

# Pirate Newsletter

May 24 ~ Edition 23-24~ Vol.10

## NEAH-KAH-NIE

# Pirates



### A Note from the Principal

April 25, 2024

Dear Students, Staff and Family Members;

## Summer School Information:

Any student including 8th graders who will be freshmen next year may attend summer school this summer. We have several fun and helpful opportunities which include:

FNRL camp with Mr. Albrechtsen

Altius camp with Mr. Billstine

Robotics camp with Ms. Harmon

Language Arts credit recovery with Mrs. Betts

Social Studies credit recovery with Ms. Dallas

Speech and Debate class with Ms. Dallas

General Credit Recovery with Mrs. Troyer (includes online courses in student area of interest)

Summer Strength Training and Conditioning with Mr. Quintana

Pickleball with Mr. Quintana

The main session of summer school will be July 8-July 19th weekdays from 9 a.m. to noon. Snacks and transportation will be provided!

Parents should contact the office to sign their students up for summer school offerings. Students should meet with Esther to enroll in the summer courses they need to achieve their goals.

Summer school is a great opportunity for students to catch up if credit deficient, get ahead so they can take advantage of our many dual credit classes, complete required credits early so they can take advantage of interest based electives like those in our construction trades or business programs of study. Students can even finish graduation requirements like senior project early!

Sincerely,

Dr. Heidi Buckmaster, Principal

503-355-3551(direct line)

503-355-2272 (main office)

[heidib@nknsd.org](mailto:heidib@nknsd.org) (email)

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## Una Nota de la Directora

Estimados estudiantes, personal y familiares;

Información sobre la escuela de verano:

Cualquier estudiante, incluidos los estudiantes de octavo grado que serán estudiantes de primer año el próximo año, puede asistir a la escuela de verano este verano. Tenemos varias oportunidades divertidas y útiles que incluyen:

Campamento FNRL con el Sr. Albrechtsen

Campamento Altius con el Sr. Billstine

Campamento de robótica con la Sra. Harmon

Recuperación de créditos en Artes del Lenguaje con la Sra. Betts

Recuperación de crédito de estudios sociales con la Sra. Dallas

Clase de oratoria y debate con la Sra. Dallas

Recuperación de crédito general con la Sra. Troyer (incluye cursos en línea en el área de interés del estudiante)

Entrenamiento de fuerza y acondicionamiento de verano con el Sr. Quintana

Pickleball con el Sr. Quintana

La sesión principal de la escuela de verano será del 8 al 19 de julio, entre semana, de 9 a. m. al mediodía. ¡Se proporcionarán refrigerios y transporte!

Los padres deben comunicarse con la oficina para inscribir a sus estudiantes en las ofertas de la escuela de verano. Los estudiantes deben reunirse con Esther para inscribirse en los cursos de verano que necesitan para lograr sus objetivos.

La escuela de verano es una gran oportunidad para que los estudiantes se pongan al día si tienen deficiencias de créditos, avancen para poder aprovechar nuestras muchas clases de crédito dual, completen los créditos requeridos temprano para que puedan aprovechar materias optativas basadas en intereses como las de nuestros oficios de construcción o negocios. programas de estudio. ¡Los estudiantes incluso pueden terminar temprano los requisitos de graduación, como el proyecto del último año!

Dra. Heidi Buckmaster, directora

503-355-3551 (línea directa)

503-355-2272 (oficina principal)

[heidib@nknsd.org](mailto:heidib@nknsd.org) (correo electrónico)

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# STUDENTS OF the Month

## Emmnauel Hardy and Sally Neahring

Way to Go!!

### Speech and Debate

Richard Krane - Semifinalist for ADS

Ryan Reyes and Graham Stacy - Semifinalist for Duo

Jay Johansen - 6th for Inform

Jay Johansen - 4th for Prose

Graham Stacy - 1st for Impromptu!!!!!!



The team placed 3rd overall for 1A-4A schools!!!!!!!!!!!!!!!!!!!!!!

It was a very successful weekend and I am so proud of them!!!!

