

Pirate Newsletter

June 24 ~ Edition 23-24~ Vol.11

NEAH-KAH-NIE

Pirates



A Note from the Principal

May 28, 2024

Dear Students, Staff and Family Members;

We have just 3 weeks of school left this school year!

We have had an entertaining and successful Spring Sports and activities season with many success stories for our Pirates: The Pirate Speech and debate team argued their way to a 3rd Place finish at the 4A/3A/2A/1A State Competition! Not to be outdone, the Pirate Band performed in the State Band Competition and brought home a 3rd Place Trophy as well! The track and field program had 2 athletes win their events at the district meet, as well as sent 10 athletes to the State Track and Field Championships, with 4 athletes placing in the state competition. Clayton Dante finished 2nd in the district golf tournament, and finished 11th at the state tournament. FBLA featured a 3rd place finisher in the state competition, which qualified her to compete in Nationals over the summer. Baseball and Softball finished their rainy seasons, where baseball had 2 athletes earn all league honors, and softball having 3 athletes earn all league honors. FNRL completed their season and the state event, with a 5th place finish in the state competition. Capping off the spring, the Pirate Players produced their performance of "Radium Girls". With Spring events over, summer workouts, practices, and camps are about to begin. Make sure you have contacted your coaches for summer calendars and information!

We would like to welcome Jaime Simpson and Latasha Biby to the NKN Staff- Jaime will be our new Gear Up coordinator in charge of college and career exploration and post high school planning, Tasha will be supporting students in our learning center.

The trimester 3, 9 week progress reports will be sent out this week. This is a very important time of year since academics could impact eligibility for athletics and extracurricular activities for next year. For Seniors, this is it! Senior Awards Night is May 28th at 7:00 p.m., June 4th we are having a Graduate parade at both elementary schools (about 10 a.m.), and the big day, Graduation is Friday, June 7th at 7 p.m.- Congratulations to our soon to be Graduates of the Class of 2024!

The last day of school for students is Thursday, June 13th. Students will be released at 1:00 p.m. On the last partial day, there will be a special shortened schedule that will feature time for students to check out of class and two longer sessions where students can choose fun activities. Yearbooks will be available for students that purchased them to look and have their friends sign. It is not too late to purchase a yearbook. If you would still like to, please visit:

store.shopyearbook.com/NKN

After a short break in June, we are offering summer school for any student in Grade 8 going into HS next year-11th grade, free of charge, staffed by highly qualified teachers. Transportation and snacks will be provided. The highlighted options will be in person at the high school M-F July 8-19 from 9-Noon, bus transportation will be provided as will snacks.

The other offerings are optional/ by invitation and will be held at different times, you will need to provide your own transportation to these/ make special arrangements with the teacher.

__Altius Experience with James Billstine + Camp (July 22-26)

__FNRL Camp with Mr. A (August 5-9)

__Language Arts Credit Recovery with Jenna Betts

__Credit Recovery with Esther Troyer + credit recovery available with special scheduling

__Credit Recovery with Shelby Dallas + credit recovery available with special scheduling+ credit recovery available with special scheduling

__Speech and Debate with Shelby Dallas

__Robotics Camp with Kathryn Harmon (July 8-19 noon-4)

__Pickleball (PE credit) with Alejandro Quintana (Tuesdays 4-6 p.m. July-August)

Finally, if you or someone you know is looking for a great job with the NKN school district, we have many openings available and are seeking great substitutes! Please go to www.nknsd.org to find out more.

Go Pirates!

Sincerely,

Dr. Heidi Buckmaster, Principal

503-355-3551(direct line)

503-355-2272 (main office)

heidib@nknsd.org (email)

Ryan Keefauver, Assistant Principal and Athletic Director

503-355-3556 (direct line)

ryankee@nknsd.org (email)

Una Nota de la Directora

28 de mayo de 2024

Estimados estudiantes, personal y familiares;

¡Solo nos quedan 3 semanas de clases este año escolar!

