



## Happy May Birthdays to Our Pirates!

|                 |                    |                           |               |
|-----------------|--------------------|---------------------------|---------------|
| Hannah Barlow   | Russell Burns      | Michael Laun              | Jacob Waldron |
| Dylan Bettis    | Kyla Clark         | Kaden Mendenhall          |               |
| Declan Brewer   | Maggie Donnell     | Vincent O'Connor Mattocks |               |
| Cole Brown      | Mychal Kelly       | Dalia Quintana            |               |
| Monique Burnett | Brooklynne Konruff | Rylee Stinnett            |               |



## Congratulations to our FBLA Team Members!

### **National Qualifiers**

Brooklynne Konruff - Computer Applications (1st Place)  
Megan Troutman - Database Design & Application (3rd Place)  
Jacob Waldron - Database Design & Application (4th Place)  
Animesh Patel - Business Communications (4th Place)  
Matthew Manke, Animesh Patel, Jacob Waldron - Marketing Team (2nd Place)

### **State Finishers**

Spreadsheet Applications- Olivia Hooley (7th), Sophie Geiger (8th), Logan Chesnut (9th)  
Business Calculations - Michael Laun (8th)  
Business Communication - Karissa Hadermann (6th), Macy Gage (7th), Kara Rumage (10th)  
Healthcare Administration - Logan Chesnut (6th), Karissa Hadermann (10th)  
Introduction to Financial Math - Rachel Lee (5th)  
Journalism - Rheanne Bryant (7th), Macy Gage (10th)  
Marketing Team - Hailey Ernst, Olivia Hooley, Rachel Lee (10th)  
Sports & Entertainment Management Team - Michael Laun, Kaitlynn Koch (8th)

## A NOTE FROM THE PRINCIPAL

Dear Pirate students, families and community members,

We are now halfway between the start of distance learning and the end of the school year. While the Covid-19 curve is finally flattening, our learning curve is still growing.

TBCC, ORVED, and Google classrooms are fully in progress and many students are doing great, making contact with their teachers, completing their assignments and being successful. In other words, most students are making progress towards passing their classes and will be ready for next year and on track to graduating on schedule with their classmates. Our most fervent hope is that all, not most meet this milestone. We appreciate and applaud the efforts by parents to keep their students on track, reinforcing the value of persistence, hard work and responsibility. Nothing feels better than setting a goal and achieving it!

We also recognize the hardship and stress that this change has had on families. Our school staff stand ready to do whatever it takes to support student success. Just pick up the phone or email us to let us know what you need.

### **Graduation Ceremony Update:**

The most recent orders from the Governor limit any graduation ceremonies that include in person participation to no more than 25 people spaced at least 3 feet apart, wearing protective gear with appropriate sanitation and disinfecting stations. This pretty much restricts any type of traditional celebration for now.

Many alternative options were discussed with parents and students during an online meeting, Thursday, March 31...including a parade through Rockaway, small group graduation at an outside venue, a virtual graduation, even a winter vacation ceremony...after the senior class finished voting the majority call for a traditional graduation ceremony on August 14th. We are planning an 11 a.m. start time. We dearly hope that this will be possible. If not, we will be doing an alternative ceremony in the form of staggered small group graduations in front of the stadium.

When you drive by the High School, check out the banner that celebrates our class of 2020!

## NOTES FROM OUR COUNSELOR

**New classes being offered next year!** Be looking for an email from Esther later in May regarding scheduling for next year and new classes that are being developed. When the schedule is finalized (as much as it can be with the current situation) a copy will be sent to all students so that adjustments can be made. A copy of the 2020-2021 Curriculum Guide is available on the NKN High School webpage. (nknsd.org) There's lots of great information in there to consider when creating your plan for next year...for graduation...and beyond! This would also be a perfect time for you to do the various grade level activities in CIS and spending some time thinking about what you really want to with your life and what you can do now to prepare for it!

