

# The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

December 20, 2024

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## Upcoming Dates: 📅

- Dec 21-Jan 6: Winter Break, NO SCHOOL
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 [CLICK HERE FOR THE SCHOOL MENU](#) 

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## We hope you have a great holiday break!

NKN High School sent off the students into winter break with style. Our winter assembly was packed full with a number of different activities. The NKN Choir performed, followed by the Pirate Cheerleaders. Both Santa and the Grinch made appearances as well. Senior Payton White was the winner of the Basketball Musical Chairs, The team of Juniors/Seniors defeated the Freshman/Sophomores in the Holiday Relay, and the Juniors came out victorious over the Seniors in the Polar Express!. The advisory classes designed and created holiday outfits for their teachers to wear in a runway style fashion show. Mr. Billstine was crowned winner of the Best Holiday outfit created by his students! Great Job Student Council and Pirates!!



## 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?
<b>Fever</b>	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.
<b>Vomiting or diarrhea</b>	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.
<b>New cough or trouble breathing</b>	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.
<b>Rash</b>	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.
<b>Eye redness and drainage</b>	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?
<b>Fiebre</b>	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.
<b>Vómitos o diarrea</b>	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.
<b>Nueva tos o dificultad para respirar</b>	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.
<b>Sarpullido</b>	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.
<b>Enrojecimiento y secreción de los ojos</b>	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:



## Important Information- Student Absences

If your student is going to be absent for any reason, please email Mary King at [maryk@nknsd.org](mailto:maryk@nknsd.org) or call the main office at (503) 355-2272. Amy Aguinaga will be out until January 21st. Thank you in advance for your flexibility.

Pirate Families,

**I fixed this link, so you should be able to click it now! Thank you for your patience!**

We would appreciate it if you would take some time to complete this form as we move into Trimester 2. Feedback is critical as we move into systems-wide change and improvement. It is important for me to know what we need to change and where we might need reinforcement to best meet the needs of our learners. I appreciate partnering with you along this journey! FYI This survey is anonymous.

All the best,

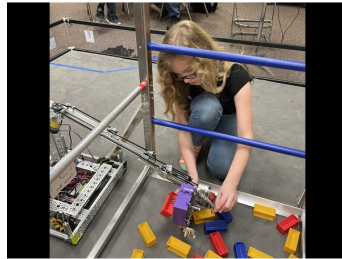
Christy Hartford | Principal

## Trimester 1 Feedback Survey ([Click Here](#))

### Student Life 📖

NKN Robotics team 14687 ends Meet 2 in 4th place out of 21 teams winning 4 out of 5 competition rounds.

Solid driving by Colly Campbell and Karsten Johansen and coaching from Lily Hummel got the team through some challenging competition rounds.



### UPCOMING VACCINE EXCLUSIONS

Just a friendly reminder to about upcoming vaccine exclusions. Please see the information from OHA below:

Parents, don't let your child get left behind!



**School Year 2024-2025**



Oregon law requires the following shots for school and child care attendance\*

A child 2-17 months entering  
**Child Care or  
Early Education** needs\*

Check with your child's program or  
healthcare provider for required vaccines

A child 18 months or older entering  
**Preschool, Child Care, or  
Head Start** needs\*

4 Diphtheria/Tetanus/Pertussis (DTaP)  
3 Polio  
1 Varicella (chickenpox)  
1 Measles/Mumps/Rubella (MMR)  
3 Hepatitis B  
2 Hepatitis A  
3 or 4 Hib

A student entering  
**Kindergarten or  
Grades 1-6** needs\*

5 Diphtheria/Tetanus/Pertussis (DTaP)  
4 Polio  
1 Varicella (chickenpox)  
2 MMR or 2 Measles, 1 Mumps, 1 Rubella  
3 Hepatitis B  
2 Hepatitis A

A student entering  
**Grades 7-12** needs\*

5 Diphtheria/Tetanus/Pertussis (DTaP)  
1 Tdap  
4 Polio  
1 Varicella (chickenpox)  
2 MMR or 2 Measles, 1 Mumps, 1 Rubella  
3 Hepatitis B  
2 Hepatitis A

¡Padres no dejen que sus hijos se queden atrás!



**Año Escolar 2024-2025**



La ley de Oregon requiere que sus niños hayan recibido estas vacunas para que puedan asistir a las escuelas y guarderías.\*

Niños de 2-17 meses  
entrando a la **Pre-escuela**  
o **Guardería** necesitan\*

Consulte con el programa o proveedor de atención médica de su hijo para las vacunas requeridas

Niños de 18 meses y más  
entrando a la **Pre-escuela,**  
**Guardería o Head Start**  
necesitan\*

4 Difteria, Tétano y Tos Ferina (DTaP)  
3 Polio  
1 Varicela (Chickenpox)  
1 Sarampión, Paperas y Rubéola (MMR)  
3 Hepatitis B  
2 Hepatitis A  
3 o 4 Hemofilus Influenza Tipo B (Hib)

Niños entrando a **Kinder**  
**(Jardín de Niños) o**  
**Grados 1-6** necesitan\*

5 Difteria, Tétano y Tos Ferina (DTaP)  
4 Polio  
1 Varicela (Chickenpox)  
2 MMR o 2 Sarampión, 1 Paperas, 1 Rubéola  
3 Hepatitis B  
2 Hepatitis A

Niños entrando a  
**Grados 7-12** necesitan\*

5 Difteria, Tétano y Tos Ferina (DTaP)  
1 Tdap  
4 Polio  
1 Varicela (Chickenpox)  
2 MMR o 2 Sarampión, 1 Paperas, 1 Rubéola  
3 Hepatitis B  
2 Hepatitis A

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Attendance Matters!

**Overall School Attendance**

91%

\*our school goal is 95%

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.





# 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

**CASH PRIZES!**

The O[yes] media contest now includes **graphic design.**

Oregon Young Employee Safety  
**Media contest**

Create an ad for our Young Employee Safety Awareness online training!

Video contest:	Graphic design contest:
<b>First prize: \$500</b>	<b>First prize: \$500</b>
Second prize: \$400	Second prize: \$400
Third prize: \$300	Third prize: \$300

#oyescontest

Watch last year's winning video

First place winners' schools will receive matching prizes.

Find the contest rules, entry form, and checklist along with more information online at:  
[youngemployeesafety.org/contest](http://youngemployeesafety.org/contest)

Submit your entries by:  
**February 21, 2025**  
**5:00 p.m.**

SPONSORED BY:  
**O[yes]** Oregon young employee safety

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## After School Tutoring in Room 3

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.

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## 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



Information that is helpful to know:

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

**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 (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... *The list below tells the shortest time to stay home. 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.



**Neah-Kah NIE High School**

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

