



Neah-Kah-Nie Middle School

December 2024

From the Principal

Dear Parents and Guardians,

As the year draws to a close, I want to take a moment to reflect on the progress and accomplishments we've shared so far this school year. Together, we've witnessed tremendous growth in our students—academically, socially, and emotionally.

December is a time for reflection, gratitude, and togetherness. In that spirit, we encourage you to celebrate your child's successes, big and small, as they continue to grow in their learning journey. Whether mastering a challenging math concept, showing kindness to a peer, or participating in a classroom activity, every step forward is worth recognizing.

As we approach winter break, here are a few reminders:

- **Attendance:** Consistent attendance through the end of the month is crucial for maintaining academic progress and routines.
- **Winter Break:** School will be closed from December 23-January 6. Classes will resume on January 7, 2025.
- **Stay Connected:** Don't forget to check Facebook, Instagram, and/or the NKN website for updates, upcoming events, and resources to keep students engaged during the break.

Thank you for your continued partnership and support. Together, we are creating a school community where every child feels seen, valued, and supported in their unique journey. We look forward to an exciting start to the new year in January!

Wishing you a joyful and restful holiday season.

Warm regards,

Lori Dilbeck
Principal, Neah-Kah-Nie Middle School

Important Dates To Remember

- Dec 16-20 Winter Spirit Week - *Details to come*
- Dec 23-Jan 3 - Winter Break - No School
- Jan 6 - Professional Development - No School
- Jan 20 - Martin Luther King Jr. Holiday - No School



On The Menu

DECEMBER 2024 NEAH-KAH-NIE MIDDLE SCHOOL				
Monday	Tuesday	Wednesday	Thursday	Friday
Waffles Hot Dogs	Breakfast Sandwich Burritos	St. Cream Cheese Bagels Tater Tot Casserole	Yogurt & Grahams Tillamook Cheese Burgers	Blueberry Muffin Fish & Chips
French Toast Cheesy Breadsticks & Marinara	Breakfast Bar Enchilada Casserole	Pancake on a Stick Wing Wednesday	Pumpkin Bread Chicken Burgers	Oatmeal Rounds Breakfast For Lunch
Biscuits & Gravy Chicken Nuggets & Rice Pilaf	Cinnamon Bagel Nachos	Banana Bread Chicken Alfredo	Strawberry Smoothies Hamburger & Fries	Cinnamon Rolls Turkey Gravy & Mashed Potatoes
HAVE A	SAFE AND	HAPPY	WINTER	BREAK

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread items are whole wheat or whole grain. GF options available. Fat-free and 1% milks are offered daily. Whole grain cereals are an option at breakfast. Menu items are subject to change.

"This institute is an equal opportunity provider"

Lost and Found

Missing Something?

Before you head out for winter break....be sure to check the lost and found table for any items you may be missing! There are currently several unclaimed hoodies, pants and jackets. The lost and found table is located inside the front doors of the middle school. If you're missing a smaller item—such as a watch, jewelry, or earbuds—check in with the front desk to see if it has been turned in.



Inclement Weather

For Emergency and Weather Alerts from the District

Flash Alert is one of the systems that the district uses to communicate with staff and families in the event of a school delay or closure. If you sign up, you will receive notifications of such events. Just click on the button below and follow the steps to sign up. If you've already signed up, log in and click "Managing Subscriptions" to update for this year and test the email they have on file for you.

Flash Alert



Inclement Weather English.pdf

[Download](#)

58.7 KB



Inclement Weather Spanish.pdf

[Download](#)

60.2 KB

Attendance Challenge

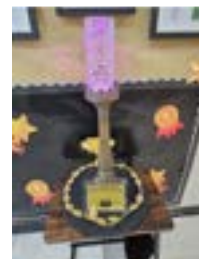


ATTENDANCE MATTERS!

Research shows that consistent attendance helps students stay engaged, build good habits, and achieve better grades. When students miss school frequently, they miss out on critical learning experiences and may find it challenging to keep up with their peers.

This year, every student in the middle school has an attendance goal. That is to be a regular attender, which means missing no more than 17 school days all year.

Those students who have a 90% or higher attendance rate will have their name proudly displayed on our 90% Attendance Challenge board!



