

Neah-Kah-Nie Middle School



November 2024

From the Principal

Dear Parents and Guardians,

As the autumn leaves continue to fall, and we approach the holiday season, I want to take a moment to reflect on the fantastic start we've had this school year. I am so proud of the progress our students have made both academically and socially.

This month, we continue to focus on being *safe, respectful, and responsible*—core values that are key to creating a positive and supportive school environment. Our students have been demonstrating these values daily, and I encourage you to talk with your children at home about how they can continue to practice safety, respect, and responsibility both in school and in the community.

In November, we have several exciting events and activities coming up:

- **Additional Fall Sports - Boys Basketball:** The boys basketball season will kick off practice on **Monday, November 4**. We're excited to see our student-athletes take the court and show their Raider pride!
- **PBIS Assembly (November 8):** We will hold our Positive Behavioral Interventions and Supports (PBIS) assembly where we will celebrate students who have been demonstrating what it means to be safe, respectful, and responsible. We will also highlight present athletic awards for fall sports and students of the month.
- **No School on November 11** for Veterans Day and **November 27-29 for Thanksgiving Break.**
- **End of Trimester 1 (November 25):** The first trimester will come to an end. To celebrate, our staff is planning a fun-filled day on Monday, November 25, to mark this milestone. It will be a day of activities, creativity, and community-building!
- **Grade Day (November 26):** There will be no school for students on November 26 as teachers finalize grades.

Thank you for your continued partnership in your child's education.

Warm regards,

Lori Dilbeck
Principal, Neah-Kah-Nie Middle School

Inclement Weather

For 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

Important Dates To Remember

- NOV 3** - Daylight Saving Time Ends (Fall Back)
- NOV 11** - Veterans Day - No School
- NOV 15** - School Dance; theme "Under The Sea" - 6:00 - 8:00pm
- NOV 19** - Picture Retake Day
- NOV 26** - Grade Day End of Tri 1 - No School
- NOV 27-29** - Thanksgiving Break - No School



Important Dates to Come...

Dec 23-Jan 3 - Winter Break - No School

Jan 6 - Professional Development - No School

Jan 20 - Martin Luther King Jr. Holiday - No School

School Dance!

Under the Sea Dance

Who: 7th & 8th graders

When: Friday, November 15th | 6:00-8:00 p.m.

Where: Middle School - MPR

Cost: \$5 or 15 sand dollars

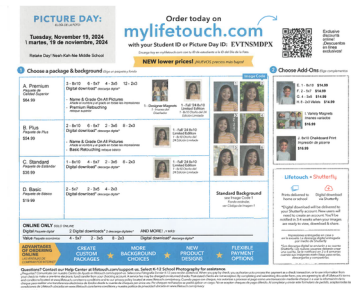


- Concessions available for purchase (drinks, snacks, soft serve, pizza, etc.)
- Pictures available for \$1

Picture Retakes

Picture Retake Day - Nov. 19

Picture retake day is happening on **Tuesday, November 19th**. You can order prints at mylifetouch.com using your students' ID number or the Picture Day ID: **EVTNSMDPX**.



What's For Lunch?

NOVEMBER 2024

NEAH-KAH-NIE MIDDLE SCHOOL

A variety of sandwiches are Available daily as an option For lunch!

Monday	Tuesday	Wednesday	Thursday	Friday
				Pumpkin Bread 1 Breakfast For Lunch
Waffles 4 Cheesy Breadsticks w/ Marinara	Breakfast Sandwich 5 Chicken Soft Tacos	Strawberry Cream Cheesecake Bagel 6 Spaghetti	Yogurt & Graham Crackers 7 Tillamook Cheese Burger	Blueberry Muffin 8 Soup & Toasted Cheese Sandwich
11 VETERANS DAY NO SCHOOL	French Toast 12 Chicken Quesadilla	Breakfast Bars 13 Mac & Cheese	Pancake on a Stick 14 Sloppy Joe's	Breakfast Rounds 15 Chicken Nuggets
Biscuits & Gravy 18 Corn Dogs	Cinnamon Bagel 19 Burritos	Banana Bread 20 Lasagna	Strawberry Smoothies 21 Chicken Burger	Cinnamon Rolls 22 Pepperoni Pizza Sticks
Pancake Sausage Bites 25 Hamburger Gravy Over Mashed Potatoes	26 GRADE DAY NO SCHOOL	27 NO SCHOOL	28 HAPPY THANKSGIVING	29 NO SCHOOL

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread items are whole wheat or whole grain. Gluten free options are available. Fat-free and 1% milks are offered daily. Whole grain cereals are an option at breakfast. Menu items are subject to change.
"This institute is an equal opportunity provider"

Club & Sport Updates



NKN Robotics Meet | October 26

On Saturday, October 26th, NKN Robotics team—named "Undecided?"—attended *FIRST Tech Meet 0* with the Silicon Forest League.

