



NKN Middle School Newsletter

December, 2023

From The Principal

Dear Neah-Kah-Nie Middle School Families,

It is hard to believe that trimester 1 is coming to an end!. Trimester 1 report cards will be mailed out next week. As a reminder, students who earn a GPA of 3.5 or greater, participate in 7 hours or more of community service each trimester, and have regular attendance will earn Honor Roll status. These students will be recognized at an assembly and receive an award. Students who earn Honor Roll all three trimesters will have the opportunity to go on a special field trip at the end of the year.

This month is filled with joyous activities and opportunities for our school community to come together. All students have been preparing their Haiku poems for the chance to be knighted the Neah-Kah-Nie Middle School Haiku Death Match Champion. The grade level Haiku death match will be held on December 8. For this competition, each grade level will determine its finalist who will compete in the all-school Haiku Death Match will be held on December 15 from 9:00-11:00. Each year, I am truly amazed at the talent our students have and the competitiveness to win the honor of being the champion. In addition to this event, we are ending the year with a week of spirit. Students, who want to participate, can dress up each day on the last week of 2023. Please see below for more options.

As we approach the holiday break, I hope you all have the opportunity to take this time to cherish moments with family, rest, and rejuvenate for the upcoming year. See you next year!

Warm regards,

Lori Dilbeck
NKN Middle School Principal

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 use the following link and follow the steps for signing up. If you already have 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

Important Dates to Remember

DEC 1: Grade Day - No School

Dec 5: Picture RETAKES

DEC 9: Robotics Challenge (Hillsboro High School 11:00-5:00)

DEC 11 - DEC 15: Holiday Spirit Week

- *11th - Matching Christmas PJs*
- *12th - Santa Hat*
- *13th - Dress as a Christmas Tree*
- *14th - Wear Red and Green*
- *15th - Ugly Christmas Sweater*

DEC 15: School Wide Haiku Death Match

DEC 18: - JAN 1: Winter Break



How to make 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. Those students who earn this right all three trimesters, will be rewarded at the end of the year with a fun-filled day. If you need information

How, When and Where to Collect Volunteer hours

Community Service: In order to make the honor roll, students must complete a minimum of 7 hours of community service per trimester. Activities for relatives, individuals, or private businesses will not be approved. No payment or wages may be received for activities in consideration for service time. Approved activities include work done for non-profit organizations. For each activity, the student will need a signature and the contact information from the supervising adult. Below are a few suggestions you might want to call:

Rockaway Lions Club 503.355.2199	St Mary's 503.355.2661
Rockaway Beach Fire Department 503.355.2978	North Coast Christian Church 503.322.3626
Rockaway Beach Library 503.355.2665	Calvary Bible Church 503.368.5202
Garibaldi Museum 503.322.8411	Covenant Community Church 503.368.5540
Habitat for Humanity 503.842.7472	Nehalem Bay Methodist 503.368.5612
Rockaway Chamber of Commerce 503.355.8108	St. Catherines 503.368.7890
Tillamook Food Bank 503.815.3880	Manzanita library 503.368.6665
Rockaway Community Church 503.355.2581	Meals for Seniors 503.317.8967
Garibaldi Fire Department 503.322.3635	Bay City Fire Department 503.377.0233
Nehalem Bay Fire & Rescue 503.368.7590	Bay City Library 503.377.0231
Hope Chest Thrift Shop (Nehalem) 503.368.4461	Garibaldi Library 503.322.2100
Hope Chest Thrift Shop Too (Rockaway) 503.355.3333	

Counselor's Corner.....

Parenting an adolescent can be a rollercoaster of fun, love, scary, uncertain, ups, and downs, and all around! Winter is a great time to dive into some books and get some pointers on how to navigate this journey of parenting a teen. Even if this isn't your first child, each child is different and you might find some helpful ideas. I have several really great books on understanding adolescent development and how to best approach parenting to raise a well-rounded adult and survive these difficult years as a parent to a young adult.

[Take a look at this list of books and if there is one you would like to borrow please fill out this form.](#)

Happy December!
Ashley Atwood

Middle School Attendance Office

If you should need to contact us for attendance purposes please 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

We are not always by our phone so by emailing us it will help keep your students attendance up to date!

We understand that students miss school due to illness, appointments or personal reasons, 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 student performance and they miss out on valuable instructional time.



Athletic Registration

If your student is interested in athletics at Neah-Kah-Nie, please make sure they have a current physical on file with us. This means they will be unable to practice if we do not have a current physical on file. If you haven't registered your student/athlete for a sport please click on the appropriate button below and complete the Google form.



