

September 2026 Newsletter

Emily Massey • 2 minutes ago • Tuesday, Sep 8 at 3:32 PM • **Neah-Kah-Nie Middle School**

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September 2026 Newsletter



***Welcome Back
Students!***

From the Principal

Dear Parents and Guardians,

What a wonderful first week back to school! It was so energizing to see our hallways full of students again. A few highlights from the week:

- Students conquered the great locker challenge — locking and unlocking them like pros!
- Learning (and relearning) our school expectations of being safe, responsible, and respectful throughout the building
- Old friends reconnecting and new friendships forming
- Settling into schedules and daily routines

It's clear this is going to be a great year, and we're grateful for your support in making the first week such a success.

Our Attendance Goal This Year

One of our top priorities this year is increasing the number of **regular attenders** at Neah-Kah-Nie Middle School. Consistent attendance is one of the biggest predictors of student success, and we need your partnership to make it happen.

What counts as "regular attendance"? A student is considered a regular attender when they attend **90% or more** of school days. That means missing no more than about **18 days across the full school year** (roughly 2 days per month). Even absences that feel small — a day here or there for appointments, illness, or travel — can add up quickly over the course of a year.

Why regular attendance matters:

- **Academic growth:** Missing just two days a month can cause students to fall behind in reading and math skills that build day to day.
- **Stronger relationships:** Regular attendance helps students build friendships and connections with teachers and classmates.
- **Better habits:** Consistent attendance in the early grades builds routines that support success throughout school and beyond.
- **School community:** When students are here consistently, our whole classroom and school community is stronger.

At Neah-Kah-Nie Middle School, we know these middle school years are when independence and routines really take shape — showing up consistently helps students build the confidence and habits they'll carry through high school and beyond.

Planning Ahead: District Calendar Attached

We've attached the district calendar for the school year, which includes all scheduled no-school days, holidays, and breaks. **If at all possible, we'd love your help**

planning family vacations and trips around these built-in days off rather than during school time. This small step makes a big difference in helping your student stay on track and reach regular attendance.

Thank you, as always, for partnering with us to make this a great year for your student.

With appreciation,

Lori Dilbeck
Principal, Neah-Kah-Nie Middle School

Important Dates to Remember

- September 8: Parent Group Meeting - 4 p.m.
- September 16: Back to School Night (See more below)
- September 21-25: Outdoor School (Grade 6. See more below)
- September 28: Professional Development - **No School**
- September 29: Picture Day

Important Dates to Come:

- *October 23: 7th & 8th Grade School Dance: 6:00 - 8:00 p.m.*
 - *October 26: Professional Development - **No School***
 - *November 2: Picture Retake Day*
 - November 4: PBIS Assembly
 - November 11: Veterans Day - **No School**
 - November 25-27: Thanksgiving Break
-

Coming Soon

Picture Day: Sept. 29

Picture Day is coming on Tuesday, September 29!

You can place your order on mylifetouch.com using your Picture Day ID: **EVTDWVJJ9**. Order before midnight on Picture Day to get FREE shipping!



Your child can also bring their completed flyer with cash or check on Picture Day. Orders after Picture Day must be placed online on mylifetouch.com

Back to School Night: Sept. 16

Join us in the evening on September 16th from 5:00 - 6:30 p.m. for Back to School Night! This is a chance to walk the halls, tour classrooms, meet the teachers, learn about programs and school updates, and an opportunity to get any questions answered.



Outdoor School: Oct 21-25

An annual Grade 6 tradition. All 6th graders will spend the week at Camp Meriwether, a 790-acre Scouts BSA summer camp located south of Cape Lookout near Cloverdale.



Tillamook County Outdoor School provides a positive, safe, and caring environment in which sixth graders will be challenged to learn important life concepts in relating to and caring for our environment, including both nature and people. Students and their teachers will be creatively challenged to pursue more learning opportunities about the needs of our environment and how people can meet those needs in very wise and caring ways.

ODS Registration

Athletics

What's Needed to Participate?

In order for your child to attend and participate in any athletic practices, they will need two things:

- Completed sports physical (valid for 2 years)
- Completed Athletics Permission Form (required annually)



Athletic Schedules

Students at Home Games

A reminder that any student attending a sporting event at the high school **must be accompanied by an adult.**

From the Nurse

Medications At School

If your student needs medication while at school, it must be checked in with the Middle School office by the parent or guardian and have the required completed paperwork. This applies TO ALL MEDICATION - EVEN TUMS OR ASPRIN.

If you are needing medication authorization forms, please contact our front office.



