

Pirate Newsletter

May 24 ~ Edition 23-24~ Vol.10

NEAH-KAH-NIE

Pirates



A Note from the Principal

April 25, 2024

Dear Students, Staff and Family Members;

Summer School Information:

Any student including 8th graders who will be freshmen next year may attend summer school this summer. We have several fun and helpful opportunities which include:

FNRL camp with Mr. Albrechtsen

Altius camp with Mr. Billstine

Robotics camp with Ms. Harmon

Language Arts credit recovery with Mrs. Betts

Social Studies credit recovery with Ms. Dallas

Speech and Debate class with Ms. Dallas

General Credit Recovery with Mrs. Troyer (includes online courses in student area of interest)

Summer Strength Training and Conditioning with Mr. Quintana

Pickleball with Mr. Quintana

The main session of summer school will be July 8-July 19th weekdays from 9 a.m. to noon. Snacks and transportation will be provided!

Parents should contact the office to sign their students up for summer school offerings. Students should meet with Esther to enroll in the summer courses they need to achieve their goals.

Summer school is a great opportunity for students to catch up if credit deficient, get ahead so they can take advantage of our many dual credit classes, complete required credits early so they can take advantage of interest based electives like those in our construction trades or business programs of study. Students can even finish graduation requirements like senior project early!

Sincerely,

Dr. Heidi Buckmaster, Principal

503-355-3551(direct line)

503-355-2272 (main office)

heidib@nknsd.org (email)

Una Nota de la Directora

Estimados estudiantes, personal y familiares;

Información sobre la escuela de verano:

Cualquier estudiante, incluidos los estudiantes de octavo grado que serán estudiantes de primer año el próximo año, puede asistir a la escuela de verano este verano. Tenemos varias oportunidades divertidas y útiles que incluyen:

Campamento FNRL con el Sr. Albrechtsen

Campamento Altius con el Sr. Billstine

Campamento de robótica con la Sra. Harmon

Recuperación de créditos en Artes del Lenguaje con la Sra. Betts

Recuperación de crédito de estudios sociales con la Sra. Dallas

Clase de oratoria y debate con la Sra. Dallas

Recuperación de crédito general con la Sra. Troyer (incluye cursos en línea en el área de interés del estudiante)

Entrenamiento de fuerza y acondicionamiento de verano con el Sr. Quintana

Pickleball con el Sr. Quintana

La sesión principal de la escuela de verano será del 8 al 19 de julio, entre semana, de 9 a. m. al mediodía. ¡Se proporcionarán refrigerios y transporte!

Los padres deben comunicarse con la oficina para inscribir a sus estudiantes en las ofertas de la escuela de verano. Los estudiantes deben reunirse con Esther para inscribirse en los cursos de verano que necesitan para lograr sus objetivos.

La escuela de verano es una gran oportunidad para que los estudiantes se pongan al día si tienen deficiencias de créditos, avancen para poder aprovechar nuestras muchas clases de crédito dual, completen los créditos requeridos temprano para que puedan aprovechar materias optativas basadas en intereses como las de nuestros oficios de construcción o negocios. programas de estudio. ¡Los estudiantes incluso pueden terminar temprano los requisitos de graduación, como el proyecto del último año!

Dra. Heidi Buckmaster, directora

503-355-3551 (línea directa)

503-355-2272 (oficina principal)

heidib@nknsd.org (correo electrónico)

STUDENTS OF the Month

Emmnauel Hardy and Sally Neahring

Way to Go!!

Speech and Debate

Richard Krane - Semifinalist for ADS

Ryan Reyes and Graham Stacy - Semifinalist for Duo

Jay Johansen - 6th for Inform

Jay Johansen - 4th for Prose

Graham Stacy - 1st for Impromptu!!!!!!



The team placed 3rd overall for 1A-4A schools!!!!!!!!!!!!!!!!!!!!!!

It was a very successful weekend and I am so proud of them!!!!