Community Service & Honor Roll

Students who earn a 3.5 G.P.A. or better, complete 7 hours of community service/volunteer hours, have good behavior, and good attendance for the trimester will be awarded the status of Honor Roll.



In order to make honor roll, students must complete a minimum of 7 hours of community service per trimester. For each activity, the student will need a signature and the contact information from the supervising adult. Once this is completed, send in your letter to your student's advisor or the middle school office.

[LEARN MORE](#)

Under the Sea Dance



Winter Athletics

Boys Basketball - See schedule here -->

Cheerleading/Dance - Come see our new squad!

Girls Basketball - Sign up in the middle school office by **December 20th**. Must have a current sports physical and parent permission form on file to participate. Practices will start on January 7th from 4:00 -6:00 p.m. Although playing time will be prioritized for 7th and 8th graders, 6th graders are welcome to participate.

Wrestling - Sign up in the middle school office. Practices tentative to start January 7th; more information to come.

Nesh-Kah-Nie Middle School
 2000 Hwy. 101 West, Anderson, South Carolina
 256-233-2222 • Fax: 252-233-2122

2019 Boys Basketball

Date	Location	Dismissal/Departure	Tip Off
Tues 11/22	NKN vs Clarksburg	3:20	4:00
Thurs 11/24	NKN vs Southold (away)	3:20	4:00
Mon 11/26	@ Boone	12:45:00	4:00
Wed 11/28	@ Florence	1:00:00	4:00
Thurs 11/30	NKN vs Florence	3:20	4:00
Mon 12/3	@ Kingsport	1:20:00	4:00
Wed 12/4	NKN vs Florence	3:20	4:00
Mon 12/9	@ South of State	1:45:00	4:00
Wed 12/10	@ Florence	1:00:00	4:00
Tues 12/17	@ Clarksburg	12:00:00	4:00

* Just games to start 10 minutes after for game completion around 1:00.

Planning to Play Sports?

Make Sure You're Ready!

Get your sports physicals NOW for Winter 24/25 sports!

You can schedule a sports physical with your regular medical provider or call the NKN Health Center at 503-355-3500 to get your sports physical. Download the required forms at NKNHealth.org (Sports Physical Form, Consent Form, Release of Information Form, and HIPAA Forms). If you're a new patient to the NKN Health Center, you would also need to complete the New Patient Forms each school year.

Student athletes in Middle School and High School must have an up to date sports physical completed every 2 years in order to participate in practices and games.

MS Athletic Permission Form

Parents/Guardians,

Please complete this permission form if your child plans to participate in any sports this school year.

4-H

4-H is a youth development program that encourages young people to engage in hands-on learning experiences that build leadership, citizenship, and life skills. Through 4-H, members can explore interests like animals, agriculture, science, art, cooking, robotics, and much more, all while fostering teamwork and community involvement.

At Neah Kah Nie Middle School, our 4-H group meets at least once a month. Participation also provides students the chance to showcase their projects and skills at the Tillamook County Fair in August, which is always a highlight of the year!



To help you learn more about the program, the extension office is offering two Zoom informational sessions for new 4-H families. These sessions will provide an overview of what 4-H is all about and how to get involved. Each session will start at 7:00 PM, last approximately 45 minutes, and require registration to attend.

- December 19 - 7 PM via Zoom
[Register Here](#)

If your family is new to 4-H, you can register your student as a New Member online by visiting the link below:

[New Member Registration](#)

For returning members, please complete your registration here:

[Returning Member Registration](#)

The cost of registration is \$30 per child or \$60 per family. If you need financial assistance please reach out to Ashley Atwood at atwooda@nknsd.org as soon as possible to get that arranged.

If you have any questions about 4-H, the registration process, or the Zoom sessions, please don't hesitate to reach out to us at atwooda@nknsd.org or 503-355-3604. We're excited to see your student thrive in 4-H and look forward to supporting them on this journey!

Create Holiday Magic



School Immunizations

Need your immunizations?



NKN

**STUDENT HEALTH
& WELLNESS CENTER**

Did you know that all standard childhood vaccines are available at NKN Student Health & Wellness Center?

