

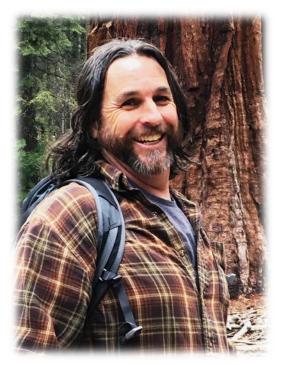
Reminders:

- Oct 4: Early Dismissal 1:30pm All Grades K-8
- Oct 10: Walk-A-Thon Foundation Fundraiser Large Field
- Oct 10: Board Meeting 5pm Library
- Oct 12: Nicasio Foundation Fall Picnic & Movie Night on the Square 5:30pm FREE! Nicasio Square
- Oct 14: NO CLASSES ~ Professional Development Day
- Oct 16: School Picture Day
- Oct 17: Earthquake Drill: The Great California ShakeOut
- Oct 17: Gr. 6-8 Field Trip ~Tolay Fall Festival
- Oct 23: Gr. K-8 Field Trip ~ Nicasio Pumpkin Patch 12:10-1:45pm
- Oct 24: Principal's Chat 8:20am Library
- Oct 30: School Assembly 1:30pm Library
- Oct 31: Halloween Costume Parade Gr. K-8 8:45am

Recordatorios:

- Oct 4: Salida Temprana 1:30pm Todos los Grados K-8
- Oct 10: Walk-a-thon Evento de la Fundación para la Recaudación de Fondos Campo Escolar Mayor
- Oct 10: Reunión de la Mesa Directiva 5pm Biblioteca
- Oct 12: Día de Campo & Noche de Cine 5:30pm Plaza Nicasio
- Oct 14: NO HAY CLASES ~ Día de Desarrollo Profesional
- Oct 16: Día de Fotografía Escolar
- Oct 17: La Gran Sacudida de California Simularco de Terremotos
- Oct 17: Gr. 6-8 Excursión ~ Tolay de Otoño
- Oct 23: Gr. K-8 Excursión ~ Sembradio de Calabazas Nicasio 12:10-1:45pm
- Oct 24: Pláticas con la Directora 8:20am Biblioteca
- Oct 30: Asamblea Escolar 1:30pm Biblioteca
- Oct 31: Defile de Disfraces del Dia Brujas Todos los Grados K-8 8:45am

Many of you have asked how you can support our much-loved teacher, colleague and friend Colin Williams. His battle with cancer has brought many challenges, and this week we have reinstated



a Meal Train for Colin and his wife, Marla. Please see the email sent from Mikki on Monday or click here for the details. This information can also be found on our school website. I encourage you to share far and wide with the greater Nicasio community, as Colin has touched the lives of so many during his 16 years of teaching.

For anyone who is inclined to provide financial support for the purchase of takeout meals, groceries, or to help with mounting medical and living expenses, donations are being accepted at school, and will be hand-delivered to Colin and Marla. Cash, gift card donations (e.g. Whole Foods, Petaluma Market and Visa), and checks (made out to *Colin Williams* or *Marla Steele*) can be brought to the office or mailed to: *Nicasio School, PO Box 711, Nicasio, CA 94946*. In addition, a GoFundMe account will be set up on their behalf soon. We will share that link as soon as it is available.

Do you have a green thumb? Then we need YOU to help our students and staff maintain our sweet school garden. Usually our garden is in full-swing by now, but due to several factors, including Colin's absence, we have not been able to get up and running. We would appreciate any time you can donate either prepping the garden beds, weeding, purchasing plants or coordinating with teachers. Thanks!

Our Walk-A-Thon is coming on Thursday, October 10th! This is a fundraiser for the Nicasio School Foundation and contributes directly toward the programs your children love, such as art, performing arts, Spanish and PE. Please help your students gather those pledges! Prizes will be awarded to students for gathering the most pledges and for completing the most laps. Would you like to help during the Walk-A-Thon? Please visit the online sign-up at www.nicasioschool.org

Also, mark your calendar for a **Fall Picnic and Movie Night in Nicasio Square on Saturday October 12th.** This is a fun, community-building event meant for all ages. Tell your friends and neighbors. *Again, please visit <u>www.nicasioschool.org</u> and sign up to help.* Thank you to the Parent Club and Foundation for organizing!

