

# The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

May 9, 2025

---

## Upcoming Dates: 📅

- 5/12: Board Meeting @ 6:30
  - 5/14: Parent Advisory Council Meeting @ 5:00
  - 5/16: Senior SAFE meeting in Galley @ 6:30
  - 5/12-5/17: Pirate Player's Performance @ 6:00 in the Upper gym
- 

🍏 SCHOOL MENU 🍏

APRIL 2025 NEAH-KAH-NIE MS-HS					A variety of Dairy Sandwiches are available Daily as an option for lunch
Monday	Tuesday	Wednesday	Thursday	Friday	
	Breakfast Sandwich 1 Chicken Soft Tacos	Cinnamon Cr. Cheese Bago 2 Chicken Potato Gravy Bowl	Strawberry Smoothies 3 Chicken Burger	Biscuits & Gravy 4 Soup & Toasted Cheese Sandwich	
French Toast 7 Cheesy Breadsticks w/ Marinara	Pancake on a Stick 8 Bean & Cheese Burritos	Breakfast Bar 9 Tater Tot Casserole	Cherry Strudel 10 Pulled Pork Sandwich	Breakfast Burrito 11 Chicken Strips & Fries	
Waffles 14 Hot Dog & Baked Beans	Sausage & Biscuit 15 Chicken & Cheese Nachos	Cocoa Bread 16 Mac & Cheese	NO SCHOOL PARENT/TEACHER CONFERENCES 17	NO SCHOOL PARENT/TEACHER CONFERENCES 18	
Pancake Bites 21 Meatball Subs	Breakfast Sandwich 22 Chicken Fajitas	Strawberry Cr. Cheese Bago 23 Crispy Chicken Drumsticks	Yogurt & Grahams 24 Western Burger	Oatmeal Rounds 25 Breakfast For Lunch	
Apple Cinnamon Texas Toast 28 Corn Dogs	Pancake on a Stick 29 Enchiladas	Breakfast Bar 30 Orange Chicken Over Rice			

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our breads and pasta are whole grain or whole wheat. GF options available. Fat-free and 1% milks are offered daily. Whole grain cereals are an option at breakfast.

"This institute is an equal opportunity provider"

## Levy Information

### May Ballot Info

Due to decreases in Timber Revenue, The NKN Board approved an Operation Levy to be placed on the ballot of the May Election. The Levy would fund programs, staff, and resources in all four schools of the Neah-Kah-Nie School District. Learn more: [www.nknsd.org/levy](http://www.nknsd.org/levy)

## Upcoming Events

NEAH-KAH-NIE  
STUDENT COUNCIL

# Car Wash

*Need your car washed? Get it done all  
while supporting your NKN Pirates!*



**June 8th, 2025 | Noon to 3pm |  
Sunday RTI Parking lot**

---

## **Maximizing SEBT Benefits with Double Up Food Bucks**

With the cost of groceries on the rise, it is more important than ever for families to make the most of their SNAP or Summer EBT benefits.

The [Double Up Food Bucks Program](#) allows families to double-up their savings on qualified purchases of fruits and vegetables, from participating locations. That means, if a family spends \$20 on fresh fruits and vegetables, families can receive another \$20 to spend on additional produce.

### **How it works:**

1. Go to participating Farmers Markets or grocery stores
2. Shop for eligible foods with your SNAP or Summer EBT benefits
3. Get free fruits and vegetables! Double Up Food Bucks will match purchases dollar for dollar (Up to \$20 per day) to bring home more fresh fruits and veggies.

[Find a participating Farmers Market, Grocery Store, CSA or Farm Stand near you!](#)

---

Tillamook County schools are partnering with Rede Group and Tillamook County Health & Human Services to better understand how **tobacco and vaping prevention** is working in our schools. As a parent or caregiver, your input is important. This **short, anonymous survey** will help us assess how school tobacco policies are understood, enforced, and supported, as well as how they impact students' health and well-being.

