

The background of the entire page is a collage of autumn-themed images. On the left, a carved jack-o'-lantern with a glowing orange light inside sits on a wooden surface. To the right, there are several cookies decorated with chocolate, white icing, and blue star-shaped sprinkles. The overall color palette is warm, with oranges, browns, and yellows.

NKN Middle School Newsletter

October 2022

OCTOBER

NEWS

Dear NKN Middle School Families,

Fall is here, and with fall comes conferences. At the middle school, we are proud to offer Student Led Conferences for our students and families. Student Led Conferences (SLCs) are different from traditional conferences in that they place students at the helm of teacher-supported discussions with parents about student progress and learning. SLCs also present opportunities for students to prepare, reflect on, and discuss evidence of their learning and growth by way of student portfolios.

Our fall conferences will be held on October 20 - 21. On October 20, teachers are working from 8:00 am - 8:00 pm to accommodate working families schedules. On October 21, teachers are working from 8:00 am - 12:00 pm. The purpose of the fall conference is for students to set goals for the year. All students will have an academic and personal goal to share with families during the conference. In April, students will be sharing their portfolio of learning with families.

This year, we have worked hard on creating a schedule for students and families to meet with their advisory teacher, and also have open times after each scheduled conferences for families to talk to core content teachers. Directly following your scheduled conference, time is set aside for all teachers to be open for walk in conversations.

Our goal is to have 95% of our families attend these conferences. Our hope is to have families meet in person, however we understand that everyone is busy. Therefore, if a Zoom conference fits your needs better, we are happy to accommodate. If you have not already done so, please schedule your conference with your student's advisory teacher by calling our office at 503-355-2990.

If you have any questions, please call.

Sincerely,

Lori Dilbeck, Principal

Outdoor School for 6th Graders

This week, our sixth graders have participated in Outdoor School at Twin Rocks Friends Camp. Please enjoy pictures of their experiences learning about soil, survival, and ecology of our area.



Raider Hoodies!

If you haven't already, please turn in your [Raider Hoodie order form](#) by October 12th! This year, the hoodies will be a light ash gray!

NKN Middle School Bell Schedule

September Students of the Month!

Be on the lookout for an update on the Students of the Month next week!

Our School District is Looking for Parent and Family Feedback

Please give our school district some feedback on how we are doing! Here is a [survey link](#) to take a districtwide survey for family members.

Employment Opportunities at NKN School District

Go to the [District Website](#) (Departments - Human Resource Tab - Current Openings) to see our current openings.



ATTENDANCE MATTERS!

Dear Parents/Guardians,

The Neah-Kah-Nie School District believes regular school attendance is essential for a student's success in school. Attendance is an area we focus on in order to improve student achievement and ensure all students at Neah-Kah-Nie Schools have the opportunity to maximize their potential.

The district has a new attendance protocol with a dedicated team at each school to:

- *Assist families and students in improving student attendance.*
- *Reduce chronic absenteeism.*
- *Multi-tiered Attendance Team : Parents, Teachers, Secretary, Principal, Family Resource Coordinator (FRC), Counselor, ESL & Special Education staff.*

We encourage families to help your child build the habit of good Attendance

- Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try to schedule medical appointments and extended trips when school isn't in session
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- Seek help from school staff and other parents or community agencies, if you need support.

Cell Phone Use At School

Cell phones can be brought to school, but must remain in students' backpacks at all times during the school day. The phones should be on silent mode to ensure they do not disrupt the classroom instruction.

If a student is found with a phone during school hours:

- The first time, the phone is brought to the office. The student can pick it up at the end of the day.
- The second time, the phone will remain in the office until a parent picks it up.
- The third time, the phone remains in the office until further notice.

We have gone over this rule several times with students, but it would be great if you shared this with your student too. We have found middle school students need to hear things several times before it gets stuck in their head!

Student ID Numbers

Your student ID is also the password on your chromebooks. It's also the same number that you enter in the cafeteria when you get a hot lunch. Students please remember to enter it in when you go through the lunch line!

October Menu

Apply for Free & Reduced Lunch Here

Meal Prices

Breakfast: \$2.25

Lunch: \$3.55

Milk: \$.55

**Free & Reduced
Meal Applications
Available!**

Flash Alert

Flash Alert is one of the systems that the district uses to communicate with staff and families in the event of a school delay or closure. If you sign up, you will receive notifications of such events. Just use the following link and follow the steps for signing up. If you already have signed up, log in and click "Managing Subscriptions" to update for this year and test the email they have on file for you.

