

NKN Middle School Newsletter

June, 2023

From The Principal

Dear Parents and Guardians,

Summer is just around the corner! This has been a fabulous year at the middle school, filled with academic growth, sporting events, and tons of student centered activities. The staff feel that this year has been a "normal" year. With the craziness of the last two years, this is a welcome relief. I want to thank all the families...this year would not be so successful without all of your support!

This will be the final newsletter of the year. Please spend time to read the information below in regard to end-of-the year activities and events, and information about next year. The supply lists for each grade are attached so that you can shop for items when you see them on sale. In addition, there is information on our Summer Enrichment Camp that is happening in August.

Have a restful summer! I am looking forward to seeing all the incoming sixth graders and our current 6-7 grade students and families next year.

Lori Dilbeck,
Principal

Important Dates to Remember

June 5th - PBIS Assembly; Sport and student of the month awards

June 9th - OSU Field Trip (8th grade) sponsored by Gear Up

June 9th - Garibaldi Boat Basin Field trip (7th grade)

June 12th - Turn in your library books!

June 13th - Honor Roll Field Trip; Nehalem Bay State Park. Look for permission forms to come home by next week.

June 15th - Last Day of School, 8th grade ceremony @ 12:00pm in the upper gym of High School. School dismissed and board buses at 1:00pm.

Counselor Corner - Ashley Atwood

Dear Parents,

As the end of the school year approaches, it's hard to believe how quickly time has flown by! It feels like just yesterday we were welcoming our middle schoolers for their first day of school, and now we're preparing to say our goodbyes for summer break. This year has been filled with challenges, growth, and memorable moments, and we couldn't be prouder of our students. They are one amazing group of kiddos!

As we gear up for summer, it's essential to reflect on our student's accomplishments and experiences throughout the year. Middle school is a critical period of development, where students undergo tremendous personal and academic growth. They've tackled complex subjects, discovered new interests, and formed lasting friendships. It's important to celebrate these achievements and acknowledge the resilience they've shown in the face of various challenges.

Summer break offers a much-needed break for our middle schoolers to recharge their batteries, explore new horizons, and have some fun. Here are a few ideas to make the most of the summer months:

1. Encourage Reading: Reading is a fantastic way to keep minds engaged and excited about learning. Encourage your children to explore different genres, whether it's adventure, mystery, fantasy, or non-fiction. Check out the great summer reading program put on by Tillamook County Library in their [newsletter here](#).
2. Help them find their Passions: Summer break presents an ideal time for middle schoolers to dive deeper into their interests or explore new ones. Whether it's sports, arts, music, coding, or cooking, encourage them to join summer camps, workshops, or local community programs that align with their passions. Check out the following local opportunities
 1. [Local summer events](#)
 2. [NCRD camps](#)
 3. [Friends Camp Summer Camps](#)
 4. [Neskowin Valley Summer Camp](#)
3. Outdoor Adventures: Take advantage of the warmer weather and longer days to engage in outdoor activities as a family. Go for hikes, beach trips, bike rides, and picnics, or even plan a day trip to explore nearby parks, museums, or historical sites. These experiences not only promote physical health but also create lasting memories.
 1. [Check out this Outdoor Bingo Card for local outdoor challenges](#)
4. Screen Time Balance: While technology has become a huge part of our lives, it's important to model and maintain a healthy balance for every family member. Encourage your children to have a reasonable amount of screen time and explore offline activities. Set limits and engage in activities together, such as cooking, board games, or simply having meaningful conversations.
5. Embrace Summer Learning: While summer is a time for relaxation, it doesn't mean learning needs to stop altogether. Look for educational programs, online courses, or even fun DIY science experiments that can keep their minds sharp while still enjoying the break.
6. Family Bonding: Summer is an ideal time for families to reconnect and spend quality time together. Plan regular family outings, movie nights, game nights, or even simple backyard barbecues. These moments of togetherness strengthen family bonds and create a supportive environment.

Finally, as we begin summer break, let's remember to take care of ourselves and prioritize our well-being. Encourage your whole family to practice self-care, maintain a healthy routine, get enough sleep, and embrace a balanced diet. Summer is a time for rest, so ensure that everyone takes full advantage of this period to recharge for the upcoming school year!

We wish all our middle schoolers and their families a joyful, fulfilling summer break. We hope this time is filled with laughter and beautiful memories. We look forward to seeing our students come back in the fall with bright smiles at excitement for another great school year!

THERE WILL BE NO ACTIVITY BUS AFTER JUNE 9TH

Community Service Hours

Don't forget to turn in your community service hours to your student's advisor!

THEY ARE DUE BY JUNE 9TH FOR Timester 3 Honor Roll Status

Need some ideas for community service? See this list!

