



September 3, 2024

Dear Nelson Families,

We're thrilled to be back for another exciting school year! The first few weeks have been fantastic, and we loved connecting with families at Open House.

Our focus this year is on helping every student reach their full potential through our Positive Behavioral Interventions & Supports (PBIS) theme "*Be Your Best Self*". Learn more about PBIS and how we use this approach to support positive behaviors inside this newsletter.

We're looking forward to a wonderful year of learning and growing together!

Sincerely,

Lauren Leitao, Principal

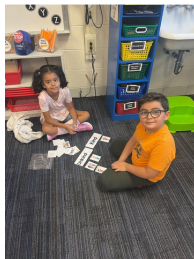
Sarah Ezzat, Assistant Principal

NEW Follow us on Instagram 📷: [@vhnelson63](https://www.instagram.com/vhnelson63)

Nelson is on Instagram!

Follow us:
[@vhnelsond63](https://www.instagram.com/vhnelsond63)

Highlights from our First Week of School



Upcoming Events

Monday, September 2: Labor Day - Schools Closed

Tuesday, September 3: Nelson PTO Meeting (in-person) at 6:30 p.m. in the Nelson library

Tuesday, September 10: School Improvement Day - Early Release at 10:55 a.m.

Tuesday, September 10: Measures of Academic Progress (MAP) Window Closes

Friday, September 13: Nelson PTO Fall Fest 4:30 - 6:30 p.m.

Wednesday, September 18: Fall Picture Day

Thursday, October 3: Rosh Hashanah - Schools Closed



Student Arrival & Dismissal Reminders

As safety is our top priority, please be sure to use the drop off lane appropriately each day for arrival and dismissal. Please view the video below to learn more about our procedures.

A few important things to note:

- **Please remain in your vehicle** when using the drop off lane. Nelson staff will help your child to walk safely into the building. **Please do NOT park your car in the drop off lane.**
- The parent drop off lane is meant to be a *single* lane of cars. Please do not pull up next to cars in the lane to drop off students - this is unsafe for your child and other families.
- Please do not block the bus lane at any time or pull up near the crosswalk to drop off your child. This creates a hazardous situation for all.
- **Please do not make a u-turn** to head south on Ozanam after dropping off your child. Please proceed north and turn left onto Park to exit.

Nelson School Student Drop-Off Procedures

A photograph of a school hallway with a blue sign overlaying text. The hallway has a polished floor, white walls, and a blue chalkboard on the right. The sign is black with white text.

Instruction begins at 7:55am. Any child who arrives after 7:55am will need to check in at the main office and will be considered tardy.

District Information



Family Resource Center (FRC)

D63's Family Resource Center offers a wide range of parent education opportunities as well as a central location for ELL testing. Click [here](#) for more information!



Breakfast and Lunch Information

Breakfast is served daily from 7:40-7:50 a.m. Students eating breakfast at school should enter the building through Door 6. **Students will have lunch and recess from 11:05 a.m.-12:05 p.m.**

Click [here](#) for more information about the food service program in District 63.



Expanded Learning

Many students need childcare beyond the school day. Whether it is before school/after school, or on days when school is closed due to staff professional development, Expanded Learning offers options to meet the needs of our families. More information [here](#).

Fall Picture Day

Date: Wednesday, September 18

Picture Day ID: EVTMSMRJW



Picture Day is Coming!

Order today on mylifetouch.com

¡Ya llega el Día de la Foto!

Encarga hoy en mylifetouch.com

Lifetouch.

Nelson PTO Fall Fest



**Nelson
Fall Fest**

Food | Games | Fun

13
September

4:30-6:30 pm
Face Painting, Hayrides,
Axe Throwing, Photobooth,
Inflatable Obstacle Course
Raffle & More!!

