

Pirate Newsletter

April '24 ~ Edition 23-24~ Vol.9

NEAH-KAH-NIE *Pirates*



A Note from the Principal

March 22, 2024

Dear Students, Staff and Family Members;

Happy Spring Vacation- no school March 25-29!

The week everyone returns will be our first progress reports for this last Trimester, so students should make sure they are caught up on their homework in all classes!

Trimester three has had an exciting start with our Health Fair, our first home track meet, band and choir concerts, Speech and Debate students qualifying for State, FBLA students competing for a chance to qualify, Baseball and Softball, Golf, FNRL competitions, Pirate Players performances being rehearsed and our Unified team celebrated National Down's Syndrome day with crazy socks school wide, an assembly and staff vs. students basketball game where students were victorious!

The excitement continues in April. We will be hosting a Blood Drive, our FNRL students will be attending Fire School, we will be sending students off to visit Pacific University and OSU, and our qualifiers from our Chess for Success team will be at the State Tournament! All of these different, fun, engaging activities and events are why we are proud to say that everyone belongs at NKN HS!

As we prepare to send our Class of 2024 seniors off to their next phase in life, we are excited to start planning for next school year and to give a big Pirate welcome to Christy Hartford who has been announced as the new principal starting next school year. Christy comes to us with a ton of energy, lots of experience and a heart for supporting students. As I anticipate retirement, I am confident that NKN HS will continue to be a great place for students to learn, staff to work and become better and better every year!

Speaking of learning and improving- we are just now starting to plan for our summer school and other summer activities/ experiences. During our Advisory classes, students will be receiving their transcripts so that they know where they stand with on time graduation readiness...Any student can attend summer credit recovery or enrichment classes. It is helpful for us to know how many students will be interested so we can plan accordingly. Soon, we will start recruiting for summer classes and activities. There will be sign up sheets in the office and I will send out another communication explaining the different opportunities.

Until the next update, please have a safe and restful Spring Vacation!
Go Pirates!

Sincerely,

Dr. Heidi Buckmaster, Principal
503-355-3551(direct line)
503-355-2272 (main office)
heidib@nknsd.org (email)

Una Nota de la Directora

22 de marzo de 2024

Estimados estudiantes, personal y familiares;

Felices vacaciones de primavera: ¡no habrá clases del 25 al 29 de marzo!

La semana en que todos regresen serán nuestros primeros informes de progreso para este último trimestre, por lo que los estudiantes deben asegurarse de estar al día con sus tareas en todas las clases.

El tercer trimestre ha tenido un comienzo emocionante con nuestra Feria de Salud, nuestra primera competencia de atletismo en casa, conciertos de banda y coro, estudiantes de Oratoria y Debate que califican para el Estado, estudiantes de FBLA que compiten por una oportunidad de calificar, competencias de Béisbol y Sóftbol, Golf, FNRL, Pirata. Se ensayaron las actuaciones de los jugadores y nuestro equipo unificado celebró el Día Nacional del Síndrome de Down con calcetines locos en toda la escuela, una asamblea y un juego de baloncesto entre el personal y los estudiantes donde los estudiantes obtuvieron la victoria.

La emoción continúa en abril. Organizaremos una campaña de donación de sangre, nuestros estudiantes de FNRL asistirán a la Escuela de Bomberos, enviaremos a los estudiantes a visitar Pacific University y OSU, ¡y nuestros clasificados de nuestro equipo Chess for Success estarán en el Torneo Estatal! ¡Todas estas actividades y eventos diferentes, divertidos y atractivos son la razón por la que estamos orgullosos de decir que todos pertenecen a NKN HS!

Mientras nos preparamos para enviar a nuestros estudiantes del último año de la generación 2024 a su siguiente fase en la vida, estamos emocionados de comenzar a planificar el próximo año escolar y darle una gran bienvenida pirata a Christy Hartford, quien ha sido anunciada como la nueva directora a partir del próximo año escolar. . Christy viene a nosotros con mucha energía, mucha experiencia y un corazón para apoyar a los estudiantes. Mientras anticipo mi jubilación, estoy seguro de que NKN HS seguirá siendo un gran lugar para que los estudiantes aprendan, el personal trabaje y sea cada vez mejor cada año.

