

# Pirate Newsletter

Nov. 2023 ~ Edition 23-24~ Vol.1

## NEAH-KAH-NIE *Pirates*

### **A Note from the Principal**

Dear Students, Staff and Family Members;

Every student belongs at Neah-Kah-Nie High School!

It is hard to believe that we are only 3 weeks from Thanksgiving Vacation!

Please remember to turn your clocks back on Sunday, Nov. 5 and enjoy an extra hour of sleep as daylight savings time "falls back".

Football, Volleyball and XC seasons have come to an end and we are anticipating Basketball, Wrestling, Swim, and our revitalized Cheer and Dance teams which will be starting practice soon! Congratulations to Gus Kirby for making it to State in XC as a freshman! Congratulations to Mr. Q on the arrival of his new baby, and to all those seniors that experienced their last high school competitions of the Fall season. We also really appreciate the booster club for their hard work, hot food and yummy snacks at our home games!

Robotics and Speech Clubs both have had their first events of the year and our Pirates are doing great, learning and improving each competition. FNRL or Timber Sports has our first home event Saturday, Nov. 4th. We hope you can stop by to see this cool new group in action!

Thank you to everyone who participated in our student led conferences this year. Students and staff worked hard to make sure the conversations were comprehensive, focused on the future and celebrating both successes and goals to work on! Our goal was to have a 100% conference completion rate. We are close but still have a few that need to be held. Conferences can still happen in

person, over the phone or virtually- please contact your students advisory teacher if you need to reschedule!

Safety at school is a priority- in order to prepare for “the big one” NKN HS participated in the Great Oregon Shakeout. We also had a group of students assist residents from Neadonna get to their evacuation site. At school we do monthly safety drills (fire, earthquake/tsunami, critical incidents) so that students know what to do if a real emergency happens during school time.

One thing that is critical to us in an emergency is that we have accurate contact information for parents and emergency contacts. If you have new numbers or new emergency contact information please contact Amy at the school office so we can update your information.

We encourage each family to have a family meeting to discuss what to do if an emergency strikes while you are at home. Do you have an emergency go bag, do you have a safe meeting place if you get separated? Our community has excellent resources to help families and schools be prepared!

<https://www.co.tillamook.or.us/emergency-management>

Speaking of happier things, last week thanks to the Muddnick Foundation, our students had the opportunity to see the Portland Opera to Go performance of Cinderella! The Muddnick Foundation has been supporting life changing learning opportunities for students in our community for years. We know that many of our community members have participated in their fundraising efforts and we want to appreciate all you do to support our students!

Finally, it is exciting to share that Neah-Kah-Nie, Tillamook and Nestucca school districts have received a million dollar grant to start planning for what we hope will be an amazing opportunity for students to learn skills they need for high demand, high wage jobs in the future. This shared venture will eventually feature a skills center for students from all three districts to attend. Anyone interested in giving feedback or being part of the planned work groups is welcome! The first meeting was held last month with more planned in the future to gather ideas, and develop the vision that will lead to the completion of this new center for student skill based learning.

We hope that the first trimester has been a good one so far. The end of trimester 1 is Nov. 30 with no school on December 1st for grade day. We have tutoring after school every Tuesday and Thursday for students that need a little extra help or time to get their work done!

Please let us know if we can support you in any way!

Sincerely,

Dr. Heidi Buckmaster, Principal Ryan Keefauver, Assistant Principal and Athletic Director  
503-355-3551 (direct line) 503-355-3556 (direct line)  
503-355-2272 (main office)

[heidib@nknsd.org](mailto:heidib@nknsd.org) (email) [ryankee@nknsd.org](mailto:ryankee@nknsd.org) (email)



# STUDENTS OF *the Month*

Misty Dominguez-Pozos  
&  
Thomas Vo



# ATHLETES OF THE MONTH

ANTHONY ALLEN-FOOTBALL  
GUS KIRBY-CROSS COUNTRY  
BIANCA SMITH-VOLLEYBALL

OCTOBER

**Congratulations! Heading to XC State**

Congratulations to the NKN Boys XC team for placing fifth, and to **Gus Kirby who placed fourth and secured a trip to state!**

Congratulations to the NKN Girls XC team for finishing 11th, and moving up three spots in the rankings!