Finally, a friendly reminder that **this Friday (October 4**th) students will be dismissed at **1:30 pm**. The teachers and I will spend the afternoon reviewing assessment data and discussing student progress.

All the best,

Barbara



When: Thursday, October 10, 2019 2:00-3:00pm

Where: Nicasio School Track

Questions: Contact Kristin Kuzma(415-235-8907)

The Nicasio School Foundation is sponsoring the 16th annual Walk-a-thon for the Nicasio School community. The donations collected as part of this event will be used to support Performing Arts, Art, Spanish, P.E. and classroom field trips. Students will be collecting donations toward their goals. Each walker should strive for at least ten donors of \$10 each to arrive at our school goal. Donations need to be collected at the time of solicitation and turned in on the day of the Walk-a-thon. This is an excellent opportunity to extend our fundraising efforts outside our community to reach out to extended family and friends.

We are looking for a few Parent volunteers to help with the preparation of drinks and snacks as well as course set up for the Walk-a-thon. Volunteers should arrive at 1 p.m. on the day of the event for prep work. The event starts at 2p.m. Volunteers will assist in counting laps, providing drinks, snacks, and other aid as needed. Please sign up in the Office if you can help for this event.

ONLY DONATIONS TURNED IN BY WALK-A-THON DAY WILL QUALIFY FOR PRIZES!!!

Prizes will be awarded to the following:

- Lack Student with most dollars (in each classroom) = Revolutionary 9 Fairfax Store Gift Certificate
- Student with the most donors (in each classroom) = Five Little Monkeys Toy Store Gift Certificate (852 Grant Ave, Novato, Novato)
- Student who walks the most laps (in each class) = The Sweet Zone Candy Store Gift Certificate (151 Petaluma Blvd S Suite #113, Petaluma)
- The classroom in which collects the most dollars. To keep this fair, we will average the total dollars in each classroom and divide by the number of students in the classroom. The winning class will celebrate with a Super Sundae Ice Cream Party.

The Nicasio School Foundation will sponsor drinks and snacks. Please join us in the







SCHOOL PICTURE DAY: WEDNESDAY, OCTOBER 16th

School Picture Day is WEDNESDAY, OCTOBER 16th. Parents, please be sure to send your child(ren) to school with his/her completed order form along with payment for any photos you wish to order. Regardless of whether an order is placed, every student's photo will be taken for inclusion in the yearbook (and for middle school ID cards)...And don't forget to send them with their sunny smiles!

NOTE: ONE OR TWO PARENT VOLUNTEERS ARE NEEDED TO HELP WITH PICTURE DAY (9-11a.m.) PLEASE CONTACT THE OFFICE IF YOU CAN HELP.

Día de la Fotografía Escolar Miércoles, 16 de Octubre

La foto escolar es el Miércoles, 16 de OCTUBRE. Padres de familia, favor de asegurarse de enviar a sus niños a la escuela con su orden completa y su pago para las fotos que desea ordenar. Independientemente de su orden, todos los estudiantes serán fotografiados para incluirlos en el libro del año (y la tarjeta de identificación para secundaria) iY no olvide enviarlos con sus hermanos sonrisas!

NOTA: Se necesitan uno o dos padres de familia voluntarios para ayudar el día de la foto escolar (9 a 11am). Favor de contactar la oficina escolar si Usted puede ayudar.

