

# The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

September 13, 2024

## Principal's Message

Pirate Community,

It has been a wonderful two weeks welcoming students back into the building. Students have been so kind to introduce themselves to me and share their goals for the year. As you can see from the pictures below, learning is in full swing in our classrooms. Students are engaged, prepared, and asking thoughtful questions. I look forward to seeing their academic and social growth this year, and partnering with each of you along the way.



It is a great day to be a Pirate!

Christy Hartford | Principal

---

## Upcoming Dates: 📅

### September:

- September 16: JV Football @ Nestucca @ 5 (Away)
- September 17: Volleyball vs Riverdale (Home)
- September 19: Volleyball @ Banks @ 5 (Away)
- September 20: Football vs Nestucca @ 7 (Home)
- September 21: Unified Soccer @ 9 @ Westview HS (Away), XC Race @ The Mook, Volleyball @ JV Seaside (Away)
- September 16-20: Outdoor School
- September 21: Robotics Firstfare @ PSU

---

🍎 [CLICK HERE FOR THE SCHOOL MENU](#) 🍎

---



---

## Our Busy Classrooms 📖





---

## Information that is helpful to know:



### **Picture Day is Coming: September 30!**

Get your smiles ready, picture day is on September 30th. Packets went home with students this week.

## Student Wellness Center is Open!



## AT NEAH-KAH-NIE HIGH SCHOOL

### HOURS:

|                                                                  |                                                                           |
|------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Tuesdays</b>                                                  | 8:30 am - 12:00 pm / 1:00 - 4:30 pm<br>(Closed for lunch 12:00 - 1:00 pm) |
| <b>Wednesdays</b><br><small>Counseling appointments only</small> | 8:30 am - 12:30 pm / 1:30 - 4:30 pm<br>(Closed for lunch 12:30 - 1:30 pm) |
| <b>Thursdays</b>                                                 | 8:30 am - 12:00 pm / 1:00 - 4:30 pm<br>(Closed for lunch 12:00 - 1:00 pm) |

### 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<br>(Dental, X-rays, MRIs, Specialty) |
| Age-appropriate reproductive health |                                                                           |
| Vision screenings                   |                                                                           |

Learn more at: [NKNHealth.org](http://NKNHealth.org)

NKN Student Health & Wellness Center | Telephone: 503-355-3500 | Fax: 844-720-1901

## Student Illness and Absence

### Call or Email the Main Office to Let Us Know

Our phone number is 503-355-2772.

The email is [amy@nknsd.org](mailto:amy@nknsd.org)

It is important to let us know that your child will not be attending so we do not worry about them. If your child is not at school, and we haven't heard from you, then you will receive an automated phone call notifying you of your child's absence.'

### How long does my child need to wait to return to school after an illness?

The answer to this question depends on their symptoms. Our school has to follow the directives from the Oregon Health Authority (OHA) regarding when students may be readmitted to school after an illness. Please review the provided info from OHA. **Please also note that the period of exclusion often requires 24 hours away from school** (this is not a rule that the school developed, but one we have to follow).



## 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...<br>*The list below tells the shortest time to stay home.<br>A student may need to stay home longer for some illnesses.                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Fever:</b> temperature of 100.4°F (38°C) or greater                                           | * <b>Fever-free for 24 hours</b> without taking fever-reducing medicine.                                                                                                                                                               |
|  <b>New cough illness</b>                                                                         | * <b>Symptoms improving for 24 hours</b> (no cough or cough is well-controlled).                                                                                                                                                       |
|  <b>New difficulty breathing</b>                                                                  | * <b>Symptoms improving for 24 hours</b> (breathing comfortably). <b>Urgent medical care may be needed.</b>                                                                                                                            |
|  <b>Diarrhea:</b> 3 loose or watery stools in a day <b>OR</b> not able to control bowel movements | * <b>Symptoms improving for 24 hours</b> (no more than two bowel movements more than normal and no longer having accidents) <b>OR</b> with orders from doctor to school nurse.                                                         |
|  <b>Vomiting:</b> one or more episode that is unexplained                                         | * <b>Symptom-free for 24 hours OR</b> with orders from doctor to school nurse.                                                                                                                                                         |
|  <b>Headache with stiff neck and fever</b>                                                        | * <b>Symptom-free OR</b> with orders from doctor to school nurse. Follow fever instructions above. <b>Urgent medical care may be needed.</b>                                                                                           |
| <b>Skin rash or open sores</b>                                                                                                                                                     | * <b>Symptom free</b> , which means rash is gone <b>OR</b> sores are dry or can be completely covered by a bandage <b>OR</b> with orders from doctor to school nurse.                                                                  |
| <b>Red eyes with colored drainage</b>                                                                                                                                              | * <b>Symptom-free</b> , which means redness and drainage are gone <b>OR</b> with orders from doctor to school nurse.                                                                                                                   |
| <b>Jaundice:</b> new yellow color in eyes or skin                                                                                                                                  | * <b>After the school has orders</b> from doctor or local public health authority to school nurse.                                                                                                                                     |
| <b>Acting differently without a reason:</b> unusually sleepy, grumpy, or confused.                                                                                                 | * <b>Symptom-free</b> , which means return to normal behavior <b>OR</b> with orders from doctor to school nurse.                                                                                                                       |
| <b>Major health event,</b> like an illness lasting 2 or more weeks <b>OR</b> a hospital stay, <b>OR</b> health condition requires more care than school staff can safely provide.  | * <b>After the school has orders</b> from doctor to school nurse <b>AND</b> 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. |