Hemos tenido una entretenida y exitosa temporada de actividades y deportes de primavera con muchas historias de éxito para nuestros Piratas: ¡El equipo de discursos y debates de los Piratas se abrió camino hasta el tercer lugar en la Competencia Estatal 4A/3A/2A/1A! Para no quedarse atrás, la Banda Pirata actuó en la Competencia de Bandas Estatales y también se llevó a casa un Trofeo por el 3er Lugar. El programa de atletismo hizo que 2 atletas ganaran sus eventos en la competencia del distrito, y también envió a 10 atletas al Campeonato Estatal de Atletismo, con 4 atletas clasificados en la competencia estatal. Clayton Dante terminó segundo en el torneo de golf del distrito y 11º en el torneo estatal. La FBLA contó con un tercer lugar en la competencia estatal, lo que la calificó para competir en los Nacionales durante el verano. El béisbol y el sóftbol terminaron sus temporadas de lluvias, donde 2 atletas del béisbol obtuvieron todos los honores de la liga y 3 atletas del softbol obtuvieron todos los honores de la liga. FNRL completó su temporada y el evento estatal, con un quinto lugar en la competencia estatal. Para cerrar la primavera, los Pirate Players produjeron su actuación de "Radium Girls". Una vez terminados los eventos de primavera, los entrenamientos, prácticas y campamentos de verano están a punto de comenzar. ¡Asegúrate de haber contactado a tus entrenadores para obtener información y calendarios de verano!

Nos gustaría darle la bienvenida a Jaime Simpson y Latasha Biby al personal de NKN. Jaime será nuestro nuevo coordinador de Gear Up a cargo de la exploración universitaria y profesional y la

planificación posterior a la escuela secundaria. Tasha apoyará a los estudiantes en nuestro centro de aprendizaje.

Los informes de progreso de las 9 semanas del tercer trimestre se enviarán esta semana. Esta es una época muy importante del año ya que lo académico podría afectar la elegibilidad para deportes y actividades extracurriculares para el próximo año. ¡Para las personas mayores, esto es todo! La noche de premios para estudiantes de último año es el 28 de mayo a las 7:00 p. m., el 4 de junio tendremos un desfile de graduados en ambas escuelas primarias (alrededor de las 10 a. m.) y el gran día, la graduación, es el viernes 7 de junio a las 7 p. m. - Felicitaciones a nuestros pronto ¡Sean graduados de la promoción de 2024!

El último día de clases para los estudiantes es el jueves 13 de junio. Los estudiantes saldrán a la 1:00 p.m. En el último día parcial, habrá un horario especial reducido que contará con tiempo para que los estudiantes salgan de clase y dos sesiones más largas donde los estudiantes podrán elegir actividades divertidas. Los anuarios estarán disponibles para que los estudiantes que los compraron puedan verlos y pedirles a sus amigos que los firmen. No es demasiado tarde para comprar un anuario. Si aún desea hacerlo, visite: store.shopyearbook.com/NKN

Después de un breve receso en junio, ofrecemos escuela de verano para cualquier estudiante de 8.º grado que ingrese a HS el próximo año hasta 11.º grado, de forma gratuita y con profesores altamente calificados. Se proporcionará transporte y refrigerios. Las opciones destacadas serán en persona en la escuela secundaria de lunes a viernes del 8 al 19 de julio de 9 al mediodía, se proporcionará transporte en autobús y refrigerios.

Las otras ofertas son opcionales/por invitación y se llevarán a cabo en diferentes horarios, deberá proporcionar su propio transporte para estas/hacer arreglos especiales con el maestro.

__Experiencia Altius con James Billstine + Campamento (22-26 de julio)

__Campamento FNRL con el Sr. A (5-9 de agosto)

__Recuperación de créditos en artes del lenguaje con Jenna Betts

__Recuperación de crédito con Esther Troyer + recuperación de crédito disponible con programación especial

__Recuperación de crédito con Shelby Dallas+ recuperación de crédito disponible con programación especial

__Discurso y debate con Shelby Dallas

__Campamento de robótica con Kathryn Harmon (8-19 de julio, mediodía-4)

__Acondicionamiento de verano (crédito de educación física) con Alejandro Quintana (miércoles de 4 a 6 p. m. de julio a agosto)

__Pickleball (crédito de educación física) con Alejandro Quintana (martes 4-6 p.m. julio-agosto)

Finalmente, si usted o alguien que conoce está buscando un excelente trabajo en el distrito escolar de NKN, ¡tenemos muchas vacantes disponibles y estamos buscando excelentes sustitutos! Vaya a www.nknsd.org para obtener más información.

