



# Neah-Kah-Nie Middle School

May 2024

## From The Principal

Dear Neah-Kah-Nie Middle School Families,

As we step into the month of May, we're greeted with the warmth of spring (and rain) and the excitement of new opportunities for our students. This month's newsletter is dedicated to partnering with you to ensure our students thrive during the assessment season.

This past week, 8th grade students took the science test, and next week all students will take the English Language Arts assessment, followed by the next week all students will take the math assessment.

State testing is an integral part of our educational system, providing valuable insights into our students' academic progress and helping us identify areas where they may need additional support. While we understand that testing can sometimes cause stress for both students and parents, please know that we are committed to creating a supportive and encouraging environment for our students during this time.

As we prepare for these assessments, we want to emphasize the importance of support, encouragement, and collaboration between home and school. Here are a few ways families can provide assistance and encouragement:

- If at all possible, please schedule any appointments outside the school day.
- Encourage your student to get a good night's sleep.
- Celebrate achievements by acknowledging your student's hard work and perseverance.
- Emphasize the importance of effort and improvement rather than solely focusing on the outcome of the assessment.

This time of year is not only filled with state assessments. We have many fun activities to look forward to. You will find more information on that below.

Warm regards,

Lori Dilbeck  
NKN Middle School Principal

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### Important Dates To Remember!

**MAY 6** - Professional Development NO SCHOOL

**MAY 7 - MAY 10** - ELA SBAC Testing

**MAY 11** - Thorns Game FT - *8th grade only*

**MAY 13 - MAY 17** - Math SBAC Testing

**May 17** - DAY OF SERVICE

**MAY 22** - 5th Grade Family Orientation Night (5:00-6:00)

**MAY 27** - Memorial Day NO SCHOOL

**MAY 29** - 5th Grade visitation

**MAY 31** - Secret Garden Spring Dance (All Grades) 6:00pm - 8:00pm.

**Cost \$5.00 OR 15 Sand dollars** \ Food and drinks available \$.50 - \$2.00

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### Important Dates to Come.....

*Tentatively Forecasted for June*

**June 13** - Last day of school - early release

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### Cell Phones At School

We understand it's important that you have a way to reach your child, but just a reminder about cell phone usage at school.

- Students should not carry their phones or have them during class. They need to be turned off and kept in their locker during the school day (including breakfast and lunch).
- If a student needs to make a call, they are allowed to use the phone during morning break and lunch (and of course for an emergency situation).
- Students may use their phone and/or watch on the bus (to and from school), but upon arriving to school, phones and watches must be turned off.



Neah-Kah-Nie Middle School Presents...

*The 4th Annual*

**Summer**

*Enrichment Program*

Register Below

Neah-Kah-Nie Middle School Presents...

*The 4th Annual*

**Summer**

*Enrichment Program*

Neah-Kah-Nie Middle School is excited to offer a FREE 1 week summer enrichment program for our students entering grades 6-8. Students will have the opportunity to participate in a wide variety of activities including: art, athletics, nature exploration, team-building, field trips, and more. Transportation and lunch will be provided at no cost to participants.

**Dates:** Monday, August 19th - Friday August 23rd.  
**Times:** 8:00 AM - 2:00 PM

Register online using this [link](#) or contact the Middle School Office at 503-355-2990. Email [angied@nknssd.org](mailto:angied@nknssd.org) if you have any questions. Space is limited, so reserve your spot now.



La escuela intermedia Neah-Kah-Nie presenta...

*La cuarta edición anual*

**Summer**

*Programa de enriquecimiento*

La escuela intermedia Neah-Kah-Nie se complace en ofrecer un programa de enriquecimiento de verano GRATUITO de 1 semana para nuestros estudiantes que ingresan a los grados 6-8. Los estudiantes tendrán la oportunidad de participar en una amplia variedad de actividades que incluyen: arte, atletismo, exploración de la naturaleza, formación de equipos, excursiones y más. Se proporcionará transporte y almuerzo sin costo para los participantes.

**Fechas:** Lunes 19 de agosto - viernes 23 de agosto.  
**Veces:** 8:00 a. m. - 2:00 p. m.

Regístrese en línea usando [este enlace](#) o comuníquese con la oficina de la escuela al 503-355-2990. Correo electrónico [angied@nknssd.org](mailto:angied@nknssd.org) Si tienes alguna pregunta. El espacio es limitado, así que reserva tu lugar ahora.