The programming team, including Dillon, Karsten, Lily, and Xandre, spent hours working on sensor-based programming using a new odometry sensor (x,y movement), the built-in imu (for heading), a potentiometer (for arm angle), and motor encoder (for arm extension). **This represents the greatest amount of sensor-based programming that NKN Robots has ever attempted.** These tasks

take a significant amount of time and this group will continue to develop on these skills in the coming years.

The result was a two-win, three-loss record. The team learned from their mistakes and continued to improve in their performance throughout the meet. Despite these competition rounds being only 2:30, do not underestimate how difficult they are. The members of our team who stepped up as the drive team were Alex (chassis), Xandre and Josiah (arm), and Lily (team coach).

Thank you parents, mentors, sponsors, and NKN School District for making participation in FIRST Tech Challenge possible!



Cowbell For Cross Country | October 31

On Halloween Day our Cross Country team embarked out to Tillamook for a meet. Despite the rainy weather, our team finished 2nd! Their trophy is a cow bell that is now proudly displayed in our school hallway.

Congratulations, Team!



WINTER ATHLETICS

GAME SCHEDULES

Neah-Kah-Nie Middle School

25111 Hwy. 101 North, Rockaway Beach, OR 97136
(503) 355-2990 - Fax: (503) 355-8514



2024 Boys Basketball

<u>Date</u>	<u>Location</u>	<u>Dismissal/Departure</u>	<u>Tip Off</u>
Tues 11/12	NKN vs Clatskanie	3:20	4:00
Thurs 11/14	NKN vs Jewell(1 team)	3:20	4:00
Mon 11/18	@ Rainier	12:45/1:00	4:00
Wed 11/20	@Vernonia	1:15/1:30	4:00
Thurs 11/21	NKN vs Warrenton	3:20	4:00
Mon 12/2	@Knappa	1:25/1:40	4:00
Wed 12/4	NKN vs Vernonia	3:20	4:00
Mon 12/9	@ Jewell (1 team)	1:45/2:00	4:00
Wed 12/11	@ Warrenton	1:55/2:10	4:00
Tues 12/17	@ Clatskanie	12:55/1:10	4:00

* 2nd game to start 10 minutes after 1st game completion (around 5:10)

Coming Soon...

Cheerleading/Dance - Practices start on November 5th.

Girls Basketball - Practices will start after Winter Break; more information to come.

Wrestling - Practices will start after Winter Break; more information to come.

Planning to Play Sports?

Get your sports physicals NOW for Winter 24/25 sports!

You can schedule a sports physical with your regular medical provider or call the NKN Health Center at 503-355-3500 to get your sports physical before the first day of school!

Download the forms at NKNHealth.org (Sports Physical Form, Consent Form, Release of Information Form, and HIPAA Forms). These are all required. If you're a new patient to the NKN Health Center, you would also need to complete the New Patient Forms each school year.

**GET YOUR SPORTS PHYSICAL
NOW FOR THE FALL 2024 SEASON**

- ✓ You can schedule a sports physical with your regular medical provider
- ✓ Or call the NKN Health Center at 503-355-3500 to get your sports physical before June 7th! Download the forms at NKNHealth.org (The NKN School Sports Physical Form, Consent Form, Release of Information Form, and HIPAA Forms are required. If you have never been seen before you also would need the New Patient Forms.)
- ✓ Student athletes in middle school and high school athletics must have an up to date sports physical completed every 2 years to play!

Student athletes in Middle School and High School must have an up to date sports physical completed every 2 years in order to participate in practices and games.



AT NEAR-KAH-NIE HIGH SCHOOL

HOURS:

Tuesdays	8:30 am - 12:00 pm / 1:00 - 4:00 pm (Closed for lunch 12:00 - 1:00 pm)
Wednesdays	8:30 am - 12:00 pm / 1:00 - 4:00 pm (Closed for lunch 12:00 - 1:00 pm)
Thursdays	8:30 am - 12:00 pm / 1:00 - 4:00 pm (Closed for lunch 12:00 - 1:00 pm)

SERVICES AVAILABLE:

NKN Student Health & Wellness Center offers various medical services, including:

- Reggie Frick eye
- Acute care
- Cardio pulmonary
- Case management
- Chiropractic
- Immunizations
- Pharmacy
- Prevention services
- Age appropriate reproductive health
- Wound care
- Dental emergency
- Hand hygiene counseling
- Health screening
- Contraception
- Referrals to specialists
- Pharmacy services
- Diabetes A-1c, HbA1c, blood sugar
- Wound care

Learn more at: NKNHealth.org

NKN Student Health & Wellness Center | Telephone: 503.555.3888 | Fax: 503.555.3887