**Good Luck at State  
Gus!**



# Timber Sports Day

Hosted by NKN High School Forestry Team



November 4th, 2023  
9:00 A.M. - 1:00pm

at

**Neah-Kah-Nie High School**  
**North side of the baseball field**



Neah-Kah-Nie High School is a part of the state organization Future Natural Resource Leaders or FNRL. Our mission is to support high school students who are interested in pursuing a career in forestry or natural resources.



Around 7 schools will be there to compete in a variety of events that include:

- chainsaw buck, - map reading, - log roll
- crosscut buck - compass and pacing
- log scaling, - axe throw, - tree id.
- prepared speech, - job interview,
- timber cruising, - cable splicing,
- choker set, - arbor climb, - spur climb,



Volunteers for the event are needed.  
Can you be one?

Please call or text:  
Steve Albrechtsen, FNRL advisor  
503 354 -7113



## Robotics

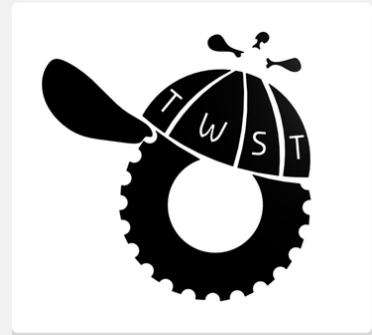
### Robotics Update #1

All three teams (The Argonauts, The Menacing Muffin Dragons, and The World's Smallest Team) have been working so hard to create functional robots that can move, pick up objects, launch paper airplanes, and even haul themselves into the air! Programmers are working on autonomous programming where the robot moves itself, and tele-op programming where the robot is controlled with a game controller (but that movement still needs to be programmed to the controller!) Coaches, strategists, documentarians, artists, writers, web designers and social media experts are all working to make sure that their team is thoroughly documented - dressed in team t-shirts, and otherwise ready for competition. Our second meet called Meet 1 will be on November 11th at Hillsboro High School from 12-6PM. Competitions are open to the public if you would like to come and cheer us on.

Many special thanks to our supporters --

The Eugene Schmuck Foundation, Tillamook County Creamery Association, Upper Crust Pizza, ORTOP, and the Mudd-Nick Foundation.

These organizations and businesses make this club possible. Many thanks!



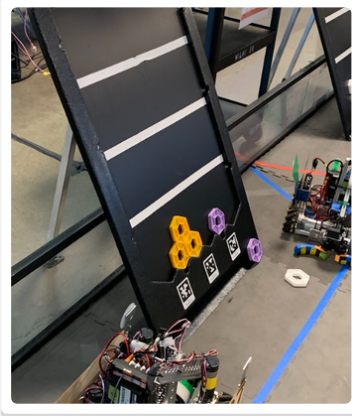
## Robotics Update #2

Saturday October 28th was our first meet of the season for NKN Robotics. Three teams traveled to Hillsboro High School for the first of five league events between now and February.

Yesterday our three teams competed against 12 teams from around Northwest Oregon. One of my proudest moments - might be that my teams were some of the first to complete robot and field inspections. They came prepared and ready to compete!

The Menacing Muffin Dragons had a very successful start to their season ranked 3rd out of 15 teams at the meet. They were actually the first team in our league (partnered with our Argonauts team) to complete the first mosaic of the season - placing three tiles on the backdrop in a particular orientation/color grouping. It doesn't look like much, but it was an impressive moment. The 47 points they earned in that round set them up early for a strong showing.

