The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

February 21, 2025

❗ Notice- Makeup Days for Weather ❗

Upcoming Dates: 📅

- Feb 22: Basketball District Championships, Unified BBX UCS Reg Tour, Wrestling Boys Tournament at Warrenton HS, Merkley and Bonamici Town Hall in Gym
- Feb 24: Special Board Meeting
- Feb 25: Basketball State Playoffs, GEAR Up field trip to OSU Extension Office
- Feb 26: Send off for State Wrestling
- Feb 27-28: Wrestling State Meet
- Feb 27: Unified BBX @ Clatskanie
- Feb 28: FNRL Career Development at Scio, BBX State Playoffs round 2

🍎SCHOOL MENU🍎

FEBRUARY 2025
NEAH-KAH-NIE HIGH SCHOOL

A variety of sandwiches Are available daily as an Option for lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 PROFESSIONAL DEVELOPMENT NO SCHOOL	4 Breakfast Sandwich Chicken Soft Tacos	5 Strawberry Cr. Cheese Bagel Mac & Cheese	6 Yogurt & English Muffin Rib-A-Que	7 Blueberry Muffin Chicken Strips & Fries
10 French Toast Corn Dogs	11 Pancake on a Stick Enchiladas	12 Breakfast Bar Orange Chicken Over Rice	13 Biscuits & Gravy Tillamook Cheeseburger	14 Breakfast Burrito Pizza Sticks
17 PRESIDENTS' DAY NO SCHOOL	18 Sausage & Biscuit Nachos	19 Banana Bread Spaghetti	20 Pancakes Chicken Burger	21 Oatmeal Rounds Breakfast For Lunch
24 Waffles Hot Dog & Baked Beans	25 Breakfast Sandwich Bean & Cheese Burritos	26 Cinnamon Cr. Cheese Bagel Teriyaki Chicken Over Rice	27 Strawberry Smoothie & Graham Pulled Pork Sandwich	28 Blueberry Muffin Popcorn Chicken

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread options 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. Menu items are subject to change.

"This institute is an equal opportunity provider"

Upcoming Events:

spring fling

NKN High School Dance

When:

March 15th: 8-10pm

Where:

Loacted in the Galley

Price:

$2 or -free- with ASB

---Italian sodas & Snacks for sale---

NEAH-KAH-NIE HIGH SCHOOL

1ST ANNUAL DODGEFEST

Get ready to dodge, dip, duck, dive, and dodge at our upcoming Dodgeball Tournament!

THURS, MARCH 13

NKN HS Gym
6:00-7:30pm

This is a free family event and dinner will be provided. Students will play against their parents/guardians.

Sposored by the Parent Advisory Council

SIGN UP BELOW

This willl help with knowing how much food to make.
Everyone in attendance eats free!

SCAN ME

NKN SPRING SPORTS PARENT MEETING

Wednesday, March 5th
6:00 PM
NKN HS Cafeteria
Team Meetings
after General Meeting

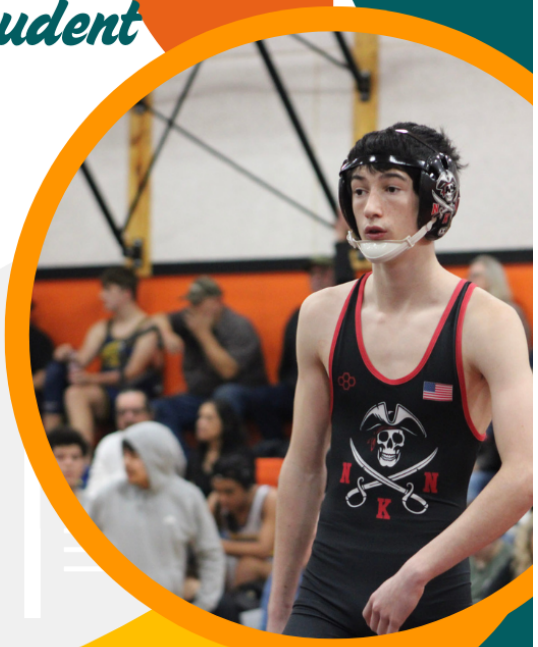
- ☑ Meet the Coaches
- ☑ Get questions answered
- ☑ Discuss Important Information

BASEBALL
TRACK
SOFTBALL

NKN Health and Wellness Needs Survey

Student Life

Foreign Exchange Student Spotlight



What inspired you to become a foreign exchange student?
His family members were also foreign exchange students and he wanted to have the experience as well.

