

The Pirate Press

Neah-Kah-Nie High School's Weekly Newsletter

January 10, 2025

Upcoming Dates: 📅

- Jan 11: Snow Ball at HS Cafeteria 7-9pm
 - Jan 13: Board Meeting 6:30pm
 - Jan 14: Basketball vs Riverdale, Home
 - Jan 15: Earthquake/Tsunami Drill, Field Trip to TBCC
 - Jan 16: Basketball at Banks
 - Jan 17-18: Wrestling at Lebanon
 - Jan 18: Speech and Debate Tournament, Cheer Clinic
-

A dark blue background with several white snowflake icons of varying sizes scattered around the top half of the poster.

SNOWBALL DANCE

A white banner with a slight 3D effect and a ribbon-like shape at the ends.

SATURDAY 1/11

TIME: 7:00-9:00 PM
HIGH SCHOOL CAFETERIA

PLEASE ENTER THROUGH THE HEALTH
CENTER DOORS, DROP OFF IN THE
MIDDLE SCHOOL ROUNDABOUT!

\$3 WITH ASB CARD OR \$5





NEAH-KAH-NIE MINI CHEER CAMP AND CLINIC



Please Join the NKN Cheerleaders for the

2025 Mini Cheer Camp And Cheer Clinic

When: JANUARY 18TH, 2025

Time: 9:00-11:00 a.m.

Where: NEAH-KAH-NIE High School Gymnasium

Who: All STUDENT Kindergarten through 5TH grade for the Mini
Cheer Camp

All Students 6-8th grade for the Cheer Clinic

(2024-2025) school year). Registration will begin at 8:30 a.m.

**Participants will learn a School Cheer/Dance Routine
and a Cheer/Chant.**

**Students will Perform at a Neah-Kah-Nie High School
Home Basketball Game**

Date: TBD

Cost is \$25 and will include a camp t-shirt.

**For more information please email
Coach Hayden at lisah@nknsd.org**




It is School Board Appreciation Month, we are proud to recognize and thank our School Board for their dedication and service to our community. Thank you for your commitment to service and for your visionary leadership. NKN HS is grateful for the lasting impact you are making in our schools and community.



NEAH-KAH-NIE HIGH SCHOOL

1ST ANNUAL DODGEFEST



Get ready to dodge, dip, duck, dive, and dodge at our upcoming Dodgeball Tournament! 

THURS, MARCH 13 NKN HS Gym
6:00-7:30pm

This is a free family event and dinner will be provided. Students will play against their parents/guardians.  

 Sponsored by the Parent Advisory Council

Get those sweatbands and warm up suits ready! In March, the Parent Advisory Council will be putting on a free family event, Dodgefest! This fun night will include free dinner accompanied by an intense dodgeball tournament of parents/guardians vs students. You can signup when you get to the event and be ready to dodge, duck, and dive into some fun! All families are welcome and donations will be accepted to help fund future Parent Advisory Council-sponsored events.

 [CLICK HERE FOR THE SCHOOL MENU](#) 

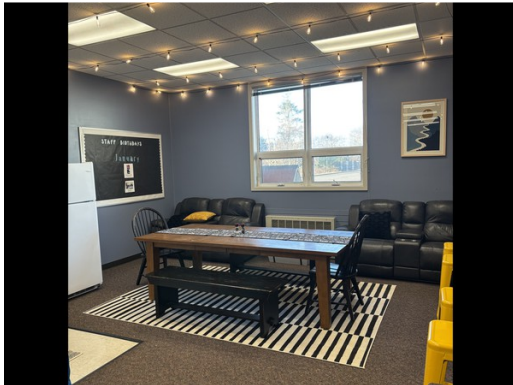
Welcome to Reeva Wortel, Art Teacher

Welcome Reeva Wortel to our team as the new Art teacher! She has over 25 years of experience fostering creativity and critical thinking in diverse classrooms and communities. As a professional artist and muralist, she has spearheaded multiple collaborative mural projects and community-based art initiatives with high school age students.



Updated Staff Lounge!

Special thanks to teacher, Cat Whitfield, for updating the staff lounge over break! Reach out to the school if you are interested in helping restock the lounge to fuel our amazing staff the rest of the year!