Hablando de aprender y mejorar, recién ahora estamos comenzando a planificar nuestra escuela de verano y otras actividades/experiencias de verano. Durante nuestras clases de asesoramiento, los estudiantes recibirán sus expedientes académicos para que sepan cuál es su situación con respecto a la preparación a tiempo para la graduación... Cualquier estudiante puede asistir a clases de enriquecimiento o recuperación de créditos de verano. Es útil para nosotros saber cuántos estudiantes estarán interesados para que podamos planificar en consecuencia. Pronto comenzaremos a reclutar para clases y actividades de verano. Habrá hojas de inscripción en la oficina y enviaré otra comunicación explicando las diferentes oportunidades.

Hasta la próxima actualización, ¡que tengáis unas vacaciones de primavera seguras y tranquilas! ¡Vamos piratas!

Atentamente,

Dra. Heidi Buckmaster, directora

503-355-3551 (línea directa)

503-355-2272 (oficina principal)

heidib@nknsd.org (correo electrónico)

FBLA

Neah-Kah-Nie High School Future Business Leaders of America (FBLA) will be attending the Oregon FBLA State Business Leadership Conference on April 4-6, 2024 in Portland, Oregon. During the conference, Oregon's finest high school members will have the opportunity to:

- Test business knowledge and career skills in competitive events
- Compete to advance to the National Leadership Conference in Orlando, Florida
- Earn recognition and attend stimulating leadership sessions
- Campaign for State Office and elect their State Leaders
- Participate in fun entertainment and activities
- Network with members, advisors, business and community leaders at the eXpo
- Earn honor and scholarships as one of the best in education

The following Neah-Kah-Nie High School FBLA members will be attending the State Business Leadership Conference: Hagar Ayala, Cleo Friginal, Christine Vo, Bryar Konruff, and Jadan Ayers. Results of the competition will be listed in the May newsletter or on the Facebook page after April 6.



National Honor Society

During the month of March, the National Honor Society volunteered at the annual Nehalem Bay Estuary cleanup in Wheeler, OR on Saturday, March 9th. Students helped to sort through any trash coming in and also helped provide lunch and snacks to the other volunteers coming back from cleaning in the bay. For the month of April, NHS will be partnering with the American Red Cross to host a Blood Drive at the Galley. The event will be held at Neah-Kah-Nie High School on April 16th from 10 AM to 2 PM and will be open to the public. If you would like to donate blood, you can sign up at <https://www.redcrossblood.org> or email the program leader, Kim Gores at kimg@nksnd.org.



**American
Red Cross**

Blood Drive

Neah-Kah-Nie High School

The Galley
24705 Hwy 101 North
Rockaway Beach, OR 97136

Tuesday, April 16, 2024
10:00 a.m. to 3:00 p.m.



**All in to
help save lives!**

Esther's Happenings

Canceled-April 3rd:SAT School Day. We are offering the SAT's at the high school. Cost is \$60. payable to NKN HS Students will need to sign up with Esther to reserve their seat.

