

# Newsletter

Neah-Kah-Nie Middle School

Be Safe... Be Respectful... Be Responsible

## From the Principal

Dear Parents and Families,

We are officially halfway through the 2022-2023 school year! This seems so unbelievable to me. The year has flown by and all of us at the middle school are looking forward to the second half of the year.

Assessments are an integral part of education. At their most basic level, assessments are the tools and practices we use to collect and interpret the information we need to make decisions in everyday life. Health professionals use instruments like thermometers and x-rays to monitor the health of their patients and make recommendations. In education, teachers use state assessments, work samples, and other forms of assessment to measure how well students are learning and determine how best to support them moving forward.

This year, the middle school will administer state assessments from **April 10 - April 19**. Students in grades 6-8 will take the English Language Arts and Math assessments. In addition to these assessments, eighth graders will also take the Science Assessment. We have been working hard to prepare students to do their very best on these assessments and are excited to see the results. If for some reason, you wish to opt your student out of taking these assessments, please download the form below, fill it out and return it to the school.

It is our hope to have all students present for these 8 days. If possible, please schedule doctor's appointments, and vacations outside these dates.

Finally, in the hopes to ensure all families receive newsletters, all newsletters will be available electronically via School Messenger, Facebook, and District Website. In addition, a paper version will be sent home with progress reports and report cards.

Take care,

Lori Dilbeck

# State Assessment Opt Out Form

## Exemption form for the Oregon Science Assessment

### Important Dates & Reminders

- No School on February 6th- Professional Development
- No School on February 20th- President's Day
- Winter Formal is on March 9th! 7/8 Grade only
- No School on March 10- Grade Day
- Spring Break-March 27-31

### District Calendar

### Winter Formal in March!

Any student in 7th/8th grade who has not received a behavior referral in Trimester 2 is eligible to attend!

Entry is \$5.00 or 15 Sand dollars. We will also have food, pizza and Italian sodas for \$.50-\$2.00 each!

### Cell Phone Use

Cell phones can be brought to school, but must remain in students' backpacks at all times during the school day. The phones should be on silent mode to ensure they do not disrupt the classroom instruction.

If a student is found with a phone during school hours:

- The first time, the phone is brought to the office. The student can pick it up at the end of the day.
- The second time, the phone will remain in the office until a parent picks it up.
- The third time, the phone remains in the office until further notice.

We have gone over this rule several times with students, but it would be great if you shared this with your student too. We have found middle school students need to hear things several times before it gets stuck in their head!

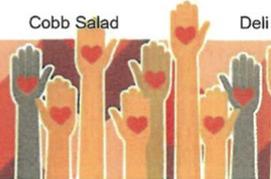
# En Espanol

**FEBRUARY 2023**  
 NEAH-KAH-NIE MS & HS

Monday	Tuesday	Wednesday	Thursday	Friday
		Biscuits & Gravy <b>1</b> Pulled Pork Sandwich Chef's Salad	Breakfast Burrito <b>2</b> Chicken Alfredo Crispy Chicken Salad	Breakfast Rounds <b>3</b> Nachos Deli Sub
<b>6</b> PROFESSIONAL DEVELOPMENT NO SCHOOL	Breakfast Sandwich <b>7</b> Chicken Strips & Fries Deli Sandwich	Tater Topped Breakfast B <b>8</b> Enchilada Chef's Salad	Pancakes & Fruit <b>9</b> Sloppy Tots Chicken Taco Salad	Yogurt Parfait <b>10</b> Hamburger Gravy & Mashed Potatoes Deli Sandwich
Waffles <b>13</b> Corn Dog & Fries Deli Sandwich	Blueberry Muffin <b>14</b> Tacos Chef's Salad	Oatmeal & English Muffin <b>15</b> Build-Your-Own Pasta Bar Deli Sub	Breakfast Sandwich <b>16</b> Crispy Drumsticks Deli Sandwich	Cinnamon Rolls <b>17</b> Pizza Burger Big Dipper Bento
<b>20</b> PRESIDENT'S DAY NO SCHOOL	Pancake on a Stick <b>21</b> Teriyaki Beef Bento Deli Sandwich	Biscuits & Gravy <b>22</b> Tater Tot Casserole Chef's Salad	Breakfast Burrito <b>23</b> Chili Dog & Coleslaw Cobb Salad	Breakfast Rounds <b>24</b> Breakfast For Lunch Deli Sandwich
French Toast <b>27</b> Cheesy Breadsticks & Marinara Monte Cristo's	Breakfast Bagel <b>28</b> Mac & Cheese Deli Sub			

A variety of fresh fruits and vegetables are available daily on our offering bar. Every day choices of 1% and non-fat milk are available. All of our bread items are whole wheat or whole grain. Whole grain cereal is offered daily as a choice for breakfast.

