

NKN MIDDLE SCHOOL NEWSLETTER

NOVEMBER, 2023

FROM THE PRINCIPAL

Dear Neah-Kah-Nie Middle School Families,

The month of October was a busy month at the middle school. We had an amazing turn-out for Student Led Conferences, with a 93% rate of attendance. That breaks down to be 150 families came to conferences over the course of the two days, with only 11 families still needing to schedule their conference! That is amazing! It was great seeing families listening to their student share their goals for the year. In April, during Student Led Conferences, students will share their digital portfolio of learning.

November is off to a great start. This week, October 30 - November 3, students and staff will participate in Spirit Week. So far, students used their creativity and had a great time showing school spirit. I have included some pictures below.

On November 9, we will be having our Students' of the Month Assembly. For this assembly, we will have it in the upper gym. After the awards portion of the assembly, students will get to watch the grand finale of our Volleyball Tournament, students vs staff. I will keep you posted on who wins! I can tell you, the staff have been practicing after school. They are determined to win this battle.

As a reminder, next Friday, November 10, there is no school in remembrance of Veterans Day, and Thanksgiving vacation begins on November 22. Students will return to school on November 27 to finish off the month of November.

Finally, as the weather is changing rapidly, I wanted to share information on how you can find information in the event we need to delay the start of school or cancel school due to inclement weather. Flash Alert is one of the systems that the district uses to communicate with staff and families for such events. If you sign up, you will receive notifications of school delays or closures. Just use the link below and follow the steps for signing up. If you already have signed up, log in and click "Managing Subscriptions" to update for this 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

HONOR ROLL REQUIREMENTS

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.



IMPORTANT DATES TO REMEMBER

OCT 30 - NOV 3 - Spirit Week

Monday: Dress as your advisory teacher

Tuesday: Halloween

Wednesday: Tacky Tropical Tourist

Thursday: Soccer Mom vs BBQ Dad

Friday: Adam Sandler Day (oversized, baggy clothing)

Nov 9 - Staff vs Students Volleyball game

The winners of the volleyball tournament, 6 Girls and A Guy, will be competing against a staff team at the November assembly.

Nov 17 - Pumpkin Patch Dance

7th and 8th graders only from 6:00 - 8:00pm. Cost is \$5 OR 15 sand dollars. There will be snacks and beverages for \$.50 -

\$2.00 each and pictures available for \$1.00 each.
Dress in fall attire (flannels, boots, vests, orange/brown, etc.)

SPIRIT WEEK



DRESS LIKE YOUR
ADVISOR 1



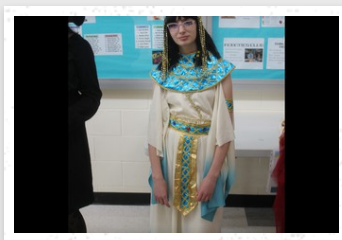
DRESS LIKE YOUR
ADVISOR 2



DRESS LIKE YOUR
ADVISOR 3



1ST PLACE - STUDENT



2ND PLACE - STUDENT



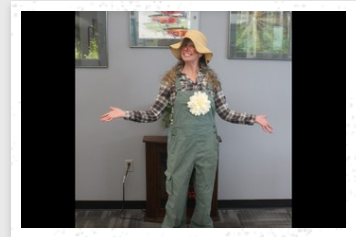
3RD PLACE - STUDENT



LUCY AND ETHEL



FAIRY AND A KNIGHT



SCARECROW



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

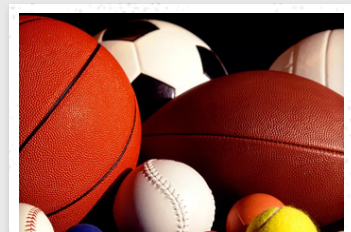


We are not always by our phone so by emailing us it will help keep your students attendance up to date!

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. If you



haven't registered your student/athlete, 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 STARTING!

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.

Boys basketball - Practices start after school on November 1st.

Cheerleading/dance- Practice starting on November 2nd.