April 9th-11th: OSAS Eng CA

April 10th: Marine Lunch Table

April 13th: ACT Testing

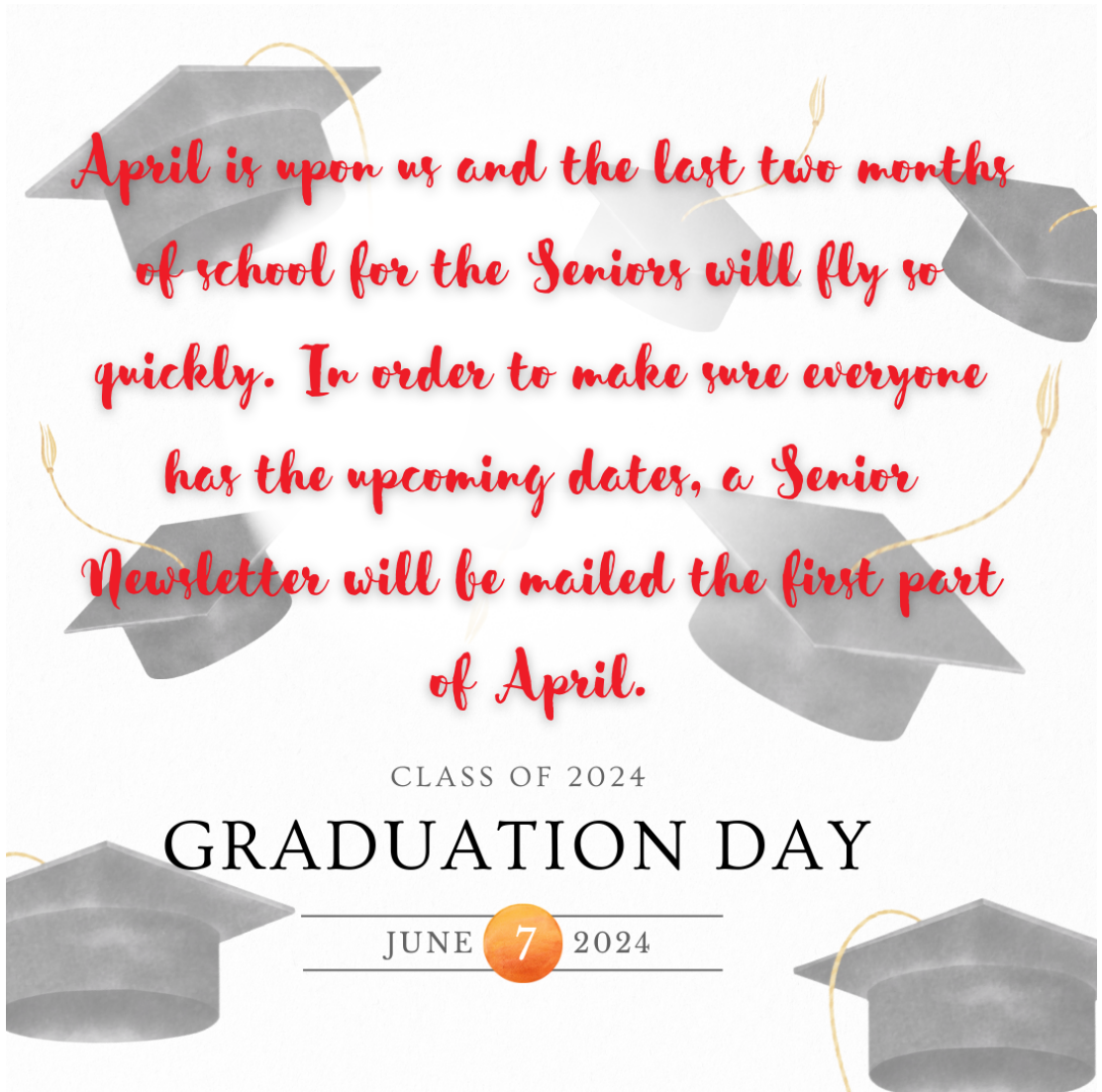
April 16th-17th:OSAS Science

April 16th-SWOCC-Adv Presentation

April 23rd-25th: OSAS Eng PT

April 30th-May2nd: OSAS Mat CA

Senior News



*April is upon us and the last two months
of school for the Seniors will fly so
quickly. In order to make sure everyone
has the upcoming dates, a Senior
Newsletter will be mailed the first part
of April.*

CLASS OF 2024

GRADUATION DAY

JUNE 7 2024

Yearbooks

Due dates are fast approaching—or past due!

April 1st, 2024 was the deadline for Senior pictures. The wall (torso and face), the slideshow viewed at graduation (baby picture(s) and senior picture), and the yearbook (portrait style) are all needed from you and/or your senior.

If you failed to meet his deadline please get those images to Sabrina Eisele or Amy Aguinaga ASAP (and by that we need them by April 12th) or your senior will not be featured in one or more of those locations.

Senior Shout-Outs are a special message you can leave your student in their yearbook to read when they get it (or before if you tell them). A 3x5 spot is \$20 and you can provide as many pictures as you want and we can design it for you. This is open to parents, guardians, extended families, and friends to purchase! All orders for a shout-out are due by May 1st.

Yearbook pre-orders will be held from April 22nd-29th during breakfast and lunch. A softcover is \$38, hardcover \$48, an e-book (digital copy) \$10, and the end of the year insert \$4. All payments are due by May 7th as the order will be sent to the printer May 8th in order to be delivered to students before graduation for signatures and viewing.

You may order and pay prior to April 22nd-29th but if you do not pre-order you will have to order directly through the site at a higher cost. We highly encourage you to pre-order them!

If you have any questions, please contact Sabrina Eisele at sabrinae@nksnd.org or Amy in the office.


YEARBOOK CLUB
PRESENTS...

