

The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

May 21, 2025

Let us know how we are doing, please complete the survey below!

[Click Here for the 2024/25 Family Feedback Survey](#)

Upcoming Dates: 📅

- 5/23/25: Deadline for seniors to be passing all required classes to walk at graduation.
- 5/26/25: Memorial Day, NO SCHOOL
- 5/27/25: Caps/Gowns Distribution, Chromebook return for graduates, HS/MS Music Concert
- 5/28/25: Yearbook Signing during Advisory in the upper gym
- 5/29-30: Track State Meet
- 5/29/25: Grade school hallway walk for graduates in the morning, begin checkout process in the afternoon
- 5/30/25: Senior Checkout and Graduation Practice (required to walk at graduation on the 31st)
- 5/31/25: Graduation @ 12pm in lower gym, Graduates must arrive by 11:00

[Link to the Daily Announcements](#)



NEAH-KAH-NIE Pirates

GRADUATION CEREMONY

MAY 31, 2025, 12 PM, IN THE LOWER GYM

SCHOOL MENU

MAY 2025 NEAH-KAH-NIE HIGH SCHOOL					A variety of deli sandwiches are Available daily as an option for Lunch!	
Monday	Tuesday	Wednesday	Thursday	Friday		
			1 Scr. Eggs & English Muffin	2 Breakfast Burrito		
			Tillamook Cheese Burgers	Pepperoni Calzones		
5 PROFESSIONAL DEVELOPMENT NO SCHOOL	6 Breakfast Pizza Bagels	7 Lemon Bread	8 French Toast	9 Blueberry Muffins		
	Chicken Tacos	Lasagna	Chicken Burgers	Chili & Soft Pretzels		
12 Pancakes	13 Breakfast Sandwich	14 Cinnamon Cr. Cheese Bagels	15 Yogurt & Grahams	16 Oatmeal Rounds		
Cheesy Breadsticks And Marinara	Burritos	Chicken Alfredo	Sloppy Joe's	Chicken Strips & Rice Pilaf		
19 Waffles	20 Sausage & Biscuits	21 Banana Bread	22 Pancake on a Stick	23 Breakfast Bar		
Corn Dogs	Chicken & Cheese Quesadillas	Mac & Cheese	Western Burger	Pizza Sticks		
26 MEMORIAL DAY NO SCHOOL	27 Breakfast Bagel	28 Biscuits & Gravy	29 Yogurt Parfaits	30 Cinnamon Rolls		
	Enchiladas	Orange Chicken Over Rice	Pulled Pork Sandwich	Breakfast For Lunch		

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. GF options are available.

Fat-free and 1% milks are offered daily. Whole grain cereals are an option at breakfast.

"This institute is an equal opportunity provider"

FLASH
GEAR
Sale

50% OFF

NOW UNTIL END OF SCHOOL YEAR

- Hoodies
- Crew Necks
- ¼ Zip
- Polos

\$15

\$8- T-Shirts

MAY HAVE LIMITED SIZES

See Amy in the office
Now accepting Credit/Debit Cards

Upcoming Events

NEAH-KAH-NIE
STUDENT COUNCIL

Car Wash

*Need your car washed? Get it done all
while supporting your NKN Pirates!*



**June 8th, 2025 | Noon to 3pm |
Sunday RTI Parking lot**

Student Life

The Senior Awards Assembly took place this week, and it was a wonderful celebration of student achievement. Congratulations to all the students who were honored and recognized! A heartfelt thank you to our community partners for their continued commitment to supporting and investing in the success of our students' futures.



El Mercado Latino

Our new dance group called 'Folklorico Los Loros' danced at our first (reinvented) annual El Mercado Latino today! Students presented information about different countries from Latin America and highlighted culture, food, and crafts from around the world.





Take a Breath Campaign

Tillamook Public Health Department provided games, resources and stories to engage students in tobacco free information during health class today. Several NKN Student Ambassadors have volunteered and are committed to this program's mission and success. When you see the blue sweatshirts on campus, ask us about the Take a Breath Campaign here at NKN HS.

The "Take a Breath" campaign aims to raise awareness, educate the public and encourage students to live a tobacco and vape free life.



It's a Perfect Score for Dillon Gardner- a 1600 on his SAT!



Student Council Announcement for 2025/26

Congratulations to our newly elected incoming freshman student council officers, Zelda Hooker- President, Carsyn Douma- Vice President, and Raya Weiss- Secretary!



Maximizing SEBT Benefits with Double Up Food Bucks

With the cost of groceries on the rise, it is more important than ever for families to make the most of their SNAP or Summer EBT benefits.

The [Double Up Food Bucks Program](#) allows families to double-up their savings on qualified purchases of fruits and vegetables, from participating locations. That means, if a family spends \$20 on fresh fruits and vegetables, families can receive another \$20 to spend on additional produce.

How it works:

1. Go to participating Farmers Markets or grocery stores
2. Shop for eligible foods with your SNAP or Summer EBT benefits
3. Get free fruits and vegetables! Double Up Food Bucks will match purchases dollar for dollar (Up to \$20 per day) to bring home more fresh fruits and veggies.

