

# Neah-Kah-Nie Middle School



February 2025

## From the Principal

### Dear Parents and Guardians,

As we move into February, we continue to focus on growth, learning, and community. Thank you for your continued support in making this school year a success. Here are some important updates and reminders for the month ahead.

#### Academic Focus

For the past few weeks, students have been taking our district benchmark assessment in both reading and math. We use the benchmark assessments to monitor student progress, guide instruction, and ensure that students are on track to meet their learning goals. Not all tests results are in, however what we do have shows that students are making great strides in their learning.

#### Social-Emotional Learning & Behavior Updates

The month of January is a time when we spend time reviewing our expectations and emphasizing kindness, respect, and positive peer interactions. Please remind your child about the importance of sportsmanship and cooperation, especially during recess and group activities. We appreciate your support in reinforcing these values at home.

#### Winter Weather Reminder

As we head into next week, we want to remind you winter weather may impact our school schedule. In the event of snow or hazardous conditions, we may need to adjust our schedule. If necessary, we will do so in one of the following ways:

- Two-Hour Delay – School starts two hours later than usual, and buses follow an adjusted schedule.
- School Closure – School is canceled for the day.

- Early Dismissal – Weather conditions worsen during the day and school dismisses students early.

The Neah-Kah-Nie School District will communicate any schedule changes as soon as possible via the district website, automated calls, and social media. Please ensure your contact information is up-to-date to receive timely notifications.

### Parent Involvement Opportunities

We love having families engaged in our school community! If you're interested in volunteering or joining our parent-teacher group, please let us know. Your involvement makes a difference!

Thank you for your ongoing partnership in your child's education. If you have any questions, please don't hesitate to reach out.

Warm regards,

Lori Dilbeck  
Principal, Neah-Kah-Nie Middle School

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## Important Dates To Remember

**Feb 3:** Professional Development Day - **No School**

**Feb 5:** PBIS Assembly - 3:00 - 3:45 p.m.

**Feb 17:** President's Day Holiday - **No School**

**Feb 19:** Oregon Exclusion date (immunizations)

**Feb 21:** A Night in Paris School Dance - 6:00 - 8:00 p.m.

Important Dates to Come...

***Mar 7:*** Grade Day - **No School**

***Mar 24-28:*** Spring Break - **No School**

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## Statewide Assessments

This spring, all of our students will participate in statewide assessments for English, Language Arts and Mathematics. 8th grade students will also participate in the Science assessment.

These assessments help schools and districts evaluate their systems of teaching and learning, as well as identify groups of students whose academic needs may not be adequately met.


In addition to regularly scheduled testing, the Oregon Department of Education is requiring the completion of the Student Educational Equity Development Survey for students in testing grades.

This survey is designed to help the Oregon Department of Education gather information about the educational experiences of students in Oregon. While we encourage all students to participate, Oregon law (ORS 329.479) permits parents/guardians to annually opt-out of Oregon's statewide summative tests in English Language Arts (ELA) and/or Mathematics by submitting a form to the school the student attends. You can find these forms and additional information about testing and the SEED survey on the [School District website](#).

Please contact our test coordinator, Angie Douma, if you have further questions.

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## School Immunizations



**NKN**  
STUDENT HEALTH  
& WELLNESS CENTER

### ▶ Need your immunizations?

**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](http://nehalembayhealth.org)**

If your student is due for an immunization, you will have received 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 record 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.



AT NEAH-KAH-NIE HIGH SCHOOL

**HOURS:**

Tuesdays 8:30 am - 12:00 pm / 1:00 - 4:00 pm  
Closed for lunch 12:00 - 1:00 pm

Wednesdays 8:30 am - 12:00 pm / 1:00 - 4:00 pm  
Closed for lunch 12:00 - 1:00 pm

Thursdays 8:30 am - 12:00 pm / 1:00 - 4:00 pm  
Closed for lunch 12:00 - 1:00 pm

**SERVICES AVAILABLE:**

NKN Student Health & Wellness Center offers various medical services, including:

- Regular check-ups
- Sports physicals
- Contraception services
- Immunizations
- Prescription refills
- Age appropriate sexual health services
- Other services

Learn more at: [NKNHealth.org](#)

NKN Student Health & Wellness Center | Tillamook, OR 97141-5000 | Fax: 503-736-1049





EN LA SECUNDARIA NEAH-KAH-NIE

**HORARIOS:**

Martes 8:30 am - 12:00 pm / 1:00 - 4:00 pm  
Cerrado para almuerzo de 12:00 a 1:00 p.m.

