

The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

October 25, 2024

Upcoming Dates: 📅

October:

- Oct 28-Nov 1: GEAR Up Week
- Oct 29: Tutoring in room 3 from 4-6, Healthy Student Survey in Advisory, Senior SAFE meeting in Galley @ 6pm
- Oct 30: VB 1st round playoffs
- Oct 31: Halloween, see dress guidance below

November:

- Nov 1: FB @ Knappa
 - Nov 2: Speech and Debate meet @ Sprague HS, VB 2nd round state playoffs
 - Nov 4: JV Football at Home vs Tillamook
-

 [CLICK HERE FOR THE SCHOOL MENU](#) 

Student Life 📖

Neah-Kah-Nie High School is recognizing Daniel Sargent this month. Daniel is a person whose integrity and reliability truly set him apart from his classmates. Daniel consistently demonstrates a strong work ethic, completing tasks with minimal supervision and taking initiative to go above and beyond. His genuine desire to learn is evident in everything he does, whether in the classroom or on the field. Daniel approaches challenges with determination and resilience, never shying away



from hard work. His performance reflects not just his abilities, but also his commitment to excellence. Daniel serves as the student representative for our high school's site council. This role is voluntary and is an example of his willingness to be a voice for students when decisions are made at the administrative level.



GEAR Up Week Next Week

**NATIONAL
GEAR UP
WEEK**

Monday 28th
Watch GEAR UP Intro Video

Tuesday 29th
Advisory Teachers share your career and educational journey
Students are planning and prepping for Door Wars

Wednesday 30th
Door decorating for Door Wars
GEAR UP WOU Aspiring Educators field trip leave at 7:00am

Thursday 31st
"I Have A Plan" poster
Seniors peruse the "How to Apply to College" site

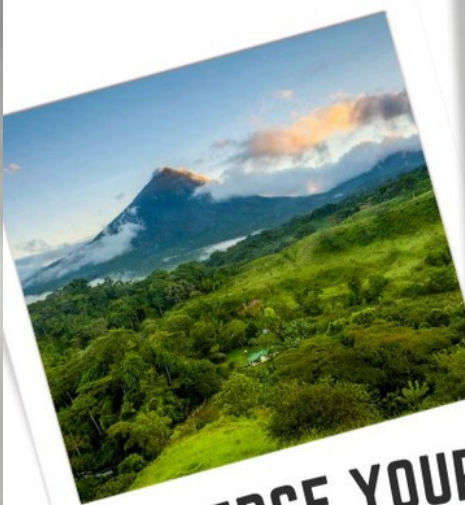
Friday 1st
College Spirit Day-Get your swag on!
Door Wars voting and winning door will be announced
Play College Trivia

Costa Rica Exchange Opportunity

Mudd Nick is sponsoring two Neah-Kah-Nie Spanish Language students for the experience of a lifetime. Mudd Nick will award two scholarships for students who are selected by the Partners of America Costa Rica Exchange Program. Scholarship applications are now being accepted and are due by Dec. 6, 2024. For more information or to get a copy of the application, contact Mudd Nick program coordinator James Johansen at jamesj@nknhsd.org or follow this link: [Mudd Nick Partners of America Scholarship Application](#)

[Click Here for Application](#)

COSTA RICA HIGH SCHOOL EXCHANGE

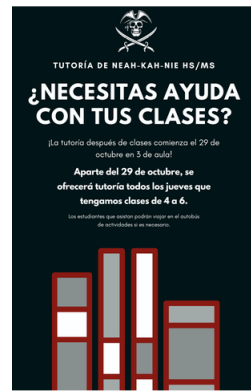
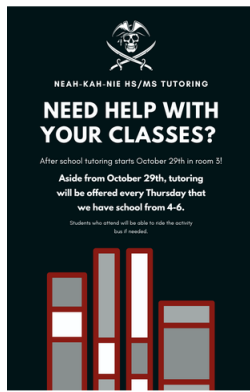


IMMERSE YOURSELF IN 8 LIFE CHANGING WEEKS

**CHECK IT OUT!
PARTNERSORCR.COM**

After School Tutoring in Room 3 (Ms. Mann's Room) Starts October 29th!

NKNHS staff member, Stephanie Gomez, will be offering after school tutoring starting October 29th in Ms. Mann's room. Aside from the first week, we will do this every Thursday until Winter Break. The tutoring will run from 4-6 and students needing to access the activity bus can do so at the end. We have a limit of 10 students per session. Students can sign up with Amy in the main office.



Winter Sports

Winter Sports will be here before we know it. Practices for Winter Sports start Nov. 18th. Don't be left out because of expired physicals or Athletic Code/Permission slips not completed. Check out the QR Code board outside of Mary's office for the Athletic Code/Permission Slips to complete online or Amy in the office IF YOU HAVE NOT ALREADY FOR THE SCHOOL YEAR '24-25. If you played fall sports, you are good to go for the permission slips.