Nicasio School Wednesday,

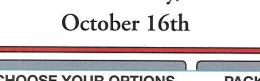
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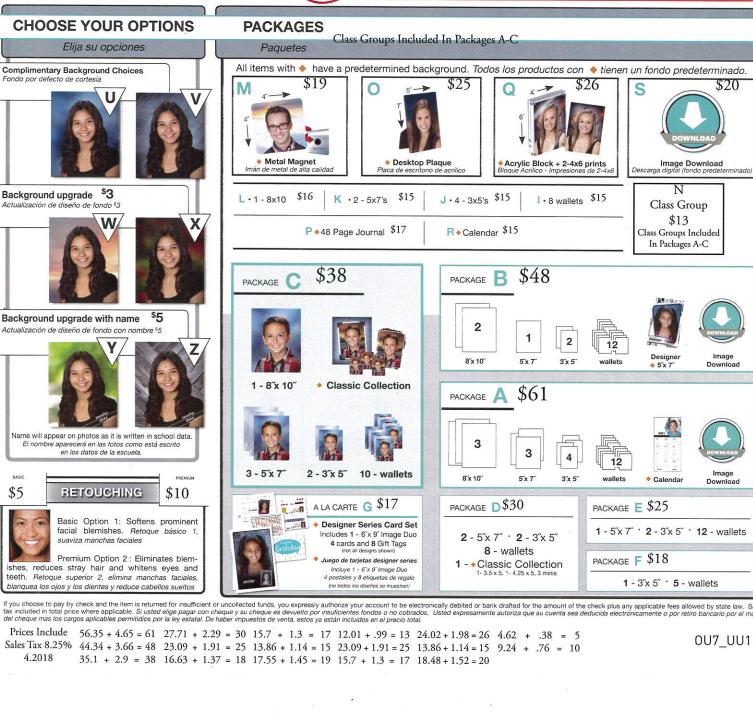


1-800-826-3535 www.dorianstudio.com/support

Visit ios.mydorian.com for online ordering and exclusive package options. This online access key expires four days after picture day.

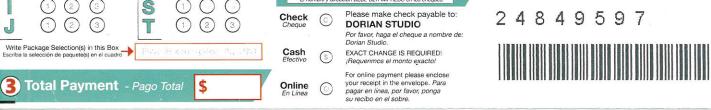
Visite a ios.mydorian.com para pedir en línea y para más opciones exclusivas El código de acceso en línea caducará en cuatro días después del día de foto.





5416_0U7_UU1 For order accuracy, please use blue or black pen. Para la exactitud de los pedidos, por favor escribe con bolígrafo azul o negro. Your Background - One background choice per envelope - Elija su fondo - Una opción de fondo por ection is made, U will be the default . Si no elige una selección, por defecto se seleccionará el fondo "U." FOR INTERNAL USE ONLY Add \$3 Add \$5 Add \$5 Want to order multiple backgrounds? Please go to ios.mydorian.com, (Y)(W) (z)

enter your access key and place your order online.
¿Deseas pedir varios fondos? Por favor vaya a ios.mydorian.com, ingrese su código de acceso y haga su pedido en línea Add Retouch 2 1 e la opción Basic - Básico Premium - Superior de retoque School Name (Nombre de la escuela) Package(s) Selection - Selección de paque QUANTITY - Cantidad PKG. Student's Name (Nombre y Apellido del Estudiante) A 2 B 2 Teacher's Name (Apellido del Maestro) C M D N ΑM PM Grade (Grado escolar) Kindergarten (Kinder) 0 00000 P Phone: Area Code & Number (Teléfono: código de área y el numero) G Q R



All-School Group Photo



Mail: 4212 W. Sunset Blvd, Spokane, WA 99224 800.826.3535 Nicasio School

Wednesday, October 16th



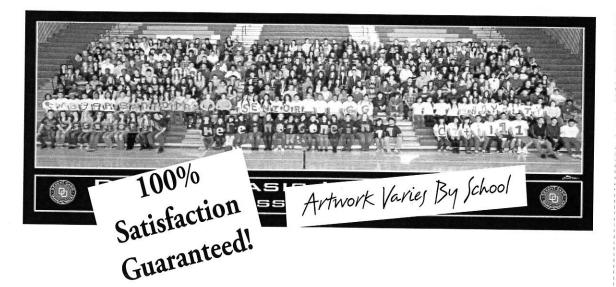
Dorian is pleased to offer photographic support to your school - Thank You! Please enclose exact amount - photographers do not care

A 10x24 Panoramic



B 10x24 Laminated Panoramic





Prices/Fees Include Sales Tax 8.25%

18.48 + 1.52 = 20 23.09 + 1.91 = 25

Return Envelope On Picture Day! \$5 Late Order Fee: If your order is not turned in on picture day please add the late order fee.

Late Orders take longer than originals, please expect your pictures in 3-4 weeks.

5416_OA5_AB

Print your order information and enclose payment. Delivery in 3-4 weeks. Satisfaction is 100% guaranteed. Credit Card processing is not available at this time. All checks require name and address. No counter checks. If you choose to pay by check and the item is returned for insufficient or uncollected funds, you expressly your account to be electronically debited or bank drafted for the amount of the check plus any applicable fees as allowed by state law. The use of check is your acknowledgement and acceptance of the policy and its terms and conditions.