**\$10 per child
in advance**
**\$15 per child
at the gate**
adults are free

Sponsored by Nelson PTO





NELSON FALL FEST

WRISTBAND PRE-ORDER

September 13 | 4:30 PM - 6:30 PM

NELSON ELEMENTARY SCHOOL

WRISTBANDS ARE \$10 IN ADVANCE OR \$15 AT THE GATE
CHILDREN AGES 4+ NEED A WRISTBAND FOR ENTRY
ADULTS 18+ DO NOT NEED A WRISTBAND



WRISTBAND INCLUDE:

- ENTRY TO FALL FEST •FACE PAINTING •HAYRIDES•
- INFLATABLE OBSTACLE COURSE •ALL GAMES • AND MORE

PLEASE COMPLETE THIS FORM AND RETURN FORM AND PAYMENT TO THE MAIN OFFICE BY WEDNESDAY, SEPTEMBER 11. PRE-ORDER WRISTBANDS WILL BE DISTRIBUTED TO STUDENTS THE WEEK OF FALL FEST.

STUDENT NAME _____

ROOM NUMBER/TEACHER _____

QUANTITY OF WRISTBANDS _____

AMOUNT ENCLOSED \$ _____

PLEASE MAKE CHECKS PAYABLE TO NELSON PTO



FESTIVAL DE OTOÑO DE NELSON

PEDIDO ANTICIPADO DE PULSERA

Septiembre 13 | 4:30 PM - 6:30 PM

ESCUELA PRIMARIA NELSON

LAS PULSERAS CUESTAN \$10 POR ADELANTADO O \$15 EN LA PUERTA
LOS NIÑOS 4+ NECESITAN UNA PULSERA PARA ENTRAR
LOS ADULTOS 18+ NO NECESITAN PULSERA

LAS PULSERAS INCLUYEN:
•ENTRADA AL FESTIVAL •PINTURA DE LA CARA •JUEGOS•
•CARRERA DE OBSTACULOS INFLABLE •PASEO DE CARRETA • Y MÁS

POR FAVOR COMPLETE ESTE FORMULARIO DE PEDIDO Y REGESELO A LA OFICINA PRINCIPAL CON SU PAGO HASTA EL MIÉRCOLES, 11 DE SEPTIEMBRE. RESERVA DE PULSERAS SE DESTIBUIRÁ A LOS ESTUDIANTES LA SEMANA DEL FESTIVAL

NOMBRE DEL ESTUDIANTE _____

NÚMERO DE AULA/MAESTRO _____

CANTIDAD DE PULSERAS _____

CANTIDAD ADJUNTA \$ _____

POR FAVOR HAGA LOS CHEQUES A NOMBRE DE
NELSON PTO



MaineStay Youth & Family Services

MaineStay offers many free or low-cost programs starting soon, including the new [Creative Writing Program](#) and [Family Connections Play-Based Parenting Program](#).

Here are some highlights:

- Our final summer [Social Wellness Nights](#) program for grades K-5 is this Friday.
- Our [Cooking Class](#) for ages 8-17 starts on September 12.
- Our [Self-Esteem Building Group](#) for grades 2-5 starts on September 17.
- Our [Shifting Sands: Sandtray Group](#) for grades K-2 starts on September 17.
- Our [Anxiety Coping Skills Group](#) for grades 6-8 begins on September 17.
- Our [YAM Squad: Frustration Tolerance Group](#) for grades 6-8 begins on September 17.
- Our [Art in the Town](#) program, which offers two sessions for youth ages 6-12, starts on September 23.
- Our [Tutoring Program](#), which resumes on October 16, has expanded to grades 1-8 and provides personalized academic assistance from certified teachers.



MAINESTAY
YOUTH & FAMILY SERVICES

Please let MaineStay know how they can help you or your family with these and other programs.

Contact Information:

Richard Lyon, MA, LCPC, CADC

Director

[224-257-4869](tel:224-257-4869)

rlyon@mainetown.com

Positive Behavioral Interventions & Supports (PBIS)

What is PBIS?