What was your first impression when you arrived?
Stores and cars are bigger and he thought that was pretty noticeable.

What are some of the biggest cultural differences you have noticed?
The food is very different. School is easier and more fun in America.

NICO RODRIGUEZ CONDE

Spain

Congratulations to Krista Bozley!

On Saturday, Senior Krista Bozley traveled to Scappoose to wrestle in the District Tournament. Krista entered into the 115 pound category and went undefeated through the tournament to secure the District Championship and qualify for the OSAA State Tournament on February 27th-28th. She also earned the honor of Outstanding Wrestler of the tournament!

! Attention Graduates, FASFA Information !

FAFSA Alert – Take Action to Help Your Student Secure College Funding!

Dear Neah-Kah-Nie Family,

As your student nears the end of their senior year, we want to remind you that the FAFSA application for the upcoming academic year is open! Completing the FAFSA (Free Application for Federal Student Aid) is an essential step in accessing financial assistance for college, including federal and state grants, loans, and work-study opportunities. These resources can significantly reduce the cost of higher education for your student. However, students who absolutely have no plans to participate in postsecondary education or are joining the military can be exempt from this assignment by emailing Esther at esthert@nknsd.org.

This topic is a focus in your student's advisory class, and we are encouraging them to discuss the process with you at home. Here's how you can get started:

Steps to Complete the FAFSA:

1. Gather Required Documents
    1. Tax returns, bank statements, and Social Security numbers (for both the student and parents, if the student is considered dependent).
2. Create an FSA ID
    1. Visit studentaid.gov to create a unique username and password for both the student and one parent (if applicable).
3. Access the FAFSA Application
    1. Log in at fafsa.gov with your FSA ID to begin the application process.

Support Available to You:

- Individual Consultations
    - Schedule a one-on-one meeting with our GEAR UP Coordinator or counselor, Esther Troyer, to receive personalized guidance on financial aid and college affordability strategies.

If you have any questions or need assistance at any step of the FAFSA process, please don't hesitate to contact:

- Jaime Simpson, GEAR UP Coordinator: 503-355-3564 | jaimes@nknsd.org
- Esther Troyer, Counselor: 503-355-3588 | esthert@nknsd.org