2023-2024 SENIOR SHOUT-OUT


**SPECIAL PRICE
\$20.00**
FOR 3.5X5 INCH SPOT

DUE MAY 1ST, 2024
— YOU OR WE DESIGN —

SABRINAE@NKSND.ORG



TO OUR SENIOR
WE KNEW YOU COULD DO IT! MOM AND DAD ARE SO PROUD OF YOU. MAY YOU FIND HAPPINESS AND ADVENTURES IN YOUR NEXT CHAPTER OF LIFE!
Congratulations!



NAME
class of 2024

NAME, THANK YOU FOR STICKING IT OUT! WE ARE ALL SO PROUD OF YOU AND LOOK FORWARD TO SEEING WHAT YOU DO NEXT.
love,
mom and dad


SENIOR SHOUT-OUT ORDER FORM

SENIOR'S NAME: _____ HOW MANY 3.5X5 SPACES PURCHASED 1 2 3 4

PURCHASED BY: _____ WILL YOU PROVIDE PICTURES YES NO


CONTACT INFO: _____

SPECIAL MESSAGE: _____




Emily
SENIOR SHOUT OUT

WE ARE SO PROUD OF YOU AND ALL YOU HAVE ACCOMPLISHED! WE ARE SO PROUD OF YOU AND LOOK FORWARD TO SEEING WHAT YOU DO NEXT.




BROOKLYN HOLLAND
SENIOR SHOUT OUT

WE ARE SO PROUD OF YOU AND ALL YOU HAVE ACCOMPLISHED! WE ARE SO PROUD OF YOU AND LOOK FORWARD TO SEEING WHAT YOU DO NEXT.



NEAH-KAH-NIE CHEER TRYOUTS AND MASCOT TRYOUTS




CLINIC DAY:
APRIL 11TH, 2024
TIME: 4:00-6:00PM

TRYOUT DAY:
APRIL 12TH, 2024
TIME: 4:00-6:00PM

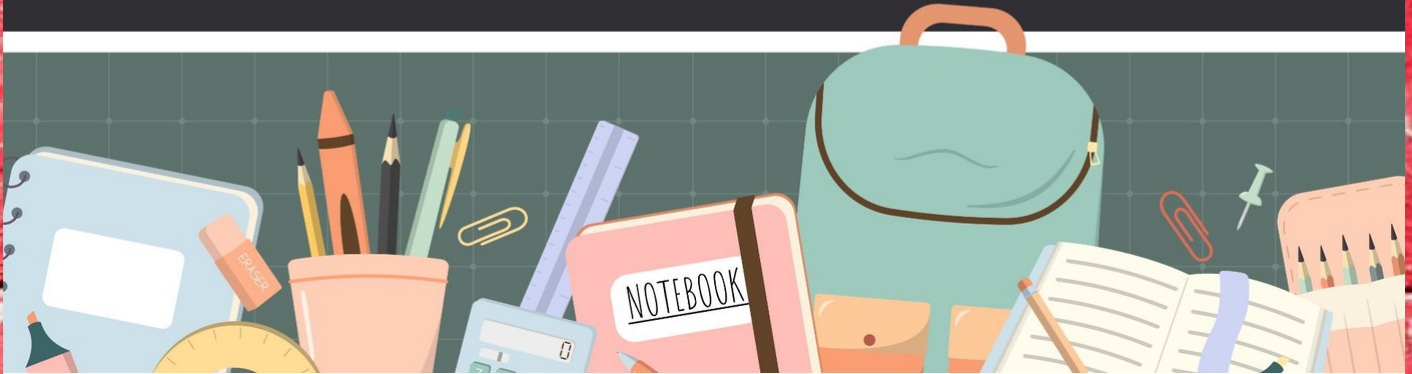
LOCATION:
MIDDLE SCHOOL

Signup sheet is located at the front office
Thank you



NO SCHOOL APRIL 18TH-19TH

STUDENT LED CONFERENCES



NEW
ARRIVALS

NKNSWAG.COM

ORDER ONLINE/DELIVERED TO HS FOR FREE
OR SHIPPED FOR SMALL SHIPPING CHARGE

World Down Syndrome Day

In celebration of World Down Syndrome Day and the beginning of March Madness the Unified Basketball Team faced off against the staff! The Unified Team was victorious in Double Overtime 19-17. A great event to bring continued awareness and celebration of people born with Down Syndrome. Almost the entire school wore crazy socks today to celebrate! The staff will have some work to do to avenge their loss! Great Job Pirates!! #NKN56



NEAH-KAH-NIE
Pirates

Spring Sports Start This Month

Spring Sport Practices Have Started.