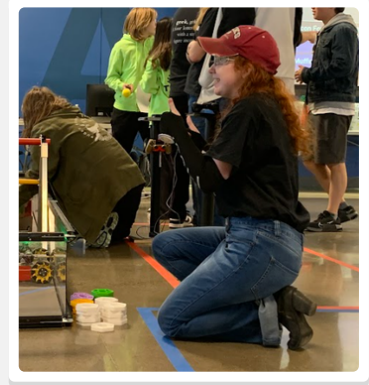
The other events are on November 11th, December 9th, January 6th, and February 3rd.



Their team name, like their shirts, are a lot of fun - each one will have a dragon of a different color on them eventually- Josiah's is red - Chloe's hasn't gotten painted yet



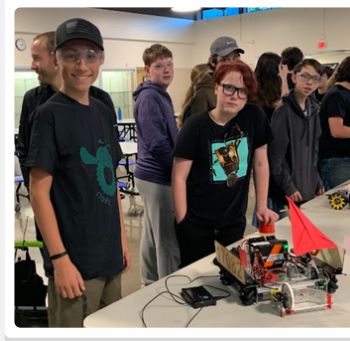
The Argonauts also had a solid showing at the meet. They ended ranked 6th out of 15 teams. Their unique Gecko Grabber wasn't quite as fast on the pickup as they would like, but teams were pretty impressed with the innovative design, and a replacement grabber is already built, and just needs to get swapped out. One team mentioned that, "Our coach has been trying to get us to design something like this since the beginning of the season!" The Argonauts are very enthusiastic, and did a great job involving all our teams in actively connecting with other teams at the meet. This culminated in Cat Fry talking strategy almost the entire bus ride home last night.



I am looking forward to practices this week - to see students put into practice changes that will improve their performance in November. Also, the Argonaut shirt design is fantastic. Our next goal is to get our robots in the air - unfortunately we are missing one component which is out of stock at GoBilda, and until it returns we can't build our Lead screw system. Hopefully that part will come back in stock and we can get those built!



The World's smallest Team, or TWsT for short, struggled quite a bit yesterday. They ranked as high as 5th in the competition, but ended in 12th place out of 15 teams. That being said, they did very well considering the sizable challenges they faced. They had a brand new member who had attended only one practice. They were missing a number of other competitors due to sickness or other scheduling conflicts. In spite of that they competed hard in all 5 of their rounds.



They actually had the simplest and most innovative paper airplane launcher design and other teams came over to see it, and were super impressed with how it works. A simple pin on a string is pulled out of 3D printed plane mount by a small servo motor, and a rubber band provides the energy to send the mount down a rail until it stops suddenly at the end and sends the plane aloft. Unfortunately the endgame period of 30 seconds proved to be quite short, and getting queued up to send the plane flying proved difficult. They had a couple memorable mis-fires including one that sent the plane into the lap of one of the opposing alliance members. (This is one of the reasons we all wear eye protection at these events.)



It was lovely to have so many mentors, families, and friends show up to cheer on our teams yesterday, so thank you parents, siblings, grandparents, mentors, and families of mentors for showing up!



# School Board Meeting

Nov. 13th (Mon)  
6:30 PM



## National Honor Society

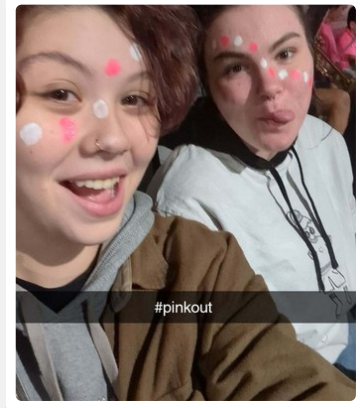
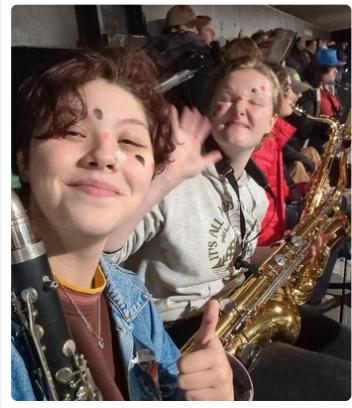
The National Honor Society volunteered at the Rockaway Beach Trunk or Treat on October 28th hosted by the Chamber of Commerce. Students volunteered with pumpkin painting and craft making during the event.

