



Neah-Kah-Nie Middle School - October 2024

From The Principal

Dear Parents and Guardians,

Happy October! We hope your family is enjoying the beautiful fall season. As we enter the second month of the school year, here are a few important updates and reminders:

1. Attendance Matters

Regular attendance is key to student success. Please continue to ensure your child is attending school on time each day unless they are sick. Every day counts! More information below!

2. Parent-Teacher Conferences

Parent-Teacher Conferences will be held on October 24–25. This is a valuable opportunity to discuss your child's progress and work together to support their academic and personal growth. **Letters went home with your student either last Friday, or today, allowing families to choose their top three choices for times and dates for their conference. Please return completed forms to school asap.**

3. Health & Safety

As we head into flu season, please remind your children about good hygiene practices, such as washing hands frequently and covering coughs and sneezes. If your child is feeling unwell, please reference the symptom protocol tracker below.

4. Progress Reports

Our first progress report will end on October 11. Typically, we mail these reports to all families, however for this first progress report, teachers will share with families during our Student Led Conferences on October 24-25.

Thank you for your ongoing support and involvement. We are grateful for your partnership and excited for all that this month holds!

Warm regards,

Lori Dilbeck
NKN Middle School Principal

ATTENDANCE MATTERS!

Neah-Kah-Nie Middle School believes that regular attendance is essential for a student's success in school. Attendance is an area we are focusing on in order to improve student achievement and ensure all students at the middle school have the opportunity to maximize their potential.

It is our hope to partner with you to make sure all students are as successful as possible. This year, every student in the middle school will have an attendance goal. The goal will be to be a regular attender, which means students will try their best to miss no more than 17 school days all year.

Research shows that consistent attendance helps students stay engaged, build good habits, and achieve better grades. When students miss school frequently, they miss out on critical learning experiences and may find it challenging to keep up with their peers.

Please help ensure your child attends school every day, unless they are ill or have another excused absence. If your child will be absent, kindly inform the school office as soon as possible.

Thank you for your partnership and commitment to your child's education. Together, we can support their growth and help them rise to their full potential!

Important Dates To Remember!

OCT 24-25 - SLC's (Progress Period) *NO SCHOOL*
OCT 28 - Nov 1 - Spirit Week! See themes below.



Important Dates to Come.....

Tentatively Scheduled:

Nov 11 - Veterans Day - No School

Nov 15 - Middle School Dance; theme "Under The Sea" - 6:00pm - 8:00pm

Nov 26 - Grade Day End of Tri 1 - No School

Nov 27-29 - Thanksgiving Break - No School

SPIRIT WEEK!



Spirit Week will be Oct 28 - Nov 1

Monday 28th- Pajama Day

Tuesday 29th- Duo/trio Day

Wednesday 30th- Anything but a Backpack day

Thursday 31st - HALLOWEEN

Friday 1st - Celebrity Day

ParentVUE

Registration Access, Grade Access, Attendance, Class Schedule and more!

ParentVUE is a web portal that allows parents to access real-time information related to their student's education progress. Parents can view their student's attendance, grades, assignments, and more. If you are a new user, contact the Middle School for your activation code and get signed in!

Click Here To Enroll, Register or Update Information Today!

After School Clubs

Robotics -

Any 7th and 8th graders interested in signing up for robotics should contact Librarian Kathryn Harmon today (kathrynh@nknsd.org) The new season kicks off Saturday September 7th - and our

first meeting of the year will be Monday, September 9th after school. Please contact Kathryn Harmon directly link to register.

Chess Club -

Do you want to give yourself the advantages of chess: critical thinking, patience, and self-confidence? We will be meeting on Wednesdays from 4-6pm in the Middle School Library. Each meeting will consist of a short lesson followed by playing chess with other students in the club. First meeting is Wednesday, September 11th. This chess club is open to High School and Middle School students. Register here: <https://forms.gle/GZkBRc6BZA7UGc6E9>
Questions? Contact Coach James at jamesj@nknsd.org

DND Club - Dungeons and Dragons is an after school activity where students can come together to have epic adventures. The core of D&D is storytelling. You and your friends tell a story together, guiding your heroes through quests for treasure, battle with deadly foes, daring rescues, courtly intrigue and much more. If your student would like to join D&D please reach out to Katie Green at kathryng@nknsd.org. There is limited space and permission form is required.

Art Club - coming soon (2nd Trimester)

**More clubs will be happening in the near future.
We will post this information via FB, Newsletter and Email.**

What's For Lunch?