Age 15 and older: Stop by the health center to schedule an appointment.

Younger than 14: Stop by the health center to pick up paperwork for your parent/guardian to sign.

(COVID vaccines are available for ages 12 and up, and flu vaccines are available for all ages.)

Call 503-355-3500 to schedule an appointment.

503-355-3500 | nehalembayhealth.org

If your student is due for an immunization, you will receive a letter in the mail stating what vaccine is due. [Oregon Exclusion date for all students is Feb 19th 2025.](#)

Shots are required by law for children who attend public schools, private schools, preschools, childcare facilities, and Head Start programs in Oregon. [For Oregon school's immunization requirements click here.](#)

Where to get copies of immunization records?

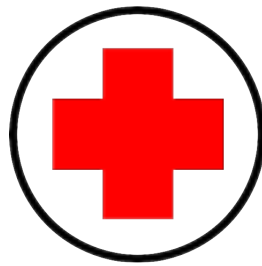
A copy is also located at any of the Tillamook County Health Centers.

[Oregon Certificate of Immunization Status Form](#)

Why is it important to keep copies of immunization records?

Immunization records are an important part of permanent medical records that will be needed throughout life. It's up to the guardians to make sure children are protected and up to date on immunizations.





**New Hours for NKN
Health and Wellness**

**Nuevo horario para NKN
Health and Wellness**



Stay Home? Or Come to School?

As cold and flu season hits full stride, the decision to send or keep your child home can become more tricky. We follow a symptom protocol chart developed by the Oregon Health Department. Nobody likes getting sick, but if your student is ill and you're not sure they should be at school, please refer to the chart here -> and keep the school updated of their attendance.

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL.
Please refer to the chart for more information. Please contact us if you have any questions.

