

The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

March 7th, 2025

Upcoming Dates: 📅

- March 10: Board Meeting
 - March 12: Parent Advisory Council Meeting Cancelled
 - March 13 and 14: Finals for Trimester 2
 - March 13: Family Dodgeball Tournament @ 6pm- all are welcome!
 - March 15: FNRL Career Development Experience, Spring Fling Dance @ 7pm in the cafeteria
-

🍏 SCHOOL MENU 🍏

MARCH 2025

NEAH-KAH-NIE HIGH SCHOOL

A variety of sandwiches are
Available daily as an
Option for lunch

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:

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

Trimester 2 Finals Next Week!

Trimester 2 finals are next week on Thursday and Friday. We will have a special bell schedule highlighted below for the two days. It is **optional** for students to attend during **Time and Opportunity**. If they do decide to be on campus during that time, they have the following options:

- Meet with individual teachers to get support
- Go to the library for club time (ie- Robotics)
- Go to Esther's lab for support with resumes, FASFA, college applications, scholarships, etc. Juntos and Gear Up will be there to support.
- Go to the Galley to have down time and study



TRIMESTER 2 FINALS SCHEDULE 2024

Thursday March 13 (Periods 1, 3, and 5)

Time	Minutes	What
8:45-9:45	60 min	Time & Opportunity/Finals Make-ups
9:45-10:00	15 min	Breakfast
10:00- 11:20	80 min	1st Period Final
11:30-12:50	80 min	3rd Period Final
12:50-1:30	40 min	Lunch
1:35- 2:55	80 min	5th Period Final
3:00- 4:00	60 min	Time & Opportunity/Finals Make-ups

Friday, March 14 (Periods 4 and 6)

Time	Minutes	What
8:45-9:45	60 min	Time & Opportunity/Finals Make-ups
9:45-10:00	15 min	Breakfast
10:00- 11:20	80 min	4th Period Final
11:30-12:50	80 min	6th Period Final
12:50-1:30	40 min	Lunch
1:35- 4:00	80 min	Time & Opportunity/Finals Make-ups

IMPORTANT INFORMATION FOR STUDENTS AND FAMILIES

- Bus runs will remain unchanged: one run in the AM and one in the PM
 - No students leave class early; TAs stay in class
 - If a student finishes early, they will need to stay in class until the bell rings.
 - Those who ride a bus will need to go into a teacher's classroom until the buses arrive.
-

spring fling

NKN HIGH SCHOOL DANCE

WHEN:

MARCH 15TH: 8-10PM

WHERE:

LOADED IN THE GALLEY

PRICE:

\$2 OR -FREE- WITH ASB

---ITALIAN SODAS & SNACKS FOR SALE---



OPPORTUNITIES

- INDUSTRY TOUR-AEROSTAR 3/03
- SCHOLARSHIP WORKSHOP HOSTED BY JUNTOS & GEAR UP 3/13
- SCHOLARSHIP WORKSHOP HOSTED BY GEAR UP 3/14
- MOCK INTERVIEWS: SOPHOMORES 3/19 JUNIOR 3/20
- NW CAREER EXPO PORTLAND VISIT 3/19
- OSU COLLEGE OF ENGINEERING, FORESTRY & AGRICULTURAL SCIENCES VISIT 3/20



Student Life

**Juntos - NKN Robotics -
GEAR UP Industry Tour!**

Aerostar Tillamook's President, Kevin Tucker, graciously hosted us and delivered a highly informative presentation that engaged our students and expanded their knowledge of aerospace and the opportunities available in Tillamook.



**Thank you
Aerostar!**



Foreign Exchange Student Spotlight

What inspired you to become a foreign exchange student?

Her dad came to NKNHS 30 years ago and her brother came here 2 years ago. They inspired her to have the same experience. Everyone in the family has stayed with Kathy and Frankie Knight.

What was your first impression when you arrived?

She weather is much cooler, it is greener, and people are really nice here.

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

People are really open and encouraging at the school. Communication styles are different.



KAROL GERARDO KEITH

Mexico



NEAH-KAH-NIE
HIGH SCHOOL

**SENIOR
SPOTLIGHT**

Raymond Grimes

Raymond has been accepted to Clatsop Community College to study Automotive in hopes of becoming an Automotive Technician.

Congratulations Raymond!

NEAH-KAH-NIE
HIGH SCHOOL

**SENIOR
SPOTLIGHT**

Brian Saucedo

Brian plans to haul for Angel's Roofing and eventually get his CDL when he turns 18.

Congratulations Brian!

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HIGH SCHOOL

**SENIOR
SPOTLIGHT**

Brody Johnson

Brody plans to take on an Apprenticeship as a mechanic in Tillamook following graduation.

Congratulations Brody!

NEAH-KAH-NIE
HIGH SCHOOL

**SENIOR
SPOTLIGHT**

Dallas Coleman

Dallas is going to work at his family's business, the Coleman Automotive Repair, in Tillamook, following graduation.

Congratulations Dallas!

NEAH-KAH-NIE
HIGH SCHOOL

**SENIOR
SPOTLIGHT**

Danyln Dorsey

Danyln is planning to attend TBCC to obtain a Basic Computer Literacy Certificate in hopes of becoming a receptionist.

