



# Neah-Kah-Nie Middle School

**March 2024**

## **From The Principal**

Dear Neah-Kah-Nie Middle School Families,

Tomorrow marks the end of trimester 2! As a reminder, Friday, March 8, is Grade Day for teachers, and a No-School Day for students. Report cards will be mailed out next week.

Monday, March 11, begins our third and final trimester for the 2023-2024 School Year. In this trimester, many things are happening. First off, beginning at the end of April, we will be conducting our State Assessments. As a reminder, students in grades 6-8 will be assessed in English Language Arts, and Math, and 8th graders students will also take the Science assessment. These assessments are the tools and practices we use to collect and interpret the information we need to make decisions about our instruction, and how we can better meet the needs of our students.

### **The state assessment schedule is as follows:**

- \* April 29–May 3 - Students in 8th Grade will take the Science assessment during their regularly scheduled Science class.

- \* May 6-10 - All students will take the ELA assessment in their English class.

- \* May 13-16 - All students will take the Math assessment in their Math class.

Please help us ensure all students have the opportunity to complete these assessments during the above scheduled dates, by scheduling any appointments outside testing dates and times.

**May 17 is our Day of Service event.** This day has been a long tradition at the middle school, however because of Covid, it has been placed on hold for the past five years. We are super excited to begin this tradition again this year. This annual event is a day when our entire school community spends a portion of their day giving back to the community. Students are grouped into small groups and are taken to various sites throughout our community. At these sites, students pull weeds, wash fire trucks, paint fences, lay gravel, whatever is needed by our community partners.

Students return to the school around lunchtime and enjoy a delicious lunch provided by a community partner.

As you can imagine, this takes a ton of planning and organization. I am happy to share that our amazing **Parent Group** has taken on the job of contacting the community partners and setting up the places our students and staff will support. **First Student** has donated the busing for this day. **Thank You** for all of your support. To help ensure this day runs smoothly, **we need parent volunteers** who would be willing to join a staff member at one of the sites. The hours for this event are 8:45-12:15. If available and interested, please call the office.

Finally, the third trimester is filled with many field trip opportunities for our students. Thanks to the Mudd-Nick Foundation, our students will visit a Winter Hawks game, a Thorns game, a Maritime Museum visit, a Hatfield Science field trip, and many more.

I am so grateful for all the support from our community. It really does take a village to ensure the success of our students.

Warm regards,

Lori Dilbeck  
NKN Middle School Principal

### Important Dates To Remember!

MARCH 8 - NO SCHOOL

MARCH 15th Winter Formal (7th & 8th grade)

APRIL 18 - 19 Parent/Teacher Conferences

APRIL 29 - May 3 - Science SBAC Testing

MAY 7 - MAY 10 - ELA SBAC Testing

MAY 13 - MAY 17 - Math SBAC Testing

May 17 - DAY OF SERVICE

## 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 click on the button below and follow the steps to sign up. If you've already 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**

## Inclement Weather English.pdf

Download

58.7 KB

## Inclement Weather Spanish.pdf

Download

60.2 KB

**Click Here For Opt-Out Forms And Statewide Assessment Information**

### Math Adoption

The middle school math teachers have been piloting math curriculum this year and have decided on a curriculum to recommend to the board for adoption. Board policy states that prior to the board approving a curriculum for adoption, parents and interested district patrons should have the opportunity to review the recommended instructional materials. These materials are available at the district office for viewing. If interested in viewing, please call the district office to set up an appointment.

### How to make Honor Roll

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. If you need information

### Middle School Attendance Office

If you should need to contact us for attendance purposes, please email us at [msattendance@nknisd.org](mailto:msattendance@nknisd.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 student's 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.