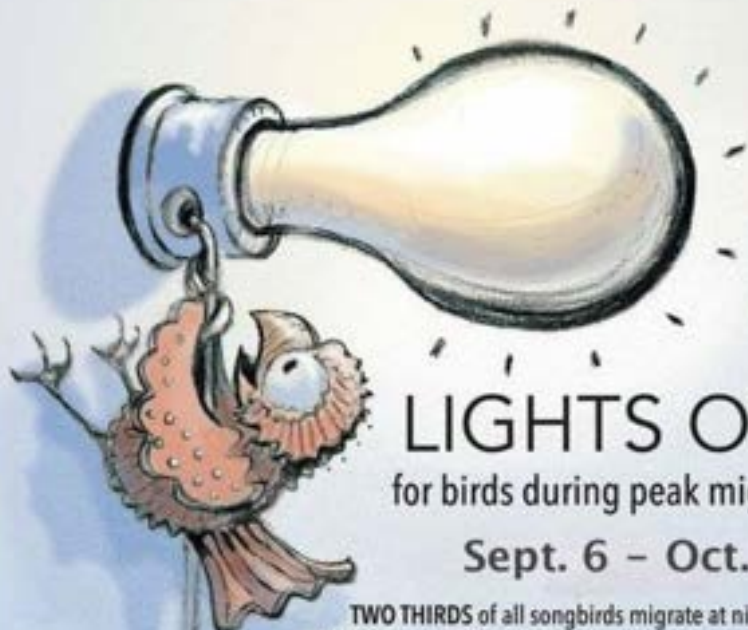


## Medication

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:



# LIGHTS OUT

for birds during peak migration

Sept. 6 – Oct. 6

**TWO THIRDS** of all songbirds migrate at night. Light pollution can cause them to become confused. TRACY AVIARY encourages everyone to turn off all unnecessary lights. If this is not an option, use warm white or yellow colored light bulbs, shield your light bulbs to direct light down, and install motion sensors. If working indoors at night, close the drapes.

|                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |  |  |  |  |  |
| COLDER BLuish WHITES                                                              |                                                                                   | WARMER YELLOWISH TONES or RED                                                     |                                                                                   |                                                                                   | SHIELDED                                                                          | MOTION SENSORED                                                                    | OFF                                                                                 |
| WORST                                                                             |                                                                                   | BETTER                                                                            |                                                                                   |                                                                                   | BETTER                                                                            |                                                                                    | BEST                                                                                |

## Garibaldi Community CPR Class/Stop the Bleed Training



Date: Sunday September 15<sup>th</sup> 2024

Time: 1pm to 5pm.

Place: Garibaldi City Hall: 107 6<sup>th</sup> ave  
Garibaldi OR 97118

RSVP: **503-753-8737 (text only)** or  
[c.p.r.education@outlook.com](mailto:c.p.r.education@outlook.com)

**\*\*Class is FREE for those who do not need a CPR card after completion (educational purposes only). If you would like a CPR 2 year cert card please inquire at the number/email above for more information on how.\*\***



## MEET THE RIVERBEND PLAYERS CAST

Buy tickets now at [RiverbendPlayers.org](http://RiverbendPlayers.org)



SCAN ME

NCRD Performing Arts Center Sept. 27th - October 13th

By arrangement with Concord Theatricals on behalf of Samuel French, Inc.  
[www.concordtheatricals.com](http://www.concordtheatricals.com)







**Neah-Kah Nie High School**

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