-Shelby Dallas

### FNRL

FNRL wrapped up its season with a 2 day State convention in Corvallis. 16 teams (over 200 students) from around the State competed in 20 events. Aiden Kallas placed 2nd and Ryder Alm took 3rd in Written Expression, a 500-750 word essay. (thanks Ms. Eisley for the assist). Aiden 4th and Ryder 5th placed in Timber Cruising. An event that takes tree measurements and then uses



their trigonometry skills to calculate tree volume in board feet. Ansel took 3rd place in plant id. and 5th place in arbor climb. David Ayala took 2nd and Emmanuel H took 3rd in Animal Id. Nick Jones not pictured below took 5th place in log scaling. Ryder Alm 5th place and Alex Sucindino 6th place in spur climb. Trinity, Tessa, Ansel, Aiden, and Brian S. took 6th place in the Hose Lay team event. The team placed 5th overall.

## **Band going to State**

On Wednesday, April 10th, the high school band competed in the 3A Special District League band festival. They took 2nd place just behind Warrenton and qualified for the state tape pool. They will submit a recording of their performance to the state and wait for the state officials to determine if they will compete in the state finals.

This is an especially wonderful achievement for this band. A majority of the band is freshmen and they have been a valuable addition to our band this year. Our experienced upperclassmen led the way and put in some spectacular performances. In Gen Z terms "they left no crumbs."

### **UPDATE:**

**Neah-Kah-Nie high school band was accepted into the 3A state finals and will be one of the top eight 3A bands in the state in the competition. Please congratulate the band members on this wonderful accomplishment. Our performance time is 9:15 at the LaSells Stewart Center on May 9th.**

The Honor Band will be attending the OMEA III Honor Band Competition on May 3rd and 4th

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**Neah-Kah-Nie Presenta**

# **NOCHE FAMILIAR LATINA**

**Jueves-2 de Mayo, 2024  
6:00-8:00 pm**

**Comida, artesanías,  
juegos, recursos  
locales, y más!**

**Cafetería de la  
escuela secundaria  
Neah-Kah-Nie**

**Piñatas para los niños**

**RSVP: 503-355-3552  
Meaganm@nknsd.org**

**Neah-Kah-Nie Presents**

# **LATINO FAMILY NIGHT**

**Thursday- May 2, 2024  
6:00-8:00 pm**

**Food, crafts, games,  
Local Resources  
and more!**

**Neah-Kah-Nie  
High School  
Cafeteria**

**Piñatas for the kids**

**RSVP: 503-355-3552  
Meaganm@nknsd.org**

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## Unified Spring Sports

The Unified Club is coordinating three of its annual events this spring and invites NKN students to join in. No prior involvement is necessary to join these activities.

Saturday May 4th: **Kickball Game** against Forest Grove @ NKN 10:45pm  
Followed by lunch and visit to Manhattan beach.

Wednesday May 15th **Bowling** in Tillamook 4-7pm  
Some snacks will be provided.

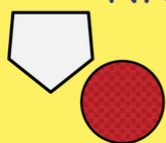
Thursday May 30th **4th Annual Corn Hole Tournament** @ NKN 4-6pm.

Practices will be held during Advisory on Wednesday May 15th and May 29th.



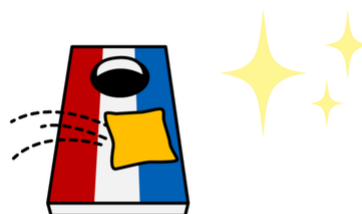
### Spring Unified Club Activities

May 4th (Sat) Kickball  
Game vs Forest Grove @  
NKN 11:00am



May 15th (Wed)  
Bowling @ Pastega  
Activity Center 4-7pm

May 30th (Thurs)  
Cornhole  
Tournament @  
NKN 4pm



Sign up in the office or in the life skills  
classroom. See Carlotta Roddy for questions.  
carlottar@nkn.org 503-355-3594

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## Yearbooks

Yearbook Update:

**PRE-ORDER  
YEARBOOK**  
SOFT-COVER: \$38.00  
HARD-COVER: \$48.00  
E-BOOK: \$10.00  
INSERT: \$4.00  
Last Year Hardcover \$38.00 Softcover \$28.00  
**ORDER WITH EISELE & PAY AMY**

Pre-orders will be delivered to the school before the last day, if you do not pre-order you can order the yearbook online and ship it to your home for a higher price.

