

A decorative background on the left side of the page features seven pink hearts of varying sizes arranged in two columns of four and three respectively.

Neah-Kah-Nie Middle School

February 2026

From the Principal

Dear Parents and Guardians,

As we move into February, we want to take a moment to share an important health reminder. We have seen an uptick in student illnesses recently, and keeping our school community healthy is a shared effort.

Our custodial team spent the day yesterday deep cleaning classrooms and common areas, and they will continue enhanced daily cleaning of high-touch surfaces to help prevent the spread of illness. We are very grateful for their hard work and commitment to keeping our school clean and safe.

Families and students can help by reinforcing healthy habits at home and at school, including washing hands frequently with soap and water, getting plenty of sleep, eating nutritious foods, and covering coughs and sneezes. Most importantly, students should stay home if they are experiencing any exclusionary symptoms. This helps protect classmates, staff, and the broader community.

For your reference, the Exclusionary Symptoms flyer is attached below. We appreciate your partnership and support in keeping our school healthy so students can focus on learning and being together at school.

Warm regards,

Lori Dilbeck

Important Dates To Remember

- Feb 16: President's Day - **No School**
- Feb 18: Family Math Night
- Feb. 25 - Oregon Exclusion Day (Immunizations)

Important Dates to Come....

- *March 13: 7/8 Grade Dance*
 - ***Students must have 90% attendance or better for the duration of the school year or the 30 school days leading up to the dance.**
- *March 23-27: Spring Break*
- *April 23: 8th Grade Parent Night*
- *April 27-30: SBAC Testing - Science*
- *May 5-8: SBAC Testing- Math*
- *May 11-14: SBAC Testing - ELA*
- *May 15: Day of Service*

MS District Calendar

How Sick is Too Sick?

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL

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

SYMPTOMS OF ILLNESS

Fever: Temperature of 100.4°F (38°C) or greater

New cough, sneeze: *Symptoms improving for 24 hours (no cough or cough is well-controlled).

New difficulty breathing: *Symptoms improving for 24 hours (breathing comfortably, oxygen medical care may be needed).

Shortness of breath, difficulty breathing: *Symptoms improving for 24 hours (no more than two symptoms present, oxygen medical care may be needed).

Vomiting: Two or more episodes that are uncontrolled.

Headache with stiff neck and fever: *Symptoms free for 24 hours OR with orders from doctor to school nurse.

Skin rash or open sores: *Symptoms free, which means rash is gone OR sores are gone OR with orders from doctor to school nurse.

Red eyes with colored drainage: *Symptoms free for 24 hours OR with orders from doctor to school nurse.

Jaundice (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: *After the school has orders from doctor to school nurse.

Major health event, like an illness lasting 2 days or more, or a health condition that requires more care than usual and can't be controlled: *After the school has orders from doctor to school nurse.

Health OREGON DEPARTMENT OF EDUCATION • Updated 12/2016 Page 1 of 2

¡DEMASIADO ENFERMO PARA IR A LA ESCUELA!

ESTA LISTA ES DE INSTRUCCIONES ESCOLARES, NO CONSEJO MEDICO. SI TIENE PROBLEMAS DE SALUD, CONSULTE A SU MEDICO.

SINTOMAS DE ENFERMEDAD

Fiebre: Temperatura igual o superior a 100.4°F (38°C)

Nuevos estornudos, tos: *Los síntomas han mejorado durante 24 horas (no hay tos o la tos está bien controlada).

Nuevos problemas para respirar: *Los síntomas han mejorado durante 24 horas (respiración normal, atención médica o atención médica y atención médica).

Dolor de pecho: *Dolor que dura durante 24 horas (más de media hora).

Vómitos: Dolor de estómago con más de 2 episodios.

Dolor de cabeza con rigidez de cuello y fiebre: *Dolor desaparecido o con órdenes del médico de no asistir a la escuela.

Urticaria (erupción de la piel): *Urticaria desaparecida o con órdenes del médico de no asistir a la escuela.

