

NKN Middle School Newsletter

OCTOBER, 2023

FROM THE PRINCIPAL

Dear Neah-Kah-Nie Middle School Families,

Fall is here, although you would not know it by today's weather, and with fall comes conferences. At the middle school, we are proud to offer Student Led Conferences for our students and families. Student Led Conferences (SLCs) are different from traditional conferences in that they place students at the helm of teacher-supported discussions with student progress and learning. SLCs also offer opportunities for the student to prepare, reflect on, and discuss evidence of their learning and growth by way of student portfolios.

Our fall conferences will be held on October 26 - 27. On October 26, teachers are working from 8:00 am - 8:00 pm to accommodate working families schedules. On October 27, teachers and office staff are working from 8:00 am - 12:00 pm. The purpose of the fall conference is for students to share their goals for the year. All students will have two goals to share with families during the conference. In April, students will be sharing their portfolio of learning with families.

Our goal is to have 95% of our families attend these conferences. Our hope is to have families meet in person, however we understand that everyone is busy. Therefore, if a Zoom conference fits your needs better, we are happy to accommodate. Students were given the sign-up sheet in their Advisory class on this past Monday. Thank you to those of you who chose your top three choices, and returned the sheet to school. If you did not receive the sign-up sheet, please schedule your conference with your student's advisory teacher by calling our office at 503-355-2990 or responding to the email sent out yesterday.

Warm regards,

Lori Dilbeck

IMPORTANT DATES TO REMEMBER

OCT 16 - Picture Day!

Packets will be sent home next week! Or you can preorder online at [Lifetouch.com](https://www.lifetouch.com) OR using the QR Code below.

OCT 26 8:00am - 8:00pm - Student Led Conferences (No School)

OCT 27 8:00am - 12:00pm - Student Led Conferences (No School)

OCT 30 - NOV 3 - Spirit Week

Monday: Dress as your advisory teacher

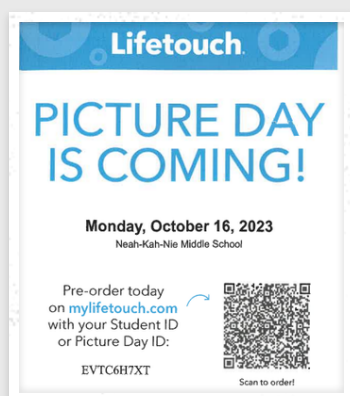
Tuesday: Halloween

Wednesday: Tacky Tropical Tourist

Thursday: Soccer Mom vs BBQ Dad

Friday: Adam Sandler Day (oversized, baggy clothing)

1st School Dance will be held on Nov 17th for 7th & 8th Graders only. More info to follow.



QR CODE
ENGLISH



QR CODE
SPANISH

NKN MIDDLE SCHOOL PARENT GROUP

Neah-Kah-Nie Middle School Parent Group meets monthly to help support students, staff and school experience.

Our mission is to enhance the quality of education and well-being of our students, while supporting our teachers and staff. We will be a network for parents to meet together as an information hub, in order to navigate all aspects of providing the volunteer support needed at NKN Middle School.

Want to help support our students and school?

Step 1: Complete your volunteer packet. You can pick up a packet in the middle school office. These are good for three years.

Step 2: Sign up for a sub committee via Signup Genius button below.

Step 3: The parent workgroup will start reaching out to specific groups when help and support is needed via email and Raiders newsletters.

SIGN UP HERE

EVERY DAY MATTERS

Dear Parents/Guardians,

The Neah-Kah-Nie School District believes that regular school attendance is essential for a student's success in school. Attendance is an area we are focusing on in order to improve student achievement and ensure all students at Neah-Kah-Nie Schools have the opportunity to maximize their potential.

We want to partner with you to make sure all students are as successful as possible. Students with strong attendance are more likely to succeed in school and in future employment.

When your child is not in school, they are missing out on learning and being a part of our school community. If it is a concern getting your child to school, please contact the school office for support.

We do understand that students need to miss some days of school for health or personal reasons. Information on how and when to contact the office is below.

Official excusable reasons are as follows:

- **Illness of Student**
- Bereavements
- Family Emergency
- **Medical Appointments** (*must provide doctors note*)

All still count towards irregular attendance.

MIDDLE SCHOOL ATTENDANCE OFFICE

If you should need to contact us for attendance purposes please email us at msattendance@nknsd.org. Please include the following:

- Students First and Last name
- Reason for the absence
- Date or time they will return

We are not always by our phone so by emailing us it will help keep your students attendance up to date!



We understand that students miss school due to illness, appointments or personal reasons, but we want to partner with you to make sure your student is as successful as possible.

Students with strong attendance are more likely to succeed in school and in future employment. All absences impact student performance and they miss out on valuable instructional time.



FAMILY RESOURCE

Family Resource is up and running for the new school year. We provide many resources to our students. Every Friday we prepare and hand out food bags for students in need to take home and have for over the weekend. If your student could benefit from a food bag please contact Jen Hopkins at (503) 355-3607, or email her at hopkinsj@nknsd.org.