Yearbook's have will go to the printers on May 8th! They are expected to be here before graduation which will give students time to sign them and show them around before leaving for the summer or leaving the building for their lives after high school! The yearbook club truly appreciates and honors the support we have from students, parents, and families who place ads and send

in pictures of events our photographers cannot attend. In terms of what to expect, the yearbooks will be sorted in the office and delivered to the student's in their advisory classes (so it is important to be in advisory!). The inserts will be mailed separately after graduation pictures have been edited and sent off, they should arrive at your address no later than 4-5 weeks after graduation. Cheers to another successful year at Neah-Kah-Nie High!

# NKN Pirate Players Presents: Radium Girls

Thursday, May 16th, at 7:00 PM

Dedication of stage before Thursday's performance

Friday, May 17th, at 7:00 PM

Tickets: Adults \$6.00 Students and Senior Citizens \$4.00

Rated: PG-13

The NKN HS Pirate Players will be presenting a compelling dramatic play, "Radium Girls," on the newly renovated stage in the Upper Gym. The performances will be happening on May 16th and 17th at 7 pm, with a rededication ceremony on Thursday night before the play in the upper gym.

Ten performers, including Dr. Tyler Reed in a brief cameo, portray over 30 different characters in this powerful play about an age-old battle between science & commerce, and the toll that both can take on human beings.

We hope that you will join us for this event, the hour-long play is rated PG-13. Admission is \$6 for adults and \$4 for students and Senior Citizens. Students will need their Student ID.



# SENIOR NIGHT

Baseball-May 10th

Softball-May 14th

Presentations will be before games

Games start at 4:30



OLD VEGAS

*Prom 2024*

**SATURDAY, MAY 18 2024**

Hydrangea Ranch  
9455 Kilchis River Rd, Tillamook, OR 97141

Doors Open At 7:00 PM

May 13th-Tickets are sold at lunch  
May 15th at 3:30-Guest passes are DUE

The poster features a black background with gold confetti. At the top, two dice are shown. Below them is a banner with four playing card suits: diamond, club, heart, and spade. The text 'OLD VEGAS' is written in a bold, black, serif font on a white star-shaped background with a red and yellow light border. Below this, 'Prom 2024' is written in a white cursive font. At the bottom, there are several playing cards, including the Ace of Hearts and Ace of Clubs. The entire poster is framed by a red border.

# Esther's Happenings

## Counseling Corner

Our goal at NKN is to assist every student in being college and career ready - no matter what path they choose. Meeting graduation requirements, having the skills they need to be successful in their postsecondary pursuits and becoming the best version of themselves are all attainable goals when we work together. Collaboration between families, students and staff can make for a strong support system and help our students be most successful. Thank you for your part in making the most of student's time and effort here at NKN!

**Seniors:** Almost time to set sail! Let's make sure you have everything in place for your next steps. Ask for help if you need it!

**Juniors:** Finish up those advisory activities!

- Update Activity Chart (in Ed Portfolio)
- Start requesting letters of recommendation (Request form in Ed Portfolio)
- 2 from teachers
- 1 from a coach or advisor
- 1 from an employer or non-family member who knows you well
- Work on OSAC personal essays (in Ed Portfolio)
- Explore postsecondary options for career training, maybe plan a college visit or two

**Sophomores and Freshman:** Summertime is a great time to involve yourself in community service projects, attend camps, develop and pursue your interests and hobbies, or take a class at TBCC (16 or older). Take advantage of summer school activities or look for a job and develop good work habits. Make sure you track everything either in Schoolinks and/or your activity chart!

**PreACT** results are in for sophomores - check in with Esther to see your scores!

May 1st-OSAS Mat CA

May 2nd-OSAS Mat CA

May 8th- Land Surveyor 1st Period with Albrechtsen

May 8th- OSAS Math PT

May 9th-OSAS Math PT

May 10th-OSAS Math PT

May 14th-AP Eng

May 30th-Juntos in the Galley during advisory



UNIVERSITY OF  
OREGON

# Student Academy to Inspire Learning

## What's Great About SAIL?

- FREE Day & Residential Programs
- UO scholarship opportunities
- Eugene campus connections
- Leadership, college & career skill development
- SAIL looks great on resumes and college & scholarship applications
- Get high school credit by participating in SAIL programming

Are you ready for the summer of a lifetime!? Join the [2024 Student Academy to Inspire Learning \(SAIL\) Summer Program](#). **Registration is open!** This FREE week-long pre-college program, held on the UO campus, gives you the chance to experience college life & get hands-on with exciting activities taught by UO's top-notch Faculty. Visit [sail.uoregon.edu](http://sail.uoregon.edu) for details!