Student Information

Student's Last Name

Student's First Name

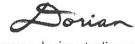
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Please make check payable to: Dorian Studio.

EXACT CHANGE REQUIRED! NO COD's.

Name and Address MUST be printed on checks.

MAIL TO: 4212 West Sunset Blvd • Spokane, WA 99224
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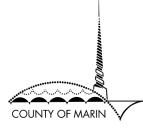


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GROUP IMAGE FRAME

www.dorianstudio.com



DEPARTMENT OF

HEALTH AND HUMAN SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.



Benita McLarin, FACHE DIRECTOR

Matthew Willis, MD, MPH PUBLIC HEALTH OFFICER

Lisa M. Santora, MD, MPH
DEPUTY PUBLIC HEALTH OFFICER

3240 Kerner Boulevard San Rafael, CA 94901 415 473 4163 T 415 473 6002 F 415 473 3232 TTY marinhhs.org/public-health September 24, 2019 Fentanyl Overdose Health Alert

Dear Parents:

This letter is to inform you about a concerning trend in overdoses related to fentanyl in the Bay Area that reached Marin County last week. Marin County Public Health has issued an advisory to healthcare providers after regional law enforcement agencies seized a large number of counterfeit 30-milligram Percocet pills that contain fentanyl – not oxycodone hydrochloride – as their sole active ingredient.

The tablets visually appear to be the pharmaceutical version—circular in shape, light blue in color, with an "M" stamped on one side and a "30" on the other side. Opioid overdoses tied to these tablets have increased since August 2019 across the region, including one case in Marin County last week.

Fentanyl is 80 to 100 times more potent than morphine and 40 to 50 times more potent than heroin.



Counterfeit Percocet containing fentanyl

Fentanyl can have serious, even fatal consequences if used inappropriately.

How You Can Help

- 1. Talk with your children and alert them to the current risk. Remind them to only take pharmaceutical pills prescribed by their physician, and only take them as directed. Do not share or sell medicines and do not buy medications not prescribed to them. When in doubt about a pharmaceutical, reach out and ask your doctor.
- 2. If you think a loved one is experiencing challenges with substance misuse and abuse contact the 24/7 Mental Health and Substance Use Access and Assessment Hotline (888-818-1115).

PG. 2 OF 2

- 3. Clean out your medicine cabinet regularly. Dispose of unused and expired medications at one of Marin County's safe disposal locations. Visit www.RxSafeMarin.org to find a location near you.
- 4. If you're concerned someone in your life may be at risk for an opioid overdose, carry the overdose reversal medication naloxone (Narcan). Narcan is available without a physician prescription at most pharmacies in Marin.

Thank you for joining us to protect our community.

Sincerely,

Mary Jane Burke
Marin County Superintendent of Schools
mjburke@marinschools.org

Matthew Willis, MD, MPH Public Health Officer MWillis@marincounty.org



Supervisor Dennis Rodoni invites you to his 2019 Fall Office Hours for **San Geronimo Valley and Nicasio!**

Supervisor Rodoni will be joined by Community Development Agency staff member Kristin Drumm.

Date: Friday, October 25th

Time: 2:00 pm to 4:00 pm

Location: San Geronimo Valley

Community Center – The Valley Room

6350 Sir Francis Drake Boulevard, San Geronimo Valley, CA 94963

All are welcome and no RSVP is needed



Free Admission **Free Parking**

Saturday, October 26, 2019

Sonoma County Fairgrounds

10:00 am - 4:00 pm

1350 Bennett Valley Rd, Santa Rosa, CA 95404



Have fun learning with hands-on science

- Robots
- Astronaut Gear
- Sound Waves
- Telescopes

- Virtual Reality
- Squid

- Rockets
- Drones

- Microscopes
- 3D Printing
- Slime

Much More!

Part of the Bay Area Science Festival and partnered with Career Technical Education Foundation, Buck Institute for Research on Aging, and University of California at San Francisco.

This is not a school district sponsored activity. This flyer was not printed at the school district's expense. The school district has not evaluated or approved the program or service. For information, email info@northbayscience.org.