ATHLETIC REGISTRATION

If your student is interested in athletics at NeahKahNie, please make sure they have a current physical on file with us. If you haven't registered your student/athlete, please click on the appropriate button below and complete the Google form.



ATHLETIC REGISTRATION - ENGLISH

ATHLETIC REGISTRATION - SPANISH

ATHLETIC GAME/EVENT SCHEDULES

FOOTBALL, VOLLEYBALL, CROSS COUNTRY



ATTENTION GIRLS BASKETBALL PLAYERS!

Through partnership with Tillamook YMCA, NKN Youth Sports is proud to offer Girls Basketball for 3rd-6th graders. (Boys basketball will be offered in Jan.-Feb.)

NKN Youth Sports is committed to providing opportunities for skills-building and participation for all kids living within in the district. Experienced and new players are all welcome!

Teams will be created for 3rd/4th and 5th/6th graders. Each level will progressively build on basketball skills and get increasingly competitive.

Depending on interest, there may be teams for both GGS and NES districts.

Season Dates:

- October 30th – December 23rd
- Practice days and times determined by coaches (2x a week).
- Games for 3rd/4th grade will be on Tuesday evenings. Games for 5th/6th grade will be on Thursday evenings. (Times based on available referees and gyms.)

Cost: \$75

All players will be issued a jersey included with registration.

Questions about basketball? Call/Text Dave Goodell – (971) 221-4428

Want to play?

Please fill out registration information on back, and return to school office



TAG STUDENTS

NKNSD's new Talented and Gifted (TAG) Plan is now available on the District Website. The plan features a new system for identification of students for the TAG program as well as

details about the annual meetings regarding student plans.

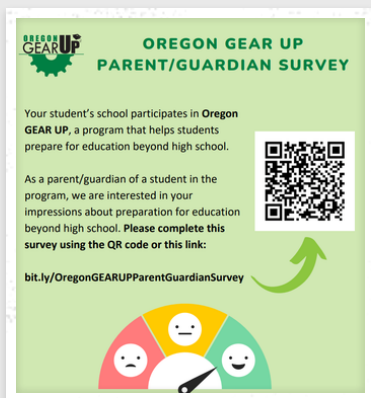
For more information, please contact your building TAG Coordinator (school counselor) or Ericka Keefauver, Special Student Services Director, erickak@nknsd.org



CHESS CLUB

It's not too late to sign up for Chess Club! Chess club meets every Wednesday in the middle school library from 4 to 6. Joining Chess Club is a great way to improve your current skills, meet other chess players, and create an understanding and foundation of the game.

Click here to register --> [Chess Registration Form](#)



OREGON GEAR UP NEEDS YOUR FEEDBACK!

Hello! I'm Shawn Lehr, Neah-Kah-Nie GEAR UP Coordinator. NKN was chosen to participate in Oregon GEAR UP, a program that helps students prepare for education beyond high school. As a parent/guardian of a student in the program, we are interested in your impression about preparation for education beyond high school. Your feedback, and it should take about 10 minutes to complete the survey, is VITAL in helping me and the larger Oregon GEAR UP program, improve our services for Neah-Kah-Nie students. Thank you!

Please click the link [HERE](#) or use the QR code provided to take the survey.

COUNSELORS CORNER

Dear NKNMS Parents and Guardians,

I hope this message finds you well. I am excited to share some wonderful news that will surely bring smiles to our school community – the introduction of our newest staff member, a therapy dog!

In the spring all of the students voted on a name for our new furry friend and the name they picked was Emmie, short for Emerald! We are excited to finally meet Emmie, our furry and friendly therapy dog, who will officially join the Raider family on November 1st! Emmie is a miniature Australian Labradoodle, and we are confident that she will play a significant role in enhancing the well-being and overall school experience of our students. If you want to watch

her grow until she comes home you can follow the breeder on Instagram at [auburn.sky.labradoodles](https://www.instagram.com/auburn.sky.labradoodles).

Therapy dogs are known for their ability to provide comfort, reduce stress, and create a positive and inclusive environment. Here are some ways in which Emmie will be involved in our school community:

Supporting Emotional Well-being: Emmie will be available to offer companionship and support to students who may benefit from spending time with a friendly and non-judgmental companion.

Assisting in Stress Reduction: Whether it's before a test or during a particularly busy day, Emmie will be available to help alleviate stress and provide a calming presence.

Encouraging Social Interaction: Emmie will be a catalyst for social interaction, providing opportunities for students to engage with each other in a positive and relaxed setting.

Participating in Special Events: Emmie will be present at various school events, helping to create a warm and inviting atmosphere.

We understand that some students may have allergies or concerns related to animals, and we want to assure you that we will be taking all necessary precautions to ensure the well-being of everyone in our school community. If you have specific concerns or considerations, please feel free to contact me at atwooda@nknnsd.org. If you would like to **opt your student out** of interactions with Emmie [please turn in this form to the office](#).

We are excited about the positive impact that Emmie will have on our school environment and the well-being of our students. We believe that she will quickly become a beloved member of our school community.

I would like to thank our grantor [Lines for Life](#) for making this a possibility, [Auburn Sky Labradoodles](#) for all of her hard work put into her quality puppies, and our local sponsor [Zen Critter Ilc](#) for providing training and support for our program!