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**GEAR UP**



## UPCOMING FIELD TRIPS!



### TILLAMOOK PUD CAREER DAY APRIL 30, 9:00 AM - 1:00 PM

Last year we met with people from:

- Lineworkers & Tree Crew
- Energy Efficiency
- Real-Time Computer Operations
- Mechanics Shop, and more!

Tillamook PUD offers stable, high-paying employment with great benefits and apprenticeship opportunities.

+ \$10,000 Lineworkers Scholarship for VOLTA Lineworkers school in Warrenton!



### NW CULINARY INSTITUTE + CINCO DE MAYO FESTIVAL MAY 3, 8:00 AM - 4:00 PM

Interested in becoming a chef? Northwest Culinary Institute offers:

Apprenticeship-style culinary training   Immersive approach  
Taught by award-winning chefs   Hands-on, real-world experience  
Affordable tuition   Financial Aid   Student housing

After visiting NW Culinary, we will travel to Waterfront Park in Portland for lunch at the **Cinco de Mayo Festival!**



### TRADESWOMEN'S CAREER FAIR MAY 17, 8:00 AM - 3:00 PM

Learn about apprenticeships   Interactive, hands-on exhibits

Learn about career training opportunities   Use the tools of the trades

Talk directly with tradeswomen about the work they do!



### WESTERN OREGON UNIVERSITY MAY 29, 8:00 AM - 2:30 PM

Division II School in Monmouth (2 hours away)   Small class sizes  
Known for their degrees in Education and Law Enforcement

All permission forms are on Shawn's table outside the Library

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## Senior News

**TIME IS  
RUNNING  
OUT**  
MAY 24TH

SENIORS MUST BE  
PASSING ALL  
REQUIRED CLASSES

SENIOR AWARD NIGHT

2024

28 MAY, 2024  
6:30 PM  
HS GYM

Senior Awards and Scholarship Night will be held in the lower gym at NKN HS at 6:30 PM. Parents will be contacted if their student will be receiving recognition at this event.

Juniors are encouraged to attend to see all the tremendous opportunities they have for their Senior year

# Pirates

## JUNE 4TH

Caps and Gowns distributed in the office.

Chromebooks collected

Senior Parades at Nehalem,  
Garibaldi Grade School and KNK Middle  
School

## JUNE 5TH

Check out process begins during  
afternoon classes

Baccalaureate TBD

7:00 PM

Please wear your cap and gown

## JUNE 6TH

Seniors check out of morning classes

Graduation Rehearsal at 2:00 PM

This is a Mandatory Event

## JUNE 7TH

Graduation

7:00 PM

Doors will open at 6:00 PM





**NEW**  
**ARRIVALS**

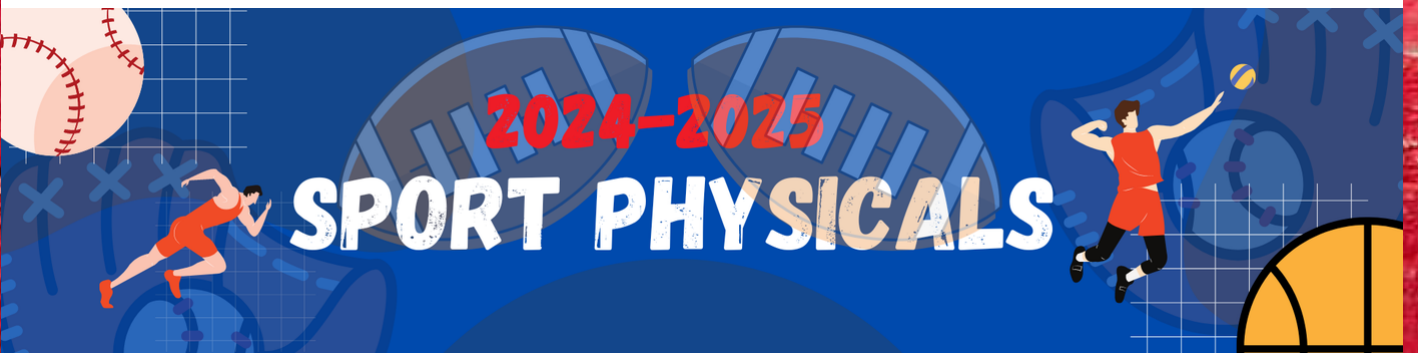
[NKNSWAG.COM](http://NKNSWAG.COM)