- 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 shelve 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 nights at Elementary School
- Memorial Day Remembrance set up (May 29th beginning at 9:30)
- Rockaway Writers Rendezvous (book sales and raffle ticket sales) Sunday April 30th (2 hour indoor shifts between 8 a.m. to noon)

NKN Robotics Fall 2023

All 7-12th grade students who are interested in Robotics are invited to attend our Fall Kickoff the first weekend of school in September. We will need a signed permission form for all students who are not yet registered for Robotics on Familyid.com. (Permission forms will be available in the library and office the first week of Fall classes.) This is an opportunity to learn about FIRST Tech Challenge and see if this competition is for you! We are looking for adults to supervise as well (please make sure you have your current district volunteer paperwork approved in advance.) Students who are engaged and

actively participating in a positive manner during kickoff will be invited to join a NKN Robotics team with weekly meetings starting on September 11th.



BE PART OF THE RAIDER TEAM - APPLY ONLINE





From the Nurse


If you have medications checked in for your student here at the Middle School, they need to be picked up by June 15th. All medications that are left at the school will be discarded by regulations of the Oregon Health Department. No medications can be sent home with the student.

NKN Health and Wellness Center

PLEASE NOTE: The Health and Wellness Center located at the school, will be closed as of June 16th. They're only open when school is in session. Nehalem Bay Health Center will be open their normal hours for the summer. Please contact them directly to make an appointment.

1-800-368-5182

June Lunch Menu

JUNE 2023 NEAH-KAH-NIE MIDDLE SCHOOL				
Monday	Tuesday	Wednesday	Thursday	Friday
 Waffles ⁵ PIZZA DAY!	Chicken and Waffle Bites ⁶ Chicken Alfredo Deli Sandwich	Blueberry Muffin ⁷ Beef Stroganoff Tuna Sub	Biscuits & Gravy ¹ Chicken Nuggets & Baked Beans Chef's Salad	Breakfast Bar ² Lasagna Big Dipper Bentos
Breakfast & Lunch ¹² COOK'S CHOICE	Breakfast & Lunch ¹³ COOK'S CHOICE	Breakfast & Lunch ¹⁴ COOK'S CHOICE	Breakfast Sandwich ⁸ Pulled Pork Sandwich Chicken Salad	Breakfast Burrito ⁹ Cheeseburger Deli Sandwich
¹⁹	²⁰	²¹	Cook's Choice ¹⁵ LAST DAY OF SCHOOL SACK LUNCH	¹⁶
²⁶	²⁷	²⁸ We hope you have a wonderful summer!	²²	²³
²⁹	³⁰	³¹	²⁹	³⁰

Summer Enrichment Program - Click Here To Apply!

Neah-Kah-Nie Middle School Presents...

The 3rd Annual Summer Enrichment Program

Neah-Kah-Nie Middle School is excited to offer a FREE 1 week summer enrichment program for our students entering grades 6-8. Students will have the opportunity to participate in a wide variety of activities including: art, athletics, nature survival skills, team-building, field trips, and more. Transportation and lunch will be provided at no cost to participants.

Dates: Monday, August 21st - Friday August 25th.

Times: 8:00 AM - 2:00 PM

Register online using this [link](#) or contact the Middle School Office at 503-355-2990. Email angied@nknsd.org if you have any questions. Space is limited, so reserve your spot now.



INTERESTED IN NEAHKAHNIE FOOTBALL IN HIGH SCHOOL??

Contact Coach Q at alejandroqr@nknsd.org

Please make sure you have a current physical on file with the high school. If you haven't registered your student/athlete through Family ID, go to <https://hello.familyid.com/> for more information.

Mealtime Lunch Accounts

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.



Get Your Yearbook Here!

This year NeahKahNie Middle School setup an online store to make your purchase. Click [HERE](#) to setup your account and make your selection.

OUR YEAR, OUR YEARBOOK

Buy yours today!

2022 - 2023 Neah-Kah-Nie Middle School Yearbook

Where: store.shopyearbook.com/nknms2023

Price: \$15.00 for Soft Cover \$25.00 for Hard Cover

Sooner you order, the sooner you get your book.

How to Order Your Yearbook:

1. Go to the web address above. You can order from a computer or a mobile device.
2. Click **Select +** under this year's yearbook.
3. If you don't have an account, create one by clicking **Sign Up**.
4. Enter the name of your student or students if you are ordering for more than one. Click **Continue**.
5. For each student, select a product and quantity.
6. Enter your payment information. You can pay with PayPal or with a credit card.
7. Click **Place Order**.
8. Make sure you see a **Thank You page** confirming your order has completed. Click **Continue**.

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

