

NKN Middle School Newsletter

September, 2023

From The Principal

Dear Neah-Kah-Nie Middle School Families,

This has been an amazing first week of school! Students have been actively engaged in lessons, collaborating with peers, and enjoying time with their friends, all while learning school wide expectations, school rules, and the routines of the middle school. Next week, students will be fully emerged in learning grade level content.

This newsletter is chalked full of information and upcoming events. Our annual Back-To-School Night is happening on **September 20**. The doors will open at 5:30, and again this year, we are asking students and families to participate in a scavenger hunt. As you enter the doors, I will greet you and hand each student a card. On the card, there will be boxes labeled with items you will hunt for. For example, there will be boxes that read MATH TEACHER, PE TEACHER, etc. As a family, you will visit the classrooms or tables of the items listed on the card. In each classroom, teachers will have a specific place where you will go to stamp that box on your card. Once complete, bring that card back to the library where your student will receive a cookie, and the card will be placed in a drawing for a prize. We are excited to see all of our students and meet their families on September 20!

Other items in this newsletter include: a copy of our bell schedule, information about Outdoor School, a sports update, information pertaining to the importance of maintaining good attendance, and a nurse's update. Happy reading! If you have any questions concerning any of the information below, please call the office.

I am super excited about this coming year and will share monthly highlights of what it is like to be a student at Neah-Kah-Nie Middle School.

Warm regards,

Lori Dilbeck

NKN MS Bell Schedule

EVERY DAY MATTERS

Dear Parents/Guardians,

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

We want to partner with you to make sure all students are as successful as possible. Students with strong attendance are more likely to succeed in school and in future employment.

When your child is not in school, they are missing out on learning and being a part of our school community. If it is a concern getting your child to school, please contact the school office for support.

We do understand that students need to miss some days of school for health or personal reasons. Information on how and when to contact the office is below.

Official excusable reasons are as follows:

- **Illness of Student**
- Bereavements
- Family Emergency
- **Medical Appointments** (*must provide doctors note*)

All still count towards irregular attendance.

MIDDLE SCHOOL ATTENDANCE OFFICE

If you should need to contact us for attendance purposes please email us at msattendance@nksnd.org. Please include the following:

- Students First and Last name
- Reason for the absence
- Date or time they will return

We are not always by our phone so by emailing us it will help keep your students attendance up to date!

We understand that students miss school due to illness, appointments or personal reasons, but we



attendance are more likely to succeed in school and in future employment. All absences impact student performance and they miss out on valuable instructional time.

Important Dates to Remember

Sept 20th - Back to school night 5:30pm - 6:30pm

Sept 25th - Outdoor School Week @ Camp Meriwether (6th grade only). This is overnight.

Please see registration information below.

OUTDOOR SCHOOL REGISTRATION

What: Tillamook County Outdoor School Registration

When: September 25-29th

Where: Camp Meriwether (Pacific City)

Why: To learn and grow with each other and nature

We are needing parents to register ASAP for camp. Our deadline is going to be September 8th. The link is here ----> <http://app.campdoc.com/register/tcodes>

If parents have questions, please email us at TCODSBugnOops@gmail.com. If parents let us know their question, a phone number, and a good time to call...we will do our best!

PE Uniform and Locker Fee

If you haven't paid for your students Locker (lock) and and PE uniform, please come into the office. Lock fee is \$5.00 and \$20 for shirt and shorts. **CASH OR CHECK ONLY.**

ATHLETIC REGISTRATION

If your student is interested in athletics at NeahKahNie, please make sure they have a current physical on file with us. If you haven't registered your student/athlete, please click on the appropriate button below and complete the Google form.

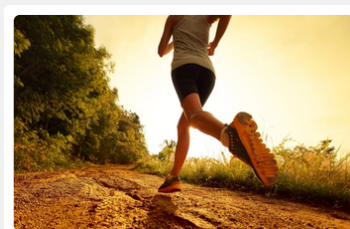


Athletic Registration - English

Athletic Registration - Spanish

ATHLETIC GAME/EVENT SCHEDULES

FOOTBALL, VOLLEYBALL, CROSS COUNTRY

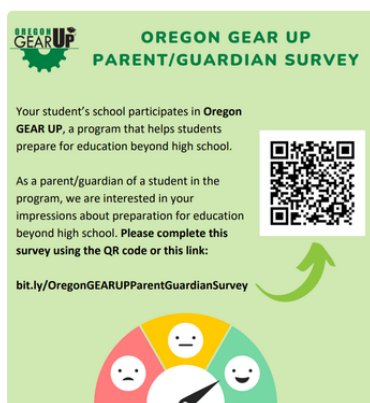


ParentVUE Online Verification

ParentVUE not only allows parents/guardians to complete online verification, but also provides valuable information throughout the school year. Parents/Guardians can access real-time information such as attendance and calendars.

Parents of middle and high school students can also access schedules, grade book information, course history, reportcards and more. Click [HERE](#) to access ParentVUE

Verification DUE 9/21/2023



Oregon Gear Up Needs Your Feedback!