1. Fill out the google form online and upload a current physical

Spanish- <https://forms.gle/DyFTKjA2HBQtNhG68>

English- <https://forms.gle/q4pp4kigxrca17f7A>

2. Contact Amy in the front office to receive hard copies.

Contact the office for more details. Please remember that there is a certain number of practices that are required before an athlete can participate in a game/event.

Spring Sports schedule will be posted at <https://www.smores.com/qdvre> as soon as games/meets are all confirmed.

Spring Sports Schedule

| April 2024 | | | | | | |
|------------|----------------------------------|--------------------------------|--------------------------------|-------------------------------|------------------------------------|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 Homer vs. Baker 4:30 | 3 Homer vs. Corbett 4:30 | 4 | 5 | 6 |
| 7 | 8 | 9 @ Valley Catholic 4:30 | 10 | 11 Homer vs. Banks 4:30 | 12 | 13 |
| 14 | 15 | 16 @ Wornton 4:30 | 17 | 18 | 19 @ Baker (H)H 3:00 | 20 |
| 21 | 22 | 23 | 24 @ Jefferson 4:30 | 25 | 26 @ Corbett (H)H 3:00, 4:30 | 27 |
| 28 | 29 Homer vs. Vernaldo 4:30 | 30 | | | | |

| May 2024 | | | | | | |
|----------|-----|--|-----|---------------------------------|---|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 | 2 | 3 Homer vs. Valley Catholic (H)H 3:00, 4:30 | 4 |
| 5 | 6 | 7 | 8 | 9 @ Banks (H)H 3:00, 4:30 | 10 | 11 |
| 12 | 13 | 14 Homer vs. Wornton (H)H 3:00, 4:30 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |



| April 2024 | | | | | | |
|------------|--------------------------|-------------------------|---------------------------------|--------------------------------|----------------------------|---------------------------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 @ Harrison 4:30 | 3 | 4 Homer vs. Corbett 4:30 | 5 | 6 Homer vs. Baker 4:30 |
| 7 | 8 @ Vernaldo 4:30 | 9 | 10 Homer vs. Wornton 4:30 | 11 | 12 | 13 |
| 14 | 15 @ Wornton 4:30 | 16 | 17 Homer vs. Banks 4:30 | 18 | 19 @ Baker (H)H 3:00 | 20 @ Valley Catholic 4:30 |
| 21 | 22 @ Harrison 4:30 | 23 | 24 @ Corbett 4:30 | 25 | 26 @ Baker 4:30 | 27 |
| 28 | 29 | 30 | | | | |

| May 2024 | | | | | | |
|----------|-----|-------------------------------|---------------------------------|-----|--|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 @ Wornton 4:30 | 2 | 3 Homer vs. Valley Catholic 4:30 | 4 |
| 5 | 6 | 7 | 8 Homer vs. Vernaldo 4:30 | 9 | 10 Homer vs. Corbett 4:30 | 11 |
| 12 | 13 | 14 Homer vs. Baker 4:30 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |



Baseball Team

April

May

Check back often for updates!

| April 2024 | | | | | | |
|------------|-------------------------------------|--|--|--|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 Pawnee Ridge GC 12:00 Varsity | 4 Bear & Gold Amelia GC Juniata Varsity Only | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 Glenwood 1:00 | 16 Girls Quail Valley GC 10:00 ABS V & JV | 17 | 18 Banks Invitational/ Quail Valley 1:00 V & JV | 19 | 20 |
| 21 | 22 Ashcroft GC 11:00 Varsity | 23 Girls Gardner GC 10:00 ABS V & JV | 24 | 25 Emerald Valley- State Preview TBD-Varsity | 26 | 27 |
| 28 | 29 Girls Amelia TBD V & JV | 30 | | | | |

April

| May 2024 | | | | | | |
|----------|--|--|--|---|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 Quail Valley Varsity Districts 1:00 | 2 Quail Valley V/JV Districts 1:00 | 3 | 4 |
| 5 | 6 Girls Districts Quail Valley GC 10:00 ABS Varsity | 7 Girls Districts Quail Valley GC 10:00 ABS Varsity | 8 | 9 | 10 | 11 |
| 12 | 13 Emerald Valley TBD-Varsity | 14 Emerald Valley TBD-Varsity | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

