

# NEAH-KAH-NIE MIDDLE SCHOOL

## MID TERM REPORT CARDS

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You will find 2nd trimester mid-term report cards enclosed with this mailing. It is our hope you will review these reports with your student and provide support and guidance for areas that may be in need of improvement.

If you have any questions or concerns, please don't hesitate to contact the school at 503-355-2990 or 866-966-2990.



## IMPORTANT DATES TO REMEMBER:

- **Monday, February 11th– School Board meeting 6:30p @ District Office //11 de febrero– reunión del consejo escolar a las 6:30p en la oficina del distrito escolar**
- **WED FEBRUARY 20th– EXCLUSION DAY– IF YOUR CHILD IS NOT UP TO DATE WITH IMMUNIZATIONS, THEY WILL NOT BE ADMITTED TO SCHOOL//20 DE FEBRERO–LOS ESTUDIANTES QUE NO ESTÉN AL DÍA CON SUS VACUNAS NO SERÁN ADMITIDOS A LA ESCUELA**
- **Monday, February 18th, President's Day, No School//18 de febrero, Día del Presidente, No hay clases**
- **Monday, March 11th– School Board meeting//11 de marzo– reunión del consejo escolar**
- **Friday, March 15th, grade day, no school//15de marzo– día del grados, no hay clases**
- **March 25th-29th– Spring Break// el 25 hasta el 29 de marzo– vacaciones de la primavera**

## REMINDERS FOR STUDENTS AND PARENTS

\*Please be sure to call the office before 9:00 am (503-355-2990 or 866-966-2990) if your student is going to be absent. We have a 24-hour phone message line.

\*Students absent from school due to illness or unexcused absence, are not permitted to attend after-school activities on the day of their absence.

\* Middle school students are not allowed to carry medications. (This includes cough drops, aspirin, vitamins, etc.) *The only exception is an inhaler.* Parents– not students- must check all medications in and out at the office.

## LETTER FROM THE PRINCIPAL

Dear NKN Middle School Community,

The school year continues to sail smoothly here in Raider land. We are in the middle of our third sports season and girls basketball and wrestling are making gains in practice and competition. We have a large number of wrestlers this year. The boys are excited to get valuable mat time before districts on 2/18/19 at Tillamook. We would love to see you there. Track and field is the next season on the horizon for student athletes. Our music program is running strong. Select members of our middle school choir and band have attended honor festivals, and Mr. Zaugg is working hard with all levels of our bands and choirs to prepare for the spring concert.

As we have crossed over the halfway point of the school year I have consistently observed teachers and students working hard in technology rich classrooms, science labs with a ton of hands-on experimentation, math classes learning algebra, and language arts classes focusing on literacy strategies. Our exploratory classes have strong student engagement as well. PE classes are full and ac-

tive, and our tech classes are using the Lego Robotics program to put their strong STEM skills to use.

This month we have integrated a new training into our school safety protocols. Our work in the ALICE framework teaches students and staff the best way to adapt and overcome outside threats to the school. I have heard from some of you about this training and how it affects your children's perceptions of their safety at school. For those I haven't spoken to please understand we are focused on academic growth at Neah-Kah-Nie Middle School, and plan for situations that could compromise school safety. Our work in the ALICE framework is county-wide, built and maintained with city and county police support, and has student safety and preparation as its number one objective.

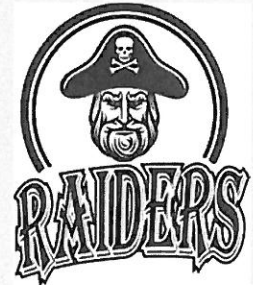
As we have reached the mid-year point of the school year let's all take a collective breath and understand how challenging the middle years can be. Students are growing, their hormones are off-kilter, and they

have the highest highs and the lowest lows. They spit out as much fantasy as insight, but have a TON to offer us as students. NKN Middle School is a safe, academically challenging, emotionally balanced place (most of the time!). Together, we will maintain our school as a place where kids can be kids, make mistakes, and learn from them. Most importantly, we are a family of Raiders. With your assistance and support we can maintain our trajectory of success for years to come.

Until next time,

Leo Lawyer

Principal



## CONTACTING STAFF

All staff at NKN have e-mail so parents can easily stay in communication with their student's teacher.

