complete Teacher Standards and Practices Commission (TSPC) requirements



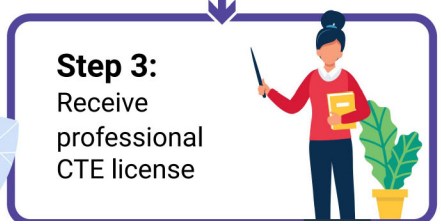
Step 3:

Graduate with your bachelor's and/or master's degree, along with your teaching license



Step 3:

Receive professional CTE license





Nestucca Valley Lions

EASTER EGG HUNT

Preschool thru 4th grade

Saturday, April 8, 2023

Nestucca K-8 Soccer Field

36925 Hwy 101 S, Cloverdale

‘DON’T BE LATE’

The Hunt Starts at 11:00 a.m.

Come early - 10:30 a.m. Bring a

Basket and Camera

Meet the Easter Bunny &

Explore a Nestucca

RFPD Fire Engine



**For more information contact:
nestuccavalleylions@gmail.com**