May



Girls Golf Team (Boys will be featured in May)

| April 2024 | | | | | | |
|------------|-----|-----|--|--|-------------------------------------|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 Crowsfoot Road vs Crowsfoot 2:00 PM | 4 Estimote Summit Jefferson Invite 10:00 AM | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 Lower Valley Invitational 10:00 AM |
| 14 | 15 | 16 | 17 | 18 | 19 John Oliver Invite 1:00 PM | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 Amity Invite 10:00 AM |
| 28 | 29 | 30 | | | | |

April

| May 2024 | | | | | | |
|----------|-----|-----|-----|-----|---|--------------------------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 | 2 | 3 | 4 Jewell Invite 10:00 AM |
| 5 | 6 | 7 | 8 | 9 | 10 Banks Invitational 10:00 AM | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

May



Track Team

Support NKN by purchasing a Sponsorship Package



Pirate Package \$2,250

- Announcement at Sporting Events all Seasons
- Full Page Advertisement in Sport Program (You pick season)
- 6'x3' banner displayed along HWY 101 year around
- 6'x2' banner displayed on fence for Spring Sports (Baseball or Softball)
- 3'x2' banner displayed in gym for Winter Sports
- Family Pass to all sporting events

Black Package \$1,500

- Quarter Page Advertisement in Sports Program (You pick season)
- 6'x3' banner displayed along HWY 101 year around
- 6'x2' banner displayed on fence for Spring Sports (Baseball or Softball)
- 3'x2' banner displayed in gym for Winter Sports
- Family Pass to all sporting events

Red Package \$1,275

- 3.5"x2" Page Ad in Sports Program (You pick season)
- 6'x3' banner displayed on fence for Fall Sports
- 6'x2' banner displayed on fence for Spring Sports
- 3'x2' banner displayed in gym for Winter Sports
- Family Pass to all sporting events

Create Your Own Package

- Full Page Program Ad (Fall, Winter and/or Spring).....\$500 per season/\$1250 all seasons
- Quarter Page Program Ad (Fall, Winter and/or Spring).....\$200 per season/\$500 all seasons
- 3.5"x2" Page Ad in Sports Program.....\$75 per season/\$175 all seasons
- 6'x3' Stadium Banner displayed along HWY 101.....\$450
- 6'x2' Stadium Banner displayed along fence for Fall Sports.....\$350
- 6'x2' Stadium Banner displayed along fence for Spring Sports (Baseball or Softball).....\$350
- 3'x2' Gym Banner (Volleyball, Basketball, Wrestling).....\$250
- Football Scoreboard Signage.....\$500
- Poster Ad (Fall, Winter and/or Spring).....\$100 per season/\$250 all seasons

This week in Pirate Sports

Check here for sport updates and streaming

Notes from the Nurse

From Nurse Denise

Checked Medications

If you have checked medications in for your student and they no longer take those medications at school, please come to the office to collect the medicine. All medicine must be picked up by the last day of school. Any medications left in the office at the end of the school year will be discarded.



NKN STUDENT HEALTH & WELLNESS CENTER



NKN

STUDENT HEALTH & WELLNESS CENTER

AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

Tuesdays

8:30 am – 12:00 pm / 1:00 – 4:30 pm
(Closed for lunch 12:00 - 1:00 pm)

Wednesdays

Counseling appointments only

8:30 am – 12:30 pm / 1:30 – 4:30 pm
(Closed for lunch 12:30 – 1:30 pm)

Thursdays

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 |
| Age-appropriate reproductive health | (Dental, X-rays, MRIs, Specialty) |
| Vision screenings | |

Learn more at: NKNHealth.org

NKN Student Health & Wellness Center | Telephone: 503-355-3500 | Fax: 844-720-1901



NKN

STUDENT HEALTH & WELLNESS CENTER

EN LA SECUNDARIA NEAH-KAH-NIE

HORARIOS:

Martes

8:30 am – 12:00 pm / 1:00 – 4:30 pm
(Cerrado para almorzar de 12:00 a 1:00 p. m.)

Miércoles

Citas de consejería solamente

8:30 am – 12:30 pm / 1:30 – 4:30 pm
(Cerrado para almorzar de 12:30 a 1:30 p. m.)