On November 16th, there will be an Initiation Ceremony at 6:30 PM in the high school galley. We are excited to welcome 6 new members to the National Honor Society.



## Band Concert

The first concert of the year will be Thursday, November 30th. The middle school concert will run 6:30pm-7:00pm. The high school concert will run 7:00pm-7:30pm. Please join us for some great music.



## Happenings from Esther Troyer's Office

### National Apprenticeship Week - November 13-17

High schoolers will be learning about different types of apprenticeship programs and how one might prepare to pursue a career in the trades. Speakers from postsecondary institutions as well as people in the field will be presenting information to our students. There will also be an opportunity for students to visit Job Corp in Astoria and take a look at the apprenticeship programs there. These are great paying careers in high demand and a great alternative for those who may not want that college experience.

Wednesday, Nov 1st-Juntos n the Galley during Advisory

Wednesday, Nov. 8th-Marine Table during Lunch

Monday, Nov. 13: U of O Lunch Visit

Wednesday, Nov. 29th- Juntos in the Galley during Advisory



### Winter Sports

Winter Sports begin practicing on Nov 13th! First Basketball game will be Nov. 29th and Wrestling Meet on Dec. 1st. It's not too early to fill out the required paperwork and make sure sports physicals are

up-to-date.

1. Fill out the google form online and upload a current physical

Spanish- <https://forms.gle/DyFTKjA2HBQtNhG68>

English- <https://forms.gle/q4pp4kigxrca17f7A>

2. Contact Amy in the front office to receive hard copies.

Contact the office for more details. Please remember that there is a certain number of practices that are required before an athlete can participate in a game/event.

Winter Sports schedule will be posted at <https://www.smore.com/qdvre> as soon as games/meets are all confirmed.

**November 2023**  
**Girls' Basketball**

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

**December 2023**  
**Girls' Basketball**

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

**January 2024**  
**Girls' Basketball**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**November 2023**  
**Boys' Basketball**

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

**December 2023**  
**Boys' Basketball**

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

**January 2024**  
**Boys' Basketball**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**November 2023**  
**WRESTLING**

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

**December 2023**  
**WRESTLING**

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

**January 2024**  
**WRESTLING**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**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](#)

**Thanksgiving Holiday Break**



## End of Tri 1

Trimester One will be coming to an end on Nov. 30. Now is the time to be catching up on current classes and preparing for trimester two.

Study Hall is available every Tuesday and Thursday from 4:00-6:00 pm in Ms. Mann's classroom with Sophia Hansen. Sign up is in the office.



## Senior Safe Selling Wreaths

# SENIOR SAFE 2024

## Holiday Greenery Fundraiser



**Wreaths**  
We gather the freshest greens from the Pacific Northwest. Starting with a Noble Fir base, we add generous clusters of Berried Juniper, Splashes of Incense Cedar, and adorn with Ponderosa Pine Cones. A Wonderful Welcome to greet your holiday guest. (Wreath finished outside diameter 22" - 24")

**\$30.00**



**Candy Cane or Cross**  
Our novelty shaped Wreaths, uses high quality fresh greens, harvested in the Northwest. Noble Fir and Incense Cedar are the base of the Wreath with accents of juniper and incense cedar. They are approximately 28" in length.

**Candy Cane \$35.00  
Cross \$40.00**



### Garland

Boughs of Oregon's fragrant and lace like textured Western Red Cedar are gathered in the forest and hand-tied to create a rope of green. These luscious boughs will cascade beautifully from your balcony, banister, mantle or frame your door. (15', 25', 50', 75' coils)

**15 foot \$38.00  
25 foot \$50.00  
75 foot \$125.00**



**Juniper Wreath**  
Pure Juniper wreaths clusters of berries very fragrant and colorful finished size approximately 20" wreath

**\$45.00**



**Swag**  
Fresh boughs of Noble Fir harvested from the Northwest assembled in a diamond like shape. Accents of Incense Cedar, Clusters of Central Oregon Juniper, Western Red Cedar, and Ponderosa Pine Cones, make this ensemble complete. This Swag is a beautiful variation of the traditional wreath. (Finished size 15" - 18")

**\$25.00**



### Order, Payment and Delivery Information:

Orders need to be turned in by November 12th.