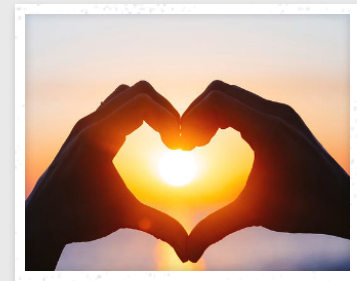
**WINTER
SPORTS**



COUNSELORS CORNER

Dear Parents and Guardians,

I hope this message finds you well. At Neah-Kah-Nie Middle School we are dedicated to ensuring the safety and well-being of all our students. Today, I want to discuss an important topic that affects the school environment and our students: bullying.



Bullying can have a significant impact on a child's emotional and psychological well-being, as well as their ability to succeed academically. Our commitment to addressing this issue is unwavering, and I hope to provide you with information and resources to help us combat bullying together.

What is Bullying?

Bullying is defined as unwanted, aggressive behavior that involves a real or perceived power imbalance. It can take many forms, including verbal, physical, relational, and cyberbullying. It's essential that we work together to identify and address these behaviors in order to create a safe and inclusive environment for all students.

Working Together to Prevent Bullying

Preventing bullying is a collaborative effort that involves not only school staff but also parents, guardians, and students themselves. Here are some ways we can work together to address this issue:

Open Communication: Encourage your child to communicate openly with you about their experiences at school, including any instances of bullying.

Teach Resilience: Help your child develop resilience and coping skills to deal with bullying if they encounter it.

Be a Role Model: Model respectful and kind behavior for your child and encourage them to do the same.

Support a Positive School Culture: Encourage a culture of kindness, empathy, and inclusivity in our school community.

Reporting Bullying Incidents

If your child is experiencing bullying or if you suspect that bullying is happening at our school, we strongly encourage you to report it as soon as possible. To make the reporting process as easy and accessible as possible, we have two options to address safety concerns in our school building.

SAFE Oregon provides a safe, confidential, and anonymous way to report bullying, harassment, or other safety issues. Reports can be made through their website (www.safeoregon.com) or by calling or texting their tip line at 1-844-472-3367. You also can contact the school principal, Lori Dilbeck, with any bullying concerns by calling or emailing her at lorid@nknisd.org. Rest assured, every report is taken seriously, and steps will be taken to investigate and address the issue. For more information on board policy see this link [here](#).

Remember that we are here to support both you and your child. If you have concerns or questions, please don't hesitate to reach out. Together, we can create a safe and welcoming environment where all students can thrive.

Thank you for your partnership in ensuring the safety and well-being of our students at Neah-Kah-Nie Middle School

