

The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

April 4, 2025

Upcoming Dates: 📅

- April 4: Baseball @ Amity
 - April 5: Senior Day for Track and Field
 - April 1-4: 11th Grade State Testing for ELA
 - April 2-4: FNRL Fire School
 - April 3-5: FBLA State Competition
 - April 7: Baseball @ Corbett, Levy Town Hall @ 5:30 Lower Gym
 - April 8: Choir OSAA Special District Festival @ St. Helen's HS, Softball @ Portland Adventist
 - April 9: SDI Competition @ Astoria HS, Baseball @ Rainier
 - April 10: SAT, Track @ home, Trimester 3 Progress 1 Grades, Softball vs. Valley Catholic
 - April 11: FNRL to Scio HS, Baseball vs. Clatskanie
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🍏 SCHOOL MENU 🍏

APRIL 2025 NEAH-KAH-NIE MS/HS					A variety of Deli Sandwiches are available Daily as an option for lunch
Monday	Tuesday	Wednesday	Thursday	Friday	
	Breakfast Sandwich 1 Chicken Soft Tacos	Cinnamon Cr. Cheese Bagel 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	17 NO SCHOOL PARENT/TEACHER CONFERENCES	18 NO SCHOOL PARENT/TEACHER CONFERENCES	
Pancake Bites 21 Meatball Subs	Breakfast Sandwich 22 Chicken Fajitas	Strawberry Cr. Cheese Bagel 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"

Upcoming Events:

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.



LEVY PRESENTATIONS

March 17 - Garibaldi City Council
 March 18 - Wheeler City Council
 April 8 - Bay City Council
 April 9 - Rockaway City Council
 April 10 - NCRD Board
 April 14 - Nehalem City Council
 April 29 - Pine Grove

Learn more at nknsd.org/levy



LEVY TOWN HALLS

5:30 - 6:30 pm

April 3 - Nehalem Elementary
 April 7 - NKN High School
 April 10 - Garibaldi Grade School

Learn more at nknsd.org/levy

The National Honor Society will be partnering with the American Red Cross to host a Blood Drive in April. The event will be held at Neah-Kah-Nie High School on April 15th from 10 AM to 3 PM and

will be open to the public. If you would like to donate blood, you can sign up at redCrossBlood.org to schedule an appointment or email the program leader, Kim Gores at kimg@nknisd.org.



Blood Drive
Neah-Kah-Nie High School
The Galley

24705 Hwy 101 North
Rockaway Beach, OR 97136
Tuesday, April 15, 2025
10:00 a.m. to 3:00 p.m.



Neah-Kah-Nie High School



Student-Led Conferences



April 17th, 2025
8am-8pm

Conference Highlights:

- Goal Setting
- Future Planning
- Baked Potato Bar served 5:30pm-7:30pm



Advisory teachers will be reaching out in the next week to schedule conferences with your child.

Student Life

Congratulations to FNRL for being featured in COSA's April Newsletter

Forestry is Fueling Futures: At Neah-Kah-Nie High School, the Future Natural Resource Leaders (FNRL) program is transforming lives—offering students hands-on learning, leadership opportunities, and a clear path to high-wage, local careers. Watch the latest [Education Expedition](#) episode to see how this coastal school is investing in both students and the future of its community.



THE OREGON SCHOOL ADMINISTRATOR



HOW FORESTRY IS FUELING STUDENT SUCCESS AT NEAH-KAH-NIE

On Oregon's coast, Neah-Kah-Nie High School is growing something special—future leaders, lifelong skills, and a deep respect for the forests that surround them. Through the Future Natural Resource Leaders (FNRL) program, students are diving into hands-on experiences that connect classroom learning with the industries that power their community.

Funded by timber revenues, Neah-Kah-Nie is uniquely positioned to offer students meaningful access to high-wage, high-demand forestry jobs. With events like timber cruising, arbor climbing, and ax throwing, students learn applied science, leadership, and career-specific skills—all while having a blast outdoors.

Many of the students involved had never joined a team or extracurricular before FNRL. Now, they're running competitions, mentoring others, and preparing for futures in forestry, diesel mechanics and beyond.