**Statement from Oregon's seven public universities and OHSU:** The Oregon public universities are committed to ensuring that incoming first year students who intend to enroll at our institutions are considered fairly in light of the educational interruption they have endured in their final year of high school. No student admitted to our institutions for fall 2020 will have their admission rescinded due to changes in grading policy or the inability to complete their coursework, as long as they graduate high school. Students who apply to our institutions are still subject to a review process that focuses on their ability to succeed in college, but the Oregon public universities recognize that some situations are beyond their control. We look forward to supporting students and high schools

through this challenging time, both now and with future high school graduating classes impacted by the pandemic.” – Joint statement of EOU, OHSU, OIT, OSU, PSU, SOU, UO, WOU

**Of note:** University of Oregon has extended their decision deadline to September 1st - seniors, check your emails for more information and links to information.

**You can expect** to go through a variety of emotions during this time of change and uncertainty. There may be times when it just becomes too much and it doesn't matter if you are a student, parent, teacher or worker in the community. This is hard for everyone! Take a break and breathe. Find a healthy way to deal with the stress and anxiety that doesn't do harm to others. I've found that after I've acknowledged what I'm feeling (and maybe shed a few tears) I am able to take a step back and find a way to get back on track. For me, it's reminding myself of the good things that are happening, getting outside if possible, connecting with another human and being kind to myself with my words (I can only do what I can do). Just remember, you are not alone in what you are feeling or experiencing and it's okay to ask for help if you find that right now you just can't do it on your own. We all need a little help sometimes and together we can get through this, right?!

One definition of resilience is when a person or an object is able to return to its original shape or form after being forced to stretch, bend, or be compressed. When I read that I instantly felt connected to those words...we are currently being forced to be stretched, bent, and compressed! And we will also return to our original shape with even more strength and flexibility than we had at the beginning. As we continue to experience the mixed emotions that COVID-19 has brought upon us it is important that we dedicate some kind love and compassion to ourselves in an effort to foster our resilient selves. Through research there have been several key practices that can foster that resilience; one of them being creativity. Creative outlets have been proven to increase neuroplasticity, increase positive neural connections, and teach your brain to cope with stress in a healthier more positive way.

Perhaps this is the month that you or your entire family explore your artistic or scientific curious self! Make a list of things that you might want to try. Use this opportunity to take control back, get in the driver's seat, and grow the positive side of your brain. Explore activities that make you feel empowered and excited. Here are some ideas: puzzles, science experiments, musical instruments, learn a new language, bake, cook, journal, read, play a game, sidewalk chalk, paint, sculpt, collage, photography. What are some other ideas you might have?

**Virtual Calming Room:** <https://sites.google.com/morris.k12.mn.us/maes-school-counselor/virtual-calming-room>

A great site created by a counselor from the Morris Area Elementary School that shares calming strategies that all ages can enjoy and use. Includes things like coloring, breathing exercises, journaling, movement, puzzles, music (love the flute) and visual relaxation tools. (my favorite is the kaleidoscope!)

### **SOME ADVICE ON WELLNESS AND GOOD STUDY HABITS**

As many obstacles as this distance learning has presented, one positive we can focus on is the opportunity to develop good independent study habits and personal wellness routines that will serve our students well when they take the large leap from high school to colleges, universities or trade schools. We thought we would share a few tips for developing good study habits and maintaining mental and physical wellness going forward.

- **Use a calendar** - desk calendars, electronic calendars, or even old fashioned book-like planner. This is an opportunity to hone those organizational skills that will be so important to you in your professional life. Take stock of your week - When are your classroom meetings? When are your assignments due? Are there conflicts with classroom meetings? If you have conflicts, inform your teachers and come up with a solution that allows you to meet the requirements of both..