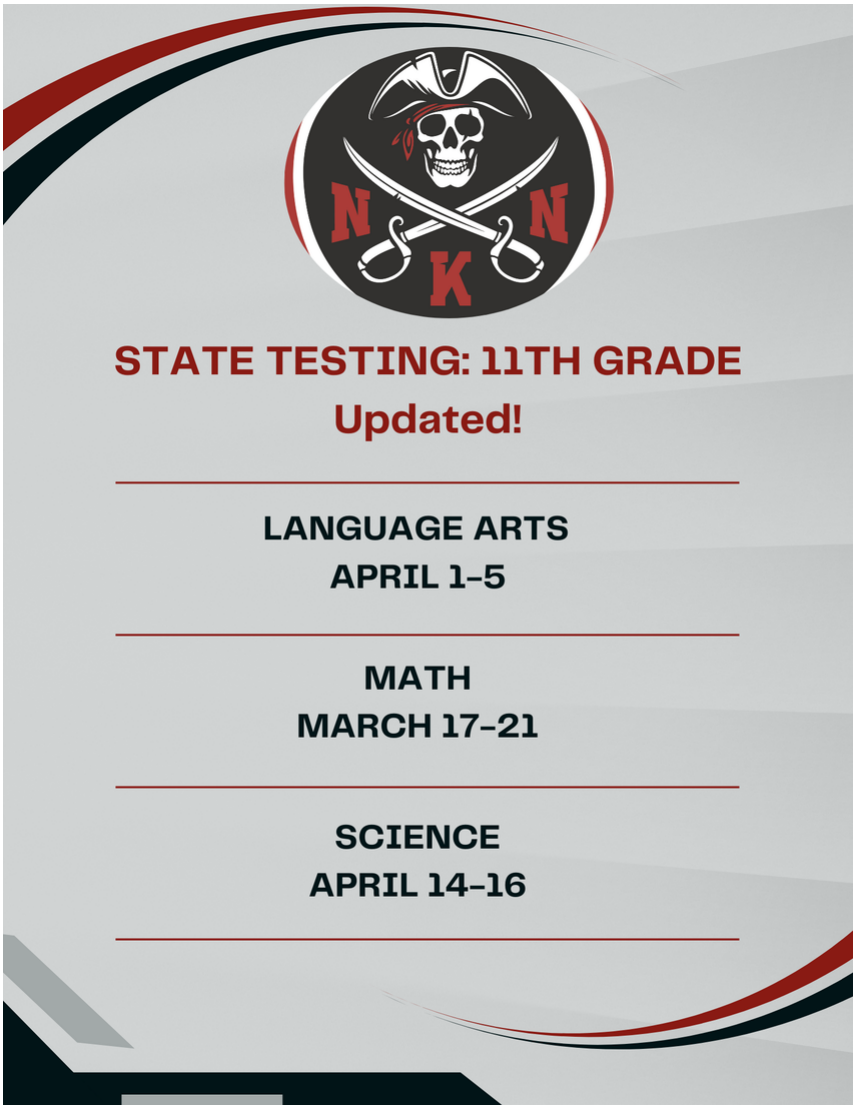
We are here to support you and your student in making college an achievable goal.

Sincerely,
Your Neah-Kah-Nie College and Career Team
P.S. Please share this important information with your student and encourage them to actively participate in the FAFSA process with your support.

Testing Information

MARCH 12: SAT TESTING

MARCH 20: PRE-ACT FOR ALL 10TH GRADERS



State testing is coming up in March for all 11th grade students. The state test provides a standardized way to measure student learning and ensure accountability in education. It helps identify gaps in knowledge and skills, allowing teachers to adjust their strategies to better meet students' needs. State tests also give parents and policymakers valuable insights into school and district performance, helping to guide decisions about funding and resources. Ultimately, these assessments aim to ensure that all students have access to a high-quality education and are prepared for future academic and career challenges. Our hope is that all 11th graders do their best on the test this year to show how great the NKN School District is at educating our students!

Course Options Survey

After School Tutoring in Room 3- Thursdays!

Stephanie Gomez and Shawn Lehr offer after school tutoring on Thursdays in room 3 from 4:00-6:00. Students needing to access the activity bus can do so at the end. Students can sign up with Amy in the main office.

Forecasting for classes next year-Interested in taking courses at TBCC?

In 2005, the Oregon Legislature enacted Senate Bill 300, the Expanded Options Program (EOP). You are receiving this letter because your high school student may be eligible for this option and might be interested in pursuing **free** courses at the college level. Please read the information in this letter very carefully. Discuss this opportunity with your student, paying particular attention to the requirements. If your student is interested in pursuing this option, your student must complete the Neah-Kah-Nie District Expanded Options Program Student Notice & Assurances Form included in this packet; your student must complete this form and turn it in to Esther Troyer at Neah-Kah-Nie High School by **May 15, 2025**. You may also contact Esther to set up an appointment if you have questions about the steps required to access this unique educational opportunity. Students that fail to turn in their paperwork by the **May 15 deadline** will be placed on a wait list and priority given to at-risk students.

Senate Bill 300 provides all eligible high school students increased access to a limited pool of credits set aside for coursework at post-secondary sites. All eligible students may apply for EOP, but all eligible students who apply may not be accepted because of space limitations. Enrollment in EOP may be limited because of caps on the total credit hours that will be awarded by the high school. If qualified applications to EOP exceed space limitations, the district will establish a process that gives priority to at-risk students. Students will be able to access the EOP as long as funds last; the EOP will discontinue once the funds are expended. The Neah-Kah-Nie School District recognizes Tillamook Bay Community College as our higher education partner in this effort.

