

# The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

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October 11, 2024

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## Upcoming Dates: 📅

### October:

- Oct 11: XC Champoeg Invite, Football vs Clatskanie (Away)
  - Oct 12: Volleyball @ Seaside
  - Oct 14: Board Meeting at 6:30, Indigenous People's Day
  - Oct 15: ASVAB Testing, Volleyball vs Banks (Away)
  - Oct 16: SAT Testing
  - October 17: Great Oregon Shakeout, XC Race Jewell Jaunt
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**SCHOOL LUNCH PIRATES**  
**FIND YOUR TREASURE!**  
**OCTOBER 14-18, 2024**

**National School Lunch Week Official Proclamation**

WHEREAS The National School Lunch Program has served our nation admirably for 78 years through advanced practices and nutrition education; and

WHEREAS the National School Lunch program is dedicated to the health and academic achievement of our nation's children, and

WHEREAS recent research shows students are receiving their healthiest meals at school; and there is evidence of the continued need for nutrition education and awareness of the value of school nutrition programs.

NOW THEREFORE, I Kris Troutman of the School District  
of Neah-Kah-Nie do hereby proclaim the week of October 14-18, 2024, as NATIONAL SCHOOL LUNCH WEEK and I encourage all residents to become aware of the benefits of the National School Lunch Program and support good nutrition habits for their children, in the hope of achieving a more healthful citizenry for today and the future.



**October is**  
**LGBTQ+**  
**HISTORY MONTH**

## Great Oregon Shakeout- October 17

This year's International ShakeOut Day is October 17, when millions of people worldwide will participate in earthquake drills at work, school, or home!

At 10:17 am (local time) on 10/17, you can join people across Oregon practicing [earthquake safety](#).

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### Blood Drive by Leo's Club

Leo's Club is sponsoring a blood drive on Monday, October 21, 2024 from 10:00 AM - 03:00 PM in the Galley

Neah-Kah-Nie High School

[24705 Hwy 101 North, Rockaway Beach, OR 97136](#)

Room Name: The Galley

**SIGN UP TODAY**

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### School Pictures Are Ready!

To order, log in to your account on [mylifetouch.com](https://mylifetouch.com) or create an account using your student's student ID number.

All families can also log on and order a FREE Digital SmileSafe card.

More about the Smilesafe program [here](#).

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 [CLICK HERE FOR THE SCHOOL MENU](#) 

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### Student Life

State Representative Bonamici visited school this week and met with student council.



Learn more at this free info session!

**OCTOBER 15  
3:30 PM  
AT TBCC**

**Are You Interested in a Flexible Path to an OSU Degree?**  
Consider...

**DEGREE PARTNERSHIP PROGRAM (DPP)**

**BENEFITS OF DPP INCLUDE...**

- Streamlined credit transfer
- Option to take classes at both OSU & TBCC simultaneously
- Access resources (libraries, advising, etc.) at both schools
- Guaranteed OSU Admission after meeting program criteria
- Create an educational plan that fits your goals
- Access to OSU scholarships

**RSVP HERE**





¿Está interesado en un camino flexible hacia un título de OSU?

Considera...

## DEGREE PARTNERSHIP PROGRAM (DPP)

### LAS VENTAJAS DEL DPP INCLUYEN...

- Transferencia de créditos simplificada
- Opción de tomar clases en OSU y TBCC simultáneamente
- Acceso a recursos (bibliotecas, consejo académico, etc.) en ambas escuelas
- Admisión garantizada para OSU tras cumplir los criterios del programa
- Crea un plan educativo que se ajuste a tus objetivos



Obtenga más información en esta sesión informativa gratuita.

**15 DE OCTUBRE**  
**15:30**  
**EN TBCC**

REGISTRASE  
AQUI





# Soccer



## Pick-up Games



**4-6pm**

Join us on the NEW soccer field (outfield of the HS baseball field) on Tuesdays after school for a fun pickup soccer game! Grades 6-12 welcome, teams will be chosen by the players and will not have any officials. Games will end in time to take the activity bus. Let's get ready for High School Soccer in 2026! Any questions, ask Mr. Keefauver

**Tuesdays**

Starting 9/24/24

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## Student Health Survey- October 29th during Advisory

Our school is participating in the Student Health Survey (SHS), a survey sponsored by the Oregon Health Authority Public Health Division and the Oregon Department of Education, on October 29th. The survey asks about health risk behaviors of students in grades 6, 8 and 11. The survey will be conducted online in the classroom and includes questions about student health and safety, mental and behavioral health, school climate and culture, and risk and protective factors. Please click the link below to learn more.