Ojos rojos con secreción de color: *Los ojos están desaparecidos o con órdenes del médico de no asistir a la escuela.

Jaundicia (color amarillo en ojos): *Si el médico dice que el estudiante debe asistir a la escuela, el estudiante debe asistir a la escuela.

Actuar de manera diferente sin una razón: *Si el médico dice que el estudiante debe asistir a la escuela, el estudiante debe asistir a la escuela.

Asintomatismo de salud importante, como una enfermedad que dura 2 o más semanas o una condición de salud que requiere más atención médica: *Después de que el estudiante tiene órdenes del médico de no asistir a la escuela, el estudiante debe asistir a la escuela.

Health ALIANZA DE OREGON, AGENCIA DE EDUCACIÓN OREGON DE EDUCACIÓN

Exclusionary Symptoms (English)

Exclusionary Symptoms (Spanish)

Attendance Matters!

Going To Miss School?

Chronic absence is defined as 9 days a year— even if those absences are excused!

If your student is going to be out for all or part of the day, please let the front office know! You can 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 from absence



We are not always by our phone, so by emailing us it will help keep your student's attendance up to date.

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Schedule Changes/Bus Notes

☒ If your student needs to ride a different bus, be picked up, or have any other transportation changes, please let the office know no later than 3:15 p.m. We cannot guarantee enough time to inform students if we are notified past this time. ☒



Yondr Pouches

Reminders

Neah-Kah-Nie Middle School is a cellphone and smartwatch-free building. Upon enrollment, 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. If students forget their Yondr pouch, they are to turn their phone or watch in to the front office for the school day.



The Yondr pouch is the property of the Neah-Kah-Nie School District and will be checked out to each student just like a textbook or Chromebook, and each student will be responsible for its condition. If a student damages their Pouch, a \$25.00 fee will be assessed for the replacement of the Pouch.

We will be sending out emails soon to families of students who have reported misplacing their pouch.

Immunizations

School Immunizations

Oregon Exclusion date for all students is Feb 25th 2026.

If your student is due for an immunization, you should have received a letter in the mail stating what vaccine is due, along with an email.

Shots are required by law for children who attend public schools, private schools, preschools, childcare facilities, and Head Start programs in Oregon. [For Oregon school's immunization requirements click here.](#)



Where to get copies of immunization records?

A copy is also located at any of the Tillamook County Health Centers.

[Oregon Certificate of Immunization Status Form](#)

Why is it important to keep copies of immunization records?

Immunization record are an important part of permanent medical records that will be needed throughout life. It's up to the guardians to make sure children are protected and up to date on immunizations.

Vaccine Clinic - February 22



All Ages Walk-in Vaccine Clinic

February 22, 2026 12:00pm - 4:00pm

TCCHC Central Clinic

801 Pacific Ave. Tillamook, OR

Se habla español

No appointment required

Most health plans cover the cost of vaccines. If you are unable to afford the cost of the vaccine, you may be eligible for the sliding fee scale.

Vaccines for parents, kids, aunts, uncles, siblings, friends, caregivers - anyone!

DTaP: Diphtheria/Tetanus/Pertussis

Polio

Varicella (chickenpox)

MMR (measles, mumps, rubella)

Varicella Zoster

Hepatitis A

Is your child up to date with their immunizations? February 25, 2026 is Oregon Immunization Exclusion Day.

Oregon law requires certain shots for school and child care. Immunization laws for each member of your family vary. For exemptions, please contact your child's school or child care.

COVID-19 booster

Pneumococcal

Shingles & RSV vaccines not available

*Eligibility for vaccines varies by age.



Clinica de vacunación sin cita para todas las edades

22 de febrero de 2026

12:00pm - 4:00pm

Departamento de Salud

801 Pacific Ave. Tillamook, OR

Se habla español

No se requieren citas

COMO Muchos planes de salud cubren el costo de los vacunas. Si no puedes pagar el costo de la vacuna, estás elegibles para servicios a medida en la clínica que se indica en esta página.