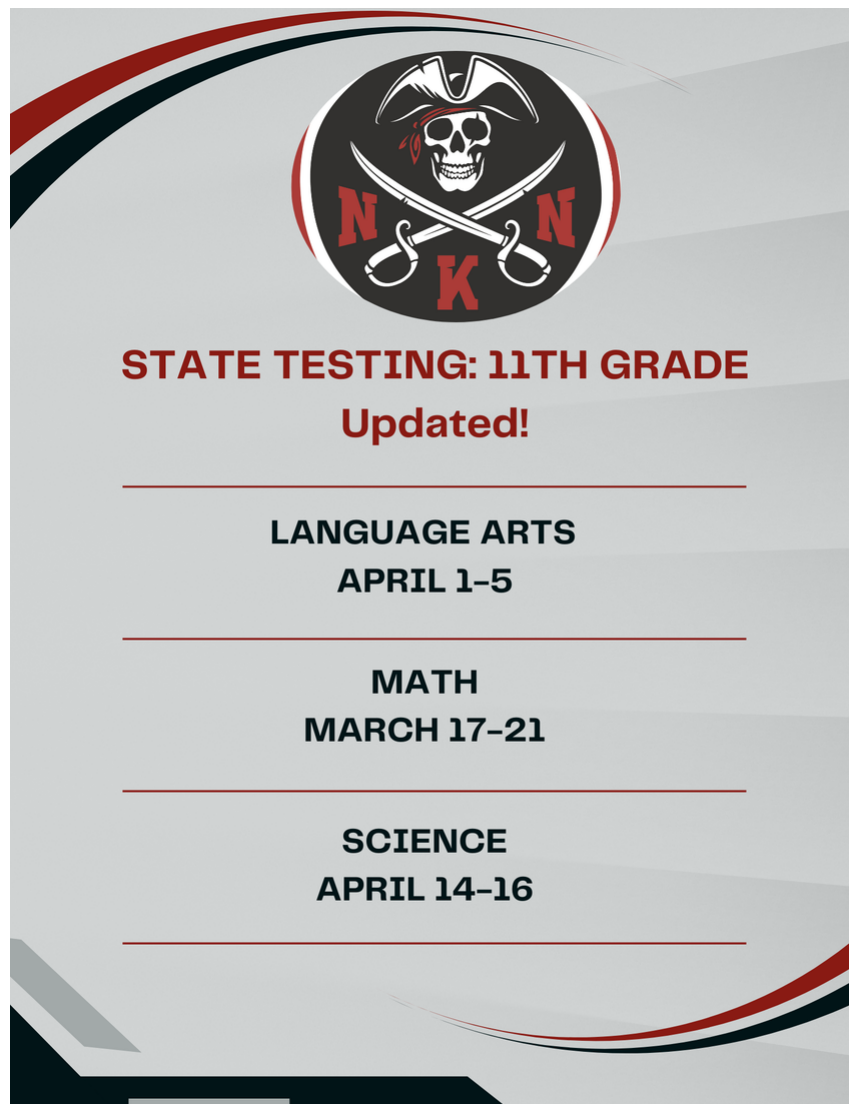
Congratulations Danyln!



**MARCH 20: PRE-ACT FOR
ALL 10TH GRADERS**

APRIL 10: SAT TESTING





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@NKNSD.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.

NKNHS's Current Attendance Rate: 89%

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:



8TH GRADE

Parent Night

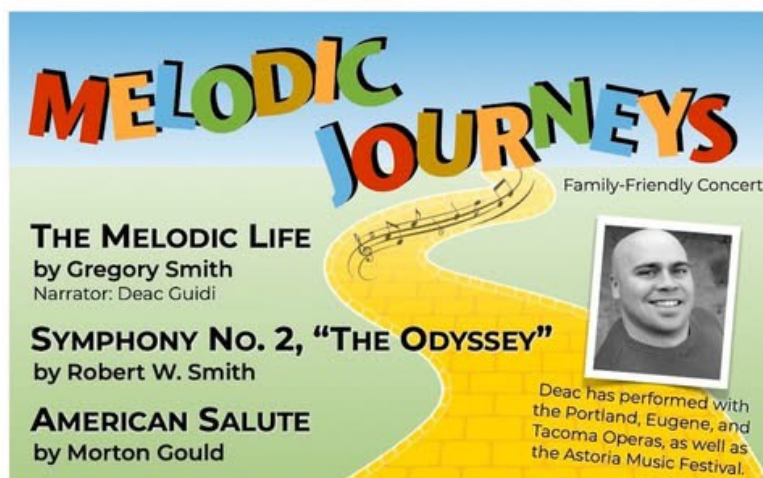
April
24

- 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



MELODIC JOURNEYS
Family-Friendly Concert

THE MELODIC LIFE
by Gregory Smith
Narrator: Deac Guidi

SYMPHONY NO. 2, "THE ODYSSEY"
by Robert W. Smith

AMERICAN SALUTE
by Morton Gould

Deac has performed with the Portland, Eugene, and Tacoma Operas, as well as the Astoria Music Festival.

Saturday ♦ MAR 15, 2025 ♦ 3:00 pm
Nehalem Elementary School Gym
36300 8th St ♦ Nehalem

Sunday ♦ MAR 16, 2025 ♦ 3:00 pm
Bob Chisholm Community Center
1225 Avenue A ♦ Seaside

Tickets available at the door ♦ Cash or personal check only

\$10 Admission ♦ 18 and under are free
12 and under must be accompanied by an adult

For more information see our website
www.nocsymphony.org



The North Oregon Coast Symphony is a Partner of the Charlene Larsen Center for the Performing Arts



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**



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

OREGON SHORES AND JUNTOS
AFUERA PRESENT:

EXPLORING THE DEEP OCEAN

LEAP: Latinos Explorando
Aguas Profundas



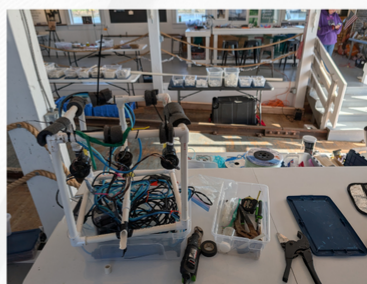
1. Design, build and pilot Remotely Operated Vehicles

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/>