**2024 Parent Notification- Student Health Survey.pdf**

[Download](#)

125.3 KB

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## NHS Happenings

In September, the National Honor Society volunteered at the Mudd Nick Foundation Dinner and Auction. Students greeted guests, served appetizers, cleared guests plates, and cleared off tables



at the end of the event.

We will be having another induction ceremony in mid-November for students who would like to be a member of the National Honor Society. Students who are Sophomores, Juniors, or Seniors this year can become a member of NHS. Mrs. Gores has candidate application forms for anyone that it interested. The requirements are having at least a 3.0 GPA and prior experience in leadership and service activities in school and/or the community. Candidate

application forms are due Friday, October 11th.

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## Letterman Jackets

### Varsity Letterman Jackets

Hey Seniors!

Are you a varsity participant?

For the 2nd year The  
Letterman Fund is helping you  
get a jacket

Pick up applications in the  
office

Due Sept. 30

Email any questions to  
[alexandraa24@nknsd.org](mailto:alexandraa24@nknsd.org)



Backed  
by NKN  
Boosters



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## Student-Led Conferences

Student-led conferences are coming up on October 24th and 25th. Advisory teachers will be reaching out to schedule a time for students and families to come into NKNHS. Something new

this year is that we will be having time between each advisory conference for parents/guardians to meet with content teachers should they choose to do so.

For any family attending on Thursday evening, dinner will be provided. We will have several community partners present for families to connect with as well.

If you want to get ahead of the crowd, you are welcome to reach out to your child's advisory teacher directly to get something set up starting on Monday, September 30th.

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## Student Health Advocates

Student Health Advocates program is an 8-month, mostly virtual leadership opportunity

- \$300 stipend compensation if 13 out of the 16 meetings are attended
- Open to youth ages 14-22 in all parts of Oregon.
- Comprises a council of 15 members.
- Youth meet twice a month over Zoom.
- Some optional in-person gatherings throughout the year.
- Program duration is from November 2024 to June 2025.
- This year's focus is on youth engagement related to consent, healthy relationships, and bodily autonomy.
- More information on the Student Health Advocates website. [Student Health Advocates – Oregon School Based Health Alliance \(osbha.org\)](https://www.osbha.org).
- Applications must be submitted by September 30th, 2024, at 7pm PDT.
- Follow Instagram (@oregonsbha) for updates on recruitment.

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## Parent Advisory Council

The Parent Advisory Council is an opportunity of parents/guardians to get more involved in Neah-Kah-Nie High School. This group will begin meeting on a monthly basis in October from 5:00-6:00pm in the library. This will be a time and space to give feedback on current practices and generate ideas that could better support students and staff. Dates for the meetings are below:

- October 17
- November 14
- January 16
- February 20
- March 20
- April 10



Click Here if you are interested in serving on the Parent Advisory Council

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 (Closed for lunch 12:00 – 1:00 pm)
<b>Wednesdays</b> <small>Counseling appointments only</small>	8:30 am – 12:30 pm / 1:30 – 4:30 pm (Closed for lunch 12:30 – 1:30 pm)
<b>Thursdays</b>	8:30 am – 12:00 pm / 1:00 – 4:30 pm (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 (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@nknhsd.org](mailto:amy@nknhsd.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 health condition requires more care than school staff can safely provide.</b>	* <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.

# VACCINE CLINICS

## PROTECT YOUR HEALTH

*No appointment required!*



### NORTH COUNTY RECREATION DISTRICT

- Thursday 10/24 9am-12pm | 3pm-6pm



### ROCKAWAY ST MARY'S BY THE SEA

- Wednesday 10/30 9am-11:30am



### NESTUCCA K-8

- Wednesday 10/23 3:30-6:30pm
- Thursday 11/7 3:30-6:30pm



### TILLAMOOK FAIRGROUNDS

- Monday 10/21 11am-6pm
- Tuesday 10/22 11am-6pm
- Monday 10/28 11am-6pm
- Tuesday 10/29 11am-6pm
- Monday 11/4 11am-6pm
- Tuesday 11/5 11am-7pm
- **Wednesday 11/6 11am-7pm\***

\*See below for special event

**COVID-19**  
Ages 6 months+

**Flu**  
Ages 6 months+

**Pneumonia**  
Ages 50+

## Spanish Clinic

**NOVEMBER 6 | 11am-7pm**

Our **November 6** clinic will have Spanish-focused resources, interpretation, and vaccination services. Everyone is welcome!



Most health insurance plans cover the cost of vaccines. If you do not have insurance, a sliding fee scale may be used. No one is turned away for the inability to pay. Vaccine age limit varies. COVID-19 and Flu vaccines may be administered in same day.



**Neah-Kah Nie High School**

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