-Shelby Dallas

FNRL

FNRL wrapped up its season with a 2 day State convention in Corvallis. 16 teams (over 200 students) from around the State competed in 20 events. Aiden Kallas placed 2nd and Ryder Alm took 3rd in Written Expression, a 500-750 word essay. (thanks Ms. Eisley for the assist). Aiden 4th and Ryder 5th placed in Timber Cruising. An event that takes tree measurements and then uses



their trigonometry skills to calculate tree volume in board feet. Ansel took 3rd place in plant id. and 5th place in arbor climb. David Ayala took 2nd and Emmanuel H took 3rd in Animal Id. Nick Jones not pictured below took 5th place in log scaling. Ryder Alm 5th place and Alex Sucindino 6th place in spur climb. Trinity, Tessa, Ansel, Aiden, and Brian S. took 6th place in the Hose Lay team event. The team placed 5th overall.

Band going to State

On Wednesday, April 10th, the high school band competed in the 3A Special District League band festival. They took 2nd place just behind Warrenton and qualified for the state tape pool. They will submit a recording of their performance to the state and wait for the state officials to determine if they will compete in the state finals.

This is an especially wonderful achievement for this band. A majority of the band is freshmen and they have been a valuable addition to our band this year. Our experienced upperclassmen led the way and put in some spectacular performances. In Gen Z terms "they left no crumbs."

UPDATE:

Neah-Kah-Nie high school band was accepted into the 3A state finals and will be one of the top eight 3A bands in the state in the competition. Please congratulate the band members on this wonderful accomplishment. Our performance time is 9:15 at the LaSells Stewart Center on May 9th.

The Honor Band will be attending the OMEA III Honor Band Competition on May 3rd and 4th

Neah-Kah-Nie Presenta

NOCHE FAMILIAR LATINA

**Jueves-2 de Mayo, 2024
6:00-8:00 pm**

**Comida, artesanías,
juegos, recursos
locales, y más!**

**Cafetería de la
escuela secundaria
Neah-Kah-Nie**

Piñatas para los niños

**RSVP: 503-355-3552
Meaganm@nknsd.org**

Neah-Kah-Nie Presents

LATINO FAMILY NIGHT

**Thursday- May 2, 2024
6:00-8:00 pm**

**Food, crafts, games,
Local Resources
and more!**

**Neah-Kah-Nie
High School
Cafeteria**

Piñatas for the kids

**RSVP: 503-355-3552
Meaganm@nknsd.org**

Unified Spring Sports

The Unified Club is coordinating three of its annual events this spring and invites NKN students to join in. No prior involvement is necessary to join these activities.

Saturday May 4th: **Kickball Game** against Forest Grove @ NKN 10:45pm
Followed by lunch and visit to Manhattan beach.

Wednesday May 15th **Bowling** in Tillamook 4-7pm
Some snacks will be provided.

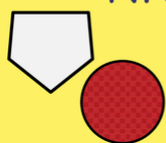
Thursday May 30th **4th Annual Corn Hole Tournament** @ NKN 4-6pm.

Practices will be held during Advisory on Wednesday May 15th and May 29th.



Spring Unified Club Activities

May 4th (Sat) Kickball
Game vs Forest Grove @
NKN 11:00am



May 15th (Wed)
Bowling @ Pastega
Activity Center 4-7pm

May 30th (Thurs)
Cornhole
Tournament @
NKN 4pm



Sign up in the office or in the life skills
classroom. See Carlotta Roddy for questions.
carlottar@nknnsd.org 503-355-3594

Yearbooks

Yearbook Update:

**PRE-ORDER
YEARBOOK**
SOFT-COVER: \$38.00
HARD-COVER: \$48.00
E-BOOK: \$10.00
INSERT: \$4.00
Last Year Hardcover \$38.00 Softcover \$28.00
ORDER WITH EISELE & PAY AMY

Pre-orders will be delivered to the school before the last day. If you do not pre-order you can order the yearbook online and ship it to your home for a higher price.

Yearbook's will go to the printers on May 8th! They are expected to be here before graduation which will give students time to sign them and show them around before leaving for the summer or leaving the building for their lives after high school! The yearbook club truly appreciates and honors the support we have from students, parents, and families who place ads and send in pictures

of events our photographers cannot attend. In terms of what to expect, the yearbooks will be sorted in the office and delivered to the student's in their advisory classes (so it is important to be in advisory!). The inserts will be mailed separately after graduation pictures have been edited and sent off, they should arrive at your address no later than 4-5 weeks after graduation. Cheers to another successful year at Neah-Kah-Nie High!