Workshops for Parents & Guardians: How to Bully-Proof Children in their Lives and the Digital World

Tools to use at home and in partnership with the school community

NEW DATE!! OCTOBER 29TH 6:00PM TO 7:30PM

No Bully Introduction

- Overview of No Bully Program
- How to support and guide children at home
- How to build supportive and collaborative partnerships with school.

NOVEMBER 13, 2019 6:00PM TO 7:30PM

Power of Zero: Raising Children in a Connected World.

- Understanding the internet and social media
- Building every child's ability to connect positively
- The importance of Digital citizenship
- Helping children thrive in the digital world.

FEBRUARY 5, 2020 6:00PM TO 7:30PM

How to Stop Cyberbullying

- Grades 3-8
- What Cyberbullying is and isn't
- Bully Proof your child on their phone, tablet, and computer.
- Build citizenship skills to promote social emotional learning and respect for diversity.

MARCH 19, 2020 6:00PM TO 7:30PM

Stop Cyberbullying & **Navigating the Social Media Landscape**

- Grades 6-12
- How to Bully Proof your children on their phone, tablet, and computer
- Navigate the ever changing social media landscape as responsible digital citizens.



COST: FREE

TO REGISTER: HTTPS://NOBULLYMCOE.EVENTBRITE.COM

QUESTIONS: 415.499.5870

LOCATION: 1111 LAS GALLINAS AVENUE, SAN RAFAEL CA 94903











WILDFIRE EVACUATION CHECKLIST

If evacuation is anticipated and time allows, follow this checklist to give your family and home the best chance of survival. Complete the Family Communication Plan on the opposite side for each family member and keep in your "Go Kit(s)."

ALERT MARIN: Register for emergency notifications at **www.alertmarin.org** to receive evacuation notices by email, phone, or text. Evacuation notices sent through Alert Marin will use the following terminology:



EVACUATION ORDER

Leave now! Evacuate immediately, do not delay to gather valuables or prepare your home. Follow any directions given in the evacuation order.

EVACUATION WARNING

Evacuate as soon as possible. A short delay to gather your *Go Kit* and prepare your home (see below) may be ok. Leave if you feel unsafe.

SHELTER IN PLACE

Stay in your current location or the safest nearby building or unburnable area. May be required when evacuation is impossible, too dangerous, or unnecessary.

evacuation order. if you feel unsal	ble, too dangerous, or unnecessary.
ON YOUR PERSON Dress all family members in long sleeves and long pants - heavy cotton or wool is preferable no matter how hot it is.	Fill water buckets and place them around the outside of house, especially near decks and fences. Don't leave sprinklers on or water running - they are ineffective and can reduce critical water pressure for the entire neighborhood.
 □ Wear leather gloves, head, and eye protection - full coverage goggles are best. □ Cover your face with a dry bandanna or (cotton or wool) scarf or an N95 respirator. □ Carry a headlamp and flashlight (even during the day), cell phor and spare battery. □ Carry car keys, wallet, and ID on your person. □ Drink lots of water and stay hydrated. □ Put your "Go Kit" in your vehicle. PETS & ANIMALS □ Locate your pets and place in carriers NOW. You will not be able to catch them when the fire approaches. □ Be sure your pets wear tags and microchips. 	Hosing your roof down is dangerous and ineffective. Clean your gutters and blow leaves away from house instead (only if time allows). Back your car into the driveway so it is facing out, with vehicle loaded and all doors and windows closed. Unlock and prop open fence and side gates. Place ladder(s) at the corner(s) of structures for firefighters. Seal attic and ground vents with pre-cut plywood or metal covers. Patrol your property and monitor the fire situation. Don't wait for an evacuation order if you feel threatened. Check on or call neighbors and make sure they are aware and preparing to leave.
Place carriers (with your pets in them) near the front door, with fresh water and extra food. Prepare horses and large animals for transport and consider moving them to a safe location early, before evacuation is ordered.	WILDFIRE & EMERGENCY "GO KIT" Put together an emergency supply kit in advance and keep it easily accessible. Plan to be away from your home for an extended period of time. Each person should have their own Go Kit. Backpacks work great for storing these items.
 ☐ Shut all windows and doors (interior too) and leave them unlock ☐ Remove combustible window shades and lightweight curtains; close metal shutters. ☐ Move furniture to the center of the room, away from windows. ☐ Shut off gas at the meter or propane tank; turn off pilot lights. ☐ Leave indoor and outdoor lights on for firefighters. ☐ Shut off air conditioning and house fans. 	goggles, leather gloves Water bottles and food Map marked with two evacuation routes (if possible) Prescription medications Change of clothing Extra eyeglasses or contact (birth certificates, passports, insurance policies, etc) Pet food and water, leashes, pet supplies and medications Spare chargers for cell phones, laptops, etc. Sanitation supplies
OUTSIDE & IN NEIGHBORHOOD Gather up combustible items outside the house (patio furniture, children's toys, door mats, trash cans, etc) and place in garage or mothem at least 30' from structures (optionally: place in your pool). Close propane tank valves. Move small tanks away from structure. Connect garden hoses to outside water valves or spigots for use firefighters. Attach squeeze-grip nozzles if you have them.	res. First aid kit



