The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

April 11, 2025

Upcoming Dates:

- April 11: FNRL to Scio HS, Baseball vs. Clatskanie
- April 14: Baseball @ Warrenton
- April 15: Blood Drive
- April 16: Baseball vs. Valley Catholic
- April 17-18: Student-Led Conferences- NO SCHOOL
- April 18-19: FNRL State Convention
- April 18: Baseball @ Banks





A variety of fresh fruits and vegetables are available daily on our offering bar. All of our breads and pasta 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. "This institute is an equal opportunity provider"

Levy Information

May Ballot Info

Due to decreases in Timber Revenue, The NKN Board approved an Operation Levy to be placed on the ballot of the May Election. The Levy would fund programs, staff, and resources in all four schools of the Neah-Kah-Nie School District. Learn more: www.nknsd.org/levy





Upcoming Events

The National Honor Society will be partnering with the American Red Cross to host a Blood Drive in April. The event will be held at Neah-Kah-Nie High School on April 15th from 10 AM to 3 PM and will be open to the public. If you would like to donate blood, you can sign up at <u>redCrossBlood.org</u> to schedule an appointment or email the program leader, Kim Gores at <u>kimg@nknsd.org</u>.



Blood Drive

Neah-Kah-Nie High School The Galley

24705 Hwy 101 North Rockaway Beach, OR 97136

Tuesday, April 15, 2025 10:00 a.m. to 3:00 p.m.





Fundraiser for MS/HS Choir

This show absolutely floored over 600 fans at the Historic Liberty Theatre in Astoria last month and now they're coming here to rock your world! The Icons of Rock Tribute Show is putting on a rare fundraiser for the NKN Choirs and the new Music Tech Club on April 26th in the NKNHS Lower Gym! Doors open at 6:30pm, show starts at 7:00pm. \$20 general admission tickets are available at the door, but SEATS are on a FIRST COME, FIRST SERVED basis, so get your presale tickets at the NKNHS office and these fine businesses: Manzanita Grocery & Deli (The Little Apple), Cloud & Leaf Bookstore, Big Shaun's Smash Burgers, Trash n' Treasures, Troxel's Gem & Jewelry, Croman & Associates Realty, St. Charles Place, Taqueria Barview Jetty, The Little White Church, and Spunky's Crystals.







Student Life

Congratulations to FBLA at State Competition!

Neah-Kah-Nie FBLA had a successful weekend at their State Business Leadership Conference last week. Students participated in workshops, as voting delegates, presented their projects, and enjoyed the Portland Open Market one evening for dinner and fun.

Now for the results!

Bryar Konruff, Word Processing - **6th Place** Maddy Glase, Quinn Scalabrin, Sophia Shepard, Business Plan - **2nd Place** Carter Olson, Website Coding & Development - **1st Place**

Maddy, Quinn, Sophia and Carter will now move on to compete at the FBLA National Leadership Conference in Anaheim, CA in June. Please wish them luck and congratulations on a fantastic job at the State Competition!



Track hosted a few meets this week with much success!













Senior Spotlight

















Foreign Exchange Student Spotlight



What inspired you to become a foreign exchange student?

She has been wanting to study in America since she was very young. She also is interested in completing her studies here.

What was your first impression when you arrived?

She was a bit worried about being in a small town and in a place that gets so much rain. Overall, she has adjusted to the change.

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

People eat dinner very early here at around 6:00pm and back home we eat between 8:00pm and 11:00pm.

DIANA ILINESCU

Romania

Testing Information

April:

• 14th-16th: Science OSAS Testing in Morning (11th Grade)

Student IDs



Students, it is important that you keep your student ID on you while at school. If you are late or check out early, we will scan your ID. This saves time and ensures our attendance is accurate throughout the school day. Thank you in advance for your cooperation!

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.

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



Suicide Prevention Checklist & Recommendations For Students and Families

Have you been trained to understand basic suicide prevention warning signs and how to refer a loved one to help? If not, consider taking <u>Be Sensitive, Be Brave (BSBB)</u> (ages 14+) or <u>Question, Persuade</u>, <u>Refer (QPR)</u> (ages 16+). Young people as well as family members can take these community helper trainings. For access to BSBB at no cost, contact <u>Roger.Brubaker@oha.oregon.gov</u>.