NKN Pirate Players Presents: Radium Girls

Thursday, May 16th, at 7:00 PM

Dedication of stage before Thursday's performance

Friday, May 17th, at 7:00 PM

Tickets: Adults \$6.00 Students and Senior Citizens \$4.00

Rated: PG-13

The NKN HS Pirate Players will be presenting a compelling dramatic play, "Radium Girls," on the newly renovated stage in the Upper Gym. The performances will be happening on May 16th and 17th at 7 pm, with a rededication ceremony on Thursday night before the play in the upper gym.

Ten performers, including Dr. Tyler Reed in a brief cameo, portray over 30 different characters in this powerful play about an age-old battle between science & commerce, and the toll that both can take on human beings.

We hope that you will join us for this event, the hour-long play is rated PG-13. Admission is \$6 for adults and \$4 for students and Senior Citizens. Students will need their Student ID.

SENIOR NIGHT

Baseball-May 10th

Softball-May 14th

Presentations will be before games

Games start at 4:30



OLD VEGAS

Prom 2024

SATURDAY, MAY 18 2024

Hydrangea Ranch
9455 Kilchis River Rd, Tillamook, OR 97141

Doors Open At 7:00 PM

May 13th-Tickets are sold at lunch
May 15th at 3:30-Guest passes are DUE

The poster features a black background with gold confetti. At the top, two dice are shown. Below them is a banner with four playing card suits: diamond, club, heart, and spade. The text 'OLD VEGAS' is written in a bold, black, serif font on a white star-shaped background with a red and yellow light border. Below this, 'Prom 2024' is written in a white cursive font. At the bottom, there are several playing cards, including the Ace of Hearts and Ace of Clubs. The entire poster is framed by a red border.

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!

PreACT results are in for sophomores - check in with Esther to see your scores!

May 1st-OSAS Mat CA

May 2nd-OSAS Mat CA

May 8th- Land Surveyor 1st Period with Albrechtsen

May 8th- OSAS Math PT

May 9th-OSAS Math PT

May 10th-OSAS Math PT

May 14th-AP Eng

May 30th-Juntos in the Galley during advisory



UNIVERSITY OF
OREGON

Student Academy to Inspire Learning

What's Great About SAIL?

- FREE Day & Residential Programs
- UO scholarship opportunities
- Eugene campus connections
- Leadership, college & career skill development
- SAIL looks great on resumes and college & scholarship applications
- Get high school credit by participating in SAIL programming

Are you ready for the summer of a lifetime!? Join the [2024 Student Academy to Inspire Learning \(SAIL\) Summer Program](#). **Registration is open!** This FREE week-long pre-college program, held on the UO campus, gives you the chance to experience college life & get hands-on with exciting activities taught by UO's top-notch Faculty. Visit sail.uoregon.edu for details!

GEAR UP



UPCOMING FIELD TRIPS!



TILLAMOOK PUD CAREER DAY APRIL 30, 9:00 AM - 1:00 PM

Last year we met with people from:

- Lineworkers & Tree Crew
- Energy Efficiency
- Real-Time Computer Operations
- Mechanics Shop, and more!

Tillamook PUD offers stable, high-paying employment with great benefits and apprenticeship opportunities.

+ \$10,000 Lineworkers Scholarship for VOLTA Lineworkers school in Warrenton!



NW CULINARY INSTITUTE + CINCO DE MAYO FESTIVAL MAY 3, 8:00 AM - 4:00 PM

Interested in becoming a chef? Northwest Culinary Institute offers:

Apprenticeship-style culinary training Immersive approach
 Taught by award-winning chefs Hands-on, real-world experience
 Affordable tuition Financial Aid Student housing

After visiting NW Culinary, we will travel to Waterfront Park in Portland for lunch at the **Cinco de Mayo Festival!**



TRADESWOMEN'S CAREER FAIR MAY 17, 8:00 AM - 3:00 PM

Learn about apprenticeships Interactive, hands-on exhibits

Learn about career training opportunities Use the tools of the trades

Talk directly with tradeswomen about the work they do!