Mr. Albrechtsen - [stevea@nknsd.org](mailto:stevea@nknsd.org)

Ms. Bayouth - [marisar@nknsd.org](mailto:marisar@nknsd.org)

Mr. Bayouth - [fredb@nknsd.org](mailto:fredb@nknsd.org)

Mr. Bitts - [rubenb@nknsd.org](mailto:rubenb@nknsd.org)

Mr. Blake - [jayb@nknsd.org](mailto:jayb@nknsd.org)

Mr. Crook - [willc@nknsd.org](mailto:willc@nknsd.org)

Ms. Edwards - [brendae@nknsd.org](mailto:brendae@nknsd.org)

Mr. Gernert - [dang@nknsd.org](mailto:dang@nknsd.org)

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Mr. Lawyer - [leol@nknsd.org](mailto:leol@nknsd.org)

Mr. Rocca - [jayr@nknsd.org](mailto:jayr@nknsd.org)

Mr. Shipman - [jakes@nknsd.org](mailto:jakes@nknsd.org)

Mr. Zaugg - [russellz@nknsd.org](mailto:russellz@nknsd.org)



## ATTENDANCE MATTERS!

Students are considered having irregular attendance (ORS 339.065) when the student meets any of the following:

- Eight (8) unexcused one half days absences in any four week period
- Five (5) absences (excused OR unexcused) in three (3) months
- Ten (10) absences (excused OR unexcused) in six (6) months

When your child's absences exceed these amounts, the school district will notify you of your child's irregular attendance. The school may contact our truancy officer to assist families and students with chronic irregular attendance.

## Head Lice

Anyone can get head lice. It has nothing to do with cleanliness or your parenting. Head to head contact is the way lice are spread. Remind your child not to share combs, hairbrushes, hooded coats, hair accessories, helmets, hats, or other pieces of clothing. Lice can also be spread via pillows, stereo headphones and car seat headrests. Look for frequent itching or scratching of the head. Look for nits attached to individual hairs or live insects. Nits look like tiny teardrops glued to the hair and are difficult to move, unlike common dandruff. Treatment consists of a special shampoo/rinse, purchased at the drug store. Check other family members and be sure to wash all bedding and recently worn clothing. For more information, contact your health care provider or health care center.

**GAME SCHEDULES- REMAINING GAMES**

2019 Girls Basketball Schedule

Date	Opponent	Location
Wed 2/6	Knappa	NKN
Mon 2/11	Vernonia	NKN
Wed 2/13	Jewell	NKN
Tues 2/19	Warrenton	NKN



2019 Wrestling Schedule

Date	Opponent	Location
Wed 2/6	Tillamook, Warrenton	Banks
Thurs 2/7	Tillamook, Vernonia, Clatskanie	NKN
Tues 2/12	Astoria, Seaside	Tillamook
Mon 2/18	Districts (10am start)	Tillamook

**CONGRATULATIONS!!!**

**THE 2018 HAIKU  
DEATH MATCH  
WINNER IS:**

**Arya Killion**

**Way to go!!!!**

**CONGRATULATIONS TO THE DECEMBER / JANUARY STUDENTS OF THE MONTH! WAY TO GO!**

**6th Grade: Raymond Grimes/Payton White**

**7th Grade: Brayden Carignan/Affinity Parker**

**8th Grade: Parker Hopkins/Bella Hamann**

**Mathletes: Anna Roddy, Seth Amos, Anika Showalter, Caleb Harth and Affinity Parker. Congrats!!!!!!**



**IMPORTANT IMMUNIZATION INFORMATION: EXCLUSION DAY IS ON FEBRUARY 20TH! LETTERS HAVE BEEN SENT. STUDENTS STILL OUT OF COMPLIANCE WILL NOT BE ADMITTED TO SCHOOL!**

Oregon immunization requirements have changed. Parents, don't let your child get left behind. *Note: Doses required vary by a child's age and how long ago they were vaccinated. Please check with your child's school or healthcare provider for details.*

A student entering grade six (6) needs:

- 5 Diphtheria/Tetanus/Pertussis (DTaP)
- 4 Polio
- 1 Varicella (chickenpox)
- 2 Measles
- 1 Mumps
- 1 Rubella
- 3 Hepatitis B
- 2 Hepatitis A



A student entering grade seven through twelve (7-12) needs:

- 5 Diphtheria/Tetanus/Pertussis (DTaP)
- 1 Tdap
- 4 Polio
- 1 Varicella (chickenpox)
- 2 Measles
- 1 Mumps
- 1 Rubella
- 3 Hepatitis B
- 2 Hepatitis A (those entering 7th grade)

**STUDENTS STILL OUT OF COMPLIANCE ON EXCLUSION DAY 2/20 WILL NOT BE ADMITTED TO SCHOOL**

*Note: Beginning March 1, 2014, parents claiming non-medical exemptions will need to provide the school with Oregon Health Authority certificates of documentation. As more information about the new process becomes available, it will be posted at <http://1.usa.gov/OregonSchool>.*



**COMMUNICATING WITH TEACHING STAFF:**

As we have moved into the 21<sup>st</sup> Century, the teaching staff would prefer communication by e-mail. E-mail is more private and, most of the time, faster. To make a phone call about a student's behavior and/or grades, the teacher needs a room empty of other students. This limits the time periods in which this can be done. Many of the staff prefer to have the student present when the call is made, limiting the time frame even further. You can always e-mail a teacher and ask them to call you (it would be helpful to give some time periods when a call can be received). Teacher e-mails are listed on the school's website and in this edition of the newsletter on page 2.