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

From Our Nurse's Office

From Denise Weiss, NKN District Nurse

We are seeing lots of viral infections as we enter fall. Remember the basics as we enter fall and winter—wash hands frequently, get plenty of sleep, drink water and eat a balanced diet. Please remember students who have a fever, vomiting, diarrhea or uncontrolled cough need to stay home from school. Also, COVID guidelines still apply. If positive for COVID, students are out of school 5 days and can return on day 6 as long as feeling well enough to be at school, cough is well controlled and fever free 24 hours without the use of fever reducing medications. Students would mask in public on days 6-10 if positive for COVID.

Call the office if your students are sick or if you have questions about when they can return to school.

Immunizations

- Now is a good time to make sure your students are up-to-date with required vaccinations prior to resuming any hybrid or in person learning. Exclusion day is February 16, 2022. Any student that is not current with their immunizations will be sent home. Requirements from the Oregon Department of Health are listed in link below:

<https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/VACCINESIMMUNIZATION/GETTINGIMMUNIZED/Pages/SchRequiredImm.aspx>

NKN Heath and Wellness Center is now open!

Click here for details!

FREE

Health Exams

for children (Infants to age 21)

Thursday, October 20, 2022

9 am - 5 pm

at NKN Student Health & Wellness Center

(Inside Neah-Kah-Nie High School)
24705 US-101, Rockaway, OR 97136

- Sports Physicals
- Health Exams for Children
newborn to 21 years of age
- Immunizations
(Please bring previous vaccination record.)
- FREE GIFT for each patient!

Call NOW to schedule your child's
appointment: **503-355-3500**

Thanks to our partner:



24705 US-101, Rockaway Beach, OR | NKNHealth.org

GRATIS

Exámenes de Salud para los niños

(Recien nacidos a 21 años de edad)

Jueves, día 20 de octubre de 2022
9 am - 5 pm

en el Centro de Salud y Bienestar para
Estudiantes de NKN (NKN Student Health &
Wellness Center)

Dentro de la Preparatoria (High School) Neah-Kah-Nie
24705 US-101, Rockaway, OR 97136

- Exámenes físicos para deportes
- Exámenes de salud para los niños
Recien nacidos a 21 años de edad
- Vacunas
(Por favor traiga su expediente de vacunas
anteriores.)
- ¡REGALO GRATIS para cada paciente!

Llama AHORA para programar la
cita de tu hijo: **503-355-3500**

Gracias a nuestro socio:



24705 US-101, Rockaway Beach, OR | NKNHealth.org

NKN
STUDENT HEALTH
& WELLNESS CENTER

The NKN Student Health & Wellness Center provides services to
all students regardless of the student's ability to pay.

Located at the Neah-Kah-Nie High School.

Center opens Tuesday, August 9th for medical services (including
sports physicals).

Health & Wellness Center Hours

Tuesday:
8:30 am – 12:00 pm
1:00 pm – 5:00 pm (closed 12:00 pm – 1:00 pm)

Wednesday:
8:30 am – 12:30 pm
1:30 pm – 5:00 pm (closed 12:30 pm – 1:30 pm)

Thursday: Starting September 6th
(Counseling appointments only)
8:30 am – 12:00pm
1:00 pm – 4:30 pm (Closed 12:00 pm – 1:00 pm)

(503) 355-3500

Visit the website for available services
and resources: nknhealth.org

**Parents have the right to opt out of services.*

NKN SPORTS UPDATE

A message from Cynthia Grell, NKN Middle School Athletic Director

Fall sports are all about at the halfway point of their seasons. Volleyball, football, and cross country collectively have about 60 students participating, which is great to see so many of our students active in after school activities. Boys basketball will be starting at the beginning of November. Boys interested in playing should make sure to have their paperwork in early so they will be ready the first day of practice. Girls basketball and wrestling will begin after the first of the year, but it's never too early to take care of physicals if your child's will be expiring soon.

Fall Sports Schedules

[Click here for schedule](#)

From the Librarian

Our 7th and 8th grade first Tech challenge robotics team will have their first meet on Saturday October 15th in the upper gym at the high school. The public is invited to attend at 10:00 AM to see the robots in action.

Come and cheer on our Middle school team as they compete with other teams from Tillamook, Banks, and Nestucca. Concessions will be open downstairs for anyone who gets hungry and wants to support our teams.

This will be the first of 4 meets held at NKN this Fall.

If you are interested in volunteering for these events or the team, please contact kathrynh@nknsc.org.

