HARRISBURG ELEMENTARY SCHOOL

November 2026



Newsletter



Families,

Welcome to the month of November. As we reflect on what we are thankful for, our staff definitely feel thankful for the amazing students and families we are privileged to work with and serve every day.

Fall conferences are scheduled for November 12th and 13th. This is a great opportunity to have some individual time with your student's teacher and learn about the progress of your student. We hope to see all families during this two day event.

Warmly,
Mrs. Edwards, Principal

Mark your calendar……

Oct 31	Tract or Treat @HHS 4pm-7pm
Nov 5	Assembly - Harvest Dress-up
Nov 6	Grading Day - No school
Nov 10	Picture Retake Day
Nov 10	Harrisburg Education Foundation Mtg 5:30-6:30pm
Nov 11	Veterans Day - No School
Nov 12-13	Parent/Teacher Conferences (No School)
Nov 18	School Board Mtg 6:30-8:30pm
Nov 25-27	No School - Thanksgiving





School starts at 8:10 am. If your student is late or absent, please call Tawni Robidou at 541-995-6544 ext. 163
tawni.robidou@harrisburg.k12.or.us





Breakfast
All students eat for free!

November 2026
Harrisburg School District

All breakfasts are served with fruit and/or vegetables. 2%, 1% or skim milk also included

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham English Muffin Breakfast Sandwich Yogurt with Graham Bears Cereal and a Cheese Stick	**3** Biscuit and Sausage Gravy Yogurt with Graham Bears Cereal and a Cheese Stick	**4** Chocolate Chip Zucchini Bread with String Cheese Yogurt with Graham Bears Cereal and a Cheese Stick	**5** Maple Bar with String Cheese Yogurt with Graham Bears Cereal and a Cheese Stick	**6**
9 Easy Cheesy Breakfast Bake Yogurt with Graham Bears Cereal and a Cheese Stick	**10** Cinnamon & Apple-Streusel Coffee Cake with String Cheese Yogurt with Graham Bears Cereal and a Cheese Stick	**11**  No School Veteran's Day	**12** No School Parent-Teacher Conferences	**13** No School Parent-Teacher Conferences
16 Buttermilk Biscuit with Link Sausage Yogurt with Graham Bears Cereal and a Cheese Stick	**17** Cheesy Scrambled Eggs with Toast Yogurt with Graham Bears Cereal and a Cheese Stick	**18** Croissant Sausage Breakfast Sandwich Yogurt with Graham Bears Cereal and a Cheese Stick	**19** Cinnamon Roll with a Cheese Stick Yogurt with Graham Bears Cereal and a Cheese Stick	**20**
23 Strawberry Parfait with Granola Yogurt with Graham Bears Cereal and a Cheese Stick	**24** Yogurt with Graham Bears Cereal and a Cheese Stick	**25**	**26** 	**27**
30 Pumpkin Spice Muffin with a Cheese Stick Yogurt with Graham Bears Cereal and a Cheese Stick				

No School! Thanksgiving Break

Menu subject to change based on product availability

This institution is an Equal Opportunity Provider

Lunch
All students eat for free!

November 2026
Harrisburg Elementary School
Harrisburg Middle School

All lunches are served with fruit and vegetables. 2%, 1%, or fat-free chocolate milk included

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatball Stroganoff over Noodles Soft Pretzel with a Cheese Stick Salad Bar	3 Coney Dog with Goldfish Crackers Soft Pretzel with a Cheese Stick Salad Bar	4 Macaroni and Cheese with a Breadstick Soft Pretzel with a Cheese Stick Salad Bar	5 Polish Kielbasa with Peppers and Onions Soft Pretzel with a Cheese Stick Salad Bar	6
9 Pulled Pork Quesadilla Cheesy Breadsticks with Marinara Salad Bar	10 Beef Nachos Cheesy Breadsticks with Marinara Salad Bar	11  No School Veteran's Day	12 No School Parent-Teacher Conferences	13 No School Parent-Teacher Conferences
16 Chicken Nuggets with Fries and a Roll Ham and Cheese Sandwich Salad Bar	17 Chicken and Dumplings Ham and Cheese Sandwich Salad Bar	18 Teriyaki Chicken with Rice Ham and Cheese Sandwich Salad Bar	19 Potato Soup with Garlic Bread Ham and Cheese Sandwich Salad Bar	20
23 Corn Dog with Goldfish Crackers Bean and Cheese Burrito with Salsa Salad Bar	24 Roast Turkey, Mashed Potatoes, Green Beans and a Roll Bean and Cheese Burrito with Salsa Salad Bar	25  No School! Thanksgiving Break	26	27
30 Hot Turkey Open-faced Sandwich Loaded Baked Potato Salad Bar				



