

The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

February 28, 2025

Shout out to Our Classified Staff- The Real MVPs of Education!

Next week is **Classified Appreciation Week**, and we're here to give a standing ovation to the incredible classified staff who keep our school running smoother than a well-oiled pencil sharpener.

From the front office rock stars who somehow know *everything* to the custodians who magically erase the evidence of food spills, they are the true backbone of education. They answer phones like pros, navigate the varying subjects we cover in HS, and somehow maintain their sanity while wrangling both students *and* adults.

Bus drivers, food service heroes, tech wizards, library gurus, and *everyone* in between—we want to thank you for your patience, your humor, and your ability to find that one missing Chromebook charger when all hope is lost. We couldn't have picked better coworkers than you!

Thank you to Amy Aguiñaga, Carrie Hartford, Cheyenne Spliethof, Gunnar Monson, Jackie Theoharis, Jaime Simpson, Jen Hopkins, John Wheeler, Karli Kotenko, Lanai Spliethof, Latasha Bibey, Mary King, Mike Sanderson, Sami Brown, Sara Vega, Stephanie Gomez, and Jennifer Lawrence!

Upcoming Dates: 📅

- March 3-6 Classified Appreciation Week
- March 3: Spring sports Practice begins, GEAR Up field trip to Aerostar
- March 4: GEAR Up to OSU Extension Office, MS/HS Music Concert

- March 6: OMEA District III Band Festival @ Astoria HS
- March 7: NOSB OSU Field Trip
- March 8: Speech and Debate Meet, FNRL Career Development Event @ Sweet Home HS

🍏SCHOOL MENU🍏

MARCH 2025					A variety of sandwiches are Available daily as an Option for lunch
NEAH-KAH-NIE HIGH SCHOOL					
Monday	Tuesday	Wednesday	Thursday	Friday	
Pumpkin Bread ³ Cheesy Breadsticks	Breakfast Sandwich ⁴ Chicken Fajitas	Strawberry/Cr. Cheese Bag ⁵ Mac & Cheese	Yogurt & Grahams ⁶ Rib-A-Que	Biscuits & Gravy ⁷ Chicken Alfredo	
French Toast ¹⁰ Corn Dogs & Fries	Pancake on a Stick ¹¹ Enchiladas	Breakfast Bar ¹² Orange Chicken Over Rice	Cherry Strudel ¹³ Tillamook Cheeseburger & Fries	Breakfast Burrito ¹⁴ Pizza Sticks	
Waffles ¹⁷ Lucky Chicken Nuggets	Sausage & Biscuit ¹⁸ Nachos	Banana Bread ¹⁹ Spaghetti	Pancakes ²⁰ Sloppy Joe's	Oatmeal Rounds ²¹ Breakfast For Lunch	
²⁴ HAVE	²⁵ A SAFE,	²⁶ RELAXING	²⁷ SPRING	²⁸ BREAK!!!	
Lemon Bread ³¹ Peppy Rotini					

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread and pasta items are whole grain or whole wheat. GF options are 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:

BAND AND CHOIR CONCERT

Spring 2025



NKN High School Upper Gym

MARCH | 4th | 2025

Middle School @ 6:30
High School @ 7:00

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

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. ★ ★

→ Sponsored by the Parent Advisory Council

SIGN UP BELOW



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



SCAN ME



NKN Health and Wellness Needs Survey

The NKN Student Health & Wellness Center would greatly appreciate your assistance. If you could take a few moments to fill out this form, it would help us prioritize the personal care items we provide to students in need. Thank you very much for your support!

Personal needs survey



Student Life



Foreign Exchange Student Spotlight

What inspired you to become a foreign exchange student?

She wanted to learn more English, meet new people, and improve her grades.

What was your first impression when you arrived?

At the beginning she was kind of nervous, she learned she was coming to Oregon 3 days before she came. Thankfully she loves her host family.

What are some of the biggest cultural differences you have noticed?

The American flag holds a greater purpose and meaning here. Most of Spain's holidays are religious. America doesn't have a specific religion where in Spain are Catholic.



DIANA MARTIN DOBLAS

Spain



NEAH-KAH-NIE
HIGH SCHOOL
**SENIOR
SPOTLIGHT**

Ellie Sutton

Ellie plans to attend Anatomy School of Tattoo in Portland to complete 12-24 month advanced tattoo education program.

She plans to take over her family's shop in Colorado, Mile High Tattoo.

Congratulations Ellie!



NEAH-KAH-NIE
HIGH SCHOOL
**SENIOR
SPOTLIGHT**

Brooklyn Sedivy

Brooklyn plans to join the United States Air Force and eventually become a dental hygienist for the Armed Forces.

Congratulations Brooklyn!



NEAH-KAH-NIE
HIGH SCHOOL
**SENIOR
SPOTLIGHT**

Alex Secundino

Alex has enlisted the United States Marine Corps. He will be shipping out sometime between July and October.

He is plan to complete 0311 to become a rifleman and then advance to 0333 to become a machine gunner in infantry.

Congratulations Alex!



NEAH-KAH-NIE
HIGH SCHOOL
**SENIOR
SPOTLIGHT**

Sam Lommen

Sam has applied to NECA-IBEW Electrical Training Center in hopes to begin his road to becoming an Electrician.

Congratulations Sam!




NEAH-KAH-NIE
HIGH SCHOOL
**SENIOR
SPOTLIGHT**

Jordynn Burch

Jordynn has been accepted to Portland Community College and plans to enroll in the Veterinary Technology program.

Congratulations Jordynn!



Congratulations Ethan!