¡Vamos piratas!

Atentamente,

Dra. Heidi Buckmaster, directora

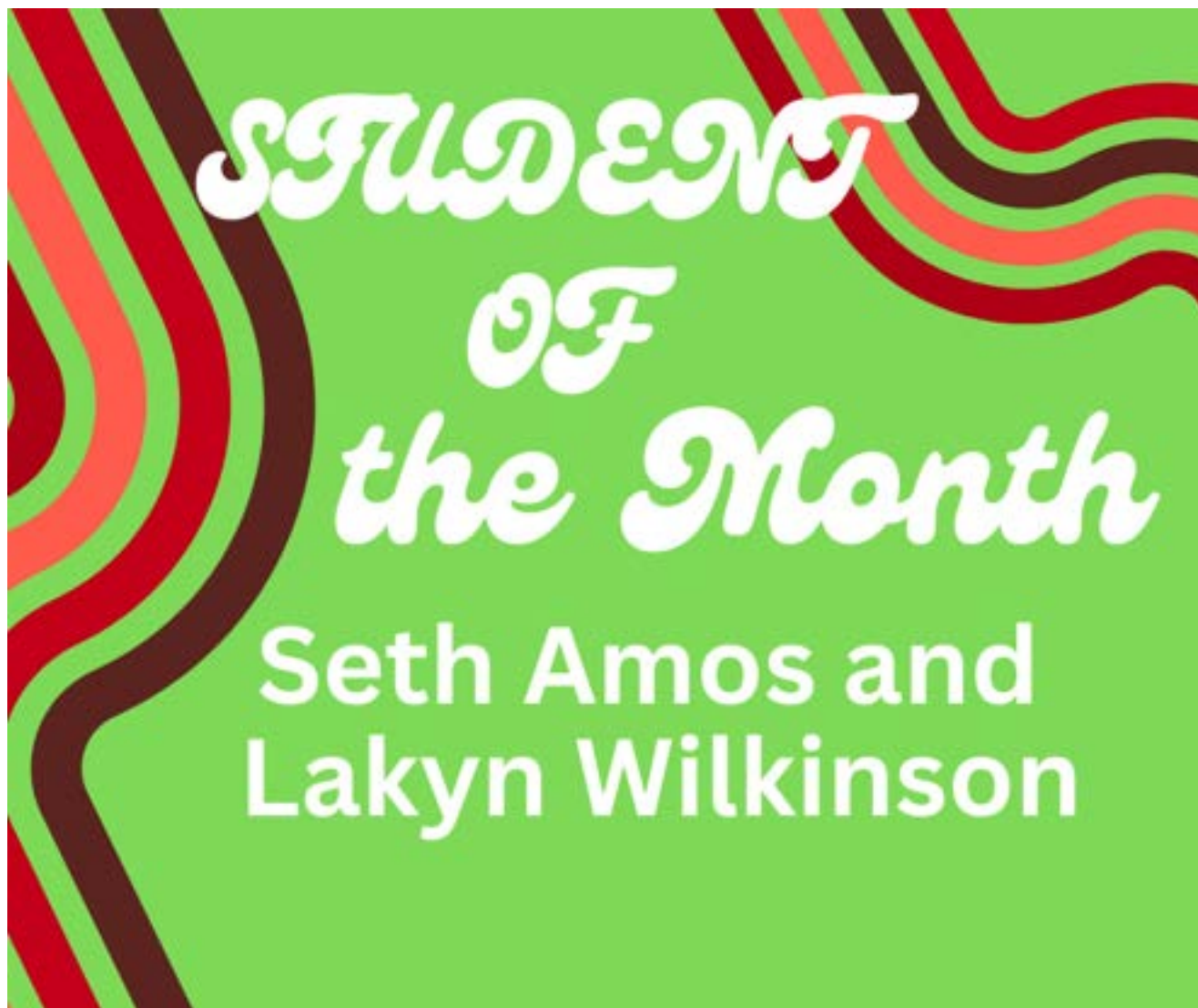
503-355-2272 (oficina principal)

heidib@nknsd.org (correo electrónico)

Ryan Keefauver, subdirector y director deportivo

503-355-3556 (línea directa)

ryankee@nknsd.org (correo electrónico)



Way to Go!!