Pre-payment upon placing your order is preferred:

Venmo or Cash or Checks  
Checks made payable to  
**NKN SENIOR SAFE**  
can be mailed by November 17th to:  
NKN High School  
Attn: Amy Aguinaga  
24705 US 101  
Rockaway Beach, OR 97136

Purchases will be available for pick up  
from 3:30-6:00  
at the high school on  
November 28th and 29th.



venmo

Questions on Ordering?

Contact Melissa at 971-601-0267  
or mthorntongardens@gmail.com

<https://venmo.com/u/SeniorSafe2024>



Wreath Order Form.pdf

Download

126.1 KB

## Note from the Nurse

### Vaping and Stress

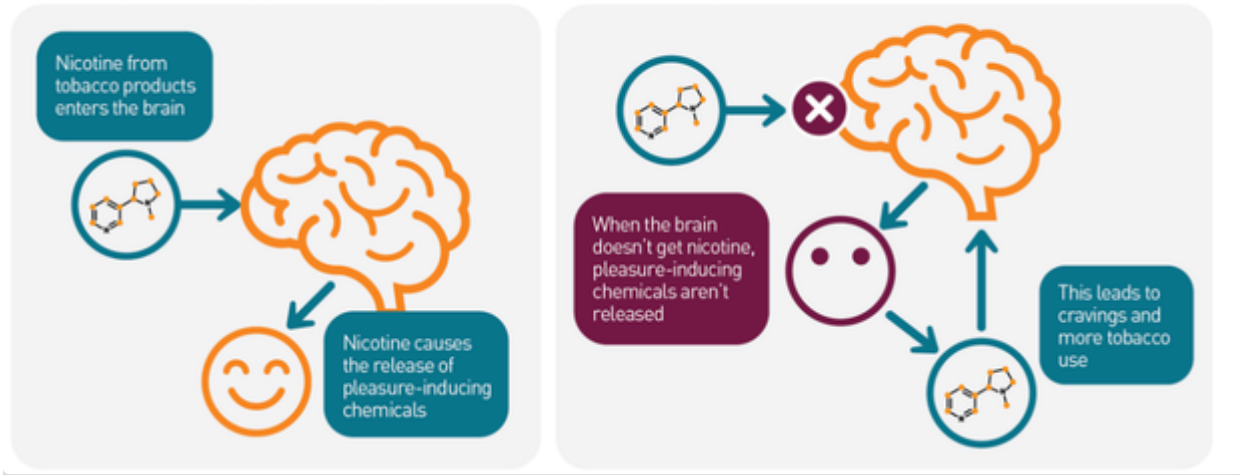
Students that vape often report that they do it to relieve stress, as a way to cope or to feel better with their anxiety. A temporary relief can be felt when using nicotine by vaping or smoking. However, over time, nicotine adds to your stress levels. Nicotine addiction happens quickly, where the body requires more and more nicotine to feel the same temporary pleasurable affects. When that pleasure feeling fades, nicotine withdrawal symptoms set in, increasing stress levels. Cravings increase as the body needs more nicotine to feel "normal" again. Teens who smoke or vape regularly experience more

feelings of stress than teens who do not. If you want to talk about vaping or alternate ways to reduce stress, make an appointment with your school nurse or counselor.

Parents/Guardians---talk to your students about vaping. Early and often conversations are important. Let the school know if we can support these conversations started at home.

This is Quitting, a **free and anonymous teen quitting support**-- text **DITCHVAPE to 88709** to start!

## The Brain on Nicotine



**NEED VACCINES?**



COVID\* and flu vaccines are available at NKN Student Health & Wellness Center.