Mealtime

SEPTEMBER 2026 NEAH-KAH-NIE MIDDLE SCHOOL				
Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast Egg Rolls ¹ Chicken & Cheese Quesadillas	Banana Bread ² Spaghetti	Cream Cheese Bagels ³ Chicken Burgers	Oatmeal Rounds ⁴ Pizza Sticks
⁷ LABOR DAY NO SCHOOL	Sausage & Biscuits ⁸ Enchiladas	Breakfast Bars ⁹ Mac & Cheese	Blueberry Muffins ¹⁰ Rib-B-Que Sandwiches	Breakfast Sandwiches ¹¹ Hot Dogs & Baked Beans
French Toast ¹⁴ Crispy Chicken Drumsticks	Yogurt & English Muffins ¹⁵ Nacho Bar	Pancake on a Stick ¹⁶ Sloppy Joe's	Breakfast Bagels ¹⁷ Cheesy Breadsticks w/ Marinara	Waffles ¹⁸ Cheeseburgers
Pancakes ²¹ Corn Dogs	Breakfast Pizza ²² Burritos & Mexican Rice	Pumpkin Bread ²³ Orange Chicken or General Tso's Chicken	Cream Cheese Bagels ²⁴ Chicken Strip Basket	Cinnamon Rolls ²⁵ Breakfast For Lunch
²⁸ PROFESSIONAL DEVELOPMENT NO SCHOOL	Pancake on a Stick ²⁹ Chicken Soft Tacos	Breakfast Bars ³⁰ Peppy Chicken Rotini		

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our pastas and breads are whole grain or whole wheat. GF options May be available. Fat Free and 1% milks are offered daily. Whole grain cereals are an option at breakfast.
"This institute is an equal opportunity provider"

Seconds on Meals

First servings of breakfast and lunch are free to all students in the district.

Second servings, however, do cost money. Please ensure there are funds on your Mealtime Account if your child is interested in additional servings. Click the button below to access your Mealtime Account.

Mealtime Online

Attendance

Missing School?

If your student is going to be absent from school, please let our attendance team know by emailing [**msattendance@nknsd.org**](mailto:msattendance@nknsd.org), sending us a message on ParentSquare, or calling the front office at 503.355.2990.



Parent Group

First Meeting: Sept. 8

The parent group invites you to our first meeting of the year!

We meet every second Tuesday of the month from 4-5PM in the library, including today Tuesday September 8.



Meetings are pretty casual—you'll hear about upcoming events and opportunities to volunteer. We are joined by Principal Lori Dilbeck, and she often brings interesting data and information about school happenings.

The Parent Group raises funds to support things like the 8th-grade end-of-year trip and this year, school supplies! We also support the dances, Day of Service, teacher/staff appreciation moments, and more.

Getting involved is very low-key, and our meetings typically feature treats! We hope to see you there.

Yondr Pouch

Neah-Kah-Nie School District is cellphone and smartwatch-free. All students are issued a Yondr pouch to safely secure their electronic device(s) during school hours.

Students are responsible for bringing their Yondr pouch to school every day.



The Yondr pouch is the property of the Neah-Kah-Nie School District. Each student will be responsible for its condition. If a student damages or loses their pouch, a \$25.00 replacement fee will be issued.

Cell Phone FAQ

26-27 MS/HS Bus Routes

(North Fork Rd & Hwy 53)

Route 1

AM	PM	
7:49	4:25	38800 North Fork Rd
7:50	4:26	39150 North Fork Rd
7:51	4:27	Old Quarry Rd
7:52	4:27	Anderson Rd
7:53	4:28	39984 North Fork Rd
7:55	4:30	40890 North Fork Rd
7:57	4:31	Riverbend
7:59	4:33	41600 Hwy 53
8:00	4:33	41455 Hwy 53
8:01	4:35	39995 Hwy 53
8:03	4:36	39305 Hwy 53
8:04	4:37	38775 Hwy 53
8:05	4:38	Hwy 53 & Hiagua Ln
8:05	4:23	Hwy 53 & McDonald
8:06	4:22	37155 Hwy 53
8:07	4:21	Hwy 53 & McKibbins Rd
8:10	4:19	Marshall Way
8:13	4:17	15400 Tideland Rd
8:15	4:15	14950 Tideland Rd

(North Miami Foley & Garibaldi)

