

Pirate Newsletter

SEPTEMBER 2022 ~ EDITION 22-23 ~ VOL. 20

NEAH-KAH-NIE

Pirates

UPCOMING EVENTS

SAVE THE DATE!

SENIOR ORIENTATION

WHEN

WEDNESDAY, SEP. 14TH, 6PM

WHERE

24705 U.S. 101
ROCKAWAY BEACH, OR

MORE INFORMATION

Lower Gym

HOMECOMING WEEK

WHEN

MONDAY, SEP. 26TH, 9PM TO FRIDAY, SEP.
30TH, 11PM

WHERE

24705 U.S. 101
ROCKAWAY BEACH, OR

NO SCHOOL - PROFESSIONAL DEVELOPMENT DAY

WHEN

MONDAY, OCT. 3RD, 8:45AM

WHERE

24705 U.S. 101
ROCKAWAY BEACH, OR

STUDENT LED CONFERENCES

WHEN

THURSDAY, OCT. 20TH, 8AM TO FRIDAY,
OCT. 21ST, 8PM

WHERE

24705 U.S. 101
ROCKAWAY BEACH, OR

PICTURE DAY!

WHEN

TUESDAY, OCT. 25TH, 9AM

WHERE

24705 U.S. 101
ROCKAWAY BEACH, OR

NOTE FROM THE PRINCIPAL:

We are back! Approximately 280 students have returned for the 2022-2023 school year, the biggest population in many years. We are very excited to welcome our new teachers: Wold- Math, Beckwith- Business, Dallas- Social Studies, Whitfield- Spanish, and Mann- Special Education and Keefauver- Vice Principal and Athletic Director.

Students received their student handbooks that list all of our rules and policies and Advisory teachers have begun reviewing them with students. Parents, please review the student handbook with your students so you are up to date on what we are expecting. The main rules I shared with all students on our first day are:

1. Cell phones should be off and away during class time.
2. Campus is closed. Students are not allowed to leave campus during the day.
3. Be Kind.

We all want a safe, positive and proactive start to this school year.

On that note, we need to make sure that we have required forms signed, information and emergency contacts updated. It is extremely important to make sure that any new medical information is updated. All important forms are available through Family ID.

Sadly, meals are no longer free for everyone. The free and reduced meal application is available online you can also call the office for assistance.

We have a staff full of caring professionals that want to help all students be successful. If you need anything please give us a call!

Finally- students that are engaged in school and extracurricular activities have the most positive experiences- we encourage every student to join a team or club. Currently we have: Volleyball, Football, Cheer, Cross Country, Chess, FBLA, Speech, Leos Club, Yearbook, NOSB, Honor Society, Tech. Club, Unified, 9GS, Climate and Culture, QSA, FNRL, Pirate Players, Soccer, and Art...not to mention after school study hall if students need a little extra time for academic support!

BACK TO SCHOOL TO-DO'S

The first day of Fall Athletics and School is quickly approaching! Here is a list of things that need to be completed before the first day of school.

- Returning students need to VERIFY your information on [ParentVue](#)
- Complete the Annual agreements needed for each year on FamilyID
- Register for Athletics and check the status of your Physical
- Add money to your [Mealtime](#) Account and Apply for Free and Reduced Lunch.
- Complete the Directory Release Form (attached bellow)
- If you have a student who is planning on driving to school please [register](#) them.

FROM THE DISTRICT NURSE:




Wishing you all a healthy start to the 2022-2023 school year!
Please complete your [health history update](#) as soon as possible.
As your child grows, health needs may change.

The health and safety of our students and school community is of primary importance to all of us. One of our priorities is to ensure that the young people in our schools continue to make healthy choices. During the week of **September 26-30**, we will be administering the *Student Attitudes and Behavior Survey* to students, collaborating with the Hazelden Betty Ford Foundation, (www.hazeldenbettyford.org/prevention.) This survey design measures students' *actual* attitudes and behavior with regard to alcohol, other substances, tobacco and vaping as well as their *perceptions* of the behavior and attitudes of their schoolmates. It is **completely anonymous**; no individual student can be identified from responses, and all data will be presented only by group (grade, age, etc.) Parents will have an option to opt out of the survey. An informational letter will be sent home the week prior including opt out options. Thank you in advance for your commitment to the health and wellness of our school community!




20-21 Health questionnaire_English.pdf

 [Download](#)
92.4 KB







20-21 Health questionnaire Spanish.pdf

 [Download](#)
89.4 KB








I NEED TO STAY HOME IF...

Primary COVID Symptoms Require exclusion from school

COUGH	I HAVE A FEVER 100.4 ° or higher	SHORTNESS OF BREATH/ DIFFICULTY BREATHING	NEW LOSS OF TASTE OR SMELL
			
I am ready to go back to school when I am...			
Symptom free for 24 hours AND Negative COVID Test. OR 10 day isolation with no test or positive test	Symptom free for 24 hours without fever-reducing meds AND Negative COVID Test. OR 10 day isolation with no test or positive test	Symptom free for 24 hours AND Negative COVID Test. OR 10 day isolation with no test or positive test	Negative COVID test OR Medical provider clearance
Please contact the school nurse if your child has a chronic condition that may explain these symptoms. A medical provider may provide clearance.			