**Age 15 and older:** Stop by the health center to schedule an appointment.

**Younger than 14:** Stop by the health center to pick up paperwork for your parent/guardian to sign.

\* COVID vaccines for age 12+

503-355-3500 | [NKNhealth.org](http://NKNhealth.org)

**¿NECESITA VACUNAS?**



Las vacunas contra el COVID\* y la gripe están disponibles en El Centro de Salud y Bienestar para Estudiantes de NKN.

**Mayores de 15 años:** pase por el centro de salud para programar una cita.

**Menores de 14 años:** pase por el centro de salud para recoger el papeleo para que lo firme su padre/tutor.

\* Vacunas COVID para mayores de 12 años

503-355-3500 | [nehalembyhealth.org](http://nehalembyhealth.org)

## Important Medication Reminder

High school students are not allowed to have any prescription or over-the-counter medication in their possession (inhalers are the **ONLY** exception to the rule).

District policy states, "...unlawful drug also means possession, use, sale or supply of prescription and non prescription drugs in violation of Board policy..."

The penalties for possession of unlawful drugs may include, but are not limited to...

### First Offense

1. Police notified
2. Third-part drug/alcohol evaluation
3. Up to five day suspension from school
4. A two week activity suspension, including all school-sponsored activities athletics and extracurricular events will be enforced.

### Second Offense

1. Police notified
2. Third-part drug/alcohol evaluation if more than 12 months have passed since prior evaluation

3. Up to ten day suspension from school

4. Five week activity suspension, including all school-sponsored activities athletics and extracurricular events will be enforced.

### **Third Offense**

1. Police notified

2. Recommendation for expulsion

Again, students in possession of **ANY** medication (including cough drops, vitamins, acetaminophen, etc) other than an inhaler are considered to be in possession of unlawful drugs and are subject to disciplinary action.

Please do not send **ANY** type of medication to school with your student. High School parents are required to sign a permission form and deliver or pick up **ALL** medications in person.

Please also not: **ALL** medication must be in the original container. Prescription medications must also have the student's and doctor's names and directions clearly marked on the pharmacy label. The label must include the name of the drug, date, dosage frequency, and method of administration.





## AT NEAH-KAH-NIE HIGH SCHOOL

### HOURS:

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

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



## EN LA SECUNDARIA NEAH-KAH-NIE

### HORARIOS:

<b>Martes</b>	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Cerrado para almorzar de 12:00 a 1:00 p. m.)
<b>Miércoles</b>	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Cerrado para almorzar de 12:30 a 1:30 p. m.)
<b>Jueves</b> <small>Citas de consejería solamente</small>	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 (Dental, radiografías, resonancias magnéticas, especialistas)
Salud reproductiva adecuada a la edad	
Estudios de visión	

Conozca más en: [NKNHealth.org](http://NKNHealth.org)

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

### Note from Family Resource Coordinator:

Hello from the Family Resource Center. Family Resource is up and running for the new school year. We provide many resources to our students. Every Friday we prepare and hand out bags of food for students in need to take home and eat over the weekend.

If your student could benefit from a food bag please contact:

Jen Hopkins at (503)355-3607, or email her at [hopkinsj@nknsd.org](mailto:hopkinsj@nknsd.org).

# WHAT TO DONATE

## FOR OUR FRIENDS

- Jeans
- T-shirts
- Hoodies
- Jackets
- Leggings
- Sweaters
- Athletic Shorts
- Athletic Shoes

- School Supplies
- Backpacks
- New Toiletries
- New Hygiene Products
- New Undergarment
- Socks (new or lightly used)

- Dry Pantry Goods (not expired)
- Canned Goods (not expired)
- Frozen Food Items (not expired)



Please no ripped, stained or heavily used items. Also consider we are looking for clothing and shoes that are age appropriate for middle and high school students.

Thank you for the support of our program, we are happy to have a Community like ours.