## Counselors Corner - Ashley Atwood

### Positive Self-Talk - Nurturing Positive Self-Talk in Your Teenager

One thing that we can all fall into is negative self-talk! As adults, we are often trapped by this and we tend to let it hold us back in life. These habits all start in our younger lives. Your children are at a great time in life to learn to recognize and combat negative self-talk. Negative self-talk can have a significant impact on your child's mental health and well-being. It can lead to feelings of anxiety, low self-esteem, and even depression. As a parent, you get to play a crucial role in helping your child develop positive self-talk. Positive self-talk is a technique that involves changing negative thoughts and beliefs into positive ones. Here are some tips to help your student develop positive self-talk:

- Encourage self-awareness: Encourage your child to become aware of their negative self-talk. Teach them to identify when they're being too hard on themselves or engaging in negative self-talk -
- Use positive affirmations: Encourage your student to use positive affirmations, such as "I am capable," "I am worthy," or "I can do this."
- Celebrate small wins: Encourage your child to celebrate their achievements, no matter how small. Celebrating small wins can help them to feel more confident and motivated.
- Practice self-compassion: Encourage your child to be kind to themselves. Teach them to treat themselves with the same kindness and compassion that they would show to a friend.
- Be a role model: use positive self-talk and self-compassion yourself. Let them know that you are working hard to make this change if it is not something you naturally do.

By nurturing positive self-talk in your students, you can help them to develop a healthy and positive self-image. Remember, it takes time and patience, so be gentle with yourself and your child.

## 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. This means they will be unable to practice if we do not have a current physical on file. If you haven't registered your student/athlete for a sport please click on the appropriate button below and complete the Google form.



**Athletic Registration - English**

**Athletic Registration - Spanish**

**Track TBA**

**Track signups will be in the office.**

**Practices will start after spring break and once schedules are finalized, they will be posted.**

**NEAH-KAH-NIE  
CHEER TRYOUTS**

**CLINIC DAY:**  
APRIL 11TH, 2024  
TIME: 4:00-6:00PM

**TRYOUT DAY:**  
APRIL 12TH, 2024  
TIME: 4:00-6:00PM

**LOCATION:**  
MIDDLE SCHOOL  
Signup sheet is located at the front office  
Thank you

**GO RAIDERS**

**Raider Cheer!**



**Go Raiders!**

**NEAH-KAH-NIE  
CHEER TRYOUTS  
AND  
MASCOT TRYOUTS**

**CLINIC DAY:**  
APRIL 11TH, 2024  
TIME: 4:00-6:00PM

**TRYOUT DAY:**  
APRIL 12TH, 2024  
TIME: 4:00-6:00PM

**LOCATION:**  
MIDDLE SCHOOL  
Signup sheet is located at the front office  
Thank you

**GO PIRATES**

**Pirate Cheer!**

## Robotics!

The Menacing Muffin Dragons won two trophies at the second chance tournament, one for being the captain of the finalist alliance (they were the second place team out of qualifying,) and getting second place for the Innovate award (the same award that Argonauts won at qualifying!) MMD was so close to getting their own ticket to State!

Robotics wrapped up the regular season with a celebration on Monday Feb. 26th, where we toasted to our favorite moments of the season, thanked others for our success, celebrated our seniors, and looked forward to next season.

The Argonauts go to the State Tournament on March 9th with one Middle School student Lily Hummel on the team!



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## Oregon Battle of the Books!

Join us in celebrating the spirit of camaraderie and resilience at the Oregon Battle of the Books Regionals! Despite the winter weather putting our teams to the test, 17 out of 18 teams braved the elements to gather for a day filled with literary passion. Neah-Kah-Nies' Fire Starters, though not earning a bid to the state, radiated joy, laughter, and happy tears throughout the competition.