Vacunas para padres, niños, tíos, tíos, hermanos, amigos, cuidadores - cualquier persona

VPH (virus del papiloma humano)

Meningococca

Gripe

Refuerzo de COVID-19

Varicela Zoster

Hepatitis A

*Están elegibles para los servicios según lo establecido.

Clinica de vacunación sin cita para todas las edades

25 de febrero de 2026

12:00pm - 4:00pm

Departamento de Salud

801 Pacific Ave. Tillamook, OR

Se habla español

No se requieren citas

COMO Muchos planes de salud cubren el costo de los vacunas. Si no puedes pagar el costo de la vacuna, estás elegibles para servicios a medida en la clínica que se indica en esta página.

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Inclement Weather

For Emergency and Weather Alerts from the District

Flash Alert is one of the systems that the district uses to communicate with staff and families in the event of a school delay or closure. If you sign up, you will receive notifications of such events. Just click on the button below and follow the steps to sign up. If you've already signed up, log in and click "Managing Subscriptions" to update for this year and test the email they have on file for you.

Flash Alerts



2025-26 NKN Inclement Weather Plan.pdf

[Download](#)

154.3 KB

Winter Athletics

NEAH-KAH-NIE PUBLIC SCHOOLS
2511 Hwy. 101 North, Rockaway Beach, OR 97136
(503) 355-2990 • Fax (503) 355-8514



2026 Girls Basketball

Date	Location	Dismissal/Departure	Tip Off
Wed 1/21	@ Clatskanie(1 game)	1:00/1:15	4:00
Thur 1/22	@ Jewell(1 game)	1:45/2:00	4:00
Mon 1/26	NKN vs Rainier	3:25/	4:00
Tues 1/27	@ Vernonia	1:15/1:30	4:00
Tues 1/3	NKN vs Warrenton	3:25/	4:00
Thur 2/5	@ Knappa	1:45/2:00	4:00
Mon 2/9	NKN vs Vernonia	3:25/	4:00
Tues 2/10	@ Astoria	1:55/2:10	4:00
Wed 2/11	NKN vs Jewell(1 game)	3:25/	4:00
Thur 2/19	@ Warrenton	2:00/2:15	4:00

** 2nd game starts 10 minutes after 1st (about 4:00/4:10)

Neah-Kah-Nie Middle School

2511 Hwy. 101 North, Rockaway Beach, OR 97136

(503) 355-2990 • Fax (503) 355-8514



2026 Wrestling

Date	Location	Dismissal/Departure	Wkdg/In/Start
Th 1/22	Warrenton	2:00/2:15 (Seaside/Camas/Clatskanie/Tillamook)	3:30/4:00
Wed 1/28	NKN	3:00 (Till, Warr, Seaside)	3:30/4:00
Wed 2/4	Jewell	1:30/1:45 (Vernonia, Knappa)	3:30/4:00
Tues 2/10	Vernonia (Tillamook/Scappoose)	1:15/1:30	3:30/4:00
Wed 2/18	Tillamook	2:00/2:20 (Warr, Scappoose)	3:00/4:00
Mon 2/23	Forest Grove	12:15/12:30	3:00 Start

Girl's Basketball

*Additional away game added on 2/10.

Wrestling

Athletic Schedules

Students @ Home Games

Please note: Students are not allowed to stay after school for High School or Middle School events or clubs without an adult to supervise.

Coming Soon...

Robotics Bootcamp: Early March

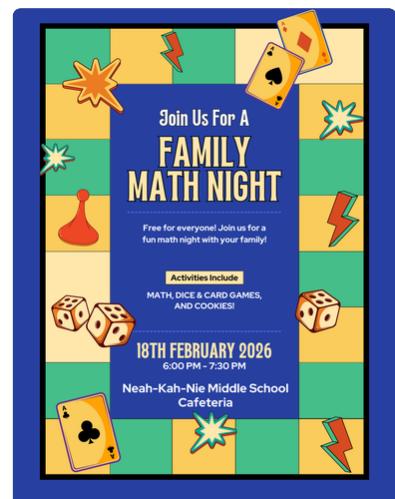
Ever thought about Robotics? Now is your chance! Robotics bootcamp is coming in early March!