Band Places 3rd at Sate

On May 9th, the high school band competed in OSAA's 3A band finals. They took third place. The students have worked hard for this. Please offer them your congratulations!



Pirate Players Success

The Pirate Players would like to thank everyone who supported their efforts to produce the play "Radium Girls." The production would not have been as successful as it was without the many folks who donated their time and talents, and the audience that showed up to the performances. Thank you for helping to bring this story to life, we hope you'll join us next year for another play!



National Honor Society Happenings



For the month of May, students in the National Honor Society volunteered for the Nehalem Bay Garden Club Annual Plant sale on Mother's Day weekend for two days. Additionally, NHS students also volunteered for the Migratory Bird Day Celebration at Alder Creek Farm on May 26th from 10 - 2 PM. For the month of June, NHS members will be helping with graduation setup at Neah-Kah-Nie High School.



Chromebooks

Chromebook Check In

Seniors: We will be collecting your Chromebooks on June 4th. We will check it for any damage at this time, then deactivate it from our NKN domain, and **you will be given it back to keep at graduation practice.** Congratulations on graduating.

Students 9th-11th: We will begin Chromebook and charger collection on Tuesday, June 11th and Wednesday, June 12th. At this time, we will check it for damage, then place your name on it for next year, and hold it for you until the fall. Please don't forget to bring your charger and Chromebook with you on these dates. If you will not be at school during these days, please see Amy in the office to turn in your Chromebook and charger. Thank you.



Senior News

Pirates

JUNE 4TH

Caps and Gowns distributed in the office.

Chromebooks collected

Senior Parades at Nehalem,
Garibaldi Grade School and KNK Middle
School

JUNE 5TH

Check out process begins during
afternoon classes

Baccalaureate
North Coast Christian Church
309 3rd Street
Garibaldi, OR
7:00 PM

Please wear your cap and gown

JUNE 6TH

Seniors check out of morning classes

Graduation Rehearsal at 2:00 PM
This is a Mandatory Event

JUNE 7TH

Graduation
7:00 PM

Doors will open at 6:00 PM



Senior Safe

VAM Senior Safe 2024 Quilt Raffle

One ticket for \$10 or 3 for \$25
Tickets can be purchased through Venmo
or by cash/check to Amy at the HS office.
If paying by Venmo please note
"Quilt Raffle"



Drawing will be done on June 3rd

GEAR UP

Last Field Trip of the Year!

CAREERS IN SPORTS WITH THE THORNS! SATURDAY, JUNE 8TH

3:30 LEAVE NKN

6:00 THORNS STAFF Q&A

WANT TO WORK FOR A PRO SPORTS TEAM? ASK THORNS' STAFF ABOUT THEIR ROLES & CAREER PATH & HOW YOU COULD DO THE SAME!

7:00 THORNS MATCH!

CHEER ON THE THORNS FROM NKN'S OWN INDOOR/OUTDOOR SEATING AREA!

ALL STUDENTS RECEIVE **FREE** ENTRY TO THE MATCH + **\$20** FOR FOOD!
(MAX **45** STUDENTS)

Neah-Kah-Nie Choir Showcase



Songs of the Stage and Screen
June 1st at 6pm

Neah-Kah-Nie Highschool
Upper Gym
24705 US 101, Rockaway Beach

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!



Insurance for Athletes

All students who participate in school athletics must have insurance coverage. If you do not carry insurance, you may purchase school insurance to cover your athlete. Please click on the link for more information <https://enrollment.k12studentinsurance.com/enrolment/home>

From Nurse Denise

Checked Medications

If you have checked medications in for your student and they no longer take those medications at school, please come to the office to collect the medicine. All medicine 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.