WESTERN OREGON UNIVERSITY MAY 29, 8:00 AM - 2:30 PM

Division II School in Monmouth (2 hours away) Small class sizes
Known for their degrees in Education and Law Enforcement

All permission forms are on Shawn's table outside the Library

Senior News

**TIME IS
RUNNING
OUT**
MAY 24TH

SENIORS MUST BE
PASSING ALL
REQUIRED CLASSES

SENIOR AWARD NIGHT

2024

28 MAY, 2024
6:30 PM
HS GYM

Senior Awards and Scholarship Night will be held in the lower gym at NKN HS at 6:30 PM. Parents will be contacted if their student will be receiving recognition at this event.

Juniors are encouraged to attend to see all the tremendous opportunities they have for their Senior year

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 TBD
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



OnShape Challenge

Have you learned to use Onshape to 3D model your own designs?

Do you like to create your own cool objects?

This competition might be for you!

Here are the parameters for this challenge.

You can design anything - but to qualify for this challenge your object must have a positive impact on the world in some way! This could be an invention that makes life easier or better for people, animals (domesticated or wild,) or the environment. The object you submit will be evaluated based on your explanation of how the object will impact the world (see application form below,) on how much you edited and changed your design to improve the object, and the innovative quality of the final design (how is this idea different or better than things that already exist?)

You need to design the part or parts in Onshape completely yourself.

You have to share your Onshape Document with kathrynh@nknsd.org to enter.

You also have to fill out the application form here: [Onshape Challenge application form](#)



The competition will close on Saturday,
May 5th at 8PM Pacific time.

The first prize is a FlashForge Adventurer 3
3D printer

- This is a gently used but still functional
printer.
- it retails for between \$200 - \$300.

One second place prize:
Robotics kit of your choice

One third place prize:
Robotics kit of your choice

Also: prior winners of this challenge are exempt from this competition! :)



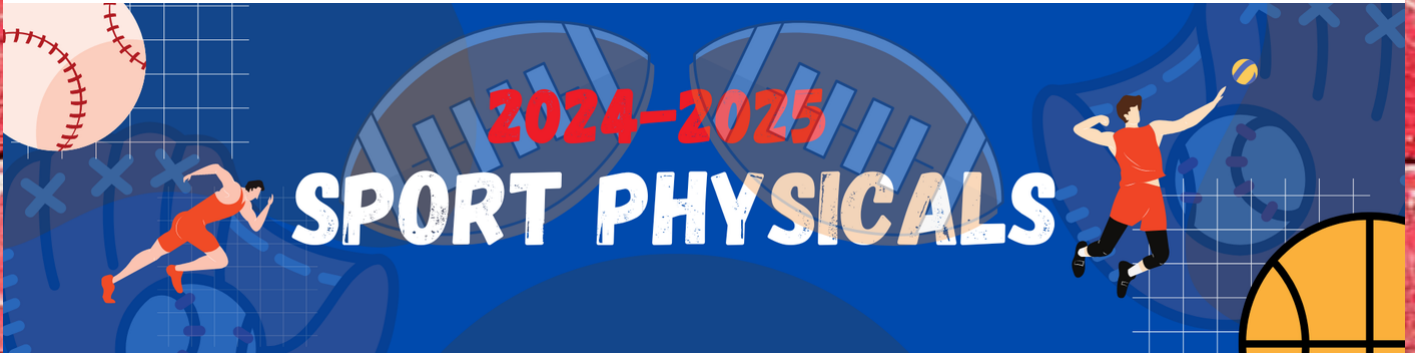
NEW
ARRIVALS

NKNSWAG.COM

ORDER ONLINE/DELIVERED TO HS FOR FREE
OR SHIPPED FOR SMALL SHIPPING CHARGE



NEAH-KAH-NIE *Pirates*



2024-2025 Sports

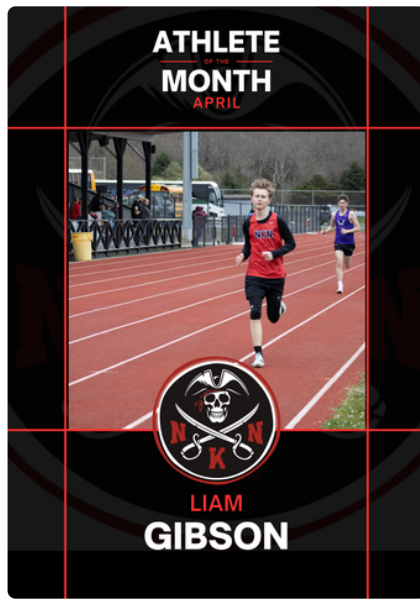
It's Not to Early!