Miércoles 8:30 am - 12:00 pm / 1:00 - 4:00 pm  
Cerrado para almuerzo de 12:00 a 1:00 p.m.

Jueves 8:30 am - 12:00 pm / 1:00 - 4:00 pm  
Cerrado para almuerzo de 12:00 a 1:00 p.m.

**SERVICIOS DISPONIBLES:**

El Centro de Salud y Bienestar ofrece una variedad de servicios médicos, incluyendo:

- Exámenes de rutina
- Exámenes de ingreso deportivo
- Atención de emergencia
- Prescripción de medicamentos
- Atención de salud sexual
- Atención de salud reproductiva
- Atención de salud mental
- Atención de salud física

Conoce más en: [NKNHealth.org](#)

NKN Student Health & Wellness Center | Tillamook, OR 97141-5000 | Fax: 503-736-1049

Hours for NKN Health and Wellness

Horario para NKN Health and Wellness

Cold & Flu Season

Dear Parent/Guardian:

As we continue into the cold and flu season, please remind your middle schoolers to **wash their hands**. Good hand hygiene is the number one prevention effort for transmission of germs! Washing hands before meals, after using the bathroom and whenever hands are visibly dirty helps prevent your students from getting sick.

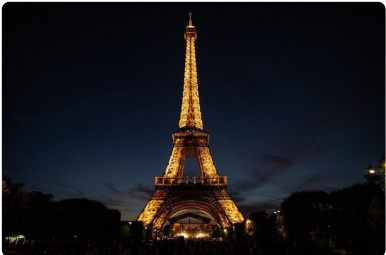


Let's all take part in this simple prevention effort!

Winter Formal Dance

A Night In Paris Winter Formal Dance

- When: Friday 2/21/25
- Time: 6:00pm - 8:00pm
- Cost: \$5 or 15 sand dollars
- Who: 7th and 8th Graders only
- Dress: Semi-formal to formal wear
- Pictures: \$1



**Concessions:** Snacks and Italian Sodas \$.50 - \$3.00

## Val-O-Grams

**What:** Val-O-Grams will be for sale between 2/10 - 2/13 at break and lunch!

**Cost:** \$.50-\$2.00, depending on candy selection.

**When:** Val-O-Grams will be delivered during 7th period on Friday, 2/14.



## Progress Reports

Progress report grades will be available to view after Monday, January 27th.

## 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!

A screenshot of the ParentVUE login page. At the top, it says "Login" and "Neah-Kah-Nie School District". Below that, there are fields for "User Name:" and "Password:". There is a "Login" button and a "Forgot Password" link. At the bottom, there are links for "Activate Account" and "Forgot Password" with icons. There are also links for "iPhone App", "Android App", and "Mobile App URL" with icons. At the very bottom, there is a link for "English | Español".

Click Here To Enroll, Register or Update Information Today!

## Winter Athletics

Neah-Kah-Nie Middle School  
2511 Hwy. 101 North, Rockaway Beach, OR 97136  
(503) 355-9100 • Fax (503) 355-9104



### 2025 Girls Basketball

Date	Location	Dismissal/Departure	Traffic Off
Wed 1/15	@ Jewell (1 game)	1:45/2:00	4:00
Tues 1/21	@ Clatskanie	1:00/1:15	4:00
Wed 1/22	NKN vs Rainier	3:25	4:00
Tues 1/28	@ Warrenton	2:00/2:15	4:00
Wed 1/29	NKN vs Vernonia	3:25	4:00
Tues 2/4	NKN vs Knappa	3:25	4:00
Wed 2/5	@ Vernonia	1:15/1:30	4:00
Mon 2/10	NKN vs Jewell (1 game)	3:25	4:00
Thurs 2/13	NKN vs Warrenton	3:25	4:00

\*\* 2nd game starts 10 minutes after 1st (about 5:00/5:10)

Neah-Kah-Nie Middle School  
2511 Hwy. 101 North, Rockaway Beach, OR 97136  
(503) 355-9100 • Fax (503) 355-9104