988 Suicide and Crisis Lifeline

For 24/7 support in English, Spanish, and ASL The suicide and crisis lifeline never closes. It is always open for calls, texts, and chats. Specific support for people who are LGBTQ2SIA+ and Veterans. Learn more.



YouthLine 877-968-8491 (or Text 'teen2teen' to 839863) For older elementary, middle, or high school students Youthline, a teen-to-teen help, support, and crisis line is open daily from 4-10 pm PT via call, text, and chat. Adults answer phone calls at all other times for support 24/7. Learn more.



Trevor Project 866-488-7386 (or Text 'START' to 678678) For 24/7 support for LGBTQ2SIA+ students under 25 The Trevor Project offers support from trained counselors who understand the challenges LGBTQ+ young people face and are available 24/7. Learn more.



Safe and Strong Helpline 800-923-4357 For students and families If you need mental and emotional support, the Safe +

If you need mental and emotional support, the Safe + Strong Helpline is here for you 24/7. Connect to care, learn how to make sense of what a person is going through, and get tips for being a supporter to a loved one who is struggling. Learn more.



FINAL of Spring 2025 Call to Action - Elem, Middle and High School.docx.pdf

☑ drive.google.com

 Nutrition
 Physical

 Education
 Activity

 NKN Local Wellness Program

Staff & Community Involvement



SCHOOL DISTRICT

Our Wellness Policy focuses on the whole student by assisting in the development and education of their physical, emotional, intellectual, social and nutritional health and wellbeing.

WHAT HAS NKN BEEN DOING TO PROMOTE STUDENT WELLNESS?

- Daily Physical Activity
- FREE nutritious meals every day
- District School Nurse
- Full time counselors at all buildings
- Annual Health Fair
- · Health and Wellness Center

For more information visit the Neah-Kah-Nie Wellness webpage:

Triennial assessment results
NKN Local Wellness Board Policy

NKN Local Wellness Board Policy
 Oregon requirements for Local School Wellness Policy

Contact details

Actividad física Participación del personal y la comunidad

NEAH · KAH · NIE SCHOOL DISTRICT

Programa de bienestar local de NKN

POR QUÉ TENEMOS UN Programa de Bienestar local?

Nuestra Política de Bienestar se centra en el estudiante en su totalidad, ayudándolo en el desarrollo y la educación de su salud y bienestar físico, emocional, intelectual, social y nutricional.

Educación

nutricional

QUÉ HA ESTADO HACIENDO NKN PARA PROMOVER EL BIENESTAR DE LOS ESTIIDIANTES?

- Actividad física diaria
- Comidas nutritivas GRATIS todos los

días

- Enfermera escolar del distrito
- Consejeros de tiempo completo en todos los edificios.
 - Feria Anual de Salud
 - Centro de Salud y Bienestar

Para obtener más información, visite la página web de Neah-Kah-Nie Wellness:

- Resultados de la evaluación trienal
 - Política de la Junta de Bienestar Local de NKN
 - Requisitos de Oregon para la política de bienestar escolar local
 Datos de contacto

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?
Fever	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.
Vomiting or diarrhea	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 am able to drink liquids and eat food. If i have not had diarrhea in the last 24 hours.
New cough or trouble breathing	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.
Rash	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.
Eye redness and drainage	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.







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?
Fiebre	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.
Vómitos o diarrea	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.
Nueva tos o dificultad para respirar	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.
Sarpullido	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.
Enrojecimiento y secreción de los ojos	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.







Help is Available!

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

- Mental Health
- Suicide
- LBGTQ+
- 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:



WILDLIFE CENTER OF THE NORTH COAST SPRING FESTIVAL

youth

ART

WILDLIFE CENTER

North Coast

DEADLINE FOR ARTWORK: APRIL 26TH, 2025

CONTEST

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

PART TIME WORK AVAILABLE AT BB CAMP! MED BB CAMP VARIOUS PART-TIME POSITIONS AVAILABLE AT BEAUTIFUL AND LIVELY CAMP ON DEVILS LAKE!

NOW HIRING

- 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-360.0RG

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 or denise@ oregonshores.org



Neah-Kah Nie High School https://nknsd.org/neah-kah-nie-high-school/