We are proud to have you as our educational partners and look forward to continuing to offer a solid academic program for Neah-Kah-Nie High School students.

NEAH-KAH-NIE Pirates

24705 US 101 / PO Box 28
Rockaway Beach, OR 97136
Phone: 503-355-2272
Fax: 503-355-3434
www.nknsd.org

Christy Hartford, Principal

January 17, 2025

Dear Parents,

In 2005, the Oregon Legislature enacted Senate Bill 300, the Expanded Options Program (EOP). You are receiving this letter because your high school student may be eligible for this option and might be interested in pursuing **free** courses at the college level. Please read the information in this letter very carefully. Discuss this opportunity with your student, paying particular attention to the requirements. If your student is interested in pursuing this option, your student must complete the Neah-Kah-Nie District Expanded Options Program Student Notice & Assurances Form included in this packet; your student must complete this form and turn it in to Esther Troyer at Neah-Kah-Nie High School by **May 15, 2025**. You may also contact Esther to set up an appointment if you have questions about the steps required to access this unique educational opportunity. Students that fail to turn in their paperwork by the **May 15 deadline** will be placed on a wait list and priority given to at-risk students.

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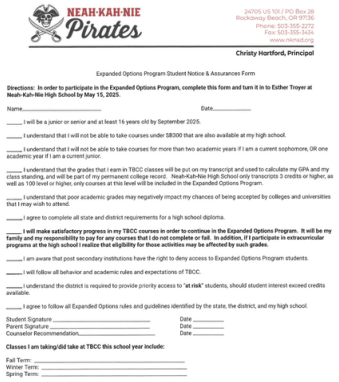
Sincerely,

Christy Hartford
Principal
Neah-Kah-Nie High School
503-355-2272



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Expanded Options Program Student Notice & Assurances Form

Directions: In order to participate in the Expanded Options Program, complete this form and turn it in to Esther Troyer at Neah-Kah-Nie High School by May 15, 2025.

Name_____ Date_____

_____ I will be a junior or senior and at least 16 years old by September 2025.

_____ I understand that I will not be able to take courses under SB300 that are also available at my high school.

_____ I understand that I will not be able to take courses for more than two academic years if I am a current sophomore, OR one academic year if I am a current junior.

_____ I understand that the grades that I earn in TBCC classes will be put on my transcript and used to calculate my GPA and my class standing, and will be part of my permanent college record. Neah-Kah-Nie High School only transcripts 3 credits or higher, as well as 100 level or higher, only courses at this level will be included in the Expanded Options Program.

_____ I understand that poor academic grades may negatively impact my chances of being accepted by colleges and universities that I may wish to attend.

_____ I agree to complete all state and district requirements for a high school diploma.

_____ I will make satisfactory progress in my TBCC courses in order to continue in the Expanded Options Program. It will be my family and my responsibility to pay for any courses that I do not complete or fail. In addition, if I participate in extracurricular programs at the high school I realize that eligibility for those activities may be affected by such grades.

_____ I am aware that post secondary institutions have the right to deny access to Expanded Options Program students.

_____ I will follow all behavior and academic rules and expectations of TBCC.

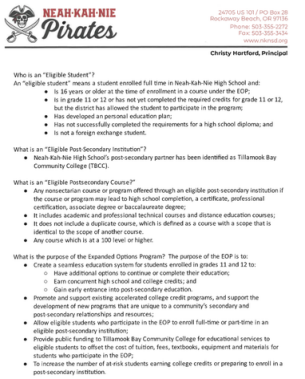
_____ I understand the district is required to provide priority access to "**at risk**" students, should student interest exceed credits available.

_____ I agree to follow all Expanded Options rules and guidelines identified by the state, the district, and my high school.