Menu items are subject to change due to availability. Please be understanding as we continue to struggle with product supply issues. Thank You!!



A photograph of a girls' basketball game in progress. A player in a white jersey with 'NKN' and the number '25' is visible. Another player in a dark jersey is also visible. The background shows a gymnasium with a wooden floor and a referee.

## NKN Middle School Girls Basketball

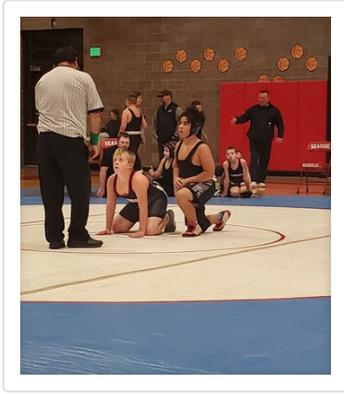
1/25-@ Warrenton 4:00 pm  
1/30-NKN vs Vernonia- 4:00 pm  
1/31- NKN vs Knappa- 4:00 pm  
2/7- @ Vernonia- 4:00 pm  
2/8- NKN vs Jewell (1 game)-4:00 pm  
2/13- NKN vs Warrenton- 4:00 pm  
\*2nd game will start 10 minutes after  
the first game.

There is no practice on game days.

A photograph of a wrestling match. Two wrestlers are on a mat, one in a dark singlet and one in a white singlet. The wrestler in the dark singlet is in a defensive position, possibly a guard or a similar hold. The mat has red and white markings.

## NKN Middle School Wrestling 2023

1/25- @ Seaside 3:30 pm  
2/2- @ Astoria 3:30 pm  
2/8- @ NKN 3:30 pm  
2/14- @ Banks 3:30 pm  
2/16- @ Tillamook 3:00  
2/20- Districts-Tillamook 10:30



## Symptom Checker



## **FREE CHILDREN'S DENTAL AND IMMUNIZATION CLINIC**

**SATURDAY FEBRUARY  
11TH 10AM-2PM  
801 PACIFIC AVE. TILLAMOOK, OR**

**DENTAL  
SCREENING  
AGE 6MO-  
3YEARS**

**FLOURIDE  
VARNISH**

**DENTAL CARE  
COORDINATION**

**IMMUNIZATIONS  
AGE 2MO-18  
YEARS**

**PHOTOS WITH  
THE TOOTH  
FAIRY**

**GOODIE BAGS**



**WALK-INS WELCOME**

**BILINGUAL STAFF AVAILABLE**

**FOR QUESTIONS OR TO SPEAK WITH  
DENTAL STAFF, PLEASE CALL  
503-842-2356**



# ATTENDANCE MATTERS!

**Dear Parents/Guardians,**

The Neah-Kah-Nie School District believes regular school attendance is essential for a student's success in school. Attendance is an area we focus on in order to improve student achievement and ensure all students at Neah-Kah-Nie Schools have the opportunity to maximize their potential.

The district has a new attendance protocol with a dedicated team at each school to:

- *Assist families and students in improving student attendance.*
- *Reduce chronic absenteeism.*
- *Multi-tiered Attendance Team : Parents, Teachers, Secretary, Principal, Family Resource Coordinator (FRC), Counselor, ESL & Special Education staff.*

**We encourage families to help your child build the habit of good Attendance**

- Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try to schedule medical appointments and extended trips when school isn't in session
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- Seek help from school staff and other parents or community agencies, if you need support.