Jueves

8:30 am – 12:00 pm / 1:00 – 4:30 pm
(Cerrado para almorzar de 12:00 a 1:00 pm)

SERVICIOS DISPONIBLES:

El Centro de Salud y Bienestar para los estudiantes de NKN ofrece varios servicios médicos, inclusive:

| | |
|---------------------------------------|---|
| Controles regulares | Estudios dentales |
| Exámenes físicos para deporte | Estudios de presión arterial |
| Atención de enfermedades y lesiones | Educación de salud |
| Vacunas | Asesoría |
| Análisis de laboratorio de rutina | Oportunidades de bienestar |
| Medicamentos de receta | Remisiones para otros servicios médicos |
| Salud reproductiva adecuada a la edad | (Dental, radiografías, resonancias magnéticas, especialistas) |
| Estudios de visión | |

Conozca más en: NKNHealth.org

NKN Student Health & Wellness Center | Teléfono: 503-355-3500 | Fax: 844-720-1901

What's for Lunch

| APRIL 2024 NEAH-KAH-NIE HIGH SCHOOL | | | | | BREAKFAST AND LUNCH ARE FREE FOR ALL STUDENTS |
|--|---|--|---|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday | |
| Breakfast Bars 1 Chicken Strips & Rice Pilaf Deli Sandwich | Biscuits & Gravy 2 Chicken Soft Taco Deli Sandwich | Banana Bread 3 Teriyaki Chicken & Rice Cobb Salad | Breakfast Sandwich 4 Sloppy Joe's Chicken Taco Salad | Oatmeal Rounds 5 Pizza Sticks Big Dipper Bentos | |
| Strawberry Bagel 8 Chicken Burger Tuna Salad Sandwich | French Toast 9 Burritos Deli Sandwich | Blueberry Muffin 10 Mac & Cheese Deli Sandwich | Biscuit & Sausage 11 Pulled Pork Sandwich Chef's Salad | Pancakes 12 Fish & Chips Deli Sandwich | |
| Breakfast Sandwich 15 Cheesy Breadstick & Marinara Deli Sandwich | Zucchini Bread 16 Enchiladas Chef's Salad | Pancake on a Stick 17 Orange Chicken w/ Rice Deli Sandwich | 18 STUDENT LED CONFERENCES NO SCHOOL | 19 STUDENT LED CONFERENCES NO SCHOOL | |
| Breakfast Bar 22 Corn Dog Deli Sandwich | Biscuits & Gravy 23 Taco Tuesday Chef's Salad | Banana Bread 24 Build-You-Own Pasta Bar Deli Sub | Breakfast Sandwich 25 Tillamook Cheeseburger Deli Sandwich | Oatmeal Rounds 26 Chili & Soft Pretzel Deli Sandwich | |
| Cream Cheese Bagel 29 Soup & Sandwich | French Toast 30 Nachos Deli Sub |  | | | |

A variety of fresh fruits and veggies are available daily on our offering bar. All of our bread and pasta items are whole wheat or whole grain. Gluten free options are available. Every day choices of 1% and fat-free milk are offered. Whole grain cereal is an option for breakfast. Menu items are subject to change if needed. **"This institute is an equal opportunity provider"**

Counselor's Corner

Counselor's Corner

TILLAMOOK COUNTY HEALTH CRISIS LINE

LINEA DE CRISIS DE SALUD MENTAL DEL CONDADO DE
TILLAMOOK

Life can be stressfull and overwhelming daily for adults and children/teen alike. Tillamook Country residents have access to a 24-hour crisis response mobile unit:

Tillamook Country Mental Health Crisis Line 503-842-8201

Suicide Prevention Lifeline

1-800-SUICIDE (784-2433)

1-800-273-TALK (8255)



Safe Oregon/Oregon Seguro

SPEECH/DEBATE
TUESDAY AND WEDNESDAY
4:00-6:00
SHELBYD@NKNSD.ORG

NOSB
MARKM@NKNSD.ORG

JUNTOS
NATALIE.MACIAS@OREGONSTATE.EDU

NATIONAL HONOR SOCIETY
KIMG@NKNSD.ORG

ROBOTICS
MONDAY & THURSDAY
4:00-6:00
KATHRYNH@NKNSD.ORG

FRNL
STEPHENA@NKNSD.ORG

UNIFIED SPORTS
CARLOTTAR@NKNSD.ORG

STUDENT GOVERNMENT
RYANKEE@NKNSD.ORG

C L U B

CHESS FOR SUCCESS
JAMESJ@NKNSD.ORG

PIRATE PLAYERS
STEPHENJC@NKNSD.ORG

NKN HS



Neah-Kah Nie High School

Neah-Kah is using Smore to create beautiful newsletters