The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

January 24, 2025

Upcoming Dates:

- Jan 25: Wrestling at Yamhill
- Jan 27: Fire Drill
- Jan 28: Vision Screening, BBX vs Yamhill (home)
- Jan 29: Wrestling Girls District (Girls Senior Night)
- Jan 31: BBX at Seaside
- Feb 1: Wrestling at Ilwaco HS, Robotics Qualifying Meet in Hillsboro





Student Life





Scoring at the National Level!

Congratulations to Karsten Johansen who recently competed at the 4-H Family and Consumer Science National Championship in San Antonio, Texas.

Karsten participated in Consumer Decision Making and his team placed 2nd in Placement, 5th in Group Think, and 4th Place Overall. An amazing outcome in a competition that saw the top teams from 18 states competing.

In order to qualify for nationals, Karsten had to first compete and win at the Tillamook County Fair, then the Oregon State Fair, and finally moved on to nationals. Consumer Decision Making is simply the process where consumers evaluate making a purchasing decision. For the competition each participant has to show that they made a fact-based decision and be able to defend their purchase to a panel of judges. Congratulations Karsten!



Rotary Student of the Month



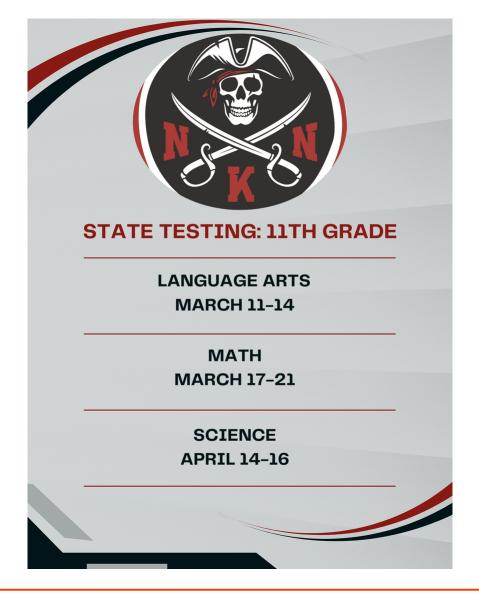
Neah-Kah-Nie High School is recognizing David Ayala Mondragon for December. David is a student who exemplifies the values Rotary holds dear—service above self, integrity, and fellowship. David is the first to step forward when help is needed, whether it's assisting his classmates with challenging assignments or lending a hand to ensure our learning environment is organized and welcoming. His actions speak volumes about his character, as he often stays after the final bell to clean, stack chairs, gather electronic equipment, and tidy desks—all without being asked.

David's dedication to helping others and his willingness to contribute to the greater good make him a shining example of leadership through service. He inspires those around him to act with kindness, take initiative, and embrace the spirit of community, all qualities that align with Rotary's mission.



Attention 11th Graders-State Testing Information!

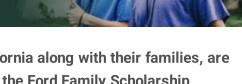
State testing is coming up in March for all 11th grade students. The state test provides a standardized way to measure student learning and ensure accountability in education. It helps identify gaps in knowledge and skills, allowing teachers to adjust their strategies to better meet students' needs. State tests also give parents and policymakers valuable insights into school and district performance, helping to guide decisions about funding and resources. Ultimately, these assessments aim to ensure that all students have access to a high-quality education and are prepared for future academic and career challenges. Our hope is that all 11th graders do their best on the test this year to show how great the NKN School District is at educating our students!





SCHOLARSHIP REMINDER

Virtual Scholarship Info Session on Thursday, January 23, 2025



High School students from Oregon and Siskiyou County, California along with their families, are invited to attend this information session to learn more about the Ford Family Scholarship programs.

Hear from current and recent Ford Scholars who will share about their pathways to college and how they overcame financial barriers. **Get application tips** directly from The Ford Family Scholarship Office who will also be available to answer questions.

Register Here for the LIVE Info Session



Get those sweatbands and warm up suits ready! In March, the Parent Advisory Council will be putting on a free family event, Dodgefest! This fun night will include free dinner accompanied by an intense dodgeball tournament of parents/guardians vs students. You can signup when you get to the event and be ready to dodge, duck, and dive into some fun! All families are welcome and donations will be accepted to help fund future Parent Advisory Council-sponsored events.

After School Tutoring in Room 3- Thursdays!

Stephanie Gomez and Shawn Lehr offer after school tutoring on Thursdays in room 3 from 4:00-6:00. Students needing to access the activity bus can do so at the end. Students can sign up with Amy in the main office.

Forecasting for classes next year-Interested in taking courses at TBCC?

In 2005, the Oregon Legislature enacted Senate Bill 300, the Expanded Options Program (EOP).