Superintendent Tyler Reed and Principal Christy Hartford both highlight the program's power to transform lives. "FNRL gives our students a real pathway to success—locally, right out of high school," Hartford said.

This episode of Education Expedition is part of the Oregon Strong campaign, celebrating the idea that our future begins in our public schools. When we invest in programs like FNRL, we invest in stronger communities, a skilled workforce, and opportunities for every kind of learner. [Click here to view this episode!](#)



FBLA Goes to State!



La Cocina Latina

La Cocina Latina- Spanish class has been cooking up some 'Tortillas de Maiz' this week after learning about the origin and history of corn. They learned how to get the perfect masa for a puffy corn tortilla! Señora Whitfield introduced students to 'Masa Roja' a red heirloom corn flour for some fun and colorful tortillas! ¡Qué divertido! Great Job Ms. Whitfield and Pirates!



Testing Information

April:

- 14th-16th: Science OSAS Testing in Morning (11th Grade)

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.

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: 89%

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.



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

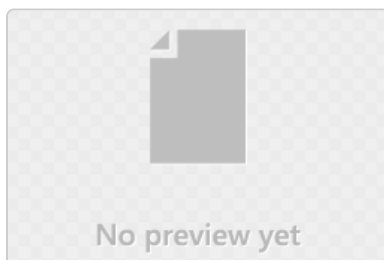
The Trevor Project offers support from trained counselors who understand the challenges LGBTQ+ young people face and are available 24/7. [Learn more.](#)



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.](#)



FINAL of Spring 2025 Call to Action - Elem, Middle and High School.docx.pdf

drive.google.com

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.



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

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

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.



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

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

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.



Adapted from:



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:



8TH GRADE

Parent Night

April
24

- High School Structure
- Course Selection Process
- Graduation Requirements
- Extracurricular Opportunities
- Resources for a Smooth Transition

Neah-Kah-Nie High School Cafeteria
@ 6:00pm



NEAH-KAH-NIE
Pirates



WILDLIFE CENTER OF
THE NORTH COAST
SPRING FESTIVAL



YOUTH ART CONTEST



**DEADLINE FOR ARTWORK:
APRIL 26TH, 2025**



STUDENTS IN GRADES 3RD-12TH ARE INVITED TO ENTER
OUR 2025 ART CONTEST! ARTWORK SHOULD INCLUDE
NATIVE BIRD/S IN THEIR NATURAL LANDSCAPE.
PRIZES WILL BE AWARDED IN EACH AGE GROUP AND
ARTWORK WILL BE DISPLAYED AT OUR ANNUAL SPRING
FESTIVAL, MAY 17TH-18TH.

coastwildlife.org



NOW HIRING!

**PART TIME WORK
AVAILABLE AT BB CAMP!**



BB CAMP

**VARIOUS PART-TIME POSITIONS AVAILABLE AT
A BEAUTIFUL AND LIVELY CAMP ON DEVILS LAKE!**

- **Lifeguards**
- **Adventure staff: Ropes Course, climbing, Archery, etc..**
- **General programming support**
- **Other opportunities**
- No experience required, **we will train you!**
- Certification (or willingness to become certified) in the following areas: Lifeguard, Ropes Course, Archery, First Aid/CPR, etc...
- Reliable transportation to our Camp on Devils Lake
- **\$20/hour**

Interested?

**Contact Allyn at
aberry@bbcamp.org
or 503 706 9884**



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OREGON SHORES AND JUNTOS
AFUERA PRESENT:

EXPLORING THE DEEP OCEAN

LEAP: Latinos Explorando
Aguas Profundas



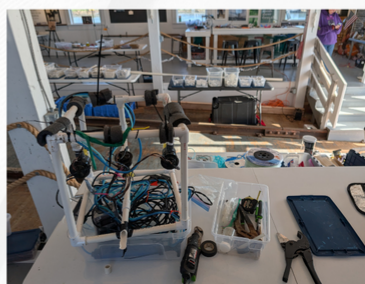
1. Design, build and pilot Remotely Operated Vehicles

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



Neah-Kah Nie High School

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