- **Create and maintain a work schedule** - decide when you produce your best work. Here is your opportunity kids, to make your own hours and decide when you are able to do your best work. Are you a night owl, or an early riser? Are some of your classes recorded and can be watched at a time you are more alert? Take advantage of the flexibility that has been afforded to you. Dedicate a set amount of time each day that you will spend on school work and studying and meet your own requirements. If you feel you need to spend more time on one class than another then your schedule should reflect that. Do not forget to take advantage of your teachers office hours if you feel you need some additional help. Remember to ensure you have two contacts per week with each one of your teachers to meet attendance requirements
- **Maintain a healthy routine** - Get at least 8 hours of sleep at night, and when it's time to sleep turn off the electronics and give your eyes and your brain a rest from the screen time (especially now). Eat healthy and drink enough water. And remember even with the stay at home order you are still able to go outside to exercise. Take a walk, go for a run, do yoga in your room, follow a workout video online or on TV. Now is also a great time to practice mindfulness and meditation or deep breathing exercises.
- **Maintain your social connections** - Social connectedness right now is crucial to maintaining our mental well being. Log into your google classroom meetings to see your teachers and friends and interact, and turn on your camera so they can see and interact with you. Call or message your friends, make each other laugh. Check in on your friends and family you haven't heard from, make sure to ask if they are ok and really listen when they talk. And if someone asks you if you are ok, be honest and talk through your feelings. It is ok to not be ok.
- **Don't forget to get creative** - now is a great time to try a new hobby. Go outside and try your hand at drawing or painting. Have a relative at home teach you to sew or knit, or find a tutorial online and learn on your own. With everyone stuck at home, it is the perfect time to learn to cook or bake and try out new recipes on your family. Is there a subject you have an interest in? Now is a great time to read up on it and become more knowledgeable. Do you enjoy writing? Get a journal and write down your thoughts and feelings about current events, or even try your hand at writing a book? Why not? You have the time now.
- **Manage your stress level** - Take time for downtime. When you have met your school work requirements, take time for yourself. Limit exposure to the 24hr news cycle. Being informed is important but set healthy limits and stick to them. And remember we are all in this together and this too shall pass.

### **A WORD FROM OUR ATHLETIC DIRECTOR**

Greetings from the NKN athletic department. I hope you all are staying healthy and are finding ways to get active. With the loss of spring sports we are now looking ahead to fall sports. As of right now the OSAA is planning for business as usual for the fall season. If that changes, they will let us know what the alternative plans are. In order to be eligible to participate in the fall season, students will need to make sure they are passing their classes this spring. Please make sure that you are checking in with your classes and getting those assignments submitted. We want to see everyone of you back on the court or playing field next September. If you have any questions or concerns, or you just want to talk sports, please feel free to contact me [coreyd@nknsd.org](mailto:coreyd@nknsd.org). I would be happy to talk with you anytime. Take care and Go Pirates!

### **A NOTE ABOUT BORROWED CHROMEBOOKS**

To those of you who have received a Chromebook and have started this adventure of distance learning. To ensure your safety through this transition we have created a platform for you to sign for your Chromebook electronically. If you have received a Chromebook from Neah-Kah-Nie High School please follow the link below to either create your account or sign in. If your child has done sports, speech or robotics you will already have an account @ [NKN FamilyID](#). If you have any questions please email me @ [carlan@nknsd.org](mailto:carlan@nknsd.org)

ALL BORROWED CHROME BOOKS NEED TO BE RETURNED TO SCHOOL BY JUNE 16. DROP OFF AT LOWER GYM JUNE 12,15,16 OR CALL 503-355-2272 TO SCHEDULE A PICK UP.

### **YEARBOOKS**

Yearbooks are still a go. All orders will be sent directly to you and not be picked up at the school.

**How to order:** go to: <https://nknhighschool.picaboo.com/nkn-2020>

**Order by:** June 12, 2020

**Make it personal:** Add 4 FREE pages with your own photos! [Learn How to Personalize](#).

#### **Contact for Questions:**

Steve Albrechtsen

[stephena@nknsd.org](mailto:stephena@nknsd.org)