Return to school will be based off of ODE/OHA COVID-19 scenarios for schools and in combination with the 21/22 ODE/OHA Communicable Disease guidance.

Non-primary symptoms can be seen with many other illnesses.

UNUSUAL FATIGUE	MUSCLE OR BODY ACHES	HEADACHE	SORE THROAT	NASAL CONGESTION OR RUNNY NOSE	VOMITING	DIARRHEA
						
Symptom free for 24 hours AND No new symptoms develop	Symptom free for 24 hours AND No new symptoms develop	Symptoms resolve AND No new symptoms develop	Symptoms resolve OR symptoms improving AND No new symptoms	Symptoms resolve OR symptoms improving AND No new symptoms	48 hours after the last episode	48 hours after the last episode.
IF symptoms persist more than one day, parents should consider evaluation by the child's health care provider who can determine if viral testing is advised.						
<ul style="list-style-type: none"> • If your child has strep throat or another bacterial infection, they should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. • Unexplained rashes or eye infections will be excluded unless confirmation from a health care provider. 						

FREE AND REDUCED PRICE MEAL INCOME GUIDELINES ANNOUNCED FOR 2022-23 SCHOOL YEAR

Free and Reduced Price Meal Income Guidelines Announced for 2022-23 School Year

If you have not already completed your 2021-2022 Meal Time application for free and reduced lunches it is important that you do so now. By completing this now will give you a 30 day grace period in the till October 17. Otherwise, you will need to be prepared to pay full price for all breakfast and lunches until your 2022-2023 application is approved in the fall.

For the 2022-2023 school year there will no longer be free meals for all as we have had the last couple years with COVID.

If you need help or need to know the income qualifications for Free and Reduced Lunches please reach out to the [office](#).

PLEASE CHECK YOUR STUDENTS MEAL TIME BALANCES!!

Meal Time application is below V

MEAL TIME

NOTE FROM FAMILY RESOURCE COORDINATOR:

If you have any needs such as school supplies, backpacks, PE shoes etc... Or for students who would like to receive a weekend food bag, please contact Jen Hopkins, Family Resource Coordinator at hopkinsj@nknsd.org or at (503)355-3607. You can also catch her at school in her room between the Library and the art room.

OUTDOOR SCHOOL COUNSELORS NEEDED!

Any students looking for a service opportunity or a senior project? We're looking for some awesome students to serve as outdoor school counselors for a day program at Twin Rocks Friends Camp Oct 4-7. We need field study leaders, photographers, game/rec leaders, and more. Priority given to juniors and seniors. If interested, see Esther.

ATHLETICS, CLUBS AND ACTIVITIES

THIS WEEK IN PIRATE SPORTS

Check here for sport updates and streaming

NOTE FROM THE AD:

Fall Sports are off to a great start, with almost 100 student athletes participating! We want to encourage all of our students to become involved in a club, sport, or activity. We look forward to seeing our stands full of people cheering on our Pirates! To make sure you look the part, new Pirate gear is available to purchase in the office!

2022-2023 Elected Student Council

Freshmen:

Brady Douma, President; Yukon Norris Rivera, Vice President; Cleo Fraginal, Secretary; Clara Kronoff, Treasurer; Ansel Albrechtsen, Sergeant of Arms; Mason Hackman, Representative

Sophomores:

Ashley Perez, President; Taylor Smith, Vice President; Savannah Cioffi, Secretary; Zane Krumenaker, Treasurer; Raymond Grimes, Sergeant of Arms; Ellie Sutton, Representative

Juniors:

Melly Pierson, President; Lucy Davis, Vice President; Cat Fry, Secretary; Megan Neahring, Treasurer; Joslynn Johansen, Sergeant of Arms; Jonlin Shiomi, Representative

Seniors:

Parker Hopkins, President; Keagan Lane, Vice President; Grayson Rondeau, Secretary; Caleb Harth, Treasurer; Dario Ayala, Sergeant of Arms; Piper Poklikuha, Representative

ASB (All Student Body):

Rachel Lee, President; Samantha Swan, Vice President; Odile Williams, Secretary; Kennedy Fletcher, Treasurer; Cole Brown, Historian; Bella Hamann, Spirit Advisor; Brooklynn Konruff, Student Body Manager; Jack Stanfield, Site and Board Representative

CROSS COUNTRY

Cross Country's meet this weekend in Jewell has been canceled by the meet hosts. Our next meet will be Friday the 16th in Hillsboro, followed by a meet the following Friday in Lebanon, and the Friday after that in Tigard.