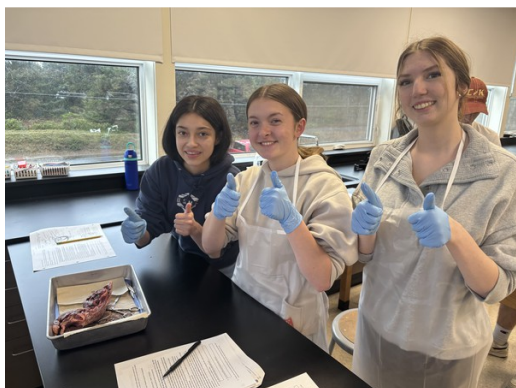


Student Life 📖

Congratulations to the Junior class for taking the win over the Freshman during December with having the highest attendance rate at 90%! They received a popsicle party this week and playing a competitive game of BINGO!



Anatomy and Physiology students dissected sheep hearts this week in class.



ATHLETE
OF THE
MONTH
DECEMBER

JASMINE
JONES

ATHLETE
OF THE
MONTH
DECEMBER



ETHAN
HANSON

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 I 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.



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?
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.



Adaptado de:

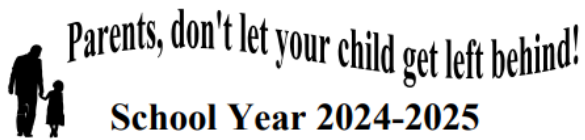


Important Information- Student Absences

If your student is going to be absent for any reason, please email Mary King at maryk@nknsd.org or call the main office at (503) 355-2272. Amy Aguinaga will be out until January 21st. Thank you in advance for your flexibility.

UPCOMING VACCINE EXCLUSIONS

Just a friendly reminder to about upcoming vaccine exclusions. Please see the information from OHA below:



School Year 2024-2025



Oregon law requires the following shots for school and child care attendance*

A child 2-17 months entering

**Child Care or
Early Education** needs*

Check with your child's program or
healthcare provider for required vaccines

A child 18 months or older entering

**Preschool, Child Care, or
Head Start** needs*

4 Diphtheria/Tetanus/Pertussis (DTaP)
3 Polio
1 Varicella (chickenpox)
1 Measles/Mumps/Rubella (MMR)
3 Hepatitis B
2 Hepatitis A
3 or 4 Hib

A student entering

**Kindergarten or
Grades 1-6** needs*

5 Diphtheria/Tetanus/Pertussis (DTaP)
4 Polio
1 Varicella (chickenpox)
2 MMR or 2 Measles, 1 Mumps, 1 Rubella
3 Hepatitis B
2 Hepatitis A

A student entering

Grades 7-12 needs*

5 Diphtheria/Tetanus/Pertussis (DTaP)
1 Tdap
4 Polio
1 Varicella (chickenpox)
2 MMR or 2 Measles, 1 Mumps, 1 Rubella
3 Hepatitis B
2 Hepatitis A



¡Padres no dejen que sus hijos se queden atrás!

Año Escolar 2024-2025



La ley de Oregon requiere que sus niños hayan recibido estas vacunas para que puedan asistir a las escuelas y guarderías.*

Niños de 2-17 meses
entrando a la **Pre-escuela**
o Guardería necesitan*

Consulte con el programa o proveedor de atención médica de su hijo para las vacunas requeridas

Niños de 18 meses y más
entrando a la **Pre-escuela,**
Guardería o Head Start
necesitan*

4 Difteria, Tétano y Tos Ferina (DTaP)
3 Polio
1 Varicela (Chickenpox)
1 Sarampión, Paperas y Rubéola (MMR)
3 Hepatitis B
2 Hepatitis A
3 o 4 Hemofilus Influenza Tipo B (Hib)

Niños entrando a **Kinder**
(Jardín de Niños) o
Grados 1-6 necesitan*

5 Difteria, Tétano y Tos Ferina (DTaP)
4 Polio
1 Varicela (Chickenpox)
2 MMR o 2 Sarampión, 1 Paperas, 1 Rubéola
3 Hepatitis B
2 Hepatitis A

Niños entrando a
Grados 7-12 necesitan*

5 Difteria, Tétano y Tos Ferina (DTaP)
1 Tdap
4 Polio
1 Varicela (Chickenpox)
2 MMR o 2 Sarampión, 1 Paperas, 1 Rubéola
3 Hepatitis B
2 Hepatitis A

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.

COASTAL FUTURES

Building Resilient Connections Between Ecology & Community in Rockaway Beach Oregon

The North Coast Communities for Watershed Protection (NCCWP) invites you to a presentation by Master of Landscape Architecture (MLA) students from the University of Oregon (UO). Their research, Coastal Futures, focuses on climate change adaptation strategies for coastal communities in Oregon and is led by Ignacio López Busón, UO Assistant Professor of Climate Change Resilience.