Athletic Code/Permission Form:

English-<https://forms.gle/u57zsMxVSG2sNCig7>

Spanish-<https://forms.gle/diB5JwNXGAgjQsER6>

Halloween Costume Guidance

We will allow students to wear costumes on halloween this year. Please see the guidelines for school below:

- Apparel does not disparage or marginalize any group (culture, religion, ethnicity, gender, etc)
- Apparel does not mention of violence, drugs, alcohol, profanity, sexual references, or gangs
- You must be able to sit, walk, breathe, see, and hear (no masks that cover the whole face, face paint is okay)
- No pretend prop weapons such as water pistols, knives, or swords, etc.
- No gore, fake blood, etc.
- If you are unsure about the appropriateness of your costume, please contact an administrator.



Juntos Updates:

Día de los Muertos

- Join us for a Día de los Muertos celebration at the OSU Extension office in Tillamook on November 1st starting at 6pm. This event promises to be a night filled with delightful experiences families. Enjoy ,food, music, and art activities for all ages. This is a fantastic opportunity to immerse yourself in the celebration of Día de los Muertos. Don't miss out on this chance to connect with community and learn about the holiday in a fun interactive way. Mark your calendars and join Juntos and friends for a Día de los Muertos celebration!

Family Workshops

- Are you a high school student or parent interested in learning more about post-secondary options? Join us for an engaging and informative Family Workshop on October 24th from 5:30-8:30 pm. This event, hosted by Open Campus and Juntos, will provide valuable insights into the various pathways available after high school. Whether you're considering college, vocational training, or other alternatives, this workshop will equip you with the knowledge to make informed decisions about your future. Don't miss this opportunity to explore the exciting possibilities that lie ahead. Pre-register now at opencampus.oregonstate.tillamook.com and get ready to take the next step towards a successful post-secondary journey.

Student Health Survey- October 29th during Advisory

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, on October 29th. 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. Please click the link below to learn more.



2024 Parent Notification- Student Health Survey.pdf

Download

125.3 KB

NHS Happenings



In September, the National Honor Society volunteered at the Mudd Nick Foundation Dinner and Auction. Students greeted guests, served appetizers, cleared guests plates, and cleared off tables at the end of the event.

We will be having another induction ceremony in mid-November for students who would like to be a member of the National Honor Society. Students who are Sophomores, Juniors, or Seniors this year can become a member of NHS. Mrs. Gores has candidate application forms for anyone that it interested. The requirements are having at least a 3.0 GPA and

prior experience in leadership and service activities in school and/or the community. Candidate application forms are due Friday, October 11th.

★ **Soccer** ★

Pick-up Games



4-6pm

Join us on the NEW soccer field (outfield of the HS baseball field) on Tuesdays after school for a fun pickup soccer game! Grades 6-12 welcome, teams will be chosen by the players and will not have any officials. Games will end in time to take the activity bus. Let's get ready for High School Soccer in 2026! Any questions, ask Mr. Keefauver

Tuesdays
Starting 9/24/24

Information that is helpful to know:

Student Wellness Center is Open!



NKN

STUDENT HEALTH & WELLNESS CENTER

AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

Tuesdays	8:30 am – 12:00 pm / 1:00 – 4:30 pm <i>(Closed for lunch 12:00 - 1:00 pm)</i>
Wednesdays <small>Counseling appointments only</small>	8:30 am – 12:30 pm / 1:30 – 4:30 pm <i>(Closed for lunch 12:30 – 1:30 pm)</i>
Thursdays	8:30 am – 12:00 pm / 1:00 – 4:30 pm <i>(Closed for lunch 12:00 - 1:00 pm)</i>

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

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.

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. 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.



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:

Tillamook County  **Community Health Centers**
VACCINE CLINICS

PROTECT YOUR HEALTH

No appointment required!



NORTH COUNTY RECREATION DISTRICT

- Thursday 10/24 9am-12pm | 3pm-6pm



ROCKAWAY ST MARY'S BY THE SEA

- Wednesday 10/30 9am-11:30am



NESTUCCA K-8

- Wednesday 10/23 3:30-6:30pm
- Thursday 11/7 3:30-6:30pm



TILLAMOOK FAIRGROUNDS

- Monday 10/21 11am-6pm
- Tuesday 10/22 11am-6pm
- Monday 10/28 11am-6pm
- Tuesday 10/29 11am-6pm
- Monday 11/4 11am-6pm
- Tuesday 11/5 11am-7pm
- **Wednesday 11/6 11am-7pm***

*See below for special event

COVID-19
Ages 6 months+

Flu
Ages 6 months+

Pneumonia
Ages 50+

Spanish Clinic

NOVEMBER 6 | 11am-7pm

Our **November 6** clinic will have Spanish-focused resources, interpretation, and vaccination services. Everyone is welcome!



Most health insurance plans cover the cost of vaccines. If you do not have insurance, a sliding fee scale may be used. No one is turned away for the inability to pay. Vaccine age limit varies. COVID-19 and Flu vaccines may be administered in same day.



Neah-Kah Nie High School

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