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.

Athletes of the Month



Anthony Allen-Baseball



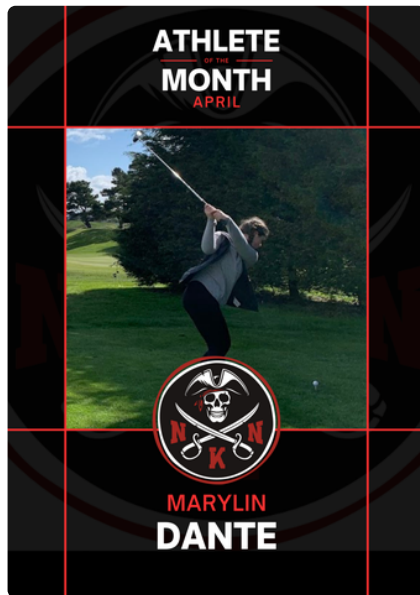
Liam Gibson-Track



Payton White-Track



Ivan Dante-Golf



Marylin Dante-Golf



Melly Pierson-Softball

Spring Sports Schedule

April 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Home vs. Raleigh 4:30	3 Home vs. Corbett 4:30	4	5	6
7	8	9 @Valley Catholic 4:30	10	11 Home vs. Blanks 4:30	12	13
14	15	16 @Warrenton 4:30	17	18	19 @Kilgus (DND) 3:00	20
21	22	23	24 @Jefferson 4:30	25	26 @Corbett (DND) 3:00, 4:30	27
28	29 Home vs. Trumbull 4:30	30				

May 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Home vs. Valley Catholic (DND) 3:00, 4:30	4
5	6	7	8	9 @Blanks (DND) 3:00, 4:30	10	11
12	13	14 Home vs. Warrenton (DND) 3:00, 4:30	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	





April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 @Horseshoe Christian 4:30p	3	4 Homer vs. Carbett 4:30p	5	6 Homer vs. Baker 12:30p
7	8 @Yamhill 4:30p	9	10 Homer vs. Worland 4:30p	11	12	13
14	15 @Wentworth Christian 4:30p	16	17 Homer vs. Banks 4:30p	18	19 @Kilmore (DHS) 3:00p	20 @Columbia Gorge 1:00p
21	22 @Horseshoe Christian 4:30p	23	24	25	26 @Baker 4:30p	27
28	29	30				

April



May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 @Worland 4:30p	2	3 Homer vs. Valley Columbia 4:30p	4
5	6	7	8 Homer vs. Wentworth Christian 4:30p	9	10 Homer vs. Columbia Gorge 4:30p	11
12	13	14 Homer vs. Banks	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May



Baseball Team

Check back often for updates!



April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Prineas Ridge 12:00 Varsity	4 Baker (DHS) Astoria GC 10:00 Varsity (DHS)	5	6
7	8	9	10	11	12	13
14	15 Gresham 1:00p	16 Gresham Varsity GC 10:00 @HS JV	17	18 Banks (DHS)/ Quail Valley 1:00 @HS JV	19	20
21	22 Astoria GC 11:00 Varsity	23 Gresham Varsity GC 10:00 @HS JV	24	25 Emerald Valley State Partner TBD-Varsity	26	27
28	29 Gresham Astoria TBD JV & JV	30				

April



May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Quail Valley Varsity Districts 1:00p	2 Quail Valley JV/Varsity Districts 1:00p	3	4
5	6 Gresham Varsity GC 10:00 @HS JV	7 Gresham Varsity GC 10:00 @HS JV	8	9	10	11
12	13 Emerald Valley TBD Varsity	14 Emerald Valley TBD Varsity	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May



Girls Golf Team (Boys will be featured in May)



April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Covecroft Prep vs Seaside 9:30p	5	6 Estacada-Swain Portland Invite 10:00 AM
7	8	9	10	11	12	13 Lower Columbia Invitational 12:30p
14	15	16	17	18	19 John Oliver Invite 2:30 PM	20
21	22 Astoria GC 11:00 Varsity	23	24	25 Astoria GC 11:00 @HS JV	26	27 Astoria Invite 10:00 AM
28	29	30				

April



May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Jewell Invite 10:00 AM
5	6	7	8	9	10 SAHS District Meet	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May



Track Team

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

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!