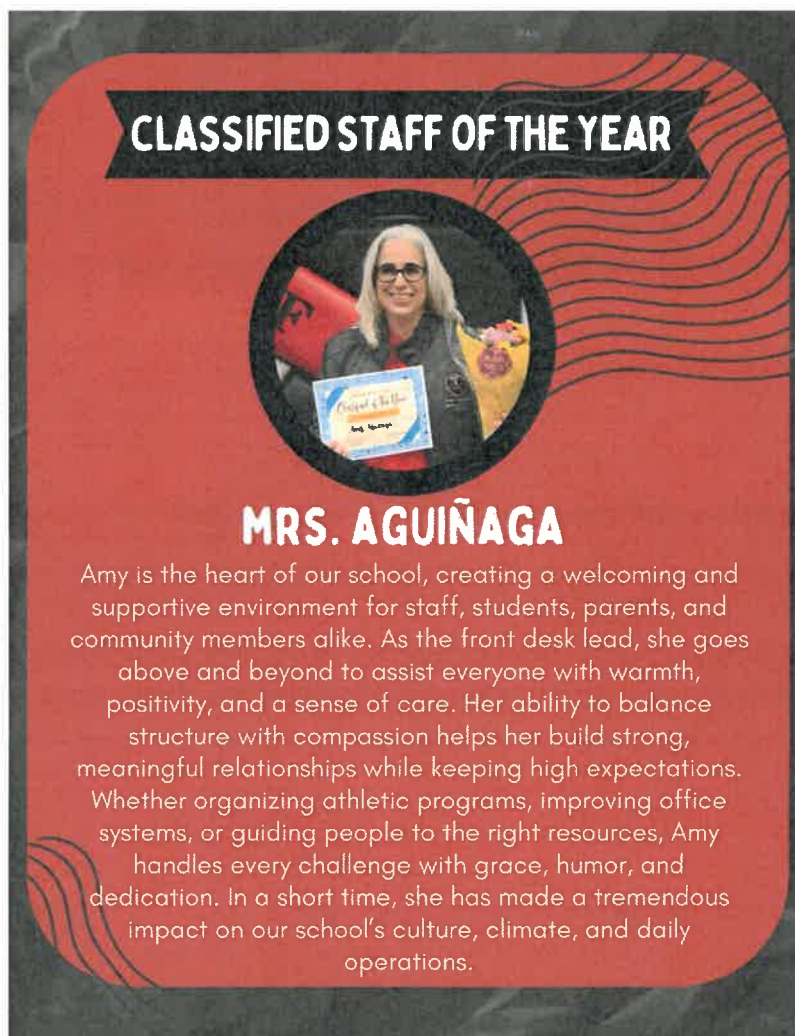
Your voice will help shape healthier school environments. Thank you in advance for taking the quick survey.

**English version:** <https://www.surveymonkey.com/r/tillamookcaregiversurvey>


**Spanish version:** <https://www.surveymonkey.com/r/8TQTQRP>

---

## Congratulations to our Staff of the Year!



**CLASSIFIED STAFF OF THE YEAR**



**MRS. AGUIÑAGA**

Amy is the heart of our school, creating a welcoming and supportive environment for staff, students, parents, and community members alike. As the front desk lead, she goes above and beyond to assist everyone with warmth, positivity, and a sense of care. Her ability to balance structure with compassion helps her build strong, meaningful relationships while keeping high expectations. Whether organizing athletic programs, improving office systems, or guiding people to the right resources, Amy handles every challenge with grace, humor, and dedication. In a short time, she has made a tremendous impact on our school's culture, climate, and daily operations.



# TEACHER OF THE YEAR



## MR. BILLSTINE

Mr. Billstine brings a perfect balance of humor, support, and dedication to the classroom. Students say that his jokes and lightheartedness make learning enjoyable and create a fun, welcoming environment for everyone. Beyond being funny, he genuinely cares about his students and goes out of his way to support them academically and personally. He has helped many students believe in themselves and succeed, especially in challenging courses like AP Literature. Outside the classroom, he continues to serve his students by coaching multiple sports and showing up with the same positive energy. Mr. Billstine isn't just a great teacher—he's a role model, a safe space, and someone who makes a lasting impact.

## TEACHER OF THE YEAR



### MS. WHITFIELD

Ms. Whitfield stepped up as the student council leader halfway through the year and made an immediate, positive impact. Despite the added responsibilities, she continues to show up for every class with care, energy, and a smile. She's created a fun and inclusive environment for students, both in the classroom and through her leadership in the student council. Ms. Whitfield is not only an amazing teacher but also a great listener and a genuinely kind person who always puts students first. Her dedication and ability to adapt have truly made a difference in our school this year.

---

## Student IDs



Students, it is important that you keep your student ID on you while at school. If you are late or check out early, we will scan your ID. This saves time and ensures our attendance is accurate throughout the school day. Thank you in advance for your cooperation!