ORDER ONLINE/DELIVERED TO HS FOR FREE  
OR SHIPPED FOR SMALL SHIPPING CHARGE



**NEAH-KAH-NIE**

*Pirates*



2024-2025 Sports

## It's Not to Early!

It's not to early to make appointments to update physicals for the 2024-2025 Sport Seasons. If you are an incoming Freshman or a Junior, your physical will likely expire soon. See Amy in the office to find out when you will need to have an updated physical.

## Athletes of the Month



Anthony Allen-Baseball



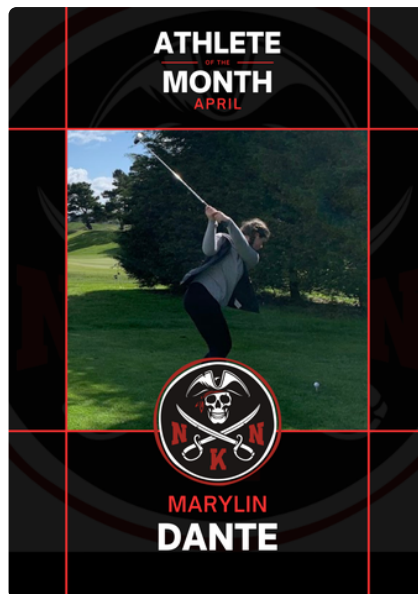
Liam Gibson-Track



Payton White-Track



Ivan Dante-Golf



Marylin Dante-Golf



Melly Pierson-Softball

## Spring Sports Schedule



**April 2024**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
|     | 7   | 8   | 9   | 10  | 11  | 12  |
|     | 14  | 15  | 16  | 17  | 18  | 19  |
|     | 21  | 22  | 23  | 24  | 25  | 26  |
|     | 28  | 29  | 30  |     |     |     |

**May 2024**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  | 31  |     |



**April 2024**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
|     | 7   | 8   | 9   | 10  | 11  | 12  |
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| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  | 31  |     |



**Baseball Team**

**April**

**May**

Check back often for updates!

**April 2024**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
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**May 2024**

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| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  | 31  |     |



**Girls Golf Team (Boys will be featured in May)**

**April**

**May**

**April 2024**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
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**May 2024**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  | 31  |     |



**Track Team**

**April**

**May**

# Support NKN by purchasing a Sponsorship Package



## **Pirate Package \$2,250**

- Announcement at Sporting Events all Seasons
- Full Page Advertisement in Sport Program (You pick season)
- 6'x3' banner displayed along HWY 101 year around
- 6'x2' banner displayed on fence for Spring Sports (Baseball or Softball)
- 3'x2' banner displayed in gym for Winter Sports
- Family Pass to all sporting events

## **Black Package \$1,500**

- Quarter Page Advertisement in Sports Program (You pick season)
- 6'x3' banner displayed along HWY 101 year around
- 6'x2' banner displayed on fence for Spring Sports (Baseball or Softball)
- 3'x2' banner displayed in gym for Winter Sports
- Family Pass to all sporting events

## **Red Package \$1,275**

- 3.5"x2" Page Ad in Sports Program (You pick season)
- 6'x3' banner displayed on fence for Fall Sports
- 6'x2' banner displayed on fence for Spring Sports
- 3'x2' banner displayed in gym for Winter Sports
- Family Pass to all sporting events

## **Create Your Own Package**

- Full Page Program Ad (Fall, Winter and/or Spring)...\$500 per season/\$1250 all seasons
- Quarter Page Program Ad (Fall, Winter and/or Spring).....\$200 per season/\$500 all seasons
- 3.5"x2" Page Ad in Sports Program.....\$75 per season/\$175 all seasons
- 6'x3' Stadium Banner displayed along HWY 101.....\$450
- 6'x2' Stadium Banner displayed along fence for Fall Sports.....\$350
- 6'x2' Stadium Banner displayed along fence for Spring Sports (Baseball or Softball).....\$350
- 3'x2' Gym Banner (Volleyball, Basketball, Wrestling).....\$250
- Football Scoreboard Signage.....\$500
- Poster Ad (Fall, Winter and/or Spring).....\$100 per season/\$250 all seasons