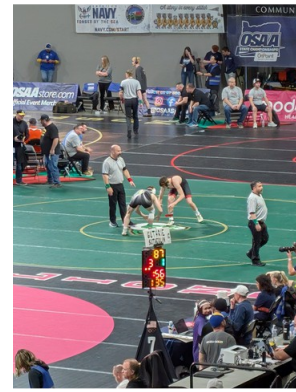
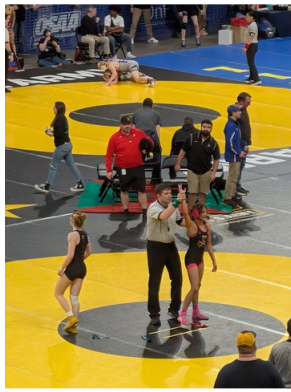


Team Unified

The NKN Unified Basketball team showed real grit, stamina, and perseverance at the South Regional Unified SOOR Basketball Tournament in Corvallis last Saturday. Due to team member illnesses they played without any subs during their three games. Their first game was a near miss with a score of 31-32. After taking a loss in their second game they turned around to capture a victory in their third game. The team enjoyed having a few former Neah Kah Nie school district students cheer them on. After all their efforts a stop at a local ice cream parlor rounded out a very full day.



State Wrestling Qualifiers: Krista Bozley and Alex Lessor



! Attention Graduates, FAFSA 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@nknscd.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@nknscd.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.

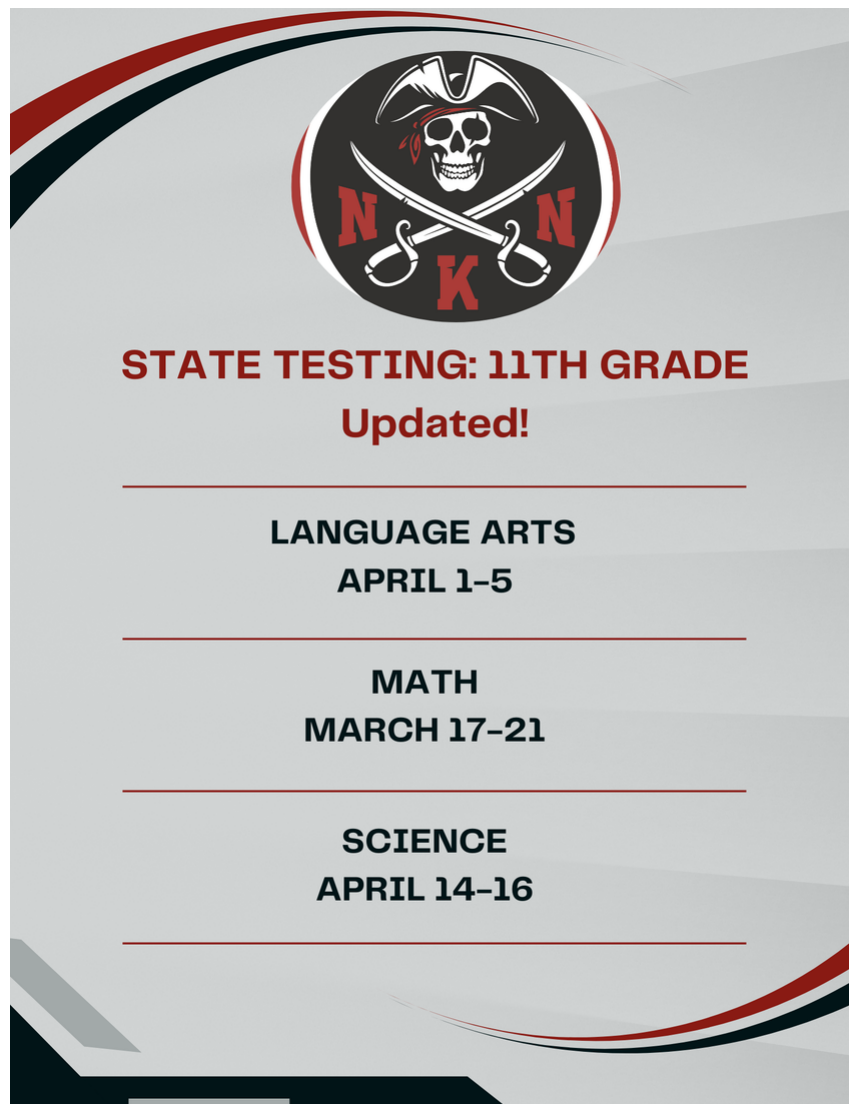
Testing Information



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!

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.

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/PNG)
ALL PHOTOS AND QUOTES ARE DUE TO SABRINA EISELE @ SABRINAE@NKNKD.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.



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:



WILDLIFE CENTER OF
THE NORTH COAST
SPRING FESTIVAL

WILDLIFE CENTER
OF THE
NORTH COAST

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**



BB360
Camp. Community. Connection.
BB-360.ORG

OREGON SHORES AND JUNTOS
AFUERA PRESENT:

EXPLORING THE DEEP OCEAN

LEAP: Latinos Explorando
Aguas Profundas



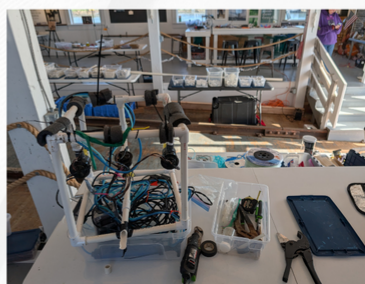
1. Design, build and pilot Remotely Operated Vehicles

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.



Oregon State
University



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

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 February 5th to Galena Flores by calling (503)842-3433



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Neah-Kah Nie High School

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