Route 2

AM	PM	
7:50	4:40	Miami & Shiffman Rd
7:51	4:39	Old Lommen Rd & MF
7:52	4:38	31550 Miami Foley Rd
7:53	4:37	31025 Miami Foley Rd
7:57	4:35	Ridgeway & Miami
7:58	4:34	27945 Miami foley Rd
7:59	4:33	West Pointe & Miami
8:00	4:32	South Pointe & Miami
8:02	4:30	Miami Foley & Peerless
8:04	4:28	23315 Miami Foley
8:05	4:27	Frank Crane Rd & Miami
8:12	4:20	15500 Miami Foley
8:17	4:16	Driftwood & 1 st
8:18	4:15	3 rd & Hwy 101
8:19	4:14	6 th & Hwy 101
8:20	4:13	10 th & Hwy 101
8:23	4:10	14995 Hwy 101
8:25	4:07	Old Pacific Hwy & 101

(South Manzanita & Nehalem)

Route 3

AM	PM	
8:00	4:29	Necarney Blvd & Sitka
8:01	4:28	Nehalem & Sandpiper
8:03	4:25	American L Cemetery
8:04	4:24	10800 Necarney City Rd
8:06	4:14	Bayside Apt's entrance
8:07	4:15	Evergreen & Bayside G
8:08	4:16	Fern Way & Bayside G
8:09	4:17	Seamont Way & BG
8:10	4:17	Neptune Way & BG
8:11	4:18	Pintail Ave & Ocean Way
8:12	4:19	Evergreen & Corder Ln
8:12	4:20	11410 Evergreen Way
8:13	4:21	35255 Tohl Ave
8:14	4:21	Tohl Ave & Bay Place
8:14	4:21	Echanie court entrance

(Manzanita, Nehalem, Wheeler)

Route 4

AM	PM	
7:56	4:18	Hayes Dr & Hwy 101
7:57	4:19	36374 Hwy 101
7:58	4:21	Pacific Heights
8:01	4:23	9385 Nehalem Rd
8:03	4:24	Ocean & North
8:05	4:25	Laneda Ave & 3 rd St
8:06	4:26	Laneda Ave & 5 th St
8:07	4:27	Laneda Ave & Division
8:11	4:20	36475 Hwy 101
8:13	4:32	Tohl St & 12th
8:14	4:16	Food Mart
8:19	4:11	Hwy 101 & Hemlock
8:20	4:10	Hwy 101 & Gregory
8:22	4:09	Hwy 101 & Penn
8:25	4:06	Glenn Ave
8:26	4:05	Jetty Fishery

(Bay City)

Route 6

AM	PM	
7:56	4:33	8545 Bewley
7:57	4:34	6850 Tillamook Ave
7:58	4:35	Tillamook Ave & 15 th
7:59	4:36	Tillamook Ave & 13th
8:02	4:27	7 th & Main
8:03	4:28	Ocean & 7th
8:04	4:29	Ocean & 6th
8:05	4:25	Bay City Art Center
8:06	4:24	4 th & Trade
8:07	4:23	4 th & High St
8:08	4:22	10220 4 th St
8:11	4:20	7600 Hobsonville Point

(Bay City)

Route 7

AM	PM	
7:55	4:20	Warren & Spruce
7:58	4:24	Spruce & 16 th
7:59	4:25	16 th & Williams
8:00	4:26	Williams & 19 th
8:08	4:34	8585 Doughty Rd
8:09	4:35	Doughty & Willowbrook
8:10	4:36	8725 Doughty Rd
8:12	4:38	8735 Bewley
8:13	4:34	Bewley & Seattle Ave
8:13	4:35	Bewley & Baseline
8:14	4:36	Baseline & 15th
8:14	4:36	Baseline & 14
8:15	4:37	Est St & 13
8:16	4:38	E st & 11
8:17	4:39	Portland Ave & 7 th
N/A	4:17	5 th & Hayes Oster Dr

(Rockaway Beach)

Route 8

AM	PM	
8:05	4:25	Hollyhock & Hwy 101
8:06	4:23	Washington & Hwy 101
8:07	4:22	S 6 th & Hwy 101
8:08	4:21	S 4 th & Hwy 101
N/A	4:20	Hwy 101 & S 2nd
8:10	4:18	S 2 nd & Dolphin
8:12	4:16	S 2 nd & Rock Creek Rd
8:15	4:13	Juniper & N 3 rd
8:16	4:12	N 3 rd & Beacon
8:18	4:10	Hwy 101 & N 6 th
8:20	4:05	Charlotte & Lake Blvd
8:21	4:06	Charlotte & Smith
8:23	4:07	1094 12 th St
8:24	4:08	12 th & Lake Blvd
8:26	4:03	Hwy 101 & 19 th

(McDonald & Foss Rd)

Route 10

AM	PM	
7:53	4:10	37660 Northfork Rd
7:55	4:12	Llars Lair
7:57	4:13	15800 McDonald Rd
8:18	4:18	Tomlinson Rd
8:17	4:20	34105 Miami F
8:08	4:27	24105 Foss
8:09	4:28	23100 Foss Rd

From the District

ICE Notification Opt In

Oregon law requires school districts to establish procedures for responding when federal immigration authorities enter school property for immigration enforcement purposes.