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.



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	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
Age-appropriate reproductive health	(Dental, X-rays, MRIs, Specialty)
Vision screenings	

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	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
Salud reproductiva adecuada a la edad	(Dental, radiografías, resonancias magnéticas, especialistas)
Estudios de visión	

Conozca más en: NKNHealth.org

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

What's for Lunch

SCHOOL LUNCH HERO DAY

Neah-Kah-Nie to Honor the School Lunch Heroes Serving Healthy Meals *Celebrating School Lunch Hero Day on May 3, 2024*

Garibaldi, Rockaway, Nehalem— Between preparing delicious food, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, NKN nutrition professionals have a lot on their plate. To celebrate their hard work and commitment, Neah-Kah-Nie schools will celebrate School Lunch Hero Day on May 3. This day, celebrated annually since 2013, was designated by The School Nutrition Association and Jarrett Krosoczka, author of the "Lunch Lady" graphic novel series. School Lunch Hero Day provides an opportunity for parents, students, school staff and communities to thank those who provide healthy meals to nearly 30 million of America's students each school day.

All across the school district, school nutrition professionals will be honored and recognized by students, school staff, parents, and the community.

"School nutrition employees must balance many roles and follow numerous federal, state and local regulations to ensure safe and healthy meals are available in schools. School Lunch Hero Day provides the opportunity for the community to thank these hardworking heroes for their dedication to fueling our students for success," said Kris Troutman, Food Service Director.

Federal nutrition standards ensure that school cafeterias always offer low-fat or fat-free milk, fruits, vegetables, whole grains and lean protein. School meals also meet limits on calories, sodium and unhealthy fats. The importance and nutritional value of school meals are well documented. For many children, school lunch is the most important and nutrient-rich meal of their day.

Get the details about School Lunch Hero Day at www.school lunch heroday.com. To learn more about the school nutrition program, visit NKNSD.org

The School Nutrition Association (SNA) is a national, non-profit professional organization representing 50,000 school nutrition professionals across the country. Founded in 1946, SNA and its members are dedicated to making healthy school meals and nutrition education available to all students. To find out more about today's school meals, visit www.schoolnutrition.org/SchoolMeals.

MAY 2024
NEAH-KAH-NIE HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
Professional Development NO SCHOOL	Breakfast Sandwich Chicken Quesadilla Deli Sandwich	Blueberry Muffin Tater Tot Casserole Chef's Salad	Biscuit & Sausage Tillamook Cheese Burger Deli Sandwich	Pancakes Chicken Strips over Rice Deli Sandwich
Breakfast Bar Cheesy Breadsticks & Marinara Deli Sandwich	Biscuits & Gravy Taco Salad PB & J	Banana Bread Wing Wednesday Buffalo & BBQ Deli Sub	Pancake on a Stick Chicken Burger Tuna Sandwich	Strawberry Bagel Meatball Sub Big Dipper Bento
Waffles Corn Dogs Deli Sandwich	Breakfast Bagel Taco Tuesday Chef's Salad	Strawberry Smoothie Chicken Alfredo Deli Sandwich	Breakfast Burrito Hamburger Gravy & Mashed Potatoes Deli Sandwich	Oatmeal Rounds Chicken Cheesy Broccoli Bake Cheese Quesadilla
Memorial Day No School	French Toast Burritos Deli Sandwich	Breakfast Pizza Spaghetti Deli Sub	Yogurt Parfait Pulled Pork Sandwich Cobb Salad	Cinnamon Rolls Fish & Chips Deli Sandwich
		Breakfast Bar Orange Chicken & Rice Chef's Salad	Biscuit & Scrambled Eggs Sloppy Joe & Tots Chicken Salad	Pancakes 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.

"This institute is an equal opportunity provider"

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



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

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

STEPHENA@NKNSD.ORG

UNIFIED SPORTS
CARLOTTAR@NKNSD.ORG

STUDENT GOVERNMENT
RYANKEE@NKNSD.ORG



CHESS FOR SUCCESS
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PIRATE PLAYERS
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Neah-Kah Nie High School

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