Student Signature _____ Date _____
Parent Signature _____ Date _____
Counselor Recommendation_____ Date _____

Classes I am taking/did take at TBCC this school year include:

Fall Term: _____
Winter Term: _____
Spring Term: _____



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Who is an "Eligible Student"?
An "eligible student" means a student enrolled full time in Neah-Kah-Nie High School and:

- Is 16 years or older at the time of enrollment in a course under the EOP;
- Is in grade 11 or 12 or has not yet completed the required credits for grade 11 or 12, but the district has allowed the student to participate in the program;
- Has developed an personal education plan;
- Has not successfully completed the requirements for a high school diploma; and
- Is not a foreign exchange student.

What is an "Eligible Post-Secondary Institution"?

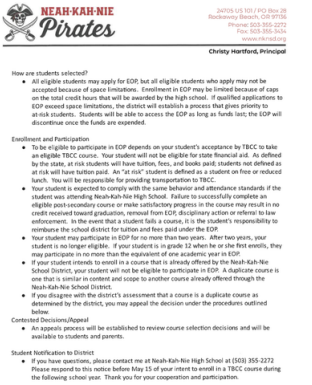
- Neah-Kah-Nie High School's post-secondary partner has been identified as Tillamook Bay Community College (TBCC).

What is an "Eligible Postsecondary Course?"

- Any nonsectarian course or program offered through an eligible post-secondary institution if the course or program may lead to high school completion, a certificate, professional certification, associate degree or baccalaureate degree;
- It includes academic and professional technical courses and distance education courses;
- It does not include a duplicate course, which is defined as a course with a scope that is identical to the scope of another course.
- Any course which is at a 100 level or higher.

What is the purpose of the Expanded Options Program? The purpose of the EOP is to:

- Create a seamless education system for students enrolled in grades 11 and 12 to:
  - Have additional options to continue or complete their education;
  - Earn concurrent high school and college credits; and
  - Gain early entrance into post-secondary education.
- Promote and support existing accelerated college credit programs, and support the development of new programs that are unique to a community's secondary and post-secondary relationships and resources;
- Allow eligible students who participate in the EOP to enroll full-time or part-time in an eligible post-secondary institution;
- Provide public funding to Tillamook Bay Community College for educational services to eligible students to offset the cost of tuition, fees, textbooks, equipment and materials for students who participate in the EOP;
- To increase the number of at-risk students earning college credits or preparing to enroll in a post-secondary institution.



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How are students selected?

- All eligible students may apply for EOP; but all eligible students who apply may not be accepted because of space limitations. Enrollment in EOP may be limited because of caps on the total credit hours that will be awarded by the high school. If qualified applications to EOP exceed space limitations, the district will establish a process that gives priority to at-risk students. Students will be able to access the EOP as long as funds last; the EOP will discontinue once the funds are expended.

Enrollment and Participation

- To be eligible to participate in EOP depends on your student's acceptance by TBCC to take an eligible TBCC course. Your student will not be eligible for state financial aid. As defined by the state, at risk students will have tuition, fees, and books paid; students not defined as at risk will have tuition paid. An "at risk" student is defined as a student on free or reduced lunch. You will be responsible for providing transportation to TBCC.
- Your student is expected to comply with the same behavior and attendance standards if the student was attending Neah-Kah-Nie High School. Failure to successfully complete an eligible post-secondary course or make satisfactory progress in the course may result in no credit received toward graduation, removal from EOP, disciplinary action or referral to law enforcement. In the event that a student fails a course, it is the student's responsibility to reimburse the school district for tuition and fees paid under the EOP.
- Your student may participate in EOP for no more than two years. After two years, your student is no longer eligible. If your student is in grade 12 when he or she first enrolls, they may participate in no more than the equivalent of one academic year in EOP.
- If your student intends to enroll in a course that is already offered by the Neah-Kah-Nie School District, your student will not be eligible to participate in EOP. A duplicate course is one that is similar in content and scope to another course already offered through the Neah-Kah-Nie School District.
- If you disagree with the district's assessment that a course is a duplicate course as determined by the district, you may appeal the decision under the procedures outlined below.

Contested Decisions/Appeal

- An appeals process will be established to review course selection decisions and will be available to students and parents.

Student Notification to District

- If you have questions, please contact me at Neah-Kah-Nie High School at (503) 355-2272 Please respond to this notice before May 15 of your intent to enroll in a TBCC course during the following school year. Thank you for your cooperation and participation.