Menu subject to change based on product availability
This institution is an Equal Opportunity Provider

Please check out our lost and found for missing items.
Items left behind will be donated at the end of the school year.



HARRISBURG FFA PRESENTS

TRACT-OR-TREAT

OCTOBER 31
4:00 PM - 7:00 PM

JOIN HARRISBURG FFA FOR A FAMILY FRIENDLY ADDITION TO YOUR HALLOWEEN FESTIVITIES!

HARRISBURG DISTRICT OFFICES
THE CORNER OF 9TH AND LASALLE ST.
HARRISBURG, OR





Harrisburg School District

Thanksgiving Food Drive

Oct 26 - Nov 19

This annual food drive helps support many local HSD families in need. We appreciate your help and support in this!

HOW CAN YOU HELP?

Send any of the following items to school with your student

- Turkey (bonus pts)
- Stuffing
- Instant Potatoes
- Green Beans
- Corn
- Turkey Bags
- Rolls
- Gravy
- Chicken Broth
- Cranberry Sauce
- Sweet Potatoes/Yams

OR

Bonus points for Costco or Winco gift cards to purchase perishables

The team (HES)/ grade (HHS & HMS) that brings in the most items/points will be rewarded with a special surprise!

Questions?

Courtney Besotes at 541-995-6544 courtney.besotes@harrisburg.k12.or.us
Fay Jaramillo at 541-995-6551 fay.jaramillo@harrisburg.k12.or.us
Madison Brock at 541-995-6632 madison.brock@harrisburg.k12.or.us

Counselor Corner with Mrs. B

SEL Weekly Calendar

Week #: 10

Grade	Monday, Tuesday, Wednesday, Thursday	Friday
Kinder	**Wayfinder Online** **We All Feel** What are we feeling?	No School
1st Grade	**Wayfinder Online** **Working Together** How Can We Work Together?	No School
2nd Grade	**Emotions Overload** Identifying, unscrambling, and matching our emotions	No School
3rd Grade	**Float (Pixar Short) - Accepting Differences** Appreciating, accepting, and understanding differences	No School
4th Grade	**Float (Pixar Short) - Accepting Differences** Appreciating, accepting, and understanding differences	No School

SEL Weekly Calendar

Week #: 11

Grade	Monday, Tuesday, Wednesday	Thursday	Friday
Kinder	SEL Kahoot Game	No School	No School
1st Grade	SEL Kahoot Game	No School	No School
2nd Grade	SEL Kahoot Game	No School	No School
3rd Grade	SEL Kahoot Game	No School	No School
4th Grade	SEL Kahoot Game	No School	No School

SEL Weekly Calendar

Week #: 12

Grade	Monday, Tuesday, Wednesday, Thursday	Friday
Kinder	**Coping Strategy Plans**	No School
1st Grade	**Coping Strategy Plans**	No School
2nd Grade	**Coping Strategy Plans**	No School
3rd Grade	**Coping Strategy Plans**	No School
4th Grade	**Coping Strategy Plans**	No School

SEL Weekly Calendar

Week #: 13

Grade	Monday - Tuesday	Wednesday	Thursday	Friday
Kinder	Thankfulness Tree Activity	No School	No School	No School
1st Grade	Thankfulness Tree Activity	No School	No School	No School
2nd Grade	Thankfulness Tree Activity	No School	No School	No School
3rd Grade	Thankfulness Tree Activity	No School	No School	No School
4th Grade	Thankfulness Tree Activity	No School	No School	No School

You can place your order on mylifetouch.com using your Picture Day ID: ***EVTV69CX6****.*

Order before midnight on Picture Day to get FREE shipping!