📞 503-355-3607

Jen Hopkins

✉️ [hopkinsj@nknsd.org](mailto:hopkinsj@nknsd.org)

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

NOSB  
MARKM@NKNSD.ORG

NKN HS

JUNTOS  
NATALIE.MACIAS@OREGONSTATE.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  
JAMESJ@NKNSD.ORG

PIRATE PLAYERS  
STEPHENJC@NKNSD.ORG

Meal Time

NOVEMBER 2023 NEAH-KAH-NIE HIGH SCHOOL				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>HAPPY THANKSGIVING</b>		Cream Cheese Bagel 1 Chicken Alfredo Crispy Chicken Salad	Pancakes 2 Tillamook Cheese Burger Deli Sandwich	Biscuits & Gravy 3 Turkey & Wild Rice Soup PB&J
Yogurt Parfait 6 Corn Dog & Fries Deli Sandwich	Pancake on a Stick 7 Cheese Quesadilla Cobb Salad	Breakfast Bar 8 Orange Chicken over Rice Deli Sub	Breakfast Sandwich 9 Chicken Burger Tuna Salad	<b>VETERAN'S DAY</b> NO SCHOOL
Waffles 13 Scalloped Potatoes & Ham Deli Sandwich	Scrambled Eggs & English Muffin 14 Nachos Deli Sandwich	Pumpkin Bread 15 <b>PIZZA DAY</b>	Breakfast Burrito 16 Sloppy Joe's Chicken Taco Salad	Oatmeal Rounds 17 Breakfast For Lunch
French Toast 20 Teriyaki Chicken over Rice Cobb Salad	Biscuits & Gravy 21 Enchiladas Chef's Salad	NO SCHOOL	<b>HAPPY THANKSGIVING</b> 23	NO SCHOOL 24
Lemon Bread 27 Chicken Nuggets & Rice Pilaf Deli Sandwich	Blueberry Muffin 28 Chicken Soft Taco Deli Sandwich	Cream Cheese Bagel 29 Build-Your-Own Pasta Bar	Pancakes 30 Bacon Cheeseburger Big Dipper Bento (No School December 1 <sup>st</sup> )	

A variety of fresh fruits and vegetables are available daily on our offering bar. Every day choices of 1% and non-fat milk are available. All of our bread items are whole wheat or whole grain. Whole grain cereals are offered daily as a choice for breakfast. Menu items are subject to change due to availability.  
**"This institute is an equal opportunity provider"**

## Mealtime Annual Renewal

Mealtime Annual Renewal is now open for parents/guardians. Please us <https://www.mymealtime.com/> link or see the attachment for steps to renew.

IF you received a letter from the district office saying your family was already directly certified, you do not need to apply.



F\_R application instructions 2023.pdf

Download  
2.4 MB



F\_R application instructions\_Spanish\_2023 (1).pdf

Download  
2.0 MB



Free and Reduced application 2023.pdf

Download  
276.7 KB

## ParentVUE

ParentVUE Online Verification ParentVUE not only allows parents/guardians to complete online verification, but also provides valuable information throughout the school year.

Parents of middle and high school students can also access schedules, grade book information, course history, reportcards and more. Click the link to access ParentVUE. [https://parent-nehkahnie.cascadetech.org/nehkahnie/PXP2\\_Login.aspx](https://parent-nehkahnie.cascadetech.org/nehkahnie/PXP2_Login.aspx)

Verification was DUE on 9/21/2023. Contact Mary at the school office if you still need help setting up ParentVue. 503-355-3553

## Oregon College Savings Plan

The Oregon Treasury Savings Network (OTSN) want to make sure parents are aware of the benefits the Oregon College Savings Plan (OCSP) can provide in helping offset some of the costs associated with attending a post-secondary institution. Whether a child is starting their academic career in kindergarten, or getting ready to graduate high school as a senior, we believe having an OCSP account can help.