If you have any questions or if you would like more information about how Emmie will be integrated into our school program, please do not hesitate to reach out. We are here to support you and your children as we embark on this exciting new chapter.

Thank you for your ongoing support of Neah-Kah-Nie Middle School. We look forward to sharing many joyous moments with Emmie in the days and months to come.

Best regards,
Ashley Atwood; NKNMS School Counselor

GEAR UP

NKNNSD participates in a program called GEAR UP which helps prepare our students for life after high school. This program provides a diverse array of experiences that get students thinking and excited about their future. One benefit that all of our students in grades 6-8 get

this year is a **free \$75 dollar** contribution to a college savings account! In addition, your students will have the opportunity to earn **another \$50** for a total of **\$125** by the end of 10th grade!

Normally a family would need to pay \$25 to open an account however, with this free contribution, this fee is waived and will give your student an investment into their future. This money can be used for universities, community colleges, trade schools, and even registered apprenticeship programs! You will all receive your personal promo code and more information at Student Led Conferences later this month. Don't miss out on this free money! If you have any questions please feel free to contact Shawn Lehr at shawnl@nknspd.org.



FROM THE NURSE

For the 2023-24 school year, COVID illnesses in the school setting are treated similar to other respiratory illnesses. This means staff and students are **excluded from school (and school related activities) based on symptoms**. Please see attached symptom based exclusion chart. This guide is very easy to follow and should help determine when students should stay home due to illness.

For COVID specifically, consider masking for 10 days from the onset of symptoms.


Also, remember students cannot carry their own medicine to school. If your student needs medicine at school, a parent or guardian needs to bring the medicine to the office and complete the paperwork. Any questions, please call the office.

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL	
This list is a school instruction, not medical advice. Please contact your health care provider with health concerns.	
SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER... *See list below with the amount time to stay home. A student may need to stay home longer for some illnesses.
Fever: temperature of 100.4°F or greater	*Fever-free for 24 hours without taking fever-reducing medicine.
New cough/itch	*Symptoms improving for 24 hours (no cough or cough is well-controlled).
Have difficulty breathing	*Symptoms improving for 24 hours (breathing comfortably). Urgent medical care may be needed.
Diarrhea: 3 or more watery stools in a day OR not able to control bowel movements	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
Vomiting: one or more episodes that is unexplained	*Symptom-free for 48 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 irritable, 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 other 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.

NKN HEALTH AND WELLNESS CENTER

Located within the cafeteria building between the High School and Middle School.

If you'd like to Opt out of the Wellness Center Services, see the Middle School Office for an Opt-Out Form.



AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

Tuesdays	8:30 am – 12:30 pm / 1:00 – 4:30 pm (Closed for lunch 12:00 - 1:00 pm)
Wednesdays	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Closed for lunch 12:30 - 1:30 pm)
Thursdays	8:30 am – 12:30 pm / 1:00 – 4:30 pm (Closed for lunch 12:00 - 1:00 pm)

SERVICES AVAILABLE:
NKN Student Health & Wellness Center offers various medical services, including:

Regular check-ups	Dental screenings
Sports physicals	Blood pressure screenings
Care for illness and injury	Health education
Immunizations	Counseling
Routine lab tests	Wellness opportunities
Prescription medications	Referrals for other medical services
Age-appropriate reproductive health	(Dental, X-rays, MRIs, Specialty)
Vision screenings	

Learn more at: NKNHealth.org



EN LA SECUNDARIA NEAH-KAH-NIE

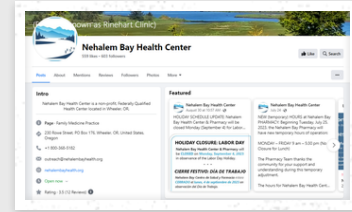
HORARIOS:

Martes	8:30 am – 12:30 pm / 1:00 – 4:30 pm (Cerrado para almorzar de 12:00 a 1:00 p. m.)
Miércoles	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Cerrado para almorzar de 12:30 a 1:30 p. m.)
Jueves	8:30 am – 12:30 pm / 1:00 – 4:30 pm (Cerrado para almorzar de 12:00 a 1:00 pm)

SERVICIOS DISPONIBLES:
El Centro de Salud y Bienestar para los estudiantes de NKN ofrece varios servicios médicos, inclusive:

Controles regulares	Estudios dentales
Exámenes físicos para deporte	Estudios de presión arterial
Atención de enfermedades y lesiones	Educación de salud
Vacunas	Asesoría
Análisis de laboratorio de rutina	Oportunidades de bienestar
Medicamentos de receta	Remisiones para otros servicios médicos
Salud reproductiva adecuada a la edad	(Dental, radiografías, resonancias magnéticas, especialidades)
Estudios de visión	

Conozca más en: NKNHealth.org



MEALTIME ACCOUNT

Please check your students lunch account balance. This will be one less thing on your list going into the new school year! If you haven't registered your account online but would like an easier way to add funds, go to <https://www.mymealtime.com/> and setup your account. You can also apply for free and reduced meals online.