SYMPTOM	THE STUDENT MUST REMAIN AT HOME.
• Fever (temperature of 100.4°F or higher)	• The student must remain at home until the fever has resolved for 24 hours without the use of fever-reducing medication.
• Vomiting	• The student must remain at home until 24 hours have passed since the last episode of vomiting.
• Diarrhea	• The student must remain at home until 24 hours have passed since the last episode of diarrhea.
• Persistent coughing	• The student must remain at home until 24 hours have passed since the last episode of coughing.
• Stomach pain	• The student must remain at home until 24 hours have passed since the last episode of stomach pain.
• Headache	• The student must remain at home until 24 hours have passed since the last episode of headache.
• Sore throat	• The student must remain at home until 24 hours have passed since the last episode of sore throat.
• Rash	• The student must remain at home until 24 hours have passed since the last episode of rash.
• Unexplained weight loss	• The student must remain at home until 24 hours have passed since the last episode of weight loss.
• Unexplained fatigue	• The student must remain at home until 24 hours have passed since the last episode of fatigue.
• Unexplained weakness	• The student must remain at home until 24 hours have passed since the last episode of weakness.
• Unexplained dizziness	• The student must remain at home until 24 hours have passed since the last episode of dizziness.
• Unexplained blurred vision	• The student must remain at home until 24 hours have passed since the last episode of blurred vision.
• Unexplained difficulty breathing	• The student must remain at home until 24 hours have passed since the last episode of difficulty breathing.
• Unexplained difficulty swallowing	• The student must remain at home until 24 hours have passed since the last episode of difficulty swallowing.
• Unexplained difficulty speaking	• The student must remain at home until 24 hours have passed since the last episode of difficulty speaking.
• Unexplained difficulty hearing	• The student must remain at home until 24 hours have passed since the last episode of difficulty hearing.
• Unexplained difficulty seeing	• The student must remain at home until 24 hours have passed since the last episode of difficulty seeing.
• Unexplained difficulty smelling	• The student must remain at home until 24 hours have passed since the last episode of difficulty smelling.
• Unexplained difficulty tasting	• The student must remain at home until 24 hours have passed since the last episode of difficulty tasting.
• Unexplained difficulty feeling	• The student must remain at home until 24 hours have passed since the last episode of difficulty feeling.
• Unexplained difficulty thinking	• The student must remain at home until 24 hours have passed since the last episode of difficulty thinking.
• Unexplained difficulty remembering	• The student must remain at home until 24 hours have passed since the last episode of difficulty remembering.
• Unexplained difficulty concentrating	• The student must remain at home until 24 hours have passed since the last episode of difficulty concentrating.
• Unexplained difficulty focusing	• The student must remain at home until 24 hours have passed since the last episode of difficulty focusing.
• Unexplained difficulty understanding	• The student must remain at home until 24 hours have passed since the last episode of difficulty understanding.
• Unexplained difficulty communicating	• The student must remain at home until 24 hours have passed since the last episode of difficulty communicating.
• Unexplained difficulty interacting	• The student must remain at home until 24 hours have passed since the last episode of difficulty interacting.
• Unexplained difficulty relating	• The student must remain at home until 24 hours have passed since the last episode of difficulty relating.
• Unexplained difficulty connecting	• The student must remain at home until 24 hours have passed since the last episode of difficulty connecting.
• Unexplained difficulty collaborating	• The student must remain at home until 24 hours have passed since the last episode of difficulty collaborating.
• Unexplained difficulty cooperating	• The student must remain at home until 24 hours have passed since the last episode of difficulty cooperating.
• Unexplained difficulty compromising	• The student must remain at home until 24 hours have passed since the last episode of difficulty compromising.
• Unexplained difficulty negotiating	• The student must remain at home until 24 hours have passed since the last episode of difficulty negotiating.
• Unexplained difficulty resolving	• The student must remain at home until 24 hours have passed since the last episode of difficulty resolving.
• Unexplained difficulty solving	• The student must remain at home until 24 hours have passed since the last episode of difficulty solving.
• Unexplained difficulty managing	• The student must remain at home until 24 hours have passed since the last episode of difficulty managing.
• Unexplained difficulty organizing	• The student must remain at home until 24 hours have passed since the last episode of difficulty organizing.
• Unexplained difficulty planning	• The student must remain at home until 24 hours have passed since the last episode of difficulty planning.
• Unexplained difficulty prioritizing	• The student must remain at home until 24 hours have passed since the last episode of difficulty prioritizing.
• Unexplained difficulty delegating	• The student must remain at home until 24 hours have passed since the last episode of difficulty delegating.
• Unexplained difficulty leading	• The student must remain at home until 24 hours have passed since the last episode of difficulty leading.
• Unexplained difficulty following	• The student must remain at home until 24 hours have passed since the last episode of difficulty following.
• Unexplained difficulty participating	• The student must remain at home until 24 hours have passed since the last episode of difficulty participating.
• Unexplained difficulty contributing	• The student must remain at home until 24 hours have passed since the last episode of difficulty contributing.
• Unexplained difficulty supporting	• The student must remain at home until 24 hours have passed since the last episode of difficulty supporting.
• Unexplained difficulty helping	• The student must remain at home until 24 hours have passed since the last episode of difficulty helping.
• Unexplained difficulty assisting	• The student must remain at home until 24 hours have passed since the last episode of difficulty assisting.
• Unexplained difficulty cooperating	• The student must remain at home until 24 hours have passed since the last episode of difficulty cooperating.
• Unexplained difficulty collaborating	• The student must remain at home until 24 hours have passed since the last episode of difficulty collaborating.
• Unexplained difficulty cooperating	• The student must remain at home until 24 hours have passed since the last episode of difficulty cooperating.
• Unexplained difficulty cooperating	• The student must remain at home until 24 hours have passed since the last episode of difficulty cooperating.

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

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

We understand that students miss school due to illness, appointments or for a pre-arranged absence, but we want to partner with you to make sure your student is as successful as possible. Students with strong attendance are more likely to succeed in school and in future employment. All absences impact a student's performance and they miss out on valuable instructional time. Emailing or calling the office to let us know they won't be here is a start to keeping them on track!

Middle School Parent Group

Volunteer Opportunities

If you are looking for a way to support the middle school students and teachers, here is your chance! We have a wide range of volunteer opportunities available:

<https://www.signupgenius.com/go/20F0E44AFAA23ABF49-51449485-middle>

If you would like to receive email updates on Parent Group activities, email parentgroupms@gmail.com to be added.