Summer Happenings!

SUMMER SCHOOL OFFERINGS - Sign up in the front office with Amy!
Transportation and snacks provided for in-school electives July 8-19

Credit Recovery - All summer! Various times depending on student schedules!
Students needing to participate in credit recovery but also want to work this summer can set up times with Esther for credit recovery work. You can contact her at 503 812-0625 or through her school email at esthert@nknsd.org.

SUMMER LEARNING 2024

SPORTS PSYCHOLOGY

Read and explore ideas of Sports Psychology through journaling and application. We will be reading The Champion's Mind by Jim Afremow along with other texts, as well as exploring and creating podcasts. Earn up to 1/2 of an elective credit, prorated by hours worked.

- Classes will be in person Monday-Thursday for the weeks of July 8-19, from 9am to noon, and online Fridays July 12 and 19th.
 - Online options available for all days
 - Bus Service provided, as well as snacks.
-



Elective Credit

Earn up to 1/2 of an elective credit, prorated by hours worked.

NKN Girls Go Outside Camp

When: August 12-15. overnight 13/14
M/Tues: times 8:30-5:30
Overnight camping Wed/Thurs
Concludes: Friday at 5:00

What: A 5 day camp, for girls who want to find themselves: hiking, kayaking, fishing, learning about forest, arbor climbing, heavy equipment operation and many other fun outdoor pursuits.

Why: There are many natural resource careers that pay well and have high job satisfaction. The camp is to show girls opportunities and life enriching activities.

Information: Steve Albrechtson
stephenal@nkn.org or 503 354 7113



NKN Girls Go Outside Camp

Elective credit (Pass/Fail)

SPEECH & DEBATE SUMMER CAMP



Learn the different events of Oregon Speech and Debate while becoming a better communicator and critical thinker!

- Watch previous National winners and competitors!
- No experience required!
- Try different events!

July 8-19 12:00 pm to 3:00 pm
(Come on the days you can!)

Neah-Kah-Nie High School

Email Shelby Dallas (shelbyd@nknsd.org) to save your spot!

Speech and Debate Camp

Elective credit: Pass/fail if students practice and perform a piece

Dates/Times: July 8-19, 12:00-3:00 pm

Description: Through the two weeks, we would analyze videos of previous national champions, practice cutting and putting together pieces, evaluate the structure of a powerful speech, and dive into debate theory and case writing. Additionally, participants will spend time practicing a specific piece to be performed at the end of the summer session in a practice tournament.

OR

Credit Recovery: Credit recovery, letter grade they would earn in the class if they show up and do the work.

Dates/Times: July 8-26, 9:00-12:00

Description: It's social studies credit recovery - if students failed or got a D in a social studies class and would like to raise their grade, they can attend and retake/redo their missing coursework.

A promotional poster for a Robotics Summer Camp. The background is light blue with a crumpled paper texture. At the top left is a smiling sun icon. The main title 'Robotics SUMMER CAMP' is in large, bold, dark blue letters. Below it, 'Design, Build, Program' is written in a smaller font. A paper airplane icon with a dashed trail is in the top right. Two white callout boxes contain the text: 'Afternoons July 8-19 at NKN HS' and 'Grades 7-12'. In the center is a photo of three students in a classroom setting. Two images of custom-built robots are shown on the left and right sides. At the bottom, contact information is provided: 'For more information: Email Kathryn@nknsd.org'.

Robotics
SUMMER CAMP
Design, Build, Program

Afternoons
July 8-19
at NKN HS

Grades
7-12

For more information:
Email Kathryn@nknsd.org

Robotics Summer Camp

Robotics Summer Camp will start Monday July 8th on weekdays from 12-3 PM and end on July 19th. This camp is for students that intend on participating in Robotics club during the 2024-2025 school year. We will be designing, building, and programming a robot that can sift for microplastics on beaches. It is available to students entering grades 7-12 in Fall 2024.