From the Counselor

Dear Families,

We are so grateful you are a part of the school community this year.

One of the aims of our school is to equip young people for all the realities of today's world. With that in mind, we have partnered with CharacterStrong – an organization that provides training for educators and curricula for students. Their work in grades 6-12 focuses on 3 main outcomes: increasing a sense of belonging for all students, improving skills that support student well-being, and deepening student engagement in their academics, in their school, and in their community.

Here's what the data tells us:

- A sense of belonging in school is one of the most important conditions for learning and a fundamental support for social and emotional well-being. Nearly 1/3 of all students report a

weak sense of belonging in their schools. Roughly half of 6th – 12th grade students say they don't enjoy coming to school most of the time.

- Mental health challenges for teens have been increasing and 7 out of 10 teens in the U.S. (between 13 and 17 years old) have named anxiety or depression as a major problem among their peers.
- Student engagement drives learning and supports school success.

This curriculum was created to support school communities as they engage in the work of preparing young people to thrive in the 21st century. The research supports the effectiveness of this content to increase students' academic success and college & career readiness. The lessons focus on developing skills and mindsets around building positive habits, understanding our emotions, improving teamwork, and increasing empathy.

One of the key parts of nearly every lesson is the "CharacterDare" for Middle School students. These are invitations near the end of most lessons to put the content that they are learning into action in the real world. If you ever want to play an active role in the CharacterStrong curricula, simply ask your student about the most recent CharacterDare. Maybe they'll invite you to try one yourself!

Looking forward to a great year!

Juntos Afuera!



JOIN US TO CELEBRATE DIA DE LOS MUERTOS!

SNACKS INCLUDING FRUIT SNACKS, PAN
DULCE, PALETAS, GRANOLA BARS, AND
MORE!



Juntos Afuera is a pre-college program for Latinx students. For more information, contact Nat Macias at NATALIE.MACIAS@OREGONSTATE.EDU

IMPORTANT DATES TO REMEMBER

October 10th-School Board Meeting- 6:30 pm @ the District Office

October 20th- Free Health Exams @ NKN Student Wellness Center

October 20th & 21st-Student Led Conferences- **NO SCHOOL**

October 25th-Picture Day

October 31st-November 4th- Spirit Week

Student Led Conferences:

October 20th from 8:00 am to 8:00 pm

October 21st from 8:00 am to 12:00 pm

Neah-Kah-Nie Middle School Teachers

Includes Names and Email

Fred Bayouth, 6-7th Grade Science Teacher - fredb@nknsd.org

Ruben Bitts, 6-7th Grade Math Teacher - rubenb@nknsd.org

Tyler Curtis, 6-7th Grade Social Studies Teacher - tylerc@nknsd.org

Salena Clifton, 6-7th Grade English Language Arts Teacher - salenac@nknsd.org

Joe Reed, 6-7th Grade PE Teacher - josephr@nknsd.org

Will Crook, 7-8th Grade Social Studies Teacher - willc@nknsd.org

Katie Green, 7-8th Grade Math Teacher -kathryng@nknsd.org

Jay Rocca, 7-8th Grade Science Teacher - jayr@nknsd.org

Ryan Ware, 7-8th Grade English Language Arts Teacher - ryanware@nknsd.org

Kelly Wiley, 7-8 Grade PE Teacher - kellyw@nknsd.org

Michael Simpson, Choir Teacher - michaels@nknsd.org

Russell Zaug, Band Teacher - russellz@nknsd.org

Angie Douma, Literacy Coach - angied@nknsd.org

Ashley Atwood, Counselor - atwooda@nknsd.org

Kathryn Harmon, Interactive Media Teacher, Librarian - kathrynh@nknsd.org

Stacey Dills, Special Education Teacher - staceyd@nknsd.org

Taylor Winder, Special Education Teacher - taylorw@nknsd.org

Patrick Connor, 7-8th Grade Art Teacher - patrickc@nknsd.org

NKN Middle School Office Staff

Adri Davidson- Head Secretary- adriannad@nknsd.org

Marie Giani- Assistant Secretary- marieg@nknsd.org

Denise Weiss- School Nurse

NEAH-KAH-NIE MIDDLE SCHOOL



Email: lorid@nknsd.org

Website: nknsd.org

Location: [25111 U.S. 101, Rockaway Beach, OR, USA](#)

Phone: [503-355-2990](tel:503-355-2990)



Lori Dilbeck

Lori is using Smore to create beautiful newsletters