[Find a participating Farmers Market, Grocery Store, CSA or Farm Stand near you!](#)

Tillamook County schools are partnering with Rede Group and Tillamook County Health & Human Services to better understand how **tobacco and vaping prevention** is working in our schools. As a parent or caregiver, your input is important. This **short, anonymous survey** will help us assess how school tobacco policies are understood, enforced, and supported, as well as how they impact students' health and well-being.

Your voice will help shape healthier school environments. Thank you in advance for taking the quick survey.

English version: <https://www.surveymonkey.com/r/tillamookcaregiversurvey>

Spanish version: <https://www.surveymonkey.com/r/8TQTQRP>

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.

NKNHS's Current Attendance Rate: 90%

Health Room Information

YOUR voice MATTERS



Help us prevent
addiction in our
community



YOU GET:

- Your voice heard as the expert in your own life
- A \$50 gift card for your time
- To make an impact

HOW WOULD YOU STOP
ADDICTION? HOW CAN YOUR
COMMUNITY SUPPORT YOU?
SHARE YOUR IDEAS.



Scan the QR code or go to
bit.ly/yourvoicetillamook
to sign up!

The Tillamook Family Counseling Center's Prevention program is looking for high schoolers to share their thoughts and perspectives on substance use.

Spend 30-45 minutes anonymously sharing your honest thoughts on underage substance use, drug education, and how communities can support each other. Your answers will guide how we approach substance use prevention and education.

What to expect:

- A one-on-one interview (30-45 minutes) with a prevention staff member.
- Complete privacy. Your name will not be recorded or used in any way.
- No judgement, just real talk.

Questions or concerns? Email
sarahe@tfcc.org



Background: Youth Substance Use Prevention Interviews

The Prevention Program at Tillamook Family Counseling Center (TFCC) is launching a small, one-on-one interview project to better understand youth substance use in Tillamook County—directly from the voices of local youth. We aim to learn about their perceptions of substance use risk, peer norms, protective factors, and what prevention messages or strategies resonate most with them. We plan to interview 7–10 students from across the county. Participation is entirely voluntary and anonymous. Students can skip questions or stop the interview at any time. Each participant will receive a \$50 gift card in appreciation for their time.

Why is TFCC conducting this survey?

TFCC is the designated provider of substance use prevention education for Tillamook County, through funding from the state's Alcohol and Other Drug Prevention and Education Program (ADPEP). Prevention services are free to all of Tillamook County, and our goal is to ensure prevention efforts are relevant, engaging, and responsive to local youth needs. These interviews will guide us in tailoring content that truly connects with students.

How will the information collected be used?

Interviews will be transcribed and analyzed for common themes—such as confusion around certain substances or gaps in prevention messaging. No names or identifying details will be collected. Findings will shape future prevention programming and education materials.

Who will the results be shared with?

Results will be used in TFCC's planning and reporting to the Oregon Health Authority. We also welcome the opportunity to share key findings with participating schools and districts.

What is asked of the schools/districts?

We're asking for help identifying students who may be interested and ensuring any necessary permissions (e.g., parental consent) are secured. We are happy to coordinate with your team to make the process smooth and aligned with your protocols.

Help is Available!

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

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



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.

Community Events and Information:

Coming Soon!! TAPA's Starlite Academy Theater Camp

The Tillamook Association for the Performing Arts (TAPA) is happy to announce its summer theater camp for students aged 10-17 (age 9 if student completed fourth grade in the 2024-25 school year). Starlite Academy takes place this year the week of June 23 through 27 from 9:00am to 3:00pm, with two performances on Sunday June 29. There are spots for 25 students. Students may choose to participate as cast members or crew.

Directed by Ann Harper, a former classroom teacher, current TAPA member, actor, and director, Starlite Academy will teach students various aspects of theater while preparing for Sunday's performances. Other TAPA volunteers will offer education and support, and lunches will be provided free of charge by the Grub Club organization.

The cost is \$25 per student and registration is open until June 8. Parents or guardians may fill out the registration form for each child online on TAPA's website (tillamooktheater.com), on TAPA's Facebook page or scan the QR code provided. If more than 25 students request admission, names will be randomly drawn to fill the available slots. Parents/guardians will be notified by June 11 to let them know if their child/ren were chosen to participate.

Parents and student participants are expected to attend an organizational meeting on June 18 at 6:00PM at the Barn Community Playhouse at 12th and Ivy in Tillamook. The camp and performances will also be at the Barn.

Performances will be held Sunday June 29 at 2:00 pm and 4:30 pm. Tickets for this production will be available at the door only, for \$5 per person. Bring the whole family for some fun kid-friendly entertainment.





MIGRATORY BIRD DAY CELEBRATION

at Alder Creek Farm



MAY 25 10AM - 1PM @ ACF
Underhill Ln, Nehalem
OR, 97131

Guided Bird Walks @ 10a.m. & 11:30a.m. | 'Big Sit'
Birding Station | Interpretive Tables | Kids Activities
Local Conservation Partners

www.nehalemtrust.org/birds



Neah-Kah Nie High School

<https://nknsd.org/neah-kah-nie-high-school/>