Elective credit (Pass/Fail) is available for all students with at least 75% attendance.

We currently have 9 kids signed up- I have room for a few more motivated individuals!



Nature Writing Class

Nature Writing Class - July 8-19 - 9am-12pm - Mon-Thur in person and Fri online

This will take place indoors and outdoors and we will write in various forms about the Pacific Northwest.

Elective credit (Pass/Fail) is available for all students with at least 75% attendance.



PE Credit

Want to earn .25 PE credit in a fun and engaging way during the summer? Come out and play pickleball. Attendance requirement is 75% attendance rate.

Esther's Happenings



Counseling Corner

Our goal at NKN is to assist every student in being college and career ready - no matter what path they choose. Meeting graduation requirements, having the skills they need to be successful in their postsecondary pursuits and becoming the best version of themselves are all attainable goals when we work together. Collaboration between families, students and staff can make for a strong support system and help our students be most successful. Thank you for your part in making the most of student's time and effort here at NKN!

Seniors: Almost time to set sail! Let's make sure you have everything in place for your next steps. Ask for help if you need it!

Juniors: Finish up those advisory activities!

- Update Activity Chart (in Ed Portfolio)
- Start requesting letters of recommendation (Request form in Ed Portfolio)
- 2 from teachers
- 1 from a coach or advisor
- 1 from an employer or non-family member who knows you well
- Work on OSAC personal essays (in Ed Portfolio)
- Explore postsecondary options for career training, maybe plan a college visit or two

Sophomores and Freshman: Summertime is a great time to involve yourself in community service projects, attend camps, develop and pursue your interests and hobbies, or take a class at TBCC (16

or older). Take advantage of summer school activities or look for a job and develop good work habits. Make sure you track everything either in Schoolinks and/or your activity chart!

NKN Gear



NEW
ARRIVALS
NKNSWAG.COM
ORDER ONLINE/DELIVERED TO HS FOR FREE
OR SHIPPED FOR SMALL SHIPPING CHARGE

A red banner with a black arrow pointing to the right. The text 'NEW ARRIVALS' is in large, bold, black letters. Below it is the website 'NKNSWAG.COM' and the shipping information.

NEAH-KAH-NIE
Pirates

It's Not to Early!

It's not to early to make appointments to update physicals for the 2024-2025 Sport Seasons. If you are an incoming Freshman or a Junior, your physical will likely expire soon. See Amy in the office to find out when you will need to have an updated physical.

Congratulations!

Track and Field

District Champions

Zane Krumenaker in Shot Put

Payton White in 100m Hurdles

State Placers

Zane Krumenaker-Shot Put





Honorable Mention



Honorable Mention



2nd Team All League



Honorable Mention



1st Team All League



Honorable Mention

Spring Sports Schedule

7v7 Football Passing League Season Schedule

MAY/JUNE Football Schedule 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27	28 Practice 4-6 PM	29 Game @ Tillamook 5:30 PM	30	31	1
2	3	4 Practice 4-6 PM	5 Game @ NKN 5 PM	6	7	8
9	10	11 Practice 4-6 PM	12 Game @ Tillamook 5 PM	13	14	15
16	17	18 Practice 4-6 PM	19 Game @ Tillamook 5 PM	20	21	22
23	24	25 Practice 4-6 PM	26 Game @ Taft 5 PM	27	28	29

**** This is the tentative schedule, there may be changes****



May/June

Girls Basketball

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	Practice	28 Practice	29 Practice	30	31
2	Practice	3 Practice	4 Games @ Seaside	5 Young Player Games @ Warrenton	6	7
9	Free Throwathon	10 Practice	11 Games @ Seaside	12	13 Games Nestucca Location TBD	14 Games @ Chemawa (Taking 10-12 players)
16 Games @ Chemawa (Taking 10-12 players)	17	18 Games @ Seaside	19 Games @ Seaside	20	21 Team Camp @ Sisters (Taking 10-12 players)	22 Team Camp @ Sisters (Taking 10-12 players)
23 Team Camp @ Sisters (Taking 10-12 players)	24 Team Camp @ Sisters (Taking 10-12 players)	TBD	25 ???	26	27	28
30						