English

# Middle School Summer Enrichment Registration

[Sign in to Google](#) to save your progress. [Learn more](#)

\* Indicates required question

Student's First & Last Name \*

Your answer

## Summer Robotics Camp

This is for **CURRENT 23/24 Middle School Students Only**





# Robotics SUMMER CAMP

Design, Build, Program



Afternoons  
July 8-19  
at NKN HS

Grades  
7-12



**For more information:**

Email [Kathrynh@nknhsd.org](mailto:Kathrynh@nknhsd.org)

## What is 4-H?

Head, Heart, Hands, and Health are the four Hs in 4-H, and they are the four values members work on through fun and engaging programs.

## 4-H Wild West Camp



# SUMMER CAMP

### July 16- 20th or August 13-17th

The 4-H Wild West Camp is a program of Oregon State University Extension Service and is open to all youth completing grades 4 - 8. This overnight camp is held at the Oregon 4-H Center and is designed to give youth hands-on outdoor experiences like hiking, canoeing, fishing, archery, swimming, natural science, digital photography, crafts and more. Campers are placed with trained high school age 4-H counselors and supervised by 4-H Youth Development staff. Youth participate in traditional campfire activities with songs, skits, s'mores and more.

**Register Today at [Oregon4Hcenter.org](http://Oregon4Hcenter.org)**

Cost: \$580 - Scholarships Available

**Tillamook County**  
Dakota.lager@oregonstate.edu  
503-842-3433

**Marion County**  
Melanie.McCabe@oregonstate.edu  
503-373-3767




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University**

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Accommodation requests related to a disability should be made 7 days before camp to Melanie McCabe, [melanie.mccabe@oregonstate.edu](mailto:melanie.mccabe@oregonstate.edu)

## Middle School Attendance Office

If you should need to contact us for attendance purposes, please email us at [msattendance@nknnsd.org](mailto:msattendance@nknnsd.org). Please include the following:

- Students First and Last name
- Reason for the absence
- Date or time they will return

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

We understand that students miss school due to illness, appointments or personal reasons, but we want to partner with you to make sure your student is as successful as possible. Students with strong attendance are more likely to succeed in school and in future employment. All absences impact student performance, and they miss out on valuable instructional time.



## Latino Family Night Success!!



**Lot's of food and celebration**



**Pinata Fun!**



**Karli running the cotton candy machine!**

## Middle School Track Schedule

### Neah-Kah-Nie Middle School

25111 Hwy. 101 North, Rockaway Beach, OR 97136  
(503) 355-2990 - Fax: (503) 355-8514



### 2024 Track

<u>Date</u>	<u>Location</u>	<u>Time</u>
4/12 Fri	Tillamook	3:30/4:00
4/16 Tues	Seaside	3:30/4:00
4/24 Wed	Warrenton	3:30/4:00
5/3 Fri	Jewell	3:30/4:00
5/11 Sat	ST Helens(Districts)	10:00 AM

- Field Events/3000m start at 3:30/ Running events @ 4:00
- Districts coaches meeting @ 9 AM



## May Breakfast / Lunch at NKN Middle School

MAY 2024 NEAH-KAH-NIE MIDDLE SCHOOL				
Monday	Tuesday	Wednesday	Thursday	Friday
 	 	Blueberry Muffin 1 Tater Tot Casserole Chef's Salad	Biscuit & Sausage 2 Tillamook Cheese Burger Deli Sandwich	Pancakes 3 Chicken Strips over Rice Deli Sandwich
Professional Development NO SCHOOL 6	Breakfast Sandwich 7 Chicken Quesadilla Deli Sandwich	Banana Bread 8 Wing Wednesday Buffalo & BBQ Deli Sub	Pancake on a Stick 9 Chicken Burger Tuna Sandwich	Strawberry Bagel 10 Meatball Sub Big Dipper Bento
Breakfast Bar 13 Cheesy Breadsticks & Marinara Deli Sandwich	Biscuits & Gravy 14 Taco Salad PB & J	Strawberry Smoothie 15 Chicken Alfredo Deli Sandwich	Breakfast Burrito 16 Hamburger Gravy & Mashed Potatoes Deli Sandwich	Oatmeal Rounds 17 Chicken Cheesy Broccoli Bake Cheese Quesadilla
Waffles 20 Corn Dogs Deli Sandwich	Breakfast Bagel 21 Taco Tuesday Chef's Salad	Breakfast Pizza 22 Spaghetti Deli Sub	Yogurt Parfait 23 Pulled Pork Sandwich Cobb Salad	Cinnamon Rolls 24 Fish & Chips Deli Sandwich
Memorial Day No School 27	French Toast 28 Burritos Deli Sandwich	Breakfast Bar 29 Orange Chicken & Rice Chef's Salad	Biscuit & Scrambled Eggs 30 Sloppy Joe & Tots Chicken Salad	Pancakes 31 Pepperoni Pizza Sticks Little Dipper Bento

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread and pasta items are whole wheat or whole grain. Gluten free options are available. Every day choices of 1% and fat-free milk are offered. Whole grain cereal is an option for breakfast. Menu items are subject to change if needed.