OCTOBER 2024

NEAH-KAH-NIE HIGH SCHOOL

A variety of sandwiches are Available daily as an option for lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	Egg & Cheese Bagel 1 Tacos	Blueberry Muffin 2 Spaghetti	Sausage & Biscuit 3 Chicken Burger	Oatmeal Rounds 4 Fish & Chips
Pancakes 7 Cheesy Breadsticks With Marinara	Breakfast Sandwich 8 Chicken Quesadilla	Banana Bread 9 Mac & Cheese	Breakfast Burrito 10 Teriyaki Chicken & Rice	Cinnamon Rolls 11 Chicken Strips and Fries
Waffles 14 Corn Dog	Yogurt & Grahams 15 Enchiladas	Breakfast Bar 16 WING WEDNESDAY	Pancake on a Stick 17 Sloppy Joe's	Blueberry Muffin 18 Meatball Sub
French Toast 21 Chicken Potato Bowl	Breakfast Bagel 22 Nachos	Sausage & Biscuit 23 Chicken Alfredo	PARENT/TEACHER CONFERENCES 24 NO SCHOOL	PARENT/TEACHER CONFERENCES 25 NO SCHOOL
Pancakes 28 Hot Dog & Baked Beans	Breakfast Bar 29 Burritos	Smoothies 30 Orange Chicken Over Rice	Scrambled Eggs & Biscuit 31 CANDY CORN PIZZA	



A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread items are whole wheat or whole grain. Gluten free options are available. Fat-free and 1% milks are offered daily. Whole grain cereals are an option at breakfast. Menu items are subject to change.

"This institute is an equal opportunity provider"

Do You Have Fred Meyer Rewards?

Want to support Neah-Kah-Nie Middle School's parent group? It's easy! Connect your Fred Meyer Community Rewards account to Neah-Kah-Nie School District #56, and Fred Meyer will donate a portion of your purchases to help our school. Thank you for your support!



How to enroll:

1. Create a digital account.

A digital account is needed to participate in Fred Meyer Community Rewards. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.

2. Link your Card to an organization.

Selecting the organization that you wish to support is as simple as updating the Fred Meyer Community Rewards selection on your digital account.

1. Sign in to your digital account.
2. Search for Neah-Kah-Nie School District #56.
3. Select the appropriate organization from the list and click "Save".

Your selected organization will also display in the Fred Meyer Community Rewards section of your account. If you need to review or revisit your organization, you can always do so under your Account details.

3. Your organization earns.

Any transactions moving forward using the Shopper's Card number associated with your digital account will be applied to the program, at no added cost to you. Fred Meyer donates annually to participating organizations based on your percentage of spending as it relates to the total spending associated with all participating Fred Meyer Community Rewards organizations.

Immunizations for School

Shots are required by law for children who attend public schools, private schools, preschools, childcare facilities, and Head Start programs in Oregon. Nearly every place that provides care for a child outside the home requires shots or an exemption to stay enrolled ([more info](#)).

[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?

Most people are busy and have trouble remembering a shot from years back. Keeping a shot record of immunizations ensures that children will not miss any immunizations. 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.

If your student is due for an immunization, you will receive a letter in the mail stating what vaccine is due. Oregon Exclusion date for all students is **Feb 19th 2025**.

Family Resource Coordinator - Jen Hopkins



Friday Food Bags

September 13th will be the first Friday for Food bag pickup. If any student or parent feels they would benefit from a food bag, please reach out to Jen Hopkins; Family Resource Coordinator at hopkinsj@nknsd.org

Current Staff at NKN Middle School

Atwood, Ashley; School Counselor

atwooda@nknsd.org

Bayouth, Fred; Science 6th and exploratory

fredb@nknsd.org

Bitts, Ruben; Math 6th & 7th and exploratory

rubenb@nknsd.org

Clifton, Salena; Language Arts 6th

salenac@nknsd.org

Crook, Will; Social Studies 7th & 8th

willc@nknsd.org

Curtis, Tyler; Language Arts 6th

tylerc@nknsd.org

Dilbeck, Lori; Principal

orid@nknsd.org

Dills, Stacey; Special Education

staceyd@nknsd.org

Douma, Angie; Reading Specialist

angied@nknsd.org

Giani, Marie; Head Secretary

marieg@nknsd.org

Green, Katie; Math 7th & 8th and TAG

kathryng@nknsd.org

Harmon, Kathryn; Librarian and Exploratory

kathrynh@nknsd.org

Hopkins, Jenn; Family Resource Coordinator

hopkinsj@nknsd.org

McNutt, LeeAnn; Assistant Secretary

leeannm@nknsd.org

Reed, Joe; PE 6th & 7th and Exploratory

joseph@nknsd.org

Rocca, Jay; Science 7th & 8th

jayr@nknsd.org

Simpson, Michael; Choir 7th & 8th

micahels@nknsd.org

Wiley, Kelly; PE 8th - kwiley@nknsd.org

Winder, Taylor; Special Education

taylorw@nknsd.org

Zaugg, Russell; Band 7th & 8th, Choir 6th

russellz@nknsd.org

Middle School Attendance Office

If you should need to contact us for attendance purposes, please 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!