June 2024

Boys Basketball

June 2024							July 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	8	9	10	11	12	13	14

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 26	27	28 OPEN GYM 6-8	29 Practice After School	30 Practice After School	31	Jun 1
2	3 Practice After School	4 5:30 & 6:30 JV & Varsity games @ Banks Two games each at	5	6 Practice After School Open Gym 6-8	7	8
9	10 Practice After School	11 Open Gym 6-8	12	13 5 & 7 pm Home JV & Varsity Games vs Till & Banks Two games each at	14	15 JV Tournament @ Seaside
16 JV Tournament @ Seaside	17	18 Practice TBD	19 Practice TBD	20	21 Varsity Team Camp @ Sisters - leave am	22 Varsity Team Camp @ Sisters
23 Varsity Team Camp @ Sisters	24 Varsity Team Camp @ Sisters - return pm	25	26 Practice TBD	27 Practice TBD	28	29 Varsity Games @ Warrenton
30 Varsity Games @ Warrenton	Jul 1	2	3	4	5	6

Weight Room Schedule

Weight room Summer schedule

JULY Schedule 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	5-6 PM 10	5-6 PM 11	12	13
14	15	16	5-6 PM 17	5-6 PM 18	19	20
21	22	23	5-6 PM 24	5-6 PM 25	26	27
28	29	30	31	1	2	3
MORATORIUM WEEK						

August Schedule 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	5-6 PM 7	5-6 PM 8	9	10
11	12	13	5-6 PM 14	5-6 PM 15	16	17

Check back often for updates!

Support NKN by purchasing a Sponsorship Package



**NEAH-KAH-NIE
Pirates
Sponsorship Packages**

Pirate Package \$2,250

- Announcement at Sporting Events all Seasons
- Full Page Advertisement in Sport Program (You pick season)
- 6'x3' banner displayed along HWY 101 year around
- 6'x2' banner displayed on fence for Spring Sports (Baseball or Softball)
- 3'x2' banner displayed in gym for Winter Sports
- Family Pass to all sporting events

Black Package \$1,500

- Quarter Page Advertisement in Sports Program (You pick season)
- 6'x3' banner displayed along HWY 101 year around
- 6'x2' banner displayed on fence for Spring Sports (Baseball or Softball)
- 3'x2' banner displayed in gym for Winter Sports
- Family Pass to all sporting events

Red Package \$1,275

- 3.5" x2" Page Ad in Sports Program (You pick season)
- 6'x3' banner displayed on fence for Fall Sports
- 6'x2' banner displayed on fence for Spring Sports
- 3'x2' banner displayed in gym for Winter Sports
- Family Pass to all sporting events

Create Your Own Package

- Full Page Program Ad (Fall, Winter and/or Spring).....\$500 per season/\$1250 all seasons
- Quarter Page Program Ad (Fall, Winter and/or Spring).....\$200 per season/\$500 all seasons
- 3.5" x2" Page Ad in Sports Program.....\$75 per season/\$175 all seasons
- 6'x3' Stadium Banner displayed along HWY 101.....\$450
- 6'x2' Stadium Banner displayed along fence for Fall Sports.....\$350
- 6'x2' Stadium Banner displayed along fence for Spring Sports (Baseball or Softball).....\$350
- 3'x2' Gym Banner (Volleyball, Basketball, Wrestling).....\$250
- Football Scoreboard Signage.....\$500
- Poster Ad (Fall, Winter and/or Spring).....\$100 per season/\$250 all seasons

This week in Pirate Sports

Check here for sport updates and streaming

What's for Lunch

JUNE 2024
NEAH-KAH-NIE MS/HS

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar 3 Hot Dog & Baked Beans Chef's Salad	Eggs & English Muffin 4 Pork Nachos Deli Sandwich	Strawberry Smoothie 5 Mac & Cheese Deli Sandwich	Pancake on a Stick 6 Tillamook Cheeseburger Basket Deli Sandwich	Oatmeal Rounds 7 Soup & Sandwich
Breakfast & Lunch 10 Cooks Choice	Breakfast & Lunch 11 Cooks Choice	Breakfast & Lunch 12 Cooks Choice	Cooks Choice 13 Summer Sack Lunch!!	14
17	18	19	20	21
24	25	<i>Have a Wonderful Summer Vacation!</i> 26	27	28