Family Emergency Communication Plan

Family Emergency Communication Plan

HOUSEHOLD INFORMATION		
Home #:	1	
Address:	1	
Name:Mobile #:	1	
Other # or social media: Email:	1	
Important medical or other information:	1	
Name:Mobile #:	1	
Other # or social media: Email:		
Important medical or other information	FOLD	
	<pre><fold></fold></pre>	
Name:Mobile #:	1	
Other # or social media: Email:	1	
Important medical or other information:	1	
	1	
Name: Mobile #:	1	
Other # or social media: Email:	1	
Important medical or other information:	1	
	1	
SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS	<pre><fold></fold></pre>	
Name:	1	
Address:	1	
Emergency/Hotline #:	1	
Emergency Plan/Pick-Up:	I I	
Name:	1	
Address:	1	
Emergency/Hotline #:Website:	I	
Emergency Plan/Pick-Up:	1	
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Name:	1	
Address:	1	
Emergency/Hotline #:Website:		
Emergency Plan/Pick-Up:	1	
Name:		
Address:	1	
Emergency/Hotline #:Website:	1	
Emergency Plan/Pick-Up:	1	

IN CASE OF EMERGENCY (ICE) CONTACT		
Name		
Name: Mobile #:		
Home #: Email:		
Address:		
OUT-OF-TOWN CONTACT		
Name:		
Home #: Email:		
Address:		
EMERGENCY MEETING PLACES		
Indoor:		
Instructions:		
Neighborhood:		
(10.10) • • • • • • • • • • • • • • • • • • •		
Instructions:		
Out-of-Neighborhood:		
Address:		
Instructions:		
Out-of-Town:		
Address:		
Instructions:		
IMPORTANT NUMBERS OR INFORMATION		
Police:		
Fire:		
Doctor: #:		
Doctor: #:		
Pediatrician: #:		
Dentist: #:		
Medical Insurance: #:		
Policy #:		
Medical Insurance: #:		
Policy #: Hospital/Clinic: #:		
Pharmacy: #:		
Homeowner/Rental Insurance: #: Policy #:		
Flood Insurance: #:		
Policy #:		
Veterinarian: #: Kennel: #:		
Electric Company: #:		
Gas Company: #:		
Water Company: #: Alternate/Accessible Transportation: #:		
Other		



5555 Nicasio Valley Road, Nicasio, CA 94946 415.662.2184 / 415.662.2250 / www.nicasioschool.org

Emergency Communication Systems

School Messenger

Nicasio School uses an emergency communication system, School Messenger, to communicate with families in the event of an emergency. This system allows communication via phone call, email, and test message. We will conduct our annual test of this system in October. Please be sure your contact information is up to date in the main office.

Alert Marin

Alert Marin is an emergency communication system from the Marin County Sheriff's Office. Follow this link to register for alerts:

https://www.marinsheriff.org/services/emergency-services/alert-marin

Nixle

Nixle is an emergency communication system for residents of an area (determined by zip code) that will immediately notify users during emergency incidents. To register, visit:

http://www.nixle.com/

Twitter

Follow organizations such as Marin County Sheriff (@MarinSheriff), CHP Marin (@CHPMarin), and The West Marin Feed (@WestMarinFeed) for up-to-date information during an emergency.