We understand that students miss school due to illness, appointments or for a pre-arranged absence, 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 a student's performance and they miss out on valuable instructional time. Emailing or calling the office to let us know they won't be here is a start to keeping them on track!

CELL PHONE POLICY AT NKN MIDDLE SCHOOL

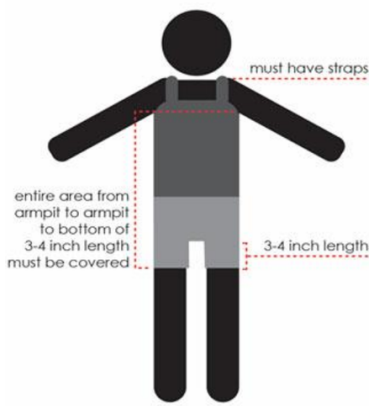
We understand it's important that you have a way to reach your child, but just a reminder about cell phone usage at school.

- 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 phone call, they are allowed to use the office 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.
- Please encourage your student to leave their phones turned off during their school day.
- If you need to reach your student for an urgent matter, please call the office and we would be happy to get a message to them.
- Students who do not follow the cell phone policy will have to check their phone into the office each morning upon arriving to school.



Dress Code and Grooming

The district's dress code is established to promote appropriate grooming and hygiene, prevent disruption, and avoid safety hazards. Students are expected to dress appropriately and modestly for school and all school sponsored activities and events. The daily clothing/attire should be



conducive toward an educational environment and should not be disruptive of school operations and the educational process.

1. Clothing or other adornments which promote weapons/violence/alcohol/tobacco/drugs, or have offensive/profane pictures or sayings are not permitted.
2. Clothing must cover the back and the front of the student, exposed undergarments are not acceptable.
3. Clothing should promote modesty and safety while students are engaged in physical activity.

engaged in physical activity.

4. Clothing must cover the back and the front of the student. Exposed undergarments are not acceptable.

FALL ATHLETICS

FALL SPORT GAME SCHEDULES

Neah-Kah-Nie Middle School
2024 Hwy. 101 North, Rockway Beach, OR 97139
(503) 355-3500 • Fax (503) 355-8514



2024 Football

Date	Location	Time
9/14 Sat	Jardine @ Astoria	10:00
9/27 Fri	NKN vs Veronia	4:15
10/4 Fri	NKN vs Jewell	4:15
10/8 Tues	@ Rainier	4:00
10/15 Tues	@ Jewell	4:00
10/22 Tues	@ Clatskanie	4:00
10/29 Tues	@ Kaappa	4:00

Football Schedule

Neah-Kah-Nie Middle School
2024 Hwy. 101 North, Rockway Beach, OR 97139
(503) 355-3500 • Fax (503) 355-8514



2024 Volleyball

Date	Location	Time
9/18 Wed	NKN vs Clatskanie	4:00
9/23 Mon	NKN vs Jewell (7th Only)	4:00
9/25 Wed	@ Rainier	4:00
9/30 Mon	NKN vs Warrenton	4:00
10/2 Wed	@ Veronia	4:00
10/7 Mon	@ Kaappa	4:00
10/9 Wed	NKN vs Veronia	4:00
10/14 Mon	@ Jewell (7th Only)	4:00
10/16 Wed	@ Warrenton	4:00
10/19 Sat	St. Helen (away)	9:00

*9th grade games will start 15 minutes after 7th grade.

Volleyball Schedule

Neah-Kah-Nie Middle School
2024 Hwy. 101 North, Rockway Beach, OR 97139
(503) 355-3500 • Fax (503) 355-8514



2024 Cross Country

Date	Location	Time
9/21 Sat	Alderbrook Golf Course	9:00 AM
9/26 Thurs	Delphin School	
10/3 Thurs	Dwaco High School	3:40
10/10 Thurs	Anderson Park, Veronia	3:30
10/17 Thurs	Jewell School	
10/23 Tues	Alderbrook Golf Course	

Cross Country Schedule

Planning to Play Sports?

Get your sports physicals NOW for Winter 24/25 sports!

You can schedule a sports physical with your regular medical provider or call the NKN Health Center at 503-355-3500 to get your sports physical before the first day of school!

Download the forms at NKNHealth.org (Sports Physical Form, Consent Form, Release of Information Form, and HIPAA Forms). These are all required. If you're a new patient to the NKN Health Center, you would also need to complete the New Patient Forms

GET YOUR SPORTS PHYSICAL NOW FOR THE FALL 2024 SEASON

- ✓ You can schedule a sports physical with your regular medical provider
- ✓ Or call the NKN Health Center at 503-355-3500 to get your sports physical before June 7th! Download the forms at NKNHealth.org (The NKN School Sports Physical Form, Consent Form, Release of Information Form, and HIPAA Forms are required. If you have never been seen before you also would need the New Patient Forms.)
- ✓ Student athletes in middle school and high school athletics must have an up to date sports physical completed every 2 years to play!



each school year.