Expanded Options (2025).pdf

Download
279.5 KB

SENIOR YEARBOOK SUBMISSIONS

DUE APRIL 1ST, 2025

- **BABY PICTURES**
  - THESE WILL BE PRESENTED AT GRADUATION DURING A SLIDESHOW. FEEL FREE TO USE AS MANY AS YOU LIKE (4-6 IS BEST).
- **SENIOR PICTURES**
  - THESE PICTURES WILL BE IN THE SLIDESHOW ALONGSIDE THE BABY PICTURES. USE AS MANY AS YOU LIKE, BUT 1 OR 2 WORK BEST IF YOU USE 6+ BABY PICTURES.
- **WALL PICTURE**
  - THIS PICTURE NEEDS TO BE A CLOSE UP (SHOULDERS UP). ANY PICTURE SUBMITTED SHOULD BE OF HIGHEST QUALITY (PIXEL COUNT). PLEASE NOTE ANY PICTURE THAT IS NOT A CLOSE UP WILL BE CROPPED TO FIT THE FRAME FOR THE HALLWAY.
- **YEARBOOK PICTURE**
  - THIS PICTURE WILL BE FEATURED IN THE YEARBOOK. THE FORMAT IS PORTRAIT STYLE AND THERE WILL BE SIX STUDENTS ON A PAGE. THIS PICTURE CAN BE WHATEVER THE SENIOR CHOOSES BUT IT HAS TO BE SCHOOL APPROPRIATE (I.E. NO WEAPONS, GORE, OR PARAPHERNALIA).
- **YEARBOOK QUOTE**
  - THIS WILL BE FEATURED IN THE YEARBOOK NEXT TO THE SENIOR'S PICTURE. ALL QUOTES HAVE TO BE SCHOOL APPROPRIATE (I.E. NO CUSSING, DEROGATIVE TERMS, OR BULLYING) AND BE APPROVED BY ADMINISTRATION.

ALL PHOTO SUBMISSIONS NEED TO BE AN IMAGE FORMAT (JPEG/PGN)
ALL PHOTOS AND QUOTES ARE DUE TO SABRINA EISELE @ SABRINAE@NKNSD.ORG

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.

Health Room Information

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?
Fever	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.
Vomiting or diarrhea	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.
New cough or trouble breathing	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.
Rash	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.
Eye redness and drainage	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.

OREGON DEPARTMENT OF EDUCATION

Adapted from: Attendance Works

Oregon Health Authority

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

¿Cuál es mi síntoma?	¿Cuándo debo quedarme en casa?	¿Cuándo puedo volver a la escuela?
Fiebre	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.
Vómitos o diarrea	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.
Nueva tos o dificultad para respirar	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.
Sarpullido	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.
Enrojecimiento y secreción de los ojos	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:

OREGON SHORES AND JUNTOS AFUERA PRESENT:

EXPLORING THE DEEP OCEAN

LEAP: Latinos Explorando Aguas Profundas

1. Design, build and pilot Remotely Operated Vehicles

2. Meet new people from across Tillamook County at 7 workshops

3. Learn about ocean careers

For more information contact:
natalie.macias@oregonstate.edu or
denise@oregonshores.org

Tillamook

OSU Extension Service Presents

Plan, Shop, Save & Cook

Saturday from 9-10 am
February 15 March 1, 15, and 29

4506 3rd Steet Tillamook, Oregon 97141

A Free 4-session series to learn how to save money and cook healthier meals

To Register email Galena Flores, Galena.Flores@Oregonstate.edu or call OSU Extension Office at 503-842-3433

Register by February 5th.

Session Topics:

1. Meal Planning & Grocery Lists
2. Understanding Food Labels
3. Saving Money on Grocery Shopping
4. Cooking a Simple, Low Cost, Healthy Meal

Oregon State University

FOOD HERO FoodHero.org

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer. Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service are Equal Opportunity Providers. Accommodation requests related to a disability or dietary restriction should be made by Febuary 5th to Galena Flores by calling (503)842-3433

Tillamook

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Oregon State University

FOOD HERO FoodHero.org

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