503.354.7114

### **LUNCH PROGRAM**

The school cafeteria has worked tirelessly to continue to provide nutritional meals (both breakfast and lunch) to our students in this very difficult time. Meals can be picked up at the school cafeteria doors by the middle school flagpole each day from 11am to 12:30pm Monday through Friday. Meals are also being transported, with the assistance of First Student Transportation, to central locations throughout the district. If you would like to access the meals provided by the school please contact Ashley Arthur at the District Office ([ashleya@nknsd.org](mailto:ashleya@nknsd.org)) for information on the drop off times and locations or access the most up to date schedule at the district website at [https://nknsd.org/wp-content/uploads/2020/03/Updated-Meal-Pickup\\_Delivery-Schedule\\_Eng\\_Span\\_03272020.pdf](https://nknsd.org/wp-content/uploads/2020/03/Updated-Meal-Pickup_Delivery-Schedule_Eng_Span_03272020.pdf)

### **TUTORING AND ADDITIONAL ACADEMIC HELP**

If you feel your student needs additional academic assistance during this time of distance learning. Please see the district website [Pirate Announcements](#) for a schedule of all of our teachers updated office hours. During the times listed they will be available to talk with your student directly and answer questions and provide additional guidance to help you navigate and ensure your child is successful.

### **TILLAMOOK COUNTY MENTAL HEALTH CRISIS LINE**

Life can be stressful and overwhelming daily for adults and children/teens alike especially in this uncertain time. Tillamook County residents have access to a 24-hour crisis response mobile unit:

**Tillamook County Mental Health Crisis Line**

**503-842-8201**

**Suicide Prevention Lifeline**

**1-800-SUICIDE/1-800-273-TALK**

**Safe Oregon**

**<https://www.safeoregon.com/>**



**OUR NEW STUDENT SECTION - PLEASE ENJOY!**



NKN High School students have talent! Student Voices deserve to be heard- the following pieces were submitted for your reflection:

**A weekend day in quarantine:**

I wake up to the bright exhausting sun and close my shades to keep the darkness inside my little wreckage of a room and I slowly start to go back to sleep then awaken after what seems like two hours to the annoying very loud birds. I then watch BTS laughing at Kookie and Suga and then after a few hours I go into my kitchen and get some junk food. Which is not gonna help me grow up or lose this weight that feels like boulders. But at the time I could care less, I walk to the couch and fling myself on it with my blanket and food and watch more BTS or maybe some memes or TikToks. Somehow I always end up watching Vampire Diaries and cry because it reminds me of my lost love. Then I watch BTS till two or three in the morning, and finally decide to sleep.

**Submission by - A.Stanaway**



## **Using Backyard Livestock to Combat a National Emergency** **by Lilly Hucek Marteeny**

With the COVID-19 pandemic comes many new and unique challenges that many people are facing. For myself, a big challenge that I faced was the lack of a feeling of commitment to anything. Even with school work, I still found myself becoming bored and unmotivated. Another issue to arise was that my family rightfully wanted to go out for groceries as little as they had to. Then my mom suggested an idea, we all talked a bit and came to the conclusion that now would be a great time to get a new batch of chickens and also get our first milking goats. There are many significant advantages to owning backyard livestock in a time like this. For example in a national emergency in which grocery shopping has become harder, we now have a constant source of food no matter what is happening to the rest of the world. It has also given me something to commit to each day that I actually





enjoy, which is an essential thing we need to survive our current situation, having to take care of animals forces you to go outside at least twice per day and get at least a little bit of exercise.

Despite the fact that chickens and goats are often flighty animals that often are only used solely for their milk and eggs, they also can be extremely affectionate and make great companions that can offer support just like a dog or cat in these uncertain times. We decided to get chickens for a few reasons, first of all I love chickens and find them to be very rewarding animals to raise. We also have raised chickens in the past so we already had a coop. Goats are also very fun animals to raise, they are curious and playful. A good quality doe will produce at least 6 lbs of milk per day while she is in milk. Specifically we got Nigerian Dwarf Goats because they are small and take up less space, the babies are the size of a medium to large housecat. My family also wanted the best milking goats they could get, which Nigerians are. I honestly think I would be doing a lot worse if I did not have something like this to commit myself to everyday and I highly recommend others do the same. It does not have to be the same as me, but finding something you enjoy that you can put time and effort into especially now feels really good.

Pictures used:

<https://www.petworlds.net/nigerian-dwarf-goat/>

<https://en.wikipedia.org/wiki/Chicken>