Lifetouch

Picture Retake Day is Coming!

¡Ya llega el Día de las nuevas tomas fotográficas!

Tuesday, November 10, 2026

Harrisburg Elementary School Retake Day!

Scan to order now!
¡Echa un vistazo para encargar ahora!







How it Works:

Students are photographed on Picture Retake Day. Bring original package if available!

You can still order on mylifetouch.com. Create an account or login with your Picture Day ID: **EVTV69CX6**

Orders will be sent home with your student after Picture Retake Day.

Cómo funciona: Los estudiantes son fotografiados el Día de las Nuevas Tomas Fotográficas. Trae paquete original ¡si está disponible! Aún puedes encargar en mylifetouch.com. Crea una cuenta o inicia sesión con tu identificación del Día de la Foto. Los pedidos serán enviados a tu casa con tu estudiante después del Día de las Nuevas Tomas Fotográficas.

Questions? Contact our Help Center at lifetouch.com/support-us. Select K-12 School Photography for assistance.
¿Preguntas? Comunícate con nuestro Centro de Ayuda en lifetouch.com/support-us. Selecciona Fotografía Escolar K-12 para recibir asistencia.

F26REEFUS © 2026 Shutterfly Lifetouch, LLC

NURSE'S CORNER

November Newsletter

With November just around the corner, I wanted to share a few thoughts and tips to care for our loved ones and ourselves during the busy upcoming holiday season.

Talk with your goblins about Halloween safety!

- Children should trick-or-treat in groups and cross streets with adults.
- Always walk on lighted sidewalks or paths.
- Remind children to watch for cars that are turning or backing up.
- Examine all treats and candy before eating.

SAD and Seasonal Stress

Seasonal Affective Disorder (SAD) is a form of depression triggered by the shorter days and colder weather of winter. If you're feeling overwhelmed or depressed, it's not your fault - it's a common reaction to seasonal change.

The holidays can be especially difficult for people with SAD. But even if you don't experience SAD, the season can be stressful and overwhelming. If you experience stress or depression during the holidays, The Cleveland Clinic offers these tips:

• Remember a loved one with a toast or by sharing memories.

• Set boundaries. It's ok to say no to an invitation or leave an event early.

• Stay connected to your family and chosen family.

• Participate in charity work to connect with others.

• Limit social media use.

• Seek support and help if you're experiencing stress, depression or anxiety.

Be a buddy not a bully!

October was national Bullying Prevention Month. Talk with your child about choosing kindness. Together, we can put an end to bullying.

Cold Weather Comforts

With fall and winter upon us, cold weather and rainy days have arrived. Please remember to dress your student with their warmth and comfort in mind. Warm winter jackets or rain coats, gloves/mittens and warm hats help keep our kids healthy and comfortable during those cold recesses.

"As long as autumn lasts, I shall not have hands, canvas and colors enough to paint the beautiful things I see." — Vincent van Gogh




AT HES,
WE SHOW UP, WE LEARN, WE SOAR!
HES WANTS YOU HERE EVERY DAY!
WHEN YOU MEET THE GOAL, GREAT THINGS HAPPEN!
OUR GOAL:
90%
ATTEND SCHOOL OVER 90% OF THE TIME!
That means missing 18 DAYS OR LESS all school year.
STUDENTS WHO ATTEND OVER 90% WILL ENJOY:
SPECIAL SURPRISES throughout the year!
REWARDS for your awesome attendance!
FUN EVENTS just for YOU!
BE PART OF SOMETHING AMAZING! We rise together at HES!
BE HERE. BE READY. BE YOUR BEST.
HES
BE HERE. BE READY. BE YOUR BEST. LET'S MAKE IT AN AWESOME YEAR AT HES!

HARRISBURG ELEMENTARY SCHOOL

SHOW YOUR EAGLE PRIDE

Wear Eagle gear, purple, yellow or black

EVERY THURSDAY!