---

## Attendance Matters!

A safe average attendance rate is considered 90%. Safe in this context means that our students are at school consistently and can build positive relationships with both peers and adults as they learn to navigate the K-12 system. These relationships are critical in establishing healthy and helpful attendance habits early on.

\*Our school's average attendance goal is 95%.

Please know that a doctor's note is only required for an extended period of illness. We know that as our student's immune systems adjust to living and working with so many people outside of their family, there will be times when they have to stay home to recover from a cold or flu. Any questions about attendance or illness can be directed to the main office.

NKNHS's Current Attendance Rate: 90%

## Health Room Information



### Suicide Prevention Checklist & Recommendations For Students and Families

Have you been trained to understand basic suicide prevention warning signs and how to refer a loved one to help? If not, consider taking [Be Sensitive. Be Brave \(BSBB\)](#) (ages 14+) or [Question. Persuade. Refer \(QPR\)](#) (ages 16+). Young people as well as family members can take these community helper trainings. For access to BSBB at no cost, contact [Roger.Brubaker@oha.oregon.gov](mailto:Roger.Brubaker@oha.oregon.gov).



SUICIDE & CRISIS  
LIFELINE  
PREVENCIÓN DEL  
SUICIDIO Y CRISIS

#### **988 Suicide and Crisis Lifeline**

*For 24/7 support in English, Spanish, and ASL*

The suicide and crisis lifeline never closes. It is always open for calls, texts, and chats. Specific support for people who are LGBTQ2SIA+ and Veterans. [Learn more.](#)



**YouthLine** 877-968-8491 (or Text 'teen2teen' to 839863)

*For older elementary, middle, or high school students*

Youthline, a teen-to-teen help, support, and crisis line is open daily from 4-10 pm PT via call, text, and chat. Adults answer phone calls at all other times for support 24/7. [Learn more.](#)



**Trevor Project** 866-488-7386 (or Text 'START' to 678678)

*For 24/7 support for LGBTQ2SIA+ students under 25*

The Trevor Project offers support from trained counselors who understand the challenges LGBTQ+ young people face and are available 24/7. [Learn more.](#)



**Safe and Strong Helpline** 800-923-4357

*For students and families*

If you need mental and emotional support, the Safe + Strong Helpline is here for you 24/7. Connect to care, learn how to make sense of what a person is going through, and get tips for being a supporter to a loved one who is struggling. [Learn more.](#)

## NKN Local Wellness Program

### WHY DO WE HAVE A LOCAL WELLNESS PROGRAM?

Our Wellness Policy focuses on the whole student by assisting in the development and education of their physical, emotional, intellectual, social and nutritional health and wellbeing.

### WHAT HAS NKN BEEN DOING TO PROMOTE STUDENT WELLNESS?

- Daily Physical Activity
- FREE nutritious meals every day
- District School Nurse
- Full time counselors at all buildings
- Annual Health Fair
- Health and Wellness Center



For more information visit the Neah-Kah-Nie Wellness webpage:

- Triennial assessment results
- NKN Local Wellness Board Policy
- Oregon requirements for Local School Wellness Policy
- Contact details



## Programa de bienestar local de NKN

### POR QUÉ TENEMOS UN PROGRAMA DE BIENESTAR LOCAL?

Nuestra Política de Bienestar se centra en el estudiante en su totalidad, ayudándolo en el desarrollo y la educación de su salud y bienestar físico, emocional, intelectual, social y nutricional.



### QUÉ HA ESTADO HACIENDO NKN PARA PROMOVER EL BIENESTAR DE LOS ESTUDIANTES?

- Actividad física diaria
- Comidas nutritivas GRATIS todos los días
- Enfermera escolar del distrito
- Consejeros de tiempo completo en todos los edificios.
- Feria Anual de Salud
- Centro de Salud y Bienestar

Para obtener más información, visite la página web de Neah-Kah-Nie Wellness:

Resultados de la evaluación trienal

- Política de la Junta de Bienestar Local de NKN
- Requisitos de Oregon para la política de bienestar escolar local
- Datos de contacto