## **This week in Pirate Sports**

Check here for sport updates and streaming

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## **Notes from the Nurse**

# **SPRING SAFE DRIVING**

**TALK TO YOUR TEENS ABOUT SAFE  
DRIVING THIS SPRING. AS THE WEATHER  
GETS NICER, KEEP KIDS ON TRACK FOR  
STAYING SAFE!**

- SLOW DOWN & DRIVE THE SPEED LIMIT
- PUT THE PHONE DOWN & DO NOT DRIVE DISTRACTED
- BUCKLE UP EVERY TIME & REQUIRE PASSENGERS TO BE BUCKLED
- DO NOT DRIVE IMPAIRED—ALCOHOL, DRUGS, MARIJUANA & SOME MEDICATIONS ALL CAN IMPAIR DECISION MAKING & REACTION TIME
- GET ENOUGH SLEEP BEFORE GETTING BEHIND THE WHEEL
- ADULTS, SET THE EXAMPLE. DRIVE HOW YOU WANT YOUR TEEN TO DRIVE. TALK TO THEM ABOUT THESE TOPICS AND KEEP THE CONVERSATION GOING!



From Nurse Denise

# Checked Medications

If you have checked medications in for your student and they no longer take those medications at school, please come to the office to collect the medicine. All medicine must be picked up by the last day of school. Any medications left in the office at the end of the school year will be discarded.



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**NKN** STUDENT HEALTH & WELLNESS CENTER



**NKN**  
STUDENT HEALTH  
& WELLNESS CENTER

**AT NEAH-KAH-NIE HIGH SCHOOL**

**HOURS:**

|                                                                  |                                                                           |
|------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Tuesdays</b>                                                  | 8:30 am – 12:00 pm / 1:00 – 4:30 pm<br>(Closed for lunch 12:00 - 1:00 pm) |
| <b>Wednesdays</b><br><small>Counseling appointments only</small> | 8:30 am – 12:30 pm / 1:30 – 4:30 pm<br>(Closed for lunch 12:30 – 1:30 pm) |
| <b>Thursdays</b>                                                 | 8:30 am – 12:00 pm / 1:00 – 4:30 pm<br>(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](http://NKNHealth.org)**

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



**NKN**  
STUDENT HEALTH  
& WELLNESS CENTER

**EN LA SECUNDARIA NEAH-KAH-NIE**

**HORARIOS:**

|                                                                  |                                                                                      |
|------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>Martes</b>                                                    | 8:30 am – 12:00 pm / 1:00 – 4:30 pm<br>(Cerrado para almorzar de 12:00 a 1:00 p. m.) |
| <b>Miércoles</b><br><small>Citas de consejería solamente</small> | 8:30 am – 12:30 pm / 1:30 – 4:30 pm<br>(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<br>(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                       |
| Salud reproductiva adecuada a la edad | (Dental, radiografías, resonancias magnéticas, especialistas) |
| Estudios de visión                    |                                                               |

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

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

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# What's for Lunch

## SCHOOL LUNCH HERO DAY

### **Neah-Kah-Nie to Honor the School Lunch Heroes Serving Healthy Meals** *Celebrating School Lunch Hero Day on May 3, 2024*

Garibaldi, Rockaway, Nehalem— Between preparing delicious food, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, NKN nutrition professionals have a lot on their plate. To celebrate their hard work and commitment, Neah-Kah-Nie schools will celebrate School Lunch Hero Day on May 3. This day, celebrated annually since 2013, was designated by The School Nutrition Association and Jarrett Krosoczka, author of the "Lunch Lady" graphic novel series. School Lunch Hero Day provides an opportunity for parents, students, school staff and communities to thank those who provide healthy meals to nearly 30 million of America's students each school day.

All across the school district, school nutrition professionals will be honored and recognized by students, school staff, parents, and the community.

"School nutrition employees must balance many roles and follow numerous federal, state and local regulations to ensure safe and healthy meals are available in schools. School Lunch Hero Day provides the opportunity for the community to thank these hardworking heroes for their dedication to fueling our students for success," said Kris Troutman, Food Service Director.

Federal nutrition standards ensure that school cafeterias always offer low-fat or fat-free milk, fruits, vegetables, whole grains and lean protein. School meals also meet limits on calories, sodium and unhealthy fats. The importance and nutritional value of school meals are well documented. For many children, school lunch is the most important and nutrient-rich meal of their day.