[Positive Behavioral Interventions and Supports](#) (PBIS) is an evidence-based, tiered framework for supporting students' behavioral, academic, social, emotional, and mental health. When implemented with fidelity, PBIS improves social emotional competence, academic success, and school climate.

**Nelson PBIS Focus Trimester 1 - Be Kind**

August/September: *Use Kind Words*

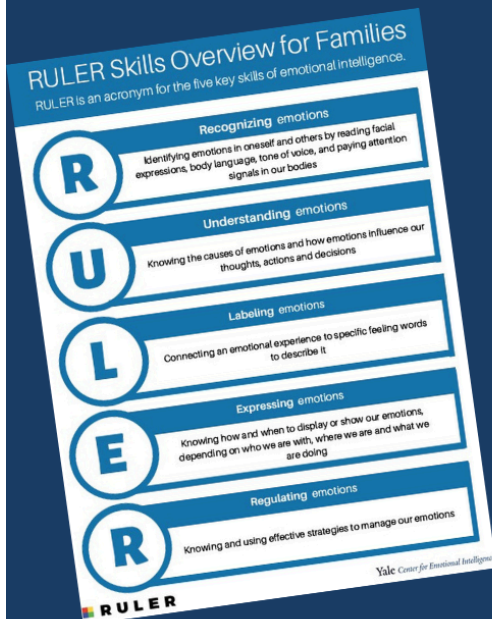
October: *Your Actions Matter*

November/December: *Be An Active Listener*

Nelson Weekly Announcements Videos

To help promote our PBIS initiative, we create weekly announcements videos for students and staff. [Click here](#) to check them out!

WHAT IS RULER?



RULER is one part of District 63's Social and Emotional Learning curriculum. It is a research-based approach to social and emotional learning (SEL) that supports the entire school community in understanding the value of emotions, building emotional intelligence, and creating and maintaining a positive school environment.

Last year, students participated in the initial RULER lessons in their classrooms. This year, we are inviting our families to join us! Throughout the school year, District 63 will host RULER information nights for parents, and RULER Parent Tips will be included in your school newsletter.



RULER Tools Overview for Families

RULER uses four tools to teach and practice the skills of emotional intelligence.



The Charter

- The Charter is an agreement we make to act in ways that help us to feel the way we want to feel in our school or class.
- Everyone has a voice in creating a Charter and everyone has a responsibility to uphold it.



The Mood Meter

- The Mood Meter helps build awareness of emotions in ourselves and others, expands our emotion vocabulary, and helps us manage our emotions.
- It shows how emotions have two dimensions, the degree of pleasantness of our thoughts and the energy in our bodies.



The Meta-Moment

- The Meta-Moment teaches us how to extend the time between feeling emotionally triggered and our reaction.
- Instead of being reactive, the Meta-Moment helps us pause, think of our *best selves*, and choose helpful ways to respond.



The Blueprint

- The Blueprint provides a series of questions as a guide for reflecting on our thoughts and emotions during conflict.
- By practicing perspective-taking and empathy, we can have a compassionate conversation and work to restore the relationship.

 **RULER**

Yale Center for Emotional Intelligence

Nelson Parent-Teacher Organization (PTO)

Calling all Nelson School Families!

Our active PTO is excited to plan fun activities for the entire school community throughout the year. Want to be involved or just learn more?



Join us for the first PTO meeting of the school year!

- **Date:** Tuesday, September 3rd
- **Time:** 6:30 PM - 7:30 PM
- **Location:** Nelson School Library

Everyone is welcome! Stop by to meet other parents, teachers, and staff, and hear about upcoming events.

Have questions or want to get involved? Email us at vhnelsonpto@gmail.com.

Contact Information



Email: nelson411@emsd63.org

Website: <https://nelson.emsd63.org>

Location: [8901 North Ozanam Avenue, Niles, IL, USA](#)

Phone: (847) 965-0050

Instagram: [@vhnelsond63](#)



Nelson Elementary School