

# The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

March 14th, 2025

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## Upcoming Dates: 📅

- March 15: FNRL Career Development Experience, Spring Fling Dance @ 7pm in the cafeteria
  - March 17-21: Math OSAS Testing (11th grade)
  - March 17-20: Robotics Boot Camp @ 3:45
  - March 17: Student of the Trimester Assembly, Softball @ Jefferson HS
  - March 18: Twin Rocks Volunteer Trip, Choir Festival at Scappoose HS
  - March 19: Baseball and Softball @ Vernonia
  - March 20: 9th and 12th Grade Standards Meeting
  - March 21: 10th and 11th Grade Standards Meeting, Health Fair in Lower Gym, Softball at Blanchet Catholic, Speech and Debate Meet @ McMinnville HS
  - March 24-28: SPRING BREAK, NO SCHOOL
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🍏 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 <sup>3</sup> Cheesy Breadsticks	Breakfast Sandwich <sup>4</sup> Chicken Fajitas	Strawberry/Cr. Cheese Bag <sup>5</sup> Mac & Cheese	Yogurt & Grahams <sup>6</sup> Rib-A-Que	Biscuits & Gravy <sup>7</sup> Chicken Alfredo
French Toast <sup>10</sup> Corn Dogs & Fries	Pancake on a Stick <sup>11</sup> Enchiladas	Breakfast Bar <sup>12</sup> Orange Chicken Over Rice	Cherry Strudel <sup>13</sup> Tillamook Cheeseburger & Fries	Breakfast Burrito <sup>14</sup> Pizza Sticks
Waffles <sup>17</sup> Lucky Chicken Nuggets	Sausage & Biscuit <sup>18</sup> Nachos	Banana Bread <sup>19</sup> Spaghetti	Pancakes <sup>20</sup> Sloppy Joe's	Oatmeal Rounds <sup>21</sup> Breakfast For Lunch
<sup>24</sup> HAVE	<sup>25</sup> A SAFE,	<sup>26</sup> RELAXING	<sup>27</sup> SPRING	<sup>28</sup> BREAK!!!
Lemon Bread <sup>31</sup> 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:

# 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



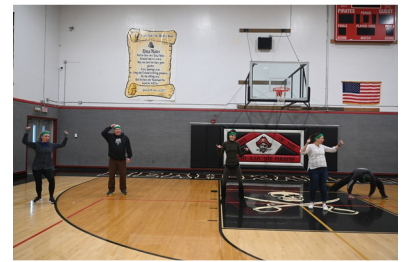

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## Student Life

Fun was had by all in our first annual Dodgefest this week. Students took the overall win, with the blue team beating everyone out. Special thanks to our donors Nehalem River Ranch (meat), Public Coast (rootbeer), Tillamook Creamery (ice cream), and Offshore Grill (cooking and serving)!







## Foreign Exchange Student Spotlight

**What inspired you to become a foreign exchange student?**

*A lot of her friends did an exchange here. She wanted to learn how to be independent, meet new people, and get better at English.*

**What was your first impression when you arrived?**

*People are very polite here and always ask you how you are doing. Oregon is also very beautiful*

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

*Americans are very proud of being American. School is also easier, the learning process is slower. For example, the math she is doing this year she learned 3 years ago in Germany.*



**KLARA BAUCH**

Germany





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## Testing Information

March:

- 18th-21st: Math OSAS Testing in Afternoon (11th Grade)
- 20th: PreACT (10th Grade)

April:

- 1st- 5th: ELA OSAS Testing in Morning (11th Grade)
- 10th: SAT Testing (11th Grade)
- 14th-16th: Science OSAS Testing in Morning (11th Grade)

State testing is coming up next week 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!

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## Forecasting for the 2025/26 School Year

Students will begin selecting classes for next school year when they return from Spring Break. This will be done during Advisory class. Any questions about your student's schedule for next year can be directed to Esther Troyer at [esthert@nknspd.org](mailto:esthert@nknspd.org)

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## 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@NKNHS.D.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?
<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:



## Help is Available!

Scan the QR Code to view and access resources relating to:

- Mental Health
- Suicide
- LGBTQ+
- 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*



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](http://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



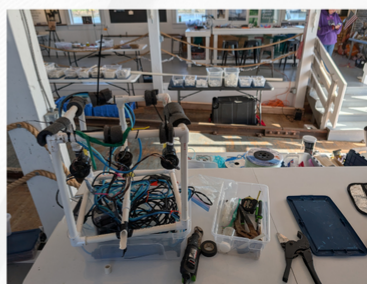
1. Design, build and pilot Remotely Operated Vehicles

2. Meet new people from across Tillamook County at 7 workshops

3. Learn about ocean careers



For more information  
contact:  
[natalie.macias@oregonstate.edu](mailto:natalie.macias@oregonstate.edu) or  
[denise@oregonshores.org](mailto: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](mailto: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



**Tillamook**  
OSU Extension Service Presents

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Oregon State  
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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



**Neah-Kah Nie High School**

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