*You can learn more by visiting Oregon College Savings Plan at <https://www.oregoncollegesavings.com/>*

### Counselor's Corner

[Link to Resources](#)



In light of the pandemic and issues some students have faced with meeting their graduation requirements, the Neah-Kah-Nie school board decided to reduce graduation requirements to 24 credits. This is a reduction of elective credits needed for graduation for the classes of 2024. Those students who have completed graduation requirements are encouraged to stay and explore additional classes, take college courses or participate in job shadows and internships. We thank the school board for providing an equitable option for our struggling students and celebrate those students who go above and beyond to prepare for their futures!

**Having a diploma** is an important step in preparing students for future success. The knowledge, skills and habits a student develops while being in school, help to prepare them for success as an adult. Developing good study habits and working on self-management skills are an important piece of being successful, both at school and at work!

Be on time to class...turn in assignments on time...phones off and away during class - these are all expectations teachers have of students that directly relate to the world of work.

Students who are struggling or are not currently on track to graduate should be encouraged to stay for after-school study hall to complete homework assignments or to make up classes needed for graduation. A little bit of work now can have some huge payoffs for the future!



# TOGETHER for Mental Health



#Together4MH

Mental health is an incredibly important part of our overall health. We're strongest when we join **Together for Mental Health** to advocate for resources, support and access to quality care.

[nami.org/mentalhealthmonth](http://nami.org/mentalhealthmonth)

Home of the Pirates

**COMMUNITY**



# BRING THE WORLD *into your* FAMILY

Being a host family is as rewarding for you as it is for the international student you bring into your home. You learn about another culture, you provide a once-in-a-lifetime experience for a teenager from across the globe, and you form a relationship that will stay with you and your family forever.

Trust EF High School Exchange Year to ensure that your exchange experience is the best it can be. We offer:

- A local coordinator who helps you select the right student, and works with your school.
- Great support throughout the exchange.
- Students who have been carefully screened for language, attitude and grades.
- Students who bring their own spending money and insurance.

**To learn more about hosting contact:**

**HEATHER CONNER & BRACY POPPELL**

971-227-2958

HEATHER.CONNER1976@GMAIL.COM



**High School Exchange Year**

1-800-447-4273 | [efexchangeyear.org](http://efexchangeyear.org)

**WE ARE HIRING!**

Neah-Kah-Nie School District Job's listing



AN OPPORTUNITY AWAITS!

# DIVERSE EDUCATOR PATHWAY

We are looking to fill critical shortages of bilingual and/or culturally competent teachers in the Neah-Kah-Nie school district through a "grow your own" program.



Qualifications:  
any student/classified staff or community member with a desire to be a pre-school, elementary, middle, or high school teacher who is racially and/or linguistically diverse.

Contact:

High School Counselor: Esther Troyer, [esthert@nknsd.org](mailto:esthert@nknsd.org)

Spanish Speaking Liaison:

Alejandro Quintana, [alejandroqr@nknsd.org](mailto:alejandroqr@nknsd.org)

The ESS logo features a red apple with a green leaf and a bite taken out of it, with the letters 'ESS' in a bold, blue, sans-serif font to its right. Below the logo is the tagline "Every day counts." in a smaller, blue, sans-serif font.

**SUBSTITUTES  
APPLY NOW**

**ESS.com**



## FLASH ALERT

Spring is upon us! Make sure you are signed up for Flash Alert to keep you up to date on school changes!

<http://flashalert.net/news.html?id=1123>

To keep up on weather alerts you can sign up for messages from Nixle on the link below.

<https://local.nixle.com/register/>

To make a donation to Mudd Nick Foundation ~Click Here

Every year the Mudd Nick Foundation provides funds to further the education to our students through field trips, supplies, and so much more

Neah-Kah-Nie School District has contracted with [ESS](#) for our substitute services. To become a substitute for the District please go to [ESS.com](#), click on the Job Seeker tab and type in Neah-Kah-Nie School District to begin the application process.

If you have questions about the application process, or becoming a substitute, please contact our Human Resources office at 503-355-3506.

## **TILLAMOOK COUNTY MENTAL HEALTH CRISIS LINE LÍNEA DE CRISIS DE SALUD MENTAL DEL CONDADO DE TILLAMOOK**

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

**Tillamook County 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