Do You Have Fred Meyer Rewards?

Looking for ways to support Neah-Kah-Nie Middle School's parent group? Connect your Fred Meyer Community Rewards account to Neah-Kah-Nie School District #56, and Fred Meyer will donate a portion of your purchases to help our school. Thank you for your support!



How to enroll:

1. Create a digital account.

A digital account is needed to participate in Fred Meyer Community Rewards. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.

2. Link your Card to an organization.

Selecting the organization that you wish to support is as simple as updating the Fred Meyer Community Rewards selection on your digital account.

1. Sign in to your digital account.
2. Search for Neah-Kah-Nie School District #56.
3. Select the appropriate organization from the list and click "Save".

Your selected organization will also display in the Fred Meyer Community Rewards section of your account. If you need to review or revisit your organization, you can always do so under your Account details.

3. Your organization earns.

Any transactions moving forward using the Shopper's Card number associated with your digital account will be applied to the program, at no added cost to you. Fred Meyer donates annually to participating organizations based on your percentage of spending as it relates to the total spending associated with all participating Fred Meyer Community Rewards organizations.

ParentVUE

Grades, Attendance, Class Schedule and more!

ParentVUE is a web portal that allows parents to access real-time information related to their student's education progress. Parents can view their student's attendance, grades, assignments, and more. If you are a new user, contact the Middle School for your activation code and get signed in!



[Click Here To Enroll, Register or Update Information Today!](#)

Counselor's Corner

The holiday season is a time of excitement and joy, but can also bring a mix of emotions for our middle schoolers. While some look forward to the break, others may experience stress, anxiety, or even sadness. As parents and caregivers, we can help our students navigate these complex feelings with support and a balanced approach.



Here are some tips to support your student through this season:

1. **Maintain a Routine:** Consistent sleep, mealtimes, and study habits are essential for students' well-being. Try to keep a basic structure in place, even as schedules may shift for family activities. This stability can provide comfort and reduce the transition back to school in January.
2. **Family Time Matters:** Prioritize quality time, whether through shared meals, family outings, or quiet evenings at home. Try activities that allow everyone to bond, such as cooking together, playing games, or enjoying outdoor walks. Simple, intentional activities can help students feel connected and valued, which is especially important during the holiday season.
3. **Encourage Open Communication:** Allow your student to share their thoughts and feelings about the holidays. Whether they're excited or overwhelmed, listening and validating their emotions can be a powerful way to show support.
4. **Balance Rest and Activity:** While it's essential to recharge, encourage students to engage in positive activities. This could be helping with holiday preparations, spending time with friends, or pursuing a favorite hobby.

We wish you a joyful, restful holiday season filled with meaningful connections. If you have any concerns or need support, please don't hesitate to reach out.

Current Staff at NKN Middle School

Atwood, Ashley; School Counselor

atwooda@nknsd.org

Bayouth, Fred; Science 6th and exploratory

fredb@nknsd.org

Bits, Ruben; Math 6th & 7th and exploratory

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Clifton, Salena; Language Arts 6th

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Crook, Will; Social Studies 7th & 8th

willc@nknsd.org

Curtis, Tyler; Language Arts 7th

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Dilbeck, Lori; Principal

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Dills, Stacey; Special Education

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Douma, Angie; Reading Specialist

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Giani, Marie; Head Secretary

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Green, Katie; Math 7th & 8th and TAG

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Harmon, Kathryn; Librarian and exploratory

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Hopkins, Jenn; Family Resource Coordinator

hopkinsj@nknsd.org

Hummel, Nicki; Art 6th & 7th and exploratory

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Massey, Emily; Asst Secretary; Athletics

emilym@nknsd.org

Reed, Joe; PE 6th & 7th and exploratory

josephr@nknsd.org

Rocca, Jay; Science 7th & 8th

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Sargent, Emily; Language Arts 8th

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Simpson, Michael; Choir 7th & 8th

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Wiley, Kelly; PE 8th

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Winder, Taylor; Special Education

taylorw@nknsd.org

Zaugg, Russell; Band 7th & 8th, Choir 6th

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Marie Giani/Emily Massey

Head Secretary/Assistant Secretary