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.
"This institute is an equal opportunity provider"

Notes from the Nurse

SPRING SAFE DRIVING

**TALK TO YOUR TEENS ABOUT SAFE
DRIVING THIS SPRING. AS THE WEATHER
GETS NICER, KEEP KIDS ON TRACK FOR
STAYING SAFE!**

- SLOW DOWN & DRIVE THE SPEED LIMIT
- PUT THE PHONE DOWN & DO NOT DRIVE DISTRACTED
- BUCKLE UP EVERY TIME & REQUIRE PASSENGERS TO BE BUCKLED
- DO NOT DRIVE IMPAIRED—ALCOHOL, DRUGS, MARIJUANA & SOME MEDICATIONS ALL CAN IMPAIR DECISION MAKING & REACTION TIME
- GET ENOUGH SLEEP BEFORE GETTING BEHIND THE WHEEL
- ADULTS, SET THE EXAMPLE. DRIVE HOW YOU WANT YOUR TEEN TO DRIVE. TALK TO THEM ABOUT THESE TOPICS AND KEEP THE CONVERSATION GOING!



NKN STUDENT HEALTH & WELLNESS CENTER



NKN
STUDENT HEALTH
& WELLNESS CENTER

AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

Tuesdays	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Closed for lunch 12:00 - 1:00 pm)
Wednesdays <small>Counseling appointments only</small>	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Closed for lunch 12:30 - 1:30 pm)
Thursdays	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)
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Learn more at: NKNHealth.org

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



NKN
STUDENT HEALTH
& WELLNESS CENTER

EN LA SECUNDARIA NEAH-KAH-NIE

HORARIOS:

Martes	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Cerrado para almorzar de 12:00 a 1:00 p. m.)
Miércoles <small>Citas de consejería solamente</small>	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Cerrado para almorzar de 12:30 a 1:30 p. m.)
Jueves	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Cerrado para almorzar 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 Exámenes físicos para deporte Atención de enfermedades y lesiones Vacunas Análisis de laboratorio de rutina Medicamentos de receta Salud reproductiva adecuada a la edad Estudios de visión	Estudios dentales Estudios de presión arterial Educación de salud Asesoría Oportunidades de bienestar Remisiones para otros servicios médicos (Dental, radiografías, resonancias magnéticas, especialistas)
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Conozca más en: NKNHealth.org

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

Counselor's Corner

Counselor's Corner

TILLAMOOK COUNTY HEALTH CRISIS LINE

LINEA DE CRISIS DE SALUD MENTAL DEL CONDADO DE TILLAMOOK

Life can be stressfull and overwhelming daily for adults and children/teen alike. Tillamook Country residents have access to a 24-hour crisis response mobile unit:

Tillamook Country Mental Health Crisis Line 503-842-8201

Suicide Prevention Lifeline

1-800-SUICIDE (784-2433)

1-800-273-TALK (8255)

In Crisis? Text 741741



Safe Oregon/Oregon Seguro

SPEECH/DEBATE
TUESDAY AND WEDNESDAY
4:00-6:00
SHELBYD@NKNSD.ORG

NOSB
MARKM@NKNSD.ORG

NKN HS

JUNTOS
NATALIE.MACIAS@OREGONST
ATE.EDU

NATIONAL HONOR SOCIETY
KIMG@NKNSD.ORG

FRNL

STEPHENA@NKNSD.ORG

ROBOTICS
MONDAY & THURSDAY
4:00-6:00
KATHRYNH@NKNSD.ORG

UNIFIED SPORTS
CARLOTTAR@NKNSD.ORG

STUDENT GOVERNMENT
RYANKEE@NKNSD.ORG



CHESS FOR SUCCESS
JAMESJ@NKNSD.ORG

PIRATE PLAYERS
STEPHENJC@NKNSD.ORG



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