For the past three months, the students have analyzed Rockaway Beach and met with local stakeholders to understand the values and challenges of our local community, including coastal erosion, sea level rise, deforestation, drinking water quality, tourism, and urban development. This presentation will showcase their research on sustainable coastal practices and explore paths for long-term resilience.



Saturday, January 18th, 12.00pm
(doors open at 11.30am)



St Mary's by the Sea Catholic Church
275 S Pacific St
Rockaway Beach, OR



Free to attend



Light refreshments will be provided

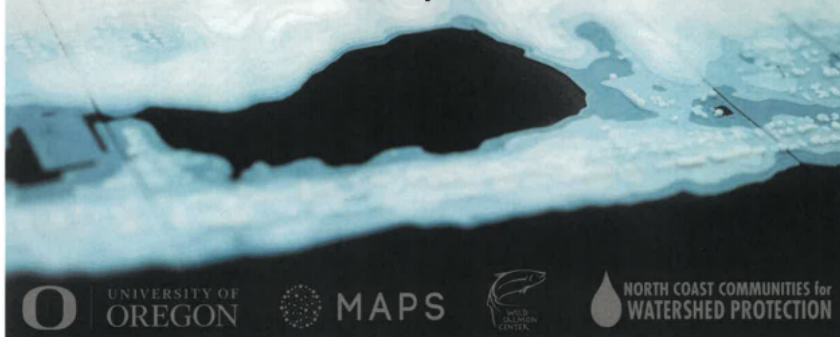


Join us online if you can't come!
<https://uoregon.zoom.us/j/94779163801>



More information at:
<https://healthywatershed.org/>

Join us to learn more about coastal sustainability and engage in a discussion to plan for a more environmentally and socially resilient future in Rockaway Beach!



UNIVERSITY OF
OREGON



MAPS



NORTH COAST COMMUNITIES for
WATERSHED PROTECTION

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@NKNSSD.ORG



After School Tutoring in Room 3

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.

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



Information that is helpful to know:

Student Wellness Center is Open!



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 <small>Counseling appointments only</small>	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

Student Illness and Absence

Call or Email the Main Office to Let Us Know

Our phone number is 503-355-2772.

The email is amy@nknhsd.org

It is important to let us know that your child will not be attending so we do not worry about them. If your child is not at school, and we haven't heard from you, then you will receive an automated phone call notifying you of your child's absence.'


How long does my child need to wait to return to school after an illness?

The answer to this question depends on their symptoms. Our school has to follow the directives from the Oregon Health Authority (OHA) regarding when students may be readmitted to school

after an illness. Please review the provided info from OHA. **Please also note that the period of exclusion often requires 24 hours away from school** (this is not a rule that the school developed, but one we have to follow).

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL

This list is school instructions, not medical advice. Please contact your health care provider with health concerns.

SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER... *The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses.
 Fever: temperature of 100.4°F (38°C) or greater	*Fever-free for 24 hours without taking fever-reducing medicine.
 New cough illness	* Symptoms improving for 24 hours (no cough or cough is well-controlled).
 New difficulty breathing	* Symptoms improving for 24 hours (breathing comfortably). Urgent medical care may be needed.
 Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	*Symptoms improving for 24 hours (no more than two bowel movements more than normal and no longer having accidents) OR with orders from doctor to school nurse.
 Vomiting: one or more episode that is unexplained	*Symptom-free for 24 hours OR with orders from doctor to school nurse.
 Headache with stiff neck and fever	*Symptom-free OR with orders from doctor to school nurse. Follow fever instructions above. Urgent medical care may be needed.
Skin rash or open sores	*Symptom free , which means rash is gone OR sores are dry or can be completely covered by a bandage OR with orders from doctor to school nurse.
Red eyes with colored drainage	*Symptom-free , which means redness and drainage are gone OR with orders from doctor to school nurse.
Jaundice: new yellow color in eyes or skin	*After the school has orders from doctor or local public health authority to school nurse.
Acting differently without a reason: unusually sleepy, grumpy, or confused.	*Symptom-free , which means return to normal behavior OR with orders from doctor to school nurse.
Major health event , like an illness lasting 2 or more weeks OR a hospital stay, OR health condition requires more care than school staff can safely provide.	*After the school has orders from doctor to school nurse AND after measures are in place for the student's safety. Please work with school staff to address special health-care needs so the student may attend safely.



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.



Neah-Kah Nie High School

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