If you are interested in participating - look for sign up information at a booktalk in February.



Family Math Night: March 18

Join us for a fun math-filled night with your family! Activities include math, dice and card games, and cookies! Happening March 18th from 6:00-7:30 p.m. at the Middle School Cafeteria.



Statewide Assessments: Starting April

This spring, all of our students will participate in statewide assessments for English, Language Arts and Mathematics. 8th grade students will also participate in the Science assessment.



These assessments help schools and districts evaluate their systems of teaching and learning, as well as identify groups of students whose academic needs may not be adequately met.

In addition to regularly scheduled testing, the Oregon Department of Education is requiring the completion of the Student Educational Equity Development Survey for students in testing grades. This survey is designed to help the Oregon Department of Education gather information about the educational experiences of students in Oregon. While we encourage all students to participate, Oregon law (ORS 329.479) permits parents/guardians to annually opt-out of Oregon's statewide summative tests in English Language Arts (ELA) and/or Mathematics by submitting a form to the school the student attends. You can find these forms and additional information about testing and the SEED survey on the [School District website](#).

Please contact our test coordinator, Angie Douma, if you have further questions.

8th Grade Parent Night: April 23

Save the date! Our 8th grade parent night will cover the high school structure, the course selection process, graduation requirements, and more! Happening April 23rd at 6:00 p.m. in the MS/HS cafeteria.



On the Menu

First servings of breakfast and lunch are free for all students in the district. A reminder that breakfast happens before school, from 8:30 - 8:45 a.m.

FEBRUARY 2026
NEAH-KAH-NIE MIDDLE SCHOOL

Sandwiches or Hand-Crafted
Salads are available daily
As an option for lunch!

Monday	Tuesday	Wednesday	Thursday	Friday
PROFESSIONAL DEVELOPMENT NO SCHOOL 2	Sausage & Biscuit 3 Chicken Quesadillas	Yogurt & Grahams 4 Mac & Cheese	Breakfast Burritos 5 BBQ Cheese Burgers	Oatmeal Rounds 6 Chicken Strips & Fries
Breakfast Bars 9 Corn Dogs	Pumpkin Bread 10 Enchiladas	Pancake on a Stick 11 Teriyaki Chicken Over Rice	Breakfast Sandwich 12 Chicken Burgers	Sweetheart Parfait 13 Pizza Sticks
PRESIDENT'S DAY NO SCHOOL 16	Pancakes 17 Chicken Soft Tacos	Bagel & Cream Cheese 18 Spaghetti	Banana Bread 19 Cheeseburgers	Breakfast Pizza 20 Lasagna Soup & Garlic Toast
Waffles 23 Cheesy Breadsticks With Marinara	Sausage & Biscuit 24 Burritos	Yogurt & Grahams 25 Orange Chicken Over Rice	Breakfast Bars 26 Rib-B-Que	Cinnamon Rolls 27 Chicken Strip Basket

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our breads and pastas 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 for breakfast.

"This institute is an equal opportunity provider"

Mealtime Online

Click this link to add money to your students' Mealtime account.

Student Writing & Art Contest

2026 Rockaway Writers Rendezvous

Open to grades 7-12. Contest submissions accepted December 1 2025 - **February 15, 2026** at 5:00 p.m.



2026 Rockaway Writers Rendezvous,
STUDENT Writing Contest \$5 CASH PRIZES \$5
Information - Please read carefully!

Open to grades 7-12, attending school in Tillys Brook County.

Contest submissions accepted beginning
December 1, 2025 - February 15, 2026, at 5 pm

Authors may submit a single unpublished work in one of the categories below:

1. Poetry, 2. Fiction, 3. Non-Fiction, 4. Journals, 5. Music Lyric

Our judges will evaluate your work with attention to organization, development, voice, and attention to the mechanics of writing.