Student athletes in Middle School and High School must have an up to date sports physical completed every 2 years in order to participate in practices and games.

From the Nurse - Denise Weiss

Upcoming..... Student Health Survey

Dear Parent/Guardian:

Our school is participating in the Student Health Survey (SHS), a survey sponsored by the Oregon Health Authority Public Health Division and the Oregon Department of Education. The survey asks about health risk behaviors of students in grades 6, 8 and 11. The survey will be conducted online in the classroom and includes questions about student health and safety, mental and behavioral health, school climate and culture, and risk and protective factors.

Taking the Student Health Survey poses minimal risk to your child, who may feel embarrassed or uncomfortable answering some of the questions. Survey procedures have been designed to protect your child's privacy and allow for anonymous participation. If your child is not comfortable answering a question, he or she can leave it blank. While We encourage all students to participate, the decision to participate is voluntary. You may opt to send a refusal for your child's participation. Your child will have the chance to refuse at the time of the survey. There will be no action against you or your child if you or your child does not participate. Student Health Survey, Notification Letter and Opt out form will be sent via email next week.

Click here if you would like to preview the questions on the student survey

<https://www.oregon.gov/oha/ph/birthdeathcertificates/surveys/pages/student-health-survey.aspx>

Sick? Stay Home OR Come to School?

We follow a symptom protocol chart developed by the Oregon Health Department. Nobody likes getting sick, but if your student is ill and you're not sure they should be at school, please refer to the chart here and keep the school updated of their attendance.

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.	
SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER...
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. Urgent 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.



IF YOU STUDENT NEEDS MEDICATION AT SCHOOL - PLEASE READ!!

- A permission form must be submitted to the office for medication administration
- This means: All medication must be checked in at the office with a signed authorization from a parent or physician depending on the medication.
- This applies TO ALL MEDICATION EVEN TUMS OR ASPRIN.
- Please call the office if you have questions
 - See attached authorization forms - you can bring signed to registration.

NEAR-KAN-NIE SCHOOL DISTRICT
 AUTHORIZATION FOR MEDICATION ADMINISTRATION

Student Name: _____ Date: _____
 Student ID: _____

Parent/Guardian Name: _____ Signature: _____
 Phone: _____

Teacher Name: _____

ALL MEDICATION MUST BE IN ITS ORIGINAL CONTAINER WITH AN ACCURATE LABEL.

Medication Name: _____
 Dose: _____
 Frequency: _____
 Start Date: _____
 Stop Date: _____

Teacher Signature: _____ Date: _____



NEAR-KAN-NIE SCHOOL DISTRICT
 SELF-MEDICATION AGREEMENT

I, the undersigned, hereby authorize the school nurse to administer the following medication to my child, _____, who is currently attending school at _____.

Medication Name: _____
 Dose: _____
 Frequency: _____
 Start Date: _____
 Stop Date: _____

Parent/Guardian Signature: _____ Date: _____

Teacher Signature: _____ Date: _____

Authorization for Medication Administration

Self-Medication Agreement - Doctor's signature required

AT NEAR-KAN-NIE HIGH SCHOOL

HOURS:

Tuesdays 8:30 am - 12:00 pm / 1:00 - 4:00 pm
 Wednesdays 8:30 am - 12:00 pm / 1:00 - 4:00 pm
 Thursdays 8:30 am - 12:00 pm / 1:00 - 4:00 pm

SERVICES AVAILABLE:

NKN Student Health & Wellness Center offers various health services, including:

- Health screenings
- First aid
- Band-aid application
- First aid supplies
- Immunizations
- Prescription refills
- First aid supplies
- First aid supplies

Learn more at: NKNHealth.org



EN LA SECUNDARIA NEAR-KAN-NIE

HORARIOS:

Miércoles 8:30 am - 12:00 pm / 1:00 - 4:00 pm
 Jueves 8:30 am - 12:00 pm / 1:00 - 4:00 pm

SERVICIOS DISPONIBLES:

NKN Student Health & Wellness Center ofrece varios servicios de salud, incluyendo:

- Exámenes de salud
- Aplicación de vendajes
- Aplicación de vendajes
- Aplicación de vendajes
- Aplicación de vendajes
- Aplicación de vendajes
- Aplicación de vendajes
- Aplicación de vendajes

Conoce más en: NKNHealth.org

New Hours for NKN Health and Wellness

Nuevo horario para NKN Health and Wellness



Marie Giani - Head Secretary