EN LA SECUNDARIA NEAR-KAH-NIE

HORARIOS:

Martes	8:30 am - 12:00 pm / 1:00 - 4:00 pm (Cerrado para almuerzo de 12:00 a 1:00 pm)
Miércoles	8:30 am - 12:00 pm / 1:00 - 4:00 pm (Cerrado para almuerzo de 12:00 a 1:00 pm)
Jueves	8:30 am - 12:00 pm / 1:00 - 4:00 pm (Cerrado para almuerzo de 12:00 a 1:00 pm)

SERVICIOS DISPONIBLES:

El Centro de Salud y Bienestar para los estudiantes de NKN ofrece una variedad de servicios médicos, incluyendo:

- Reggie Frick oftalmología
- Cuidado de atención primaria
- Atención de enfermería
- Atención de fisioterapia
- Atención de nutrición
- Atención de odontología
- Atención de optometría
- Atención de radiología
- Atención de rehabilitación
- Atención de salud pública
- Atención de salud sexual y reproductiva
- Atención de salud mental
- Atención de salud preventiva
- Atención de salud materno-infantil
- Atención de salud geriátrica
- Atención de salud de la infancia
- Atención de salud de la adolescencia
- Atención de salud de la adultez
- Atención de salud de la vejez

Conozca más en: NKNHealth.org

NKN Student Health & Wellness Center | Telephone: 503.555.3888 | Fax: 503.555.3887

New Hours for NKN Health and Wellness

Nuevo horario para NKN Health and Wellness

From the Nurse

Cold & Flu Season

Dear Parent/Guardian:

As we approach the cold and flu season, please remind your middle schoolers to **wash their hands**. Good hand hygiene is the number one prevention effort for transmission of germs! Washing hands before meals, after using the bathroom and whenever hands are visibly dirty helps prevent your students from getting sick.



Let's all take part in this simple prevention effort!

Medications At School

If your child needs medication at school, please read:

- **A permission form must be submitted to the office for medication administration.**
 - See attached authorization forms below - you can bring signed to registration.
 - This means ALL medication must be checked in at the office with a signed authorization from a parent or physician depending on the medication.
 - This applies TO ALL MEDICATION EVEN TUMS OR ASPRIN.
- Please call the office if you have questions

THE STATE OF OREGON DISTRICT 10
AUTHORIZATION FOR MEDICAL ADMINISTRATION
 Patient Name: _____ Date: _____
 I, the undersigned, am a duly licensed and registered health care provider in the State of Oregon, and I am authorized to administer the following medication to the patient named above. (Print in all caps.)
 Medication: _____
 Dose: _____
 Frequency: _____
 Route: _____
 Date: _____
 Signature: _____
 Title: _____
 License No.: _____
 ALL MEDICATION MUST BE IN ITS
 ORIGINAL CONTAINER WITH AN ACCURATE LABEL.



THE STATE OF OREGON DISTRICT 10
SELF-MEDICATION AGREEMENT *DOCTOR'S NOTE REQUIRED
 I, the undersigned, am a duly licensed and registered health care provider in the State of Oregon, and I am authorized to administer the following medication to the patient named above. (Print in all caps.)
 Medication: _____
 Dose: _____
 Frequency: _____
 Route: _____
 Date: _____
 Signature: _____
 Title: _____
 License No.: _____
 ALL MEDICATION MUST BE IN ITS
 ORIGINAL CONTAINER WITH AN ACCURATE LABEL.

Authorization for Medical Administration

Self Medication Agreement *Doctor's Note Required

School Immunizations

You may have received a letter mailed home regarding immunizations for your student. Shots are required by law for children who attend public schools, private schools, preschools, childcare facilities, and Head Start programs in Oregon. Nearly every place that provides care for a child outside the home requires shots or an exemption to stay enrolled ([more info](#)).

[For Oregon school's immunization requirements click here](#)

Where to get copies of immunization records?

A copy is also located at any of the Tillamook County Health Centers.

[Oregon Certificate of Immunization Status Form](#)

Why is it important to keep copies of immunization records?

Most people are busy and have trouble remembering a shot from years back. Keeping a shot record of immunizations ensures that children will not miss any immunizations. Immunization record are an important part of permanent medical records that will be needed throughout life. It's up to the guardians to make sure children are protected and up to date on immunizations.

If your student is due for an immunization, you will receive a letter in the mail stating what vaccine is due. Oregon Exclusion date for all students is **Feb 19th 2025**.

Middle School Attendance

Sick? Stay Home OR Come to School?

As cold and flu season hits full stride, the decision to send or keep your child home can become more tricky. We follow a symptom protocol chart developed by the Oregon Health Department. Nobody likes getting sick, but if your student is ill and you're not sure they should be at school, please refer to the chart here and keep the school updated of their attendance.