### 2025 Wrestling

Date	Location	Dismissal/Departure	Weight In/Start
Wed 1/15	Tillamook	2:15/2:30	3:30/4:00
Wed 1/22	Warrenton	1:45/2:00	3:30/4:00
Thurs 1/28	NKN	3:00	3:30/4:00
Tues 2/4	Vernonia	1:15/1:30	3:30/4:00
Wed 2/12	Tillamook	2:15/2:30	3:00/3:30/4:00
Mon 2/17	Scappoose		Couch Meeting 9AM/10:00

### 2025 Girls Basketball

**NOTE:** The 2/12 game v. Warrenton has been moved to 2/13.

### 2025 Wrestling

## Attendance

If your child is going to be absent for all or part of the day, such as for morning appointments, email us at [msattendance@nksnd.org](mailto:msattendance@nksnd.org). Please include the following:

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

If you are planning a vacation or know your student will be out of town, please have them pick up a pre-arranged absence form from the front office.

**If your student needs to ride a different bus, be picked up, or have any other transportation changes, please let the office know no later than 3:30 p.m.** We cannot guarantee enough time to inform students if we are notified past this time.

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## Help Your Child Succeed



**BELONG, BELIEVE,**  
**ACHIEVE:**  
**TOGETHER, EVERY DAY**

### **IS YOUR CHILD MISSING SCHOOL DUE TO ANXIETY?**

*Definition of anxiety: feeling of fear and uneasiness about everyday situations.*

If your child is suffering from anxiety, they're not alone. In most situations, anxiety is normal and temporary. It becomes a concern if it persists and affects relationships with family, peers and teachers; contributes to academic challenges; and leads to school avoidance/refusal. Addressing anxiety is important for a child's overall well-being, not just attendance.

### **WHAT ARE THE SYMPTOMS OF ANXIETY?**

- Feeling tired, irritable or easily tearful
- Having trouble separating from parents
- Experiencing difficulty sleeping or frequent nightmares
- Having trouble getting out of bed or dressed for school
- Lacking appetite
- Having trouble concentrating, which may lead to difficulty starting tasks, problems with homework and falling behind in school
- Experiencing physical symptoms, including headaches and stomachaches
- Avoiding activities previously enjoyed
- Having negative or continuous thoughts that something bad is going to happen

### **WHAT CAN FAMILIES DO?**



Here are some tips to help your child get through these challenges and return to school:

- Don't punish your child for refusing to attend school, as this can worsen the situation. However, avoid allowing them to have a fun day at home such as video games, social media etc. Give them options similar to school such as reading, checking their Google Classrooms, etc.
- If possible, avoid letting your child stay home. Though staying home from school may provide short-term relief for your child, continued absence from school will lead to a feeling of being disconnected from classmates and teachers, cause your child to fall behind academically and make it harder for them to return.
- Speak with your child. Try to understand what's specifically bothering them.
- Make it clear that you're there to help and you believe they can face their fears and overcome the problem.
- Talk with the school nurse, counselor, social worker and/or psychologist about your student's challenges, identify possible solutions and develop a plan.
- In certain situations, a 504 plan or Individualized Education Program (IEP) may be needed to ensure your child receives appropriate support and resources.

## On The Menu

FEBRUARY 2025 NEAH-KAH-NIE MIDDLE SCHOOL					A variety of sandwiches Are available daily as an Option for lunch
Monday	Tuesday	Wednesday	Thursday	Friday	
3 PROFESSIONAL DEVELOPMENT NO SCHOOL	4 Breakfast Sandwich Chicken Soft Tacos	5 Strawberry Cr. Cheese Bagel Mac & Cheese	6 Yogurt & Grahams Rib-A-Que	7 Blueberry Muffin Chicken Strips & Fries	
10 French Toast Corn Dogs	11 Pancake on a Stick Enchiladas	12 Breakfast Bar Orange Chicken Over Rice	13 Biscuits & Gravy Tillamook Cheeseburger	14 Breakfast Burrito Pizza Sticks	
17 PRESIDENTS' DAY NO SCHOOL	18 Sausage & Biscuit Nachos	19 Banana Bread Spaghetti	20 Pancakes Chicken Burger	21 Oatmeal Rounds Breakfast For Lunch	
24 Waffles Hot Dog & Baked Beans	25 Breakfast Sandwich Bean & Cheese Burritos	26 Cinnamon Cr. Cheese Bagel Teriyaki Chicken Over Rice	27 Strawberry Smoothie & Grahams Pulled Pork Sandwich	28 Blueberry Muffin Popcorn Chicken	

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread options are whole grain or whole wheat. 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"**