ITEMS CAN BE PURCHASED THROUGH THE BOOSTER CLUB OR FOUND AT THE DOLLAR GENERAL

ASSEMBLY Rules/ Expectations

Harrisburg Elementary

EAGLES



BE RESPECTFUL

- Eyes and ears on speaker
- Participate
- Use appropriate applause
- Enter and exit silently

BE SAFE

- Enter and exit calmly
- Walking feet and facing forward
- Stay in designated area

BE RESPONSIBLE

- Keep hands, feet, and body in your own space (bubble space)
- Sit appropriately (seat on seat, feet on floor, sitting up)
- Follow adult directions
- Be a good example

SchoolStore

Don't forget that you can help our school raise money year-round by reminding family and friends to shop and make donations online through SchoolStore. When you buy online through participating merchants, our school earns money!

GO TO SCHOOLSTORE.COM TO PARTICIPATE.



Most Popular Merchants



Plus Hundreds More National Restaurants and Retailers

Online Retailers	
Athleta	4%
Bass Pro Shop	0-3%
Banana Republic	4%
Best Buy	.5%
Best Western	3%
Booking.com	4%
Dell Home & Office	1%
Disney Store	2%
Eddie Baur	5%
Expedia	1.5% - 4%
Family Books & Magazines	Up To 40% online only
Fanatics.com	1-8%
GAP	5%
Guitar Center	5%
Hertz	3%
Home Depot	8%
JCPenney	3%
Kohl's	3%
Lenovo	2%
Logitech	4%
Macy's	3%
Office Depot/Office Max	0.5-2%
Old Navy	5%
Omaha Steaks	3%
Sam's Club	2%
Sephora	5%
Tractor Supply Company	3%
Verizon	10% 0r $75
Walmart	1%

eGiftCard Retailers	
Academy Sports	4.55%
Airbnb	3.5%
Barnes & Noble	5.78%
Best Buy	4.2%
Buffalo Wild Wings	8.05%
Burger King	6.3%
Chevron & Texaco	2.8%
Chipotle	3.5%
Cracker Barrel	8.4%
Delta Airlines	5.25%
Domino's Pizza	7.0%
Doordash	7.7%
Home Depot	4.2%
KFC	5.6%
Lyft	3.68%
Macy's	10.5%
McDonald's	Coming Soon
Nordstrom	4.2%
Panera Bread	5.95%
PetSmart	5.6%
Sam's Club	2.66%
Sephora	7.35%
Subway	4.9%
Target	4.2%
Texas Roadhouse	8.4%
Uber	3.5%
Uber Eats	3.5%
Ulta Beauty	7.7%
Walmart	2.66%
Wayfair	7.0%

School commission rates and merchant participation may change without notice.

Updated:7/20/26

It's everything HSD, **in your pocket.**

News Events Documents Staff Alerts Dining



Download on the App Store

GET IT ON Google Play

Download the **Harrisburg School District 7J** app from the iOS App Store or Android Play Store and enable Notifications.

FAMILY CONNECTS OREGON

Linn, Benton, Lincoln Counties

Babies don't come with an instruction manual.

Family Connects is here to help!



Partnering with one family at a time

REGISTERED NURSE
Home visits from nurses who care about you and your newborn.

FOR ALL
Helping all families, regardless of income or background.

NO COST
As a caregiver of a newborn, you will not be charged.

PHP-017 04/2024 MM:ko:pf

Family Connects can help with:

- Check in on newborn and caregiver health
- Height and weight measurements
- Referrals to community resources
- Reassurance and parenting support

You've got this, and we're here to help!



Benton County
541-760-1834

Lincoln County
541-265-0457
(Call only)

Linn County
541-967-3888
ext 2116

Scan me for a short video

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL

This list is school instructions, not medical advice. Please contact your health care provider with health concerns.

SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER… *The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses.
 **Fever**: temperature of 100.4°F (38°C) or greater	***Fever-free for 24 hours** without taking fever-reducing medicine.
 New **cough** illness	***Symptoms improving for 24 hours** (no cough or cough is well-controlled).
 New **difficulty breathing**	***Symptoms improving for 24 hours** (breathing comfortably). ***Urgent medical care may be needed.***
 **Diarrhea**: 3 loose or watery stools in a day **OR** not able to control bowel movements	***Symptoms improving for 24 hours (no more than two bowel movements more than normal and no longer having accidents)** with orders from doctor to school nurse.
 **Vomiting:** two or more episodes that are unexplained	***Symptom-free for 24 hours OR** with orders from doctor to school nurse.
 **Headache with stiff neck and fever**	***Symptom-free OR** with orders from doctor to school nurse. Follow fever instructions above. → ***Urgent medical care may be needed.***
Skin rash or **open sores**	***Symptom free**, which means rash is gone OR sores are dry or can be completely covered by a bandage **OR** with orders from doctor to school nurse.
Red eyes with colored drainage	***Symptom-free**, which means redness and drainage are gone **OR** with orders from doctor to school nurse.
Jaundice: new yellow color in eyes or skin	***After the school has orders** from doctor or local public health authority to school nurse.
Acting differently without a reason: unusually sleepy, grumpy, or confused.	***Symptom-free**, which means return to normal behavior **OR** with orders from doctor to school nurse.
Major health event, like an illness lasting 2 or more weeks OR a hospital stay, **OR health condition requires more care than school staff can safely provide.**	***After the school has orders** from doctor to school nurse **AND** after measures are in place for the student's safety. Please work with school staff to address special health-care needs so the student may attend safely.

HEALTH COVERAGE

for you and your family



1. **Have Oregon Health Plan (OHP)?** Keep your address up to date. Keep checking the mail for your renewal letters.

2. **Free coverage** may be available to kids, teens, and adults through the **Oregon Health Plan**.

3. **Financial help** is available through the **Marketplace** for both monthly and other out-of-pocket costs.

4. Find out what **coverage and savings** you can get at **OregonHealthCare.gov**.

5. Find **free, local help** at **OregonHealthCare.gov/GetHelp**.

Need help getting started?
Call **855-268-3767** (toll-free, all relay calls accepted).

Oregon HEALTH PLAN

OREGON HEALTHCARE.GOV

INFORMATION FOR PARENTS



IF YOUR FAMILY LIVES IN ANY OF THE FOLLOWING SITUATIONS:

In a shelter

❖

In a motel or campground due to the lack of an alternative adequate accommodation

❖

In a car, park, abandoned building, or bus or train station

❖

Doubled up with other people due to loss of housing or economic hardship

Your school-age children may qualify for certain rights and protections under the federal McKinney-Vento Act.

Your eligible children have the right to:

- Receive a free, appropriate public education.
- Enroll in school immediately, even if lacking documents normally required for enrollment.
- Enroll in school and attend classes while the school gathers needed documents.
- Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is your preference and is feasible.
    - * If the school district believes that the school you select is not in the best interest of your children, then the district must provide you with a written explanation of its position and inform you of your right to appeal its decision.
- Receive transportation to and from the school of origin, if you request this.
- Receive educational services comparable to those provided to other students, according to your children's needs.

If you believe your children may be eligible, contact the local liaison to find out what services and supports may be available. There also may be supports available for your preschool-age children.

Local Liaison	State Coordinator
Dr. Kim Vangel, Principal Harrisburg High School	Chris James ODE

If you need further assistance with your children's educational needs, contact the National Center for Homeless Education:

1-800-308-2145 • homeless@serve.org • www.serve.org/nche

5 ways to SEND A TIP



CALL or TEXT
844-472-3367

EMAIL
tip@safeoregon.com

MOBILE APP
iTunes or Google Play

WEB
SafeOregon.com

SAFEOREGON

Other ways to GET HELP

National Suicide Prevention Lifeline
24/7 confidential support for people in distress
suicidepreventionlifeline.org
800-273-TALK (8255)

YouthLine
Confidential teen-to-teen crisis helpline, available 4 p.m. - 10 p.m.
oregonyouthline.org
Call 877-968-8491
or text teen2teen to 839863

Trevor Project
24/7 crisis and suicide intervention for LGBTQ youth
thetrevorproject.org
Call 866-488-7386 *(available 24/7)*
or text START to 678678
(Mon-Fri noon - 7 p.m.)