See RWR Website for submission information: <https://www.rwriters.com>

Document Formatting:

• Maximum 1,500 words.

• Include your name in the document's header.

• Include a title page in your document showing your desired formatting.

STUDY PRIZES - CASH PRIZES: Reading at RWR event. Published in RWR Anthology.

First place \$100.00; Second place - \$50.00; Third place - \$25.00

Honorable mention will be selected at the discretion of the judges. No cash awards.

NCAP board members, contest judges, and immediate family are not eligible to enter.

2026 Rockaway Writers Rendezvous, April 24, 25, and 26.



2026 Rockaway Writers Rendezvous
Student & Open Class Art Contest
Information & Rules - Please read carefully!

Submission period: December 1, 2025 - February 15, 2026, at 5 pm

Individuals may submit up to 5 printable images of original art work(s) you created, such as:

- Images of paintings
- Images of drawings
- Images of illustrations
- Images of photographs
- Images of sculpture and other three dimensional art
- Images of installation art
- Images of architectural design
- Images of interior design
- Images of food or beverage creation
- Images of fashion or fiber art
- Images all need to be items that are printable in the artwork.

You may only submit work that you still own the rights to.

Our panel will evaluate your work with attention to the quality of the work, including Creativity & Originality, Technical Skill, Emotional Impact, Composition & Design, and Artist Statement.

See RWR Website for submission information: www.rwriters.com

ENTRY FEE - FREE for all submissions.

PRIZES - Winning entries will be published in the 2026 RWR Anthology. No money awards will be given.

NOTE: All winning entries may be published in the RWR Anthology and RWR website, social media sites and other platforms without prior consent of the author.

2026 Rockaway Writers Rendezvous, April 24, 25, and 26.

Community Service/Honor Roll

Each Trimester, students have the goal to hit 7 hours of community service in honor to make honor roll.

Community service refers to voluntary work that individuals perform for the benefit of their community or society. It can include: volunteering at a local food bank, participating in neighborhood cleanups, assisting at a senior center, tutoring younger students, volunteering at school event, participating in beach cleanup, organizing donation drives, helping at a community garden, helping neighbors with activities they cannot do for themselves, etc.



Documentation of service:

Please share the following information with your teachers advisor to document their service:

- Student's Name and Contact Information
- Description of Service: What the student did and how it helped the community.
- Organization/Recipient Information: The name and details of the organization or person benefiting from the service.
- Total Hours Completed
- Supervisor's Signature and Date: Confirmation that the student performed the service.

Girls Build Camp

Calling all girls ages 8-14 available this summer!

We currently have funding to cover the registration fees for 12 students within our region to attend the Girls Build Summer Camp. The dates for the Tillamook location are August 10 - 14, 2026. **Registration opens in FEBRUARY** and these spots can fill up fast.



Additional information can be found here: [Summer Camps – Girls Build®](#)

Substance Education Event

Join us for a free event!

SAFER HOMES

Conversations for caregivers to
help kids make safer choices.

**Wednesday,
February 18th
6:00-7:30pm**

**Neah-Kah-Nie
High School
Cafeteria**

FREE MEAL FOR ALL IN ATTENDANCE! At this event, you will learn about underage substance use and how you can talk to your kids about drugs and alcohol. There will be prizes, games, and lots of resources!

Each adult participant will receive a gift bag and a \$10 Fred Meyer gift card.



As space is limited, **we encourage you to sign up in advance by scanning the QR code or going to bit.ly/saferkn.** We cannot guarantee gift bags and gift cards once spaces are filled.

Kids are welcome to join! Please note that there will not be any childcare on-site, though we will provide fidget toys and activities.



This event is a partnership between the Tillamook Family Counseling Center, Tillamook County Community Health Centers, and Song for Charlie. If you have any questions, email sarahe@tfcc.org



Marie Giani/Emily Massey

Head Secretary/Assistant Secretary