## CLÍNICA DENTAL Y DE VACUNACION INFANTIL GRATUITA

**SÁBADO 11 DE FEBRERO DE  
10:00 A 2:00 HORAS  
801 PACIFIC AVE. TILLAMOOK, OR**

REVISIÓN  
DENTAL 6  
MESES - 3 AÑOS

BARNIZ DE  
FLUOR

COORDINACIÓN  
DE LA ATENCIÓN  
DENTAL

VACUNAS EDAD  
2MO-18 AÑOS

FOTOS CON EL  
RATONCITO  
PEREZ

BOLSAS DE  
REGALOS



**BIENVENIDOS SIN CITA PREVIA**

**PERSONAL BILINGÜE DISPONIBLE**

PARA PREGUNTAS O PARA HABLAR CON  
EL PERSONAL DENTAL, LLAME AL  
503-842-2356

Do you live in Tillamook County and lack a  
safe, stable place to call home?



# Project Homeless Connect

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Wednesday, January 25th 2023

12:00 – 3:00 PM

904 Main Street, Tillamook

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Services Include (but are not limited to):

- Free Meal
- Coats & Warm Weather Gear
- Tents/Tarps/Sleeping Bags
- Harm Reduction Services
- OHP Assistance
- Dental Services
- Veterinary Services



CARE



¿Vives en el condado de Tillamook y careces de un lugar seguro y estable al que llamar hogar?



# Proyecto Conexión Sin Hogar

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**Miércoles, 25 de enero 2023**  
**12:00 – 3:00 PM**  
904 Main Street, Tillamook

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Los servicios incluyen (pero no se limitan a):

- Comida gratis
- Abrigos y equipo de clima cálido
- Tiendas de campaña/lonas/sacos de dormir
- Servicios de reducción de daños
- Asistencia de la OHP
- Servicios dentales
- Servicios veterinarios



## Delayed Start Plan

## Flash Alert Sign Up

### From The Counselor's Office

Parenting is something that changes and is sometimes hard to keep up with! It is by far the hardest yet most rewarding job anyone will ever have. Throw into that task the layers of social media and it becomes an even more complicated task to navigate. And as most of us can see, it has definitely impacted how our youth experience the world around them. Thankfully we know that parenting around social media is very similar to parenting around other issues. The two most important strategies parents can use to build resilience to the impacts of social media are boundaries and relationships. Relationships are the foundation from which all

parenting strategies begin. Focus on open and strong communication, unconditional love, and understanding. By being relationship-focused your child will have more understanding of the need for having clear boundaries, rules, and expectations surrounding social media use. The goal is to create healthy online habits and a balanced life. For more information on parenting and media look around this website:

[For 13 and older](#)

[For 10-12-year-olds](#)

#### De la oficina del consejero

¡La crianza de los hijos es algo que cambia y, a veces, es difícil mantenerse al día! Es, con mucho, el trabajo más difícil pero más gratificante que alguien tendrá. Agregue a esa tarea las capas de las redes sociales y se convierte en una tarea aún más complicada de navegar. Y como la mayoría de nosotros podemos ver, definitivamente ha impactado la forma en que nuestros jóvenes experimentan el mundo que los rodea. Afortunadamente, sabemos que la crianza de los hijos en torno a las redes sociales es muy similar a la crianza de los hijos en torno a otros temas. Las dos estrategias más importantes que los padres pueden usar para desarrollar resiliencia a los impactos de las redes sociales son los límites y las relaciones. Las relaciones son la base a partir de la cual comienzan todas las estrategias de crianza. Concéntrese en la comunicación abierta y fuerte, el amor incondicional y la comprensión. Al centrarse en las relaciones, su hijo comprenderá mejor la necesidad de tener límites, reglas y expectativas claras en torno al uso de las redes sociales. El objetivo es crear hábitos saludables en línea y una vida equilibrada. Para obtener más información sobre la crianza de los hijos y los medios de comunicación, consulte este sitio web:



Water Bottles are available in the office for \$2.00 or 5 sand dollars!

## MS Clubs!

Chess Club: Meets every Wednesday through mid-April!

Dungeons & Dragons Club: Meets every Friday from 3:45-6:00, with Mrs. Atwood & Ms. Green!

Math & Board Game Nights: Mondays & Tuesdays with Ms. Green!



Dungeons &  
Dragons



Chess Club



Math & Board  
Game Club

## From our new Parent Group!

Neah-kah-nie Middle School is creating a parent group. We are currently organizing the group and its mission for this year. Currently, we have identified that we want to support our students, the school, and sharing information with our families. As it is halfway through school, we are starting with a few small tasks, so that we can be ready for big tasks next year. We are thankful that Shawna Thorpe, Wendy Bakker, Emily Sargent, Amy Jones, Nola Smith, LeeAnn McNutt, Susan Shepard, Denise Weiss, Ryan Kinstedt, Lori Dilbeck and Kelly Wiley are helping set this group in motion. We will be sharing information, asking for support and getting feedback from our families in the near future. Look forward to hearing more from this group!