You are receiving this letter because your high school student may be eligible for this option and might be interested in pursuing **free** courses at the college level. Please read the information in this letter very carefully. Discuss this opportunity with your student, paying particular attention to the requirements. If your student is interested in pursuing this option, your student must complete the Neah-Kah-Nie District Expanded Options Program Student Notice & Assurances Form included in this packet; your student must complete this form and turn it in to Esther Troyer at Neah-Kah-Nie High School by **May 15, 2025**. You may also contact Esther to set up an appointment if you have questions about the steps required to access this unique educational opportunity. Students that fail to turn in their paperwork by the **May 15 deadline** will be placed on a wait list and priority given to at-risk students.

Senate Bill 300 provides all eligible high school students increased access to a limited pool of credits set aside for coursework at post-secondary sites. All eligible students may apply for EOP, but all eligible students who apply may not be accepted because of space limitations. Enrollment in EOP may be limited because of caps on the total credit hours that will be awarded by the high school. If qualified applications to EOP exceed space limitations, the district will establish a process that gives priority to at-risk students. Students will be able to access the EOP as long as funds last; the EOP will discontinue once the funds are expended. The Neah-Kah-Nie School District recognizes Tillamook Bay Community College as our higher education partner in this effort.

We are proud to have you as our educational partners and look forward to continuing to offer a solid academic program for Neah-Kah-Nie High School students.



Pirates





Reasons to keep me home from school and what needs to happen before I can return

What is my symptom?	When should I stay home?	When can I return to school?
Fever	I have had a fever of 100.4°F (38°C) or higher in the last 24 hours.	If I have been fever-free for 24 hours without the use of fever-reducing medication and I am feeling better.
Vomiting or diarrhea	If I have vomited 1 or more times in the last 24 hours. If I have had 3 loose or watery stools in a day or if I may not make it to the toilet in time.	If I did not vomit in the last 24 hours and am able to drink liquids and eat food. If have not had diarrhea in the last 24 hours.
New cough or trouble breathing	If I have a new or persistent cough that interferes with my ability to participate in school activities, difficulty breathing or trouble catching my breath.	Once I am feeling better and my symptoms are improving for at least 24 hours. If my symptoms were due to asthma, please make sure that I have permission to use a rescue inhaler at school.
Rash	If the rash is new and undiagnosed by a health-care provider, is increasing in size, is draining and cannot be completely covered, or if I develop a fever.	If my rash has healed or I have been cleared for return by my health-care provider and any draining rashes are completely covered.
Eye redness and drainage	If I have new and unexplained eye redness without drainage, fever, eye pain, eyelid redness or vision changes.	Once my eye symptoms have gone away or I have been cleared for return by my health-care provider.

If you don't know whether to send your child to school or have specific concerns regarding your child's health, contact your child's health-care provider, a local healthcare provider, or the school nurse.









Motivos por los que debo quedarme en casa y no ir a la escuela y qué debe suceder para que pueda volver

¿Cuál es mi síntoma?	¿Cuándo debo quedarme en casa?	¿Cuándo puedo volver a la escuela?
Fiebre	He tenido fiebre de 100.4 °F (38 °C) o más en las últimas 24 horas.	Si he estado 24 horas sin fiebre sin utilizar medicamentos para reducir la fiebre y me siento mejor.
Vómitos o diarrea	Si he vomitado 1 o más veces en las últimas 24 horas. Si he tenido 3 heces blandas o acuosas en un día o si es posible que no llegue al baño a tiempo.	Si no he vomitado en las últimas 24 horas y puedo beber líquidos y consumir alimentos. Si no he tenido diarrea en las últimas 24 horas.
Nueva tos o dificultad para respirar	Si tengo una tos nueva o persistente que interfiere con mi capacidad para participar en las actividades escolares, dificultad para respirar o problemas para recuperar el aliento.	Una vez que me sienta mejor y mis síntomas mejoren durante al menos 24 horas. Si mis síntomas provocados por e asma, por favor, asegurarse de que teng permiso para utilizar un inhalador de emergencia en la escuela.
Sarpullido	Si el sarpullido es nuevo y no ha sido diagnosticado por un proveedor de atención médica, aumenta de tamaño, supura y no puede cubrirse por completo, o si tengo fiebre.	Si el sarpullido se ha curado o mi proveedor de atención médica ha autorizado a que vuelva y cualquier sarpullido que supure esté completamente cubierto.
Enrojecimiento y secreción de los ojos	Si tengo enrojecimiento de los ojos nuevo e inexplicable con secreción, i fiebre, dolor en los ojos, enrojecimiento de los párpados o cambios en la visión.	Una vez que los síntomas en mis ojos hayan desaparecido o mi proveedor de atención médica autorice a que vuelva.

Si no sabe si debe enviar a su hijo a la escuela o si tiene alguna duda específica sobre su salud, póngase en contacto con el proveedor de atención médica local o con la enfermera escolar.



Adaptado de:





Attendance Matters!

A safe average attendance rate is considered 90%. Safe in this context means that our students are at school consistently and can build positive relationships with both peers and adults as they learn to navigate the K-12 system. These relationships are critical in establishing healthy and helpful attendance habits early on.

Our school's average attendance goal is 95%.