## NKN Local Wellness Program

### WHY DO WE HAVE A LOCAL WELLNESS PROGRAM?

Our Wellness Policy focuses on the whole student by assisting in the development and education of their physical, emotional, intellectual, social and nutritional health and wellbeing.



For more information visit the Neah-Kah-Nie Wellness webpage:

- Triennial assessment results
- NKN Local Wellness Board Policy
- Oregon requirements for Local School Wellness Policy
- Contact details

### WHAT HAS NKN BEEN DOING TO PROMOTE STUDENT WELLNESS?

- Daily Physical Activity
- FREE nutritious meals every day
- District School Nurse
- Full time counselors at all buildings
- Annual Health Fair
- Health and Wellness Center

## From the Nurse - Denise Weiss

### If You Have Medications On File At School - PLEASE READ!!

- All medication must be picked up by the last day of school.
- Any medications left in the office at the end of the school year will be discarded.



#### AT NEAH-KAH-NIE HIGH SCHOOL

##### HOURS:

<b>Tuesdays</b>	8:30 am - 12:00 pm / 1:00 - 4:30 pm (Closed for lunch 12:00 - 1:00 pm)
<b>Wednesdays</b> <small>Counseling appointments only</small>	8:30 am - 12:30 pm / 1:30 - 4:30 pm (Closed for lunch 12:30 - 1:30 pm)
<b>Thursdays</b>	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	Dental screenings
Sports physicals	Blood-pressure screenings
Care for illness and injury	Health education
Immunizations	Counseling
Routine lab tests	Wellness opportunities
Prescription medications	Referrals for other medical services (Dental, X-rays, MRIs, Specialty)
Age-appropriate reproductive health	
Vision screenings	

Learn more at: [NKNHealth.org](http://NKNHealth.org)

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



#### EN LA SECUNDARIA NEAH-KAH-NIE

##### HORARIOS:

<b>Martes</b>	8:30 am - 12:00 pm / 1:00 - 4:30 pm (Cerrado para almuerzo de 12:00 a 1:00 p. m.)
<b>Miércoles</b> <small>Citas de emergencia solamente</small>	8:30 am - 12:30 pm / 1:30 - 4:30 pm (Cerrado para almuerzo de 12:30 a 1:30 p. m.)
<b>Jueves</b>	8:30 am - 12:00 pm / 1:00 - 4:30 pm (Cerrado para almuerzo de 12:00 a 1:00 pm)

##### SERVICIOS DISPONIBLES:

El Centro de Salud y Bienestar para los estudiantes de NKN ofrece varios servicios médicos, inclusive:

Controles regulares	Estudios dentales
Exámenes físicos para deporte	Estudios de presión arterial
Atención de enfermedades y lesiones	Educación de salud
Vacunas	Asesoría
Análisis de laboratorio de rutina	Oportunidades de bienestar
Medicamentos de receta	Remisiones para otros servicios médicos (Dental, radiografías, resonancias magnéticas, especialidades)
Salud reproductiva adecuada a la edad	
Estudios de visión	

Conozca más en: [NKNHealth.org](http://NKNHealth.org)

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

## Calling All Wrestlers.....



**RAINIER COLUMBIANS**

**SATURDAY, AUGUST 10TH**

# **RAINIER WRESTLING CAMP**

**NASH SINGLETON**

**CLEVELAND BELTON**

**Nash Singleton**  
3 x 6A Oregon State Champ  
2 x Fargo all American  
4th at 2024 PAC 12 Championships

**Cleveland Belton**  
2 x California State Champ  
2023 PAC 12 Champ / 2024 2nd  
2 x NCAA Qualifier

**RAINIER HIGH SCHOOL WRESTLING ROOM**  
**28170 OLD RAINIER RD**  
**RAINIER, OR 97048**

- Session 1. Youth age kids, 1st-5th grade. 9am-12pm
- Session 2. 6th-12th grade 2pm-5pm
- USA wrestling card required. \$50 at the door.

**Questions? Contact Head Coach**  
**Matt Hendricks (503) 369-6374**

**RAINIER**

**CheckCore**



Marie Giani / LeeAnn McNutt