## Reasons to keep me home from school and what needs to happen before I can return

What is my symptom?	When should I stay home?	When can I return to school?
<b>Fever</b>	I have had a fever of 100.4°F (38°C) or higher in the last 24 hours.	If I have been fever-free for 24 hours without the use of fever-reducing medication and I am feeling better.
<b>Vomiting or diarrhea</b>	If I have vomited 1 or more times in the last 24 hours. If I have had 3 loose or watery stools in a day or if I may not make it to the toilet in time.	If I did not vomit in the last 24 hours and I am able to drink liquids and eat food. If I have not had diarrhea in the last 24 hours.
<b>New cough or trouble breathing</b>	If I have a new or persistent cough that interferes with my ability to participate in school activities, difficulty breathing or trouble catching my breath.	Once I am feeling better and my symptoms are improving for at least 24 hours. If my symptoms were due to asthma, please make sure that I have permission to use a rescue inhaler at school.
<b>Rash</b>	If the rash is new and undiagnosed by a health-care provider, is increasing in size, is draining and cannot be completely covered, or if I develop a fever.	If my rash has healed or I have been cleared for return by my health-care provider and any draining rashes are completely covered.
<b>Eye redness and drainage</b>	If I have new and unexplained eye redness without drainage, fever, eye pain, eyelid redness or vision changes.	Once my eye symptoms have gone away or I have been cleared for return by my health-care provider.

*If you don't know whether to send your child to school or have specific concerns regarding your child's health, contact your child's health-care provider, a local healthcare provider, or the school nurse.*



Adapted from:



**Motivos por los que debo quedarme en casa  
y no ir a la escuela y qué debe suceder para que  
pueda volver**

<b>¿Cuál es mi síntoma?</b>	<b>¿Cuándo debo quedarme en casa?</b>	<b>¿Cuándo puedo volver a la escuela?</b>
<b>Fiebre</b>	He tenido fiebre de 100.4 °F (38 °C) o más en las últimas 24 horas.	Si he estado 24 horas sin fiebre sin utilizar medicamentos para reducir la fiebre y me siento mejor.
<b>Vómitos o diarrea</b>	Si he vomitado 1 o más veces en las últimas 24 horas. Si he tenido 3 heces blandas o acuosas en un día o si es posible que no llegue al baño a tiempo.	Si no he vomitado en las últimas 24 horas y puedo beber líquidos y consumir alimentos. Si no he tenido diarrea en las últimas 24 horas.
<b>Nueva tos o dificultad para respirar</b>	Si tengo una tos nueva o persistente que interfiere con mi capacidad para participar en las actividades escolares, dificultad para respirar o problemas para recuperar el aliento.	Una vez que me sienta mejor y mis síntomas mejoren durante al menos 24 horas. Si mis síntomas provocados por el asma, por favor, asegurarse de que tengo permiso para utilizar un inhalador de emergencia en la escuela.
<b>Sarpullido</b>	Si el sarpullido es nuevo y no ha sido diagnosticado por un proveedor de atención médica, aumenta de tamaño, supura y no puede cubrirse por completo, o si tengo fiebre.	Si el sarpullido se ha curado o mi proveedor de atención médica ha autorizado a que vuelva y cualquier sarpullido que supure esté completamente cubierto.
<b>Enrojecimiento y secreción de los ojos</b>	Si tengo enrojecimiento de los ojos nuevo e inexplicable con secreción, fiebre, dolor en los ojos, enrojecimiento de los párpados o cambios en la visión.	Una vez que los síntomas en mis ojos hayan desaparecido o mi proveedor de atención médica autorice a que vuelva.

*Si no sabe si debe enviar a su hijo a la escuela o si tiene alguna duda específica sobre su salud, póngase en contacto con el proveedor de atención médica de su hijo, con un proveedor de atención médica local o con la enfermera escolar.*



Adaptado de:



## Help is Available!

Scan the QR Code to view and access resources relating to:

- Mental Health
- Suicide
- LBGTQ+
- Sexual Assault, dating violent, domestic violence, and abuse
- Student and school safety
- Food pantries
- Housing and shelter
- Childcare and parenting



## 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 and Information:



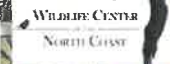
# MIGRATORY BIRD DAY CELEBRATION

*at Alder Creek Farm*



**MAY 25** 10AM - 1PM @ ACF  
Underhill Ln, Nehalem  
OR, 97131

Guided Bird Walks @ 10a.m. & 11:30a.m. | 'Big Sit'  
Birding Station | Interpretive Tables | Kids Activities  
Local Conservation Partners



[www.nehalemtrust.org/birds](http://www.nehalemtrust.org/birds)



**Neah-Kah Nie High School**

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