# Neah-Kah-Nie Meal Charge Notice

Each student may receive one **FREE** breakfast and lunch per school day  
that includes a milk and full access to the salad bar

Students choosing to purchase **additional** entrees (seconds) or milks  
need to have funds on their accounts as charging is not allowed

Parents/guardians are responsible for meal accounts having funds and may impose limits  
on student accounts by submitting written notice to the school secretary

Accounts with charges prior to the change to free meals  
OR from newly accrued second meal charges will receive charge balance statements  
through email or will be notified by phone calls

\$0.55 - Milk  
\$ 2.30 - **2nd** Breakfast entree (All schools)  
\$ 3.25 **2nd** Lunch entree (elementary)  
\$3.60 **2nd** Lunch entree (secondary)

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*This institution is an equal opportunity provider*

## Manage Mealtime Account

Manage your students mealtime account.

## Counselor's Corner

Parenting a middle schooler is a rollercoaster—one moment they're seeking independence, and the next, they need your support more than ever. This stage of rapid growth—socially, emotionally, and academically—can feel challenging for both students and parents.

Here are a few strategies to help navigate these changes:

- **Keep the Lines of Communication Open** – Even if they seem distant, middle schoolers still need to know you're there. Try asking open-ended questions and listening without immediately offering solutions.
- **Set Clear Expectations with Flexibility** – Boundaries help kids feel secure, but allowing them some choice fosters independence.

- **Encourage Healthy Friendships** – Peer relationships become more important, so talk with your child about what makes a good friend and how to handle conflicts.
- **Model and Teach Emotional Regulation** – Middle schoolers experience big emotions. Help them name their feelings and practice calming strategies like deep breathing or taking a break.
- **Celebrate Small Wins** – Growth happens in small steps. Recognizing their efforts, not just their achievements, builds confidence.

If you ever need support or have concerns, please don't hesitate to reach out. We're in this together!

## Current Staff at NKN Middle School

Atwood, Ashley; School Counselor

[atwooda@nknisd.org](mailto:atwooda@nknisd.org)

Bayouth, Fred; Science 6th and exploratory

[fredb@nknisd.org](mailto:fredb@nknisd.org)

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

[rubenb@nknisd.org](mailto:rubenb@nknisd.org)

Clifton, Salena; Language Arts 6th

[salenac@nknisd.org](mailto:salenac@nknisd.org)

Crook, Will; Social Studies 7th & 8th

[willc@nknisd.org](mailto:willc@nknisd.org)

Curtis, Tyler; Language Arts 7th

[tylerc@nknisd.org](mailto:tylerc@nknisd.org)

Dilbeck, Lori; Principal

[lorid@nknisd.org](mailto:lorid@nknisd.org)

Dills, Stacey; Special Education

[staceyd@nknisd.org](mailto:staceyd@nknisd.org)

Douma, Angie; Reading Specialist

[angied@nknisd.org](mailto:angied@nknisd.org)

Giani, Marie; Head Secretary

[marieg@nknisd.org](mailto:marieg@nknisd.org)

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

[kathryng@nknisd.org](mailto:kathryng@nknisd.org)

Harmon, Kathryn; Librarian and exploratory

[kathrynh@nknisd.org](mailto:kathrynh@nknisd.org)

Hopkins, Jenn; Family Resource Coordinator

[hopkinsj@nknisd.org](mailto:hopkinsj@nknisd.org)

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

[nickih@nknisd.org](mailto:nickih@nknisd.org)

Massey, Emily; Asst Secretary; Athletics

[emilym@nknisd.org](mailto:emilym@nknisd.org)

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

[josephr@nknisd.org](mailto:josephr@nknisd.org)

Rocca, Jay; Science 7th & 8th

[jayr@nknisd.org](mailto:jayr@nknisd.org)

Sargent, Emily; Language Arts 8th

[emilys@nknisd.org](mailto:emilys@nknisd.org)

Simpson, Michael; Choir 7th & 8th

[michaels@nknisd.org](mailto:michaels@nknisd.org)

Wiley, Kelly; PE 8th

[kwiley@nknisd.org](mailto:kwiley@nknisd.org)

Winder, Taylor; Special Education

[taylorw@nknisd.org](mailto:taylorw@nknisd.org)

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

[russellz@nknisd.org](mailto:russellz@nknisd.org)



**Marie Giani/Emily Massey**

Head Secretary/Assistant Secretary