Please know that a doctor's note is only required for an extended period of illness. We know that as our student's immune systems adjust to living and working with so many people outside of their family, there will be times when they have to stay home to recover from a cold or flu. Any questions about attendance or illness can be directed to the main office.



DUE APRIL 1ST, 2025

• BABY PICTURES

 THESE WILL BE PRESENTED AT GRADUATION DURING A SLIDESHOW. FEEL FREE TO USE AS MANY AS YOU LIKE (4-6 IS BEST).

SENIOR PICTURES

 THESE PICTURES WILL BE IN THE SLIDESHOW ALONGSIDE THE BABY PICTURES. USE AS MANY AS YOU LIKE, BUT 1 OR 2 WORK BEST IF YOU USE 6+ BABY PICTURES.

• WALL PICTURE

THIS PICTURE NEEDS TO BE A CLOSE UP (SHOULDERS UP). ANY
PICTURE SUBMITTED SHOULD BE OF HIGHEST QUALITY (PIXEL
COUNT). PLEASE NOTE ANY PICTURE THAT IS NOT A CLOSE UP
WILL BE CROPPED TO FIT THE FRAME FOR THE HALLWAY.

YEARBOOK PICTURE

THIS PICTURE WILL BE FEATURED IN THE YEARBOOK. THE FORMAT IS PORTRAIT STYLE AND THERE WILL BE SIX STUDENTS ON A PAGE. THIS PICTURE CAN BE WHATEVER THE SENIOR CHOOSES BUT IT HAS TO BE SCHOOL APPROPRIATE (I.E. NO WEAPONS, GORE, OR PARAPHERNALIA).

YEARBOOK QUOTE

THIS WILL BE FEATURED IN THE YEARBOOK NEXT TO THE SENIOR'S PICTURE. ALL QUOTES HAVE TO BE SCHOOL APPROPRIATE (I.E. NO CUSSING, DEROGATIVE TERMS, OR BULLYING) AND BE APPROVED BY ADMINISTRATION.

ALL PHOTO SUBMISSIONS NEED TO BE AN IMAGE FORMAT (JPEG/PGN)
ALL PHOTOS AND QUOTES ARE DUE TO SABRINA EISELE @ SABRINAE@NKNSD.ORG



Help is Available!

Scan the QR Code to view and access resources relating to:

- Mental Health
- Suicide
- LBGTQ+
- Sexual Assault, dating violent, domestic violence, and abuse
- Student and school safety
- Food pantries
- Housing and shelter
- · Childcare and parenting



Information that is helpful to know:

Student Wellness Center is Open!



AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

Tuesdays

Wednesdays Counseling appointments only

Thursdays

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

8:30 am - 12:30 pm / 1:30 - 4:30 pm (Closed for lunch 12:30 - 1:30 pm)

8:30 am - 12:00 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
Sports physicals
Care for illness and injury
Immunizations
Routine lab tests
Prescription medications
Age-appropriate reproductive health
Vision screenings

Dental screenings
Blood-pressure screenings
Health education
Counseling
Wellness opportunities
Referrals for other medical services
(Dental, X-rays, MRIs, Specialty)

Learn more at: NKNHealth.org

NKN Student Health & Wellness Center | Telephone: 503-355-3500 | Fax: 844-720-1901

Student Illness and Absence

Call or Email the Main Office to Let Us Know

Our phone number is 503-355-2772.

The email is amya@nknsd.org

It is important to let us know that your child will not be attending so we do not worry about them. If your child is not at school, and we haven't heard from you, then you will receive an automated phone call notifying you of your child's absence.'

How long does my child need to wait to return to school after an illness?

The answer to this question depends on their symptoms. Our school has to follow the directives from the Oregon Health Authority (OHA) regarding when students may be readmitted to school after an illness. Please review the provided info from OHA. Please also note that the period of exclusion often requires 24 hours away from school (this is not a rule that the school developed, but one we have to follow).

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL

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

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SYMPTOMS OF ILLNESS	*THE STUDENT MAY RETURN AFTER *The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses.
Fever: temperature of 100.4°F (38°C) or greater	*Fever-free for 24 hours without taking fever-reducing medicine.
New cough illness	* Symptoms improving for 24 hours (no cough or cough is well-controlled).
New difficulty breathing	* Symptoms improving for 24 hours (breathing comfortably). Urgent medical care may be needed.
Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	*Symptoms improving for 24 hours (no more than two bowel movements more than normal and no longer having accidents) OR with orders from doctor to school nurse.
Vomiting: one or more episode that is unexplained	*Symptom-free for 24 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. <i>Urgent</i> 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 sleepy, 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 after 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.
Health	DEPARTMEN

Medication

All prescription and over-the-counter (OTC) medication must be administered at the office by trained personnel.

Medication that you want your child to take during the school day has to be brought to the office in the original container (or we cannot take possession of the medication). Parents must complete the medicine administration form before trained personnel can dispense medication to a child. ALL OTC medications must be handled through the office (this includes cough drops). If you have any questions about medication administration and school, please contact our main office.