ART CLUB

Art Club will be starting next week, Friday, 9/16, 4-6 pm. Students will meet in Room 1 (Marden's room). Bring your own supplies, or use limited supplies I have for the club. Students may ride the Activity bus which departs from the School downstairs parking lot at 6:15 pm

ROBOTICS

Robotics starts Monday September 12th, and we have meetings each week every Monday and Thursday after school in the high school library. Please register on FamilyID [Robotics 2022](#) We will also be hosting the North Coast League Robotics competitions this Fall. We really need volunteers - if you are interested please contact kathrynh@nknsd.org

If you completed FamilyID Robots prior to 9/8/2022 it will need to be completed again. Sorry for the inconvenience.

CHESS

Chess club will meet on Wednesdays in the Middle School Library after school beginning September 14th. Please make sure your registration on FamilyID [Chess 2022](#) is current before then.



If you completed FamilyID Chess prior to 9/8/2022 it will need to be completed again. Sorry for the inconvenience.



FBLA

Future Business Leaders of America will be meeting Tuesday, during lunch in room 2. If you are interested in joining please see Carla in the office. Also, FBLA dues are due ASAP \$25.

COUNSELOR'S CORNER

What a great start to the year! We have some great additions to the staff and our student body and are looking forward to working together and becoming strong, resilient pirates ready to conquer the world. Our staff stands ready to support students as they pursue their academic goals and we encourage students and parents to please contact us if there are any questions or concerns you may have. Students who need extra support or a more challenging curriculum are encouraged to contact the counselors:



Academic/College/Career/504's/TAG/Testing: Esther Troyer, esthert@nknisd.org

Personal/Social and Mental Health Supports: Margaret Whiting, margaretw@nknisd.org

Fall is a very important time for seniors, especially as they prepare to transition into their postsecondary plans. Advisory is where much of this important work is being done. Priorities for this term will be:

- completing the FAFSA which leans heavily on parent assistance (need 2021 tax returns)
- preparing for the scholarship search
- applications for postsecondary plans
- visiting campus' or meeting with representatives
- taking any needed assessments

We hope that all parents and students will be able to attend the Sr. Orientation next Wednesday, September 14th at 6pm in the lower gym. This will be a great opportunity to ask questions and collaborate on what is needed for student transitions.

COUNSELOR'S CORNER

[Link to Resources](#)



The NKN Student Health & Wellness Center provides services to all students regardless of the student's ability to pay.

Located at the Neah-Kah-Nie High School.

Center opens Tuesday, August 9th for medical services (including sports physicals).

Health & Wellness Center Hours

Tuesday:
8:30 am – 12:00 pm
1:00 pm – 5:00 pm (closed 12:00 pm – 1:00 pm)

Wednesday:
8:30 am – 12:30 pm
1:30 pm – 5:00 pm (closed 12:30 pm – 1:30 pm)

Thursday: Starting September 6th
(Counseling appointments only)
8:30 am – 12:00pm
1:00 pm – 4:30 pm (Closed 12:00 pm – 1:00 pm)

(503) 355-3500

Visit the website for available services
and resources: nknhealth.org

**Parents have the right to opt out of services.*

TOGETHER for Mental Health



#Together4MH

Mental health is an incredibly important part of our overall health. We're strongest when we join **Together for Mental Health** to advocate for resources, support and access to quality care.

nami.org/mentalhealthmonth



FLASH ALERT

Winter is upon us! Make sure you are signed up for Flash Alert to keep you up to date on school closures and delays.

<http://flashalert.net/news.html?id=1123>

To keep up on weather alerts you can sign up for messages from Nixle on the link below.

<https://local.nixle.com/register/>

TO MAKE A DONATION TO MUDD NICK FOUNDATION ~CLICK
HERE

Every year the Mudd Nick Foundation provides funds to fur there the education to our students through field trips, supplies, and so much more



Beginning with the 2020-21 school year, Neah-Kah-Nie School District has contracted with [ESS](https://www.ess.com) for our substitute services. To become a substitute for the District please go to [ESS.com](https://www.ess.com), click on the Job Seeker tab and type in Neah-Kah-Nie School District to begin the application process.

If you have questions about the application process, or becoming a substitute, please contact ABrueske@ess.com or our Human Resources office at 503-355-3506.

COMMUNITY

WE ARE HIRING!

Neah-Kah-Nie School District Job's listing

HOME OF THE PIRATES

TILLAMOOK COUNTY MENTAL
HEALTH CRISIS LINE LÍNEA DE CRISIS
DE SALUD MENTAL DEL CONDADO DE
TILLAMOOK

Life can be stressful and overwhelming daily for adults and children/teens alike. Tillamook County residents have access to a 24-hour crisis response mobile unit:



Tillamook County Mental Health Crisis Line 503-842-8201

Suicide Prevention Lifeline

1-800-SUICIDE (784-2433)

1-800-273-TALK (8255)

In Crisis? Text 741741

SAFE OREGON OREGON SEGURO