Get the details about School Lunch Hero Day at [www.school lunch heroday.com](http://www.school lunch heroday.com). To learn more about the school nutrition program, visit [NKNSD.org](http://NKNSD.org)

*The School Nutrition Association (SNA) is a national, non-profit professional organization representing 50,000 school nutrition professionals across the country. Founded in 1946, SNA and its members are dedicated to making healthy school meals and nutrition education available to all students. To find out more about today's school meals, visit [www.schoolnutrition.org/SchoolMeals](http://www.schoolnutrition.org/SchoolMeals).*

MAY 2024  
NEAH-KAH-NIE HIGH SCHOOL

| Monday                                                          | Tuesday                                                   | Wednesday                                                   | Thursday                                                                | Friday                                                              |
|-----------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------|
| Professional Development<br>NO SCHOOL                           | Breakfast Sandwich<br>Chicken Quesadilla<br>Deli Sandwich | Blueberry Muffin<br>Tater Tot Casserole<br>Chef's Salad     | Biscuit & Sausage<br>Tillamook Cheese Burger<br>Deli Sandwich           | Pancakes<br>Chicken Strips over Rice<br>Deli Sandwich               |
| Breakfast Bar<br>Cheesy Breadsticks & Marinara<br>Deli Sandwich | Biscuits & Gravy<br>Taco Salad<br>PB & J                  | Banana Bread<br>Wing Wednesday<br>Buffalo & BBQ<br>Deli Sub | Pancake on a Stick<br>Chicken Burger<br>Tuna Sandwich                   | Strawberry Bagel<br>Meatball Sub<br>Big Dipper Bento                |
| Waffles<br>Corn Dogs<br>Deli Sandwich                           | Breakfast Bagel<br>Taco Tuesday<br>Chef's Salad           | Strawberry Smoothie<br>Chicken Alfredo<br>Deli Sandwich     | Breakfast Burrito<br>Hamburger Gravy & Mashed Potatoes<br>Deli Sandwich | Oatmeal Rounds<br>Chicken Cheesy Broccoli Bake<br>Cheese Quesadilla |
| Memorial Day<br>No School                                       | French Toast<br>Burritos<br>Deli Sandwich                 | Breakfast Pizza<br>Spaghetti<br>Deli Sub                    | Yogurt Parfait<br>Pulled Pork Sandwich<br>Cobb Salad                    | Cinnamon Rolls<br>Fish & Chips<br>Deli Sandwich                     |
|                                                                 |                                                           | Breakfast Bar<br>Orange Chicken & Rice<br>Chef's Salad      | Biscuit & Scrambled Eggs<br>Sloppy Joe & Tots<br>Chicken Salad          | Pancakes<br>Pepperoni Pizza Sticks<br>Little Dipper Bento           |

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

**"This institute is an equal opportunity provider"**

**Counselor's Corner**

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**TILLAMOOK COUNTY HEALTH CRISIS LINE  
LINEA DE CRISIS DE SALUD MENTAL DEL CONDADO DE  
TILLAMOOK**

Life can be stressfull and overwhelming daily for adults and children/teen alike. Tillamook Country residents have access to a 24-hour crisis response mobile unit:

**Tillamook Country Mental Health Crisis Line 503-842-8201**

**Suicide Prevention Lifeline  
1-800-SUICIDE (784-2433)  
1-800-273-TALK (8255)**

**In Crisis? Text 741741**



SPEECH/DEBATE  
TUESDAY AND WEDNESDAY  
4:00-6:00  
SHELBYD@NKNSD.ORG

NOSB  
MARKM@NKNSD.ORG

NKN HS

JUNTOS  
NATALIE.MACIAS@OREGONST  
ATE.EDU

NATIONAL HONOR SOCIETY  
KIMG@NKNSD.ORG

FRNL

ROBOTICS  
MONDAY & THURSDAY  
4:00-6:00  
KATHRYNH@NKNSD.ORG

STEPHENA@NKNSD.ORG

UNIFIED SPORTS  
CARLOTTAR@NKNSD.ORG

STUDENT GOVERNMENT  
RYANKEE@NKNSD.ORG



CHESS FOR SUCCESS  
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Neah-Kah Nie High School

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