## PX2-The path to extreme success!

Growing up is full of challenges, contradictions and pressures. This program was created to help young people recognize that they do have choices in life. PX2 promotes positive communication among family members, builds stronger relationships between parents and children, siblings, friends and teammates. \*Only available to 7th graders. Must turn in permission slip by February 10th.\*

## Robotics Bootcamp

Robotics Bootcamp is coming up on March 6th-9th. We are looking for students interested in learning if Robotics is for them! We will meet after school those four days from 3:45-6:00PM.

If your Middle Schooler is interested - please have them [fill out this form](https://docs.google.com/forms/d/e/1FAIpQLSfpRBK3900h9tJyK5GZrFqI2rBQYaxnkCLL3e6E4C3g2h31iw/viewform?usp=sf_link) by February 3rd:  
[https://docs.google.com/forms/d/e/1FAIpQLSfpRBK3900h9tJyK5GZrFqI2rBQYaxnkCLL3e6E4C3g2h31iw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfpRBK3900h9tJyK5GZrFqI2rBQYaxnkCLL3e6E4C3g2h31iw/viewform?usp=sf_link)

We do have limited slots for students - and will notify parents and students by February 17th if they can attend (based on the applications we receive by the deadline!)

Robotics is a club for 7th-12th grade students - these students compete in [FIRST Tech Challenge](#), an International Robotics competition. In teams of 6-10 they will design, build, and program a robot to compete in a game that changes each year. The season starts the second Saturday of September, and continues through Winter typically finishing by the end of February. We have 4 league meets in the Fall (on Saturdays) culminating in a Qualifying Tournament in January which will determine which teams will continue to the State Competition.

NKN has three teams - a "varsity" high school team, and two "Junior varsity" teams which can have Middle School students on them. If students participate in other sports - we ask that they dedicate time each week for Robotics. It can be hard to do everything well - so we ask that those students that choose to participate in multiple activities be prepared to give Robotics dedicated time and attention.

Please contact Kathryn Harmon at [kathrynh@nknsd.org](mailto:kathrynh@nknsd.org) if you have any questions.



A flyer for the NKN Student Health & Wellness Center. The background is light blue with various medical icons like a stethoscope, syringe, gloves, bandage, pills, and a heart. The NKN logo is at the top center, featuring a stylized figure with a plus sign. The text is arranged in a central white area with a light blue border.

**NKN**  
STUDENT HEALTH  
& WELLNESS CENTER

The NKN Student Health & Wellness Center provides services to all students regardless of the student's ability to pay.  
Located at the Neah-Kah-Nie High School.

Center opens Tuesday, August 9<sup>th</sup> for medical services (including sports physicals).

**Health & Wellness Center Hours**

**Tuesday:**  
8:30 am – 12:00 pm  
1:00 pm – 5:00 pm (closed 12:00 pm – 1:00 pm)

**Wednesday:**  
8:30 am – 12:30 pm  
1:30 pm – 5:00 pm (closed 12:30 pm – 1:30 pm)

**Thursday:** Starting September 6<sup>th</sup>  
(Counseling appointments only)  
8:30 am – 12:00pm  
1:00 pm – 4:30 pm (Closed 12:00 pm – 1:00 pm)

**(503) 355-3500**

Visit the website for available services  
and resources: [nknhealth.org](http://nknhealth.org)

*\*Parents have the right to opt out of services.*

**Symptom Checker**



## **Reminder!**

Our school office needs updated parent contact information.

Please call 503-355-2990 with current contact info!

## **NKN District Job Openings**

Click button to access and apply for open positions. The school district is also in need of qualified substitutes in all areas. See below for ESS link to become a substitute.

**SUPPORT OUR  
SCHOOLS!**

**Become an ESS  
Substitute**



*Every day counts.*



**SCAN  
ME TO  
GET  
STARTED!**



## Neah Kah Nie Middle School

 25111 U.S. 101, Rockaway Bea...

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

 503-355-2990

 [nknsd.org/neah-kah-nie-middl...](http://nknsd.org/neah-kah-nie-middl...)