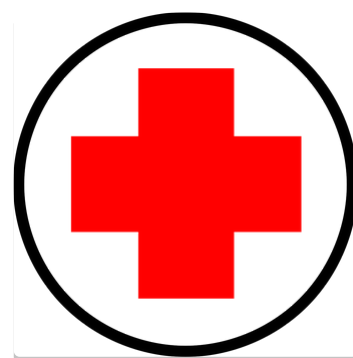
Hello! I'm Shawn Lehr, Neah-Kah-Nie GEAR UP Coordinator. NKN was chosen to participate in Oregon GEAR UP, a program that helps students prepare for education beyond high school. As a parent/guardian of a student in the program, we are interested in your impression about preparation for education beyond high school. Your feedback, and it should take about 10 minutes to complete the survey, is VITAL in helping me and the larger Oregon GEAR UP program, improve our services for Neah-Kah-Nie students. Thank you!

Please click the link [HERE](#) or use the QR code provided to take the survey.

From the Nurse

Welcome back students and families!

We are looking forward to seeing everyone again this school year. Please review the symptom tracker (pictured below) to see when to keep your students home. This guide is very easy to follow and should help determine when students should stay home due to illness.



Also, remember students cannot carry their own medicine to school. If your student needs medicine at school, a parent or guardian needs to bring the medicine to the office and complete the paperwork. Any questions, please call the office.

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL	
This list is school instructions, not medical advice. Please contact your health care provider with health concerns.	
SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER...
*The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses.	
 Fever: temperature of 100.4°F (38°C) or greater	*Fever-free for 24 hours without taking fever-reducing medicine.
 New cough illness	* Symptoms improving for 24 hours (no cough or cough is well-controlled).
 New difficulty breathing	* Symptoms improving for 24 hours (breathing comfortably). <i>Urgent medical care may be needed.</i>
 Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
 Vomiting: one or more episode that is unexplained	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
 Headache with stiff neck and fever	*Symptom-free OR with orders from doctor to school nurse. Follow fever instructions above. <i>Urgent medical care may be needed.</i>
Skin rash or open sores	*Symptom free , which means rash is gone OR sores are dry or can be completely covered by a bandage OR with orders from doctor to school nurse.
Red eyes with colored drainage	*Symptom-free , which means redness and drainage are gone OR with orders from doctor to school nurse.
Jaundice: new yellow color in eyes or skin	*After the school has orders from doctor or local public health authority to school nurse.
Acting differently without a reason: unusually sleepy, grumpy, or confused.	*Symptom-free , which means return to normal behavior OR with orders from doctor to school nurse.
Major health event, like an illness lasting 2 or more weeks OR a hospital stay, OR health condition requires more care than school staff can safely provide.	*After the school has orders from doctor to school nurse AND after measures are in place for the student's safety. Please work with school staff to address special health-care needs so the student may attend safely.
	



School Supplies

If your student came to school with their supplies, please have them turn those supplies into their Advisory teacher. Advisory class is the first class of the day. Those supplies will help make their school year more successful. Please check the list below if you haven't picked up your supplies yet.

Neah-Kah-Nie Middle School Student Supply List 2023/2024 School Year

6th	7th	8th
60 pencils (20 per trimester)	60 pencils (20 per trimester)	60 pencils (20 per trimester)
2 erasers (not pencil toppers)	2 erasers (not pencil toppers)	2 erasers (not pencil toppers)
4 highlighters (at least 2 colors)	4 highlighters (at least 2 colors)	4 highlighters (at least 2 colors)
1 roll scotch tape	1 roll scotch tape	1 roll scotch tape
3 packages of college ruled notebook paper (100 sheets each)	3 packages of college ruled notebook paper (100 sheets each)	3 packages of college ruled notebook paper (100 sheets each)
1 college ruled composition notebook	1 college ruled spiral notebook	1 college ruled spiral notebook
1 pair of athletic shoes to be stored in PE locker	1 college ruled composition notebook	1 college ruled composition notebook
1 deodorant to be stored in PE locker	1 pair of athletic shoes to be stored in PE locker	1 pair of athletic shoes to be stored in PE locker
	1 deodorant to be stored in PE locker	1 deodorant to be stored in PE locker

Counselor's Corner

As we begin yet another exciting new school year, I wanted to share some good practices to support your child's well-being and academic success. One aspect that is often overlooked is the importance of sleep and establishing healthy routines. Research consistently shows that adequate sleep is linked to improved cognitive function, better emotional regulation, and enhanced overall health. As we transition into the academic routine, encourage your middle schoolers to maintain a consistent sleep schedule, ensuring they get the recommended 9-11 hours of sleep each night. Consistency is key – try to establish a regular bedtime and wake-up time, even on weekends and breaks.

A well-rested student is more alert and focused in class, leading to increased participation and increased learning. In addition to sleep, consider setting up a structured daily routine that allows time for reading, physical activity, social interactions, and relaxation. Balancing these elements not only supports academic growth but also nurtures their mental and emotional well-being. Let's work

together to provide our middle schoolers with the tools they need to succeed this year. If you have any questions, or concerns feel free to reach out.

Here's to a fantastic school year filled with growth, learning, and well-deserved rest!

Volunteers needed for upcoming event!