There are times when an e-mail gets overlooked (for example, if it is sent outside of school hours or the staff person is out sick) but generally, the staff responds within 2 school days. If a staff person does send you an e-mail it is helpful to respond, even with a quick "Got it" so we know our communication is going through. We are doing our best to make sure parents get the information they need to help their child succeed. If you have internet access at home or a smart phone, you have access to Parent Vue. This, with your child's planner, are the most important keys to success.

## APPLY FOR FREE OR REDUCED PRICED SCHOOL MEALS ONLINE!

**Have your family's financial circumstances changed since the beginning of the year? Families can apply for meal benefits any time during the school year.**

You can complete an application in just a few minutes. The program guides you through the application in just a few easy steps.

**Apply for school meal benefits now at:**

**<http://www.nknsd.org/parents/> OR  
<https://district.ode.state.or.us/apps/frlapp/default.aspx>**

All applications are reviewed by the appropriate sponsor / school district nutrition office for approval. Paper applications are still available; please contact your school office for details.

**In Case of Emergency....Emergencia...**

Just a friendly reminder to inform the office of any new phone numbers, new emergency contacts as well as address changes.

Si usted tiene un cambio de su número del teléfono, cambio de contatos para emergencias or cambio de su dirección, avise la oficina por favor.

**PARENT VUE**

If you have not already signed up for Parent VUE, it is an excellent tool....right at your fingertips! Parent VUE provides you with timely access to your child's progress, course schedule, attendance, school events, and immunization records. If you would like to get information to sign up and log on, please contact the office at 503.355.2990. *Now there is even an app to put on Parent Vue on your cell phone for convenient access!*

**SPED NEWS**

Any donations of yarn would be greatly appreciated. Students are making caps for the homeless.

We continue to recycle batteries, so please bring used batteries to school.

**PHYSICAL EDUCATION**

**ALL STUDENTS, 6th- 8th, are required to dress down for their PE classes. Non-compliance will result in referrals and/or detention. PE uniforms are available for purchase in the office. Shirts are \$6.50 and shorts are also \$6.50; \$13.00 for both.**

# Middle Years

Working Together for School Success



## Short Stops

### Wait a minute

Tweens are used to getting things quickly, from online information to fast food. Learning patience will help your child cope with stress and frustration when things *don't* happen fast. For example, if his computer crashes and won't reboot, he could take a deep breath or drink a glass of water before tackling the problem.

### Eyes up front

How and where your middle grader sits in class may affect how well she pays attention. Suggest that she sit up straight and look at the teacher when he speaks. Also, encourage her to ask for a seat near the front if she finds herself distracted by other students.

### DID YOU KNOW?

When your tween wears earbuds to listen to music, he should be able to hear what's going on around him. If he can't, or if his ears ring afterward, he may be damaging his hearing. Share the 60/60 rule: Keep the volume at less than 60 percent, and listen for no longer than 60 minutes at a time.

### Worth quoting

"It isn't where you came from; it's where you're going that counts."  
Ella Fitzgerald

### Just for fun

**Q:** Why did the kid wear one boot?

**A:** Because there was a 50 percent chance of snow!



## Everyday math

What does shopping have in common with achieving fitness goals? Your tween can use math to do both more effectively! Here are situations where math is sure to come in handy.

### Find the bargain

Doing math may save your child money on craft supplies, snacks, and clothing. Have her calculate the best deals when you shop together. Say she has a coupon for 20 percent off if she buys more than one pack of colored duct tape. Should she buy one 6-pack for \$15.99 or two 3-packs for \$8.99 each?

### Make more space

Interior designers measure carefully and use spatial reasoning. Maybe your middle grader wants to rearrange her bedroom to make space for a desk she found at a thrift shop. She'll need to measure the walls and furniture to make everything fit. Is her bookcase narrow enough to go in



her closet? Will her bed fit against the wall?