As part of our commitment to keeping families informed and supporting a safe, welcoming school environment, Neah-Kah-Nie School District is providing parents and guardians the opportunity to opt in to receive notification if federal immigration enforcement authorities are confirmed to be on their child's school campus for an immigration enforcement purpose.

By completing this form, you are asking the District to notify you if such an event occurs involving the campus your child attends. Notifications will only be sent via ParentSquare, so please ensure you enroll in ParentSquare and select your notification settings within ParentSquare.

Important: This form is only for establishing your notification preference and current contact information. The District will not ask for or collect your child's or family's immigration or citizenship status through this form.

Opt In Form

Counselor's Corner

Be Their Emotion Ally: What's Really Happening in Your Teen's Brain



Your 14-year-old slams a door because you asked her to unload the dishwasher. Your 12-year-old dissolves into tears over a text message from a friend. In the moment, it can feel wildly out of proportion — "It's not that big a deal, why are you so upset?"

Here's the reframe: your teen isn't overreacting. Their brain is doing exactly what a teenage brain does. Understanding *why* is the first step to becoming what we call an **Emotion Ally** — a parent who works with the teen brain instead of against it.

What's Actually Happening Neurally

Three things are going on at once during adolescence, and together they explain almost every "too emotional" moment you'll see.

1. The amygdala is running the show. The amygdala — the brain's alarm system for threat and strong emotion — matures early and is highly active during the teen years. When your teen feels criticized, embarrassed, excluded, or overwhelmed, the amygdala fires fast and hard, often faster than it does in adults.

2. The prefrontal cortex is still under construction. The prefrontal cortex — the part of the brain responsible for impulse control, weighing consequences, and calming big emotions back down — doesn't finish developing until the mid-20s. It's the last region to fully mature. So teens have an adult-strength emotional alarm system paired with a still-developing brake system.

3. The connections between the two are still being built. The pathways that let the prefrontal cortex regulate the amygdala are being pruned and strengthened (a process called myelination) throughout adolescence. This is why a teen can *know*, logically, that a reaction is out of proportion — and still not be able to stop it in the moment. The wiring for "know it, then do it" isn't finished yet.

On top of this, the teen brain's reward system is also going through major changes, making emotional experiences — good and bad — feel more intense than they will later in life. That's not drama. That's neurology.

What This Means for You

Two big implications for how you show up:

- **Logic lands differently in the heat of the moment.** Trying to reason a teen out of a big feeling while the amygdala is activated is a bit like trying to have a calm policy discussion during a fire alarm. The alarm has to quiet down first.
- **Your calm nervous system is doing real work.** Teens co-regulate off the adults around them, even when it looks like the opposite. A steady parent presence genuinely helps a dysregulated teen's brain settle faster than lectures, logic, or punishment in the moment ever will.

Becoming an Emotional Ally

Being an Emotion Ally doesn't mean permissiveness, and it doesn't mean absorbing disrespect. It means separating the *feeling* from the *behavior* — validating one while still holding boundaries on the other.

1. Name it, don't fix it (yet). "You're really frustrated right now" does more than "Calm down" or "Here's what you should do." Naming the emotion actually activates the prefrontal cortex slightly, which is the opposite of what a lecture does.

2. Get low and slow. Lower your own voice and pace. A dysregulated teen's brain is scanning for threat; a calm adult signals safety, which is the fastest route back to a thinking brain.

3. Wait for the brake system to come back online. Save the problem-solving, the consequence, or the "let's talk about what happened" conversation for after the emotional wave passes — often 20–30 minutes. In the moment, your job is presence, not resolution.

4. Hold the boundary without the shame. "You're allowed to be angry. You're not allowed to slam doors in this house" — said calmly — teaches emotional regulation far better than punishment delivered in the heat of the moment.

5. Repair afterward. Once things are calm, circle back: "That was a hard moment earlier. What was going on for you?" This builds the very brain connections your teen is still developing — practice, not perfection, is what strengthens that prefrontal-amygdala pathway over time.

The Takeaway

Your teen's big emotions aren't a character flaw or a discipline failure — they're a brain in the middle of one of the most significant construction projects it will ever undergo. Every time you stay steady instead of matching their intensity, you're not just getting through a hard moment. You're literally helping build the neural pathways they'll rely on for the rest of their life.

You don't have to get it right every time. You just have to keep showing up as their ally, not their opponent.

Marie Giani/Emily Massey
Head Secretary/Assistant Secretary