## From the Nurse - Denise Weiss



AT NEAH-KAH-NIE HIGH SCHOOL

### HOURS:

<b>Tuesdays</b>	8:30 am - 12:00 pm / 1:00 - 4:30 pm (Closed for lunch 12:00 - 1:00 pm)
<b>Wednesdays</b> <small>Counseling appointments only</small>	8:30 am - 12:30 pm / 1:30 - 4:30 pm (Closed for lunch 12:30 - 1:30 pm)
<b>Thursdays</b>	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 (Dental, X-rays, MRIs, Specialty)
Age-appropriate reproductive health	
Vision screenings	

Learn more at: [NKNHealth.org](http://NKNHealth.org)

NKN Student Health & Wellness Center | Telephone: 503-355-3500 | Fax: 844-720-1901

**New Hours for NKN  
Health and Wellness**



EN LA SECUNDARIA NEAH-KAH-NIE

### HORARIOS:

<b>Martes</b>	8:30 am - 12:00 pm / 1:00 - 4:30 pm (Cerrado para almorzar de 12:00 a 1:00 p. m.)
<b>Miércoles</b> <small>Citas de consejería solamente</small>	8:30 am - 12:30 pm / 1:30 - 4:30 pm (Cerrado para almorzar de 12:30 a 1:30 p. m.)
<b>Jueves</b>	8:30 am - 12:00 pm / 1:00 - 4:30 pm (Cerrado para almorzar de 12:00 a 1:00 pm)

### SERVICIOS DISPONIBLES:

El Centro de Salud y Bienestar para los estudiantes de NKN ofrece varios servicios médicos, inclusive:

Controles regulares	Estudios dentales
Exámenes físicos para deporte	Estudios de presión arterial
Atención de enfermedades y lesiones	Educación de salud
Vacunas	Asesoría
Análisis de laboratorio de rutina	Oportunidades de bienestar
Medicamentos de receta	Remisiones para otros servicios médicos (Dental, radiografías, resonancias magnéticas, especialistas)
Salud reproductiva adecuada a la edad	
Estudios de visión	

Conozca más en: [NKNHealth.org](http://NKNHealth.org)

NKN Student Health & Wellness Center | Teléfono: 503-355-3500 | Fax: 844-720-1901

**Nuevo horario para NKN  
Health and Wellness**

## 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](http://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 | [nehalemhealth.org](http://nehalemhealth.org)

## Need To Update Vaccines?

## ¿Necesita actualizar las vacunas

## March Menu

MARCH 2024 NEAH-KAH-NIE MIDDLE SCHOOL				
Monday	Tuesday	Wednesday	Thursday	Friday
				Pancakes <b>1</b> Fish & Chips Deli Sandwich
	Breakfast Sandwich <b>4</b> Hot Dog Chef's Salad	Banana Bread <b>5</b> Nachos PB & J	Pancake on a Stick <b>6</b> Tater Tot Casserole Chef's Salad	Blueberry Muffin <b>7</b> Soup & Sandwich Cheese Quesadilla
	Waffles <b>11</b> Cheesy Breadsticks w/ Marinara Deli Sandwich	Biscuits & Gravy <b>12</b> Enchiladas Chef's Salad	Yogurt Parfait <b>13</b> Spaghetti Deli Sub	Oatmeal Rounds <b>15</b> Chicken Strip Basket Deli Sandwich
	Cream Cheese Bagel <b>18</b> Corn Dog Deli Sandwich	French Toast <b>19</b> Burrito Deli Sandwich	Breakfast Bar <b>20</b> Orange Chicken Over Rice Deli Sandwich	Pancakes <b>21</b> Chicken Burger Tuna Salad Sandwich
HAVE A <b>25</b>	SAFE AND <b>26</b>	WONDERFUL <b>27</b>	SPRING <b>28</b>	Biscuit & Sausage Link <b>22</b> Chili & Soft Pretzel Deli Sandwich
				BREAK!!! <b>29</b>

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread and pasta items are whole grain or whole wheat. Gluten free options are available. Every day choices of 1% and fat-free milk are offered. Whole grain cereal is an option at breakfast. Menu items are subject to change if needed.  
 "This institute is an equal opportunity provider"

## NKN Middle School Yearbook

Yearbooks give students the opportunity to ask their friends and teachers for their autograph, comment or friendly message. When it's all said and done, a yearbook allows students to have a memento of their school years. Hardcover is \$30.00, Softcover is \$20.00, eYearbook is \$5.00

**ORDER DEADLINE IS APRIL 15th**

**Click Here To Pre-Order Your NKN MS Yearbook Today!**