Sincerely,

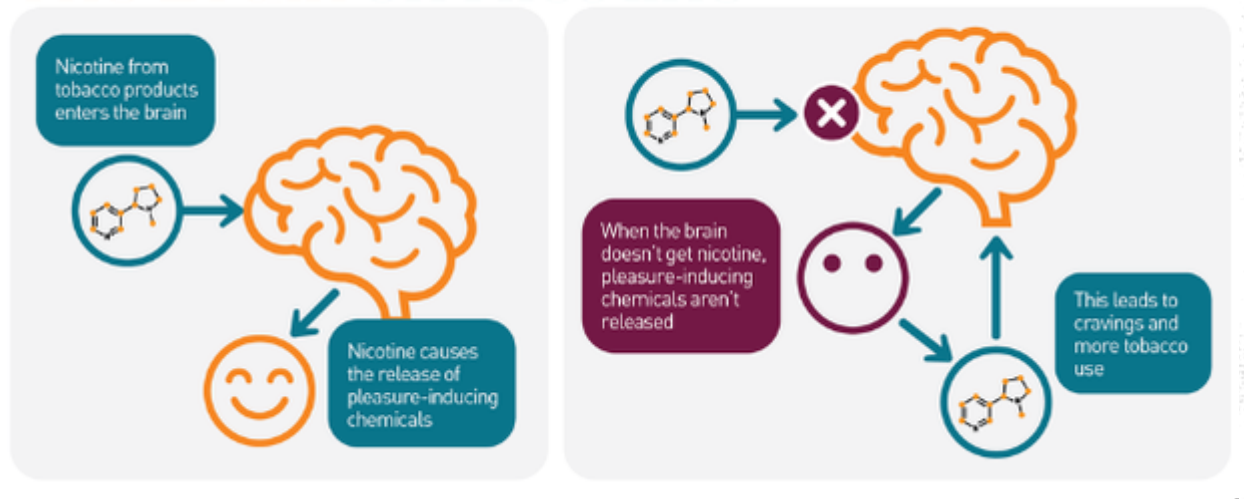
Ashley Atwood
NKNMS School Counselor

VAPING AND STRESS

Students that vape often report that they do it to relieve stress, as a way to cope or to feel better with their anxiety. A temporary relief can be felt when using nicotine by vaping or smoking. However, over time, nicotine adds to your stress levels. Nicotine addiction happens quickly, where the body requires more and more nicotine to feel the same temporary pleasurable affects. When that pleasure feeling fades, nicotine withdrawal symptoms set in, increasing stress levels. Cravings increase as the body needs more nicotine to feel "normal" again. Teens who smoke or vape regularly experience more feelings of stress than teens who do not. If you want to talk about vaping or alternate ways to reduce stress, make an appointment with your school nurse or counselor.

Parents/Guardians—talk to your students about vaping. Early and often conversations are important. Let the school know if we can support these conversations started at home. This is Quitting, a free and anonymous teen quitting support— text DITCHVAPE to 88709 to start!

The Brain on Nicotine



FROM THE NURSE: NKN HEALTH AND WELLNESS CENTER

Vaccines are available at NeahKahNie 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

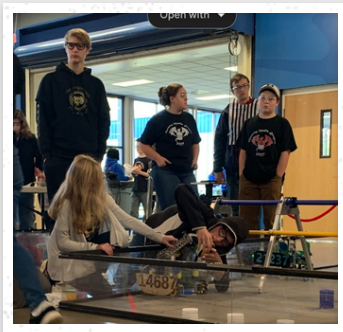
503-355-3500 | nehalebayhealth.org

NKN ROBOTICS 2023

Saturday October 28th was our first meet of the season for NKN Robotics. Three teams traveled to Hillsboro High School for the first of five league events between now and February. The other events are on November 11th, December 9th, January 6th, and February 3rd. Yesterday our three teams competed against 12 teams from around Northwest Oregon. One of my proudest moments - might be that my teams were some of the first to complete robot and field inspections. They came prepared and ready to compete!

The Menacing Muffin Dragons had a very successful start to their season ranked 3rd out of 15 teams at the meet. They were actually the first team in our league (partnered with our Argonauts team) to complete the first mosaic of the season - placing three tiles on the backdrop in a particular orientation/color grouping. It doesn't look like much, but it was an impressive moment.

The 47 points they earned in that round set them up early for a strong showing.



COMRADERY

Their team name, like their shirts, are a lot of fun - each one will have a dragon of a different color on them eventually- Josiah's is red - Chloe's hasn't gotten painted yet.



THANKFUL

We are particularly lucky to have great sponsors for Robotics every year. Many thanks to the Eugene Schmuck Foundation, The Tillamook County Creamery Association, ORTOP, and the Mudd Nick Foundation for providing the funding to make this program possible.



KUDOS

They actually had the simplest and most innovative paper airplane launcher design and other teams came over to see it, and were super impressed with how it works. A simple pin on a string is pulled out of 3D printed plane mount by a small servo motor, and a rubber band provides the energy to send the mount down a rail until it stops suddenly at the end and sends the plane aloft.



MEALTIME ACCOUNT

Please check your students lunch account balance. This will be one less thing on your list going into the new school year! If you haven't registered your account online but would like an easier way to add funds, go to <https://www.mymealtime.com/> and setup your account. You can also apply for free and reduced meals online.