### Finish the race

Your tween can do math to reach her workout goals, such as completing a 5K race (3.1 miles) in less than 30 minutes. First, she should figure out what her average pace must be ( $30 \text{ minutes} \div 3.1 \text{ miles} = 9.67$ , or about 9:40 minutes per mile). Now she can consider her current pace and how many weeks she has to train. Finally, she could plan practice runs so she shaves off enough time each week. 👍

## Lessons in assertiveness

Assertive people know how to stand up for themselves firmly yet respectfully. Use these ideas to help your middle grader be assertive:

- Explain to your child that he can be nice to others and speak up for himself at the same time. For instance, if someone cuts in front of him in line, he might politely point out where the line starts.

- Have your middle grader practice saying no when necessary. Tell him that it helps to remember the 3 Cs: Show **c**onfidence by looking the other person in the eye, speak **c**learly, and stay **c**alm. ("The party sounds fun, but I have a big project due Monday.") 👍



# Protect your privacy online

Even the most tech-savvy child can share sensitive information online without realizing it. Share these ways to help your tween keep personal details safe.

- **Only interact online with people you know in real life.** Your child shouldn't accept chat invitations or friend requests from strangers. He'll need to use privacy settings on websites and apps to control who sees his posts.
- **Guard accounts.** Tell your tween to set a different password for each device and account. When he uses a shared computer



Also have him opt out of location sharing so strangers don't know where he is. 👍

(say, at the library, in school, or at a friend's house), he shouldn't store passwords, and he should log out of websites and apps after he's finished.

- **Avoid posting identifying information.** This includes your middle grader's full name, school, phone number, home address, and email address.



## Family meals with tweens

Did you know that eating together can boost your tween's self-esteem and make her less likely to try risky behaviors? Consider these suggestions for making family dinners pleasant on busy days.

### Plan ahead

Have meals ready to go so you're able to focus on each other rather than on what to cook. On weekends, you and your child could make double portions of casseroles or soups. Freeze them to pull out and reheat on weeknights.

### Keep conversations light

While you eat, share an upbeat news story you heard or mention something funny your cat did that day. Save conversations about your tween's low test grade or missed curfew for another time. She'll look forward to coming to the table and chatting with you.

*Tip:* Put electronics in another room and silence them so you're not tempted to check messages or answer calls. 👍



## Parent to Parent Motivated to learn

My younger daughter, Ava, seemed to care more about her social life than about learning and grades. I mentioned this to my older daughter, Erin. She thought a glimpse of college life might motivate her little sister in school, so on a recent Saturday, I took Ava to visit Erin on campus.

The girls had a great time. And Erin made sure to mention how much time she spends attending classes and studying so she can land a teaching job after graduation. Ava came home talking about how she wants to study business one day and open her own "doggy day care."

I'm happy Ava is thinking about the future. When she shows me her assignments, we talk about how what she learns will come in handy one day when she's running her own business! 👍



## Managing ADHD in middle school

**Q** My son started middle school this year. Now that he has had time to settle in, I want him to take more responsibility for managing his ADHD. What should I do?

**A** At this age, children start moving into the driver's seat when it comes to learning—and tweens with ADHD are no exception. Suggest that your son make a list of the accommodations included in his IEP (Individualized Education Program) or 504 plan, such as having extra time to complete tests. He could hang the list inside his locker or tape it inside the front cover of his

binder to remind himself to take advantage of them.

Also, discuss strategies he can use at home to help himself. For instance, he might call a friend to double-check on assignments each evening or take a homework break every 20 minutes. Have him experiment with ideas and see what works best for him.

Finally, organization is important for all middle graders. Your child should use a daily planner or to-do list, and sort through his backpack and locker on a weekly basis. 👍



### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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January 23, 2019

## **NEAH-KAH-NIE SCHOOL DISTRICT BOARD OF DIRECTORS ANNOUNCES BOARD VACANCY**

**Neah-Kah-Nie School District Board of Directors has just announced a vacancy in Zone 3 which shares a common boundary with Zone 4.**

This zone has a common boundary with zone 4 and includes the areas in the Wheeler, South Rockaway Beach and North Rockaway Beach Precincts and including that area of the Twin Rocks Precinct which is contiguous with the south boundary of the Wheeler Precinct and the north boundary of the North Rockaway Beach Precinct.

The board will exercise its normal process of posting the opening for 20 days, take applications, conduct interviews and appoint someone to that position. You may contact the Tillamook County Clerk's office at 503-842-3402 to verify that your address falls within the correct zone.

The requirements for serving on the school board are that you must be a registered voter, have lived within the district for one year, and be a resident in zone from which the vacancy has occurred. For an application please contact Kathie Sellars at 503-355-3506.