[Athletic Registration - English](#)

[Athletic Registration - Spanish](#)

ATHLETIC GAME/EVENT SCHEDULES

Basketball, Cheer will attend home games

Winter sports are here!

An up-to-date sports physical is required. Health physicals stay on file for two years. Athletes cannot attend practices or games without a physical on file. This includes Cheer.

[Boys basketball](#) - Practice and games are in full swing!

Come watch our boys play! See schedule to the right ---->

[Cheerleading/dance](#) - Check out our new cheer squad

[Girls Basketball Information](#) - Practices will start after Winter Break; more information to come.

[Wrestling](#) - Practices will start after Winter Break; more information to come.

Neah-Kah-Nie Middle School
2511 Hwy. 101 North, Rockaway Beach, OR 97136
(503) 355-2990 - Fax: (503) 355-8514



2023 Boys Basketball

Date	Location	Time
11/14 Tues	@ Clatskanie	4:00
11/16 Thurs	@ Jewell (1 game)	4:00
11/20 Mon	NKN vs Rainier	4:00
11/27 Mon	NKN vs Vernonia	4:00
11/29 Wed	@ Warrenton	4:00
12/4 Mon	NKN vs Knappa	4:00
12/6 Wed	@ Vernonia	4:00
12/13 Wed	NKN vs Warrenton	4:00
12/14 Thurs	NKN vs Jewell	4:00

** 2nd game to start 10 minutes after first game concludes (approximately 5:15)




WINTER SPORTS



From the Nurse

Vaccines are available at Neah-Kah-Nie Health and Wellness Center. Please call ahead to make your appointment! 503-355-3500. They are located within the cafeteria building (between the High School and Middle School).

NEED VACCINES?



COVID* and flu 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 for age 12+

503-355-3500 | NKNhealth.org



¿NECESITA VACUNAS?



Las vacunas contra el COVID* y la gripe están disponibles en El Centro de Salud y Bienestar para Estudiantes de NKN.

Mayores de 15 años: pase por el centro de salud para programar una cita.

Menores de 14 años: pase por el centro de salud para recoger el papeleo para que lo firme su padre/tutor.

* Vacunas COVID para mayores de 12 años

503-355-3500 | nehalembayhealth.org

Need To Update Vaccines?

¿Necesita actualizar las vacunas



December 4th through 8th is National Handwashing Awareness Week!

Clean hands prevent sickness. Teach your students to wash hands anytime they are visibly dirty and before meals. Try to keep hands

away from the face, eyes and mouth to prevent the spread of germs. Practice at home and notice if your student is able to wet, lather, scrub, and rinse for at least 20-30 seconds before drying. Singing the "Happy Birthday" song twice is about the right length of time. Good handwashing is a simple and effective way to keep everyone healthy!

WIN A PRIZE
for taking care of yourself!

The team at NKN Student Health & Wellness Center invites you to participate in the 2nd Annual

Well-Being & Self Care Challenge

Pick up an entry form at NKN Student Health & Wellness Center (on the NKN HS campus). **Return the completed entry form by December 7, 2023** for a chance to win a prize.

"It is not the load that breaks you down. It's the way you carry it."
—Lena Horne



Sponsored by: NKN Student Health & Wellness Center | NKNHealth.org | 503-355-3500



¡GANA UN PREMIO
por cuidarte!

El Equipo del Centro de Salud y Bienestar para Estudiantes de NKN te invita participar en la 2da edición anual

Reto de Bienestar y Autocuidado

Recoge un formulario de inscripción en el Centro de Salud y Bienestar para Estudiantes de NKN (en el campus de NKN HS). **Devuelva el formulario de inscripción completo antes del 7 de diciembre de 2023** para tener la oportunidad de ganar un premio.

"No es la carga lo que te desmorona. Es la forma en que lo llevas."
—Lena Horne



Patrocinado por: Centro de Salud y Bienestar para Estudiantes de NKN | NKNHealth.org | 503-355-3500

Win a prize for Self Care

Gana un premio por el cuidado personal

BIG NEWS!!!



BEGINNING NOV. 14, ALL STUDENTS WILL BE ABLE TO HAVE **FREE** SCHOOL BREAKFAST AND LUNCH

NO PAPERWORK OR FORMS NEEDED! JUST GET A SCHOOL MEAL AND ENJOY AT NO COST!

A HUGE 'THANK YOU' TO OUR STAFF, BUDGET COMMITTEE, AND SCHOOL BOARD FOR MAKING THIS HAPPEN!



Marie Giani / LeeAnn McNutt