SAFEOREGON
SafeOregon.com

Have you seen or heard about

Bullying?
Violence?
Drugs?
Threats?

Send a tip to
SAFEOREGON
SafeOregon.com

SAFEOREGON

FEEL SAFE. BE SAFE.



WHAT IS SAFEOREGON?

SafeOregon is a tip line.

Did someone hurt you?

Do you know about someone who *might* hurt you or other people?

Do you know about a danger to students, school staff, or your school?

Are you struggling?

Do you need help from an adult and you're not sure who to tell?

You can tell SafeOregon.

SAFEOREGON IS PRIVATE.

SafeOregon is checked 24/7.

Your tip is private. Your name will not be shared unless you want to share it.

People who work at SafeOregon will look at your tip. Then they send it to school employees and possibly law enforcement.

WHAT CAN I REPORT?

You can use SafeOregon to report:

- Bullying in person
- Bullying online
- Safety threats
- Fighting
- Drugs
- Alcohol
- Weapons
- Talk of suicide, depression, or people who want to hurt themselves or others
- Abuse
- Sexual assault

DON'T BREAK THE LAW!

Sending a fake tip to SafeOregon is against the law. False reports, pranks or jokes may be investigated by police.

SAFEOREGON

CALL or TEXT 844-472-3367
EMAIL tip@safeoregon.com
MOBILE APP iTunes or Google Play
WEB SafeOregon.com

STANDARD RESPONSE PROTOCOL

INFORMATION FOR PARENTS AND GUARDIANS

Our school has adopted The "I Love U Guys" Foundation's Standard Response Protocol (SRP). Students and staff will be training, practicing, and drilling the protocol.

COMMON LANGUAGE

The Standard Response Protocol (SRP) is based on an all-hazards approach as opposed to individual scenarios. Like the Incident Command System (ICS), SRP utilizes clear common language while allowing for flexibility in protocol.

The premise is simple - there are five specific actions that can be performed during an incident. When communicating these, the action is labeled with a "Term of Art" and is then followed by a "Directive." Execution of the action is performed by active participants, including students, staff, teachers and first responders. The SRP is based on the following actions: Hold, Secure, Lockdown, Evacuate, and Shelter.

HOLD

"In Your Classroom or Area"



Students are trained to:
- Clear the hallways and remain in their area or room until the "All Clear" is announced
- Do business as usual

Adults and staff are trained to:
- Close and lock the door
- Account for students and adults
- Do business as usual

SECURE

"Get Inside. Lock outside doors"



Students are trained to:
- Return to inside of building
- Do business as usual

Adults and staff are trained to:
- Bring everyone indoors
- Lock the outside doors
- Increase situational awareness
- Account for students and adults
- Do business as usual

LOCKDOWN

"Locks, Lights, Out of Sight"



Students are trained to:
- Move away from sight
- Maintain silence
- Do not open the door

Adults and staff are trained to:
- Recover students from hallway if possible
- Lock the classroom door
- Turn out the lights
- Move away from sight
- Maintain silence
- Do not open the door
- Prepare to evade or defend

EVACUATE

"To a Location"



Students are trained to:
- Leave stuff behind if required to
- If possible, bring their phone
- Follow instructions

Adults and staff are trained to:
- Bring roll sheet and Go Bag (unless instructed not to bring anything with them, dependent on reason for evacuation.)
- Lead students to Evacuation location
- Account for students and adults
- Report injuries or problems using Red Card/Green Card method.

SHELTER

"State Hazard and Safety Strategy"



Hazards might include:
- Tornado
- Hazmat
- Earthquake
- Tsunami

Safety Strategies might include:
- Evacuate to shelter area
- Seal the room
- Drop, cover and hold
- Get to high ground

Students are trained in:
- Appropriate Hazards and Safety Strategies

Adults and staff are trained in:
- Appropriate Hazards and Safety Strategies
- Accounting for students and adults
- Report injuries or problems using Red Card/Green Card method.