Many volunteers are needed for the Rockaway Beach Lions Solve Beach Clean Up on **Saturday, September 16th from 9:00 a.m. to 12:00 p.m.** For more information about this event, please click on the following link: <https://www.solveoregon.org/opportunity/a0C8W00000zNrzq/rockaway-lions-beach-cleanup>.

Trash bags will be provided at the Rockaway Lions, located at 285 N. Anchor Street in Rockaway Beach.



Volunteer/Community Service Hours

If your student completed community service hours over the summer, please make sure the student brings those signed papers with them on the first day of school!

Some qualifying community service would be.....

- Clean up trash on the beach or at a park
- Help an elderly neighbor
- Read to younger kids at your local church, elementary schools, libraries.
- Volunteer to shelf books at a library
- Make bathroom kits for shelters
- Help at sporting events for your school
- Help with our Robotics club or in our own library!
- Help with events at NCRD in Nehalem
- Volunteer at your local animal shelter
- Bake for an elderly neighbor
- Help a younger child with homework or reading
- Make donation baskets for communities
- Help with Family paint night at an Elementary School
- Help at concessions for Senior Safe

ROBOTICS - Attention Parents of 7th and 8th Graders!

NKN Robotics will be holding a kickoff event Saturday and Sunday - September 9th and 10th (9:00AM to 3:00PM) to give everyone the opportunity to see the new Robot game in action and get a first chance to build robots to compete in the game. The theme this year is FIRST in Show and it is all about celebrating the Arts - Centerstage is the theme for FIRST Tech Challenge and will specifically celebrate the Performing Arts!

NKN Robotics first official after school meeting will start the very next week on Monday, September 11th, and every Monday and Thursday (school days- not holidays) there on out. Students can meet Ms. Harmon in the middle school library after school and we will go to the high school library together. Unfortunately it is unlikely that there will be a North Coast League hosted by NKN this year. We are actively seeking new teams to join our small league. If you happen to know families of homeschoolers and/or kids in neighboring communities (Seaside? Warrenton?) please encourage them to attend our kickoff and form a team of their own. If we can magically find at least 5 more teams to participate with NKN's three teams, we can host our own league. If we don't find those 8 teams, our teams will likely have to travel to Hillsboro to compete in League events this Fall.

We have a different sign up form this year - no more FamilyID! Below is a link to the Google Form we will be using to collect registration information. Please have a conversation with your kiddo before signing them up to make sure that Robotics is a good fit for them. Robotics isn't for everyone! Also Middle School students must be in 7th or 8th grade to participate.

https://docs.google.com/forms/d/e/1FAIpQLSdpCvis3_fRGYHZJsvQUVjk0lcggQGrHh5BaZ8M9volVcjY1g/viewform?usp=sf_link

Please feel free to attend kickoff in the lower gym at NKN High School! Opening ceremonies at 9:00AM on Saturday, September 9th.



NKN Health and Wellness Center

Located within the cafeteria building between the High School and Middle School.

NKN
STUDENT HEALTH & WELLNESS CENTER

AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

Tuesdays	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Closed for lunch 12:00 – 1:00 pm)
Wednesdays	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Closed for lunch 12:30 – 1:30 pm)
Thursdays	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Closed for lunch 12:00 – 1:00 pm)

Counseling appointments only

SERVICES AVAILABLE:

NKN Student Health & Wellness Center offers various medical services, including:

Regular check-ups	Dental screenings
Sports physicals	Blood-pressure screenings
Care for illness and injury	Health education
Immunizations	Counseling
Routine lab tests	Wellness opportunities
Prescription medications	Referrals for other medical services
Age-appropriate reproductive health	(Dental, X-rays, MRIs, Specialty)
Vision screenings	

Learn more at: NKNHealth.org

NKN
STUDENT HEALTH & WELLNESS CENTER

EN LA SECUNDARIA NEAH-KAH-NIE

HORARIOS:

Martes	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Cerrado para almorzar de 12:00 a 1:00 p. m.)
Miércoles	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Cerrado para almorzar de 12:30 a 1:30 p. m.)
Jueves	8:30 am – 12:00 pm / 1:00 – 4:30 pm (Cerrado para almorzar de 12:00 a 1:00 pm)

Citas de consejería solamente

SERVICIOS DISPONIBLES:

El Centro de Salud y Bienestar para los estudiantes de NKN ofrece varios servicios médicos, inclusive:

Controles regulares	Estudios dentales
Exámenes físicos para deporte	Estudios de presión arterial
Atención de enfermedades y lesiones	Educación de salud
Vacunas	Asesoría
Análisis de laboratorio de rutina	Oportunidades de bienestar
Medicamentos de receta	Remisiones para otros servicios médicos
Salud reproductiva adecuada a la edad	(Dental, radiografías, intervenciones quirúrgicas, especialistas)
Estudios de visión	

Conozca más en: NKNHealth.org



MEALTIME ACCOUNT

Please check your students lunch account balance. This will be one less thing on your list going into the new school year! If you haven't registered your account online but would like an easier way to add funds, go to <https://www.mymealtime.com/> and setup your account. You can also apply for free and reduced meals online.