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...
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.
Jaunderice: 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.

Health OREGON DEPARTMENT OF EDUCATION

Missing School?

If you need to contact us for attendance purposes, email us at msattendance@nknsd.org. Please include the following:

- Students First and Last name
- Reason for the absence
- Date or time they will return from absence



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 for a pre-arranged absence, 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 a student's performance and they miss out on valuable instructional time. Emailing or calling the office to let us know they won't be here is a start to keeping them on track!

Community Service & 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.

In order to make honor roll, students must complete a minimum of 7 hours of community service per trimester. For each activity, the student will need a signature and the contact information from the supervising adult. Once this is completed, send in your letter to your student's advisor or the middle school office.



[LEARN MORE](#)

ParentVUE

Registration Access, Grade Access, Attendance, Class Schedule and more!

ParentVUE is a web portal that allows parents to access real-time information related to their student's education progress. Parents can view their student's attendance, grades, assignments, and more. If you are a new user, contact the Middle School for your activation code and get signed in!

The screenshot shows the ParentVUE login interface. At the top, it says "Login" and "Neah-Kah-Nie School District". Below this are two input fields: "User Name:" and "Password:". The "User Name:" field contains a vertical bar. Below the "Password:" field is a "Forgot Password" link. A blue "Login" button is positioned below the password field. To the right of the login button is a "More Options" dropdown menu. Below the login section are three links: "Activate Account" with a power icon, "Forgot Password" with a lock icon, and "Mobile App URL" with a link icon. Below these are three icons for mobile apps: "iPhone App", "Android App", and "Mobile App URL" with the URL "https://parent-nehkahnie.cascadetechn.org/nehkahnie/". At the bottom left, there is a language selector: "English | Español".

[Click Here To Enroll, Register or Update Information Today!](#)

Do You Have Fred Meyer Rewards?

Want to support Neah-Kah-Nie Middle School's parent group? It's easy! Connect your Fred Meyer Community Rewards account to Neah-Kah-Nie School District #56, and Fred Meyer will donate a portion of your purchases to help our school. Thank you for your support!



How to enroll:

1. Create a digital account.

A digital account is needed to participate in Fred Meyer Community Rewards. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.

2. Link your Card to an organization.

Selecting the organization that you wish to support is as simple as updating the Fred Meyer Community Rewards selection on your digital account.

1. Sign in to your digital account.
2. Search for Neah-Kah-Nie School District #56.
3. Select the appropriate organization from the list and click "Save".

Your selected organization will also display in the Fred Meyer Community Rewards section of your account. If you need to review or revisit your organization, you can always do so under your Account details.

3. Your organization earns.

Any transactions moving forward using the Shopper's Card number associated with your digital account will be applied to the program, at no added cost to you. Fred Meyer donates annually to participating organizations based on your percentage of spending as it relates to the total spending associated with all participating Fred Meyer Community Rewards organizations.

Current Staff at NKN Middle School

Atwood, Ashley; School Counselor

atwooda@nknsd.org

Bayouth, Fred; Science 6th and exploratory

fredb@nknsd.org

Bits, Ruben; Math 6th & 7th and exploratory

rubenb@nknsd.org

Clifton, Salena; Language Arts 6th

salenac@nknsd.org

Crook, Will; Social Studies 7th & 8th

willc@nknsd.org

Curtis, Tyler; Language Arts 7th

tylerc@nknsd.org

Dilbeck, Lori; Principal

lorid@nknsd.org

Dills, Stacey; Special Education

staceyd@nknsd.org

Douma, Angie; Reading Specialist

angied@nknsd.org

Giani, Marie; Head Secretary

marieg@nknsd.org

Green, Katie; Math 7th & 8th and TAG

kathryng@nknsd.org

Harmon, Kathryn; Librarian and exploratory

kathrynh@nknsd.org

Hopkins, Jenn; Family Resource Coordinator

hopkinsj@nknsd.org

Hummel, Nicki; Art 6th & 7th and exploratory

nickih@nknsd.org

Massey, Emily; Asst Secretary; Athletics

emilym@nknsd.org

Reed, Joe; PE 6th & 7th and exploratory

josephr@nknsd.org

Rocca, Jay; Science 7th & 8th

jayr@nknsd.org

Sargent, Emily; Language Arts 8th

emilys@nknsd.org

Simpson, Michael; Choir 7th & 8th

michaels@nknsd.org

Wiley, Kelly; PE 8th

kwiley@nknsd.org

Winder, Taylor; Special Education

taylorw@nknsd.org

Zaugg, Russell; Band 7th & 8th, Choir 6th

russellz@nknsd.org



Marie Giani/Emily Massey
Head Secretary and Assistant Secretary

