



Neah-Kah-Nie Middle School

January 2025

From the Principal

Dear Parents and Guardians,

As the year comes to a close, I want to take a moment to reflect on the amazing journey we've shared so far this school year. It has been such a joy to see our students grow, learn, and create special memories together. Watching them tackle challenges, support their friends, and celebrate their successes reminds me every day of just how incredible our school community is.

Winter break is such a wonderful opportunity to pause and reconnect with what matters most. Whether it's snuggling up with a favorite book, baking cookies as a family, or simply enjoying the twinkling lights of the season, I hope you and your children can savor these special moments together. This time to rest and recharge is so important, and I hope every family finds joy and warmth in the weeks ahead.

I wish you a season filled with laughter, love, and happiness. May the New Year bring new opportunities, fresh starts, and so much to look forward to. I can't wait to welcome everyone back on January 7, rested, refreshed, and ready for more adventures in learning!

Warm regards,

Lori Dilbeck
Principal, Neah-Kah-Nie Middle School

Important Dates To Remember

Dec 23 - Jan 3: Winter Break - No School

Jan 6: Professional Development - No School

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

Jan 25: Vision Screenings

Feb 19: Oregon Exclusion date (immunizations)

School Immunizations



Need your immunizations?



NKN

**STUDENT HEALTH
& WELLNESS CENTER**

Did you know that all standard childhood 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 are available for ages 12 and up, and flu vaccines are available for all ages.)

Call 503-355-3500 to schedule an appointment.

503-355-3500 | nehalembayhealth.org

If your student is due for an immunization, you will have received a letter in the mail stating what vaccine is due. [Oregon Exclusion date for all students is Feb 19th 2025.](#)

Shots are required by law for children who attend public schools, private schools, preschools, childcare facilities, and Head Start programs in Oregon. [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?

Immunization records 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.



AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

Tuesdays 8:30 am - 12:00 pm / 1:00 - 4:00 pm
 Wednesdays 8:30 am - 12:00 pm / 1:00 - 4:00 pm
 Thursdays 8:30 am - 12:00 pm / 1:00 - 4:00 pm

SERVICES AVAILABLE:

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

- Immunizations
- First Aid
- Wound Care
- Health Screenings
- Referrals
- First Aid Kits
- Prescription Refills
- Age-appropriate reproductive health services
- Health Insurance
- Chaperone Services
- Blood Pressure Monitoring
- Health Education
- Health Insurance
- Referrals to Specialists
- Referrals to Other Health Services
- First Aid Kits, Supplies
- Health Insurance

Learn more at: NKNHealth.org

NKN Student Health & Wellness Center | Telephone: 503.555.3000 | Fax: 503.555.3001




EN LA SECUNDARIA NEAH-KAH-NIE

HORARIOS:

Martes 8:30 am - 12:00 pm / 1:00 - 4:00 pm
 Miércoles 8:30 am - 12:00 pm / 1:00 - 4:00 pm
 Jueves 8:30 am - 12:00 pm / 1:00 - 4:00 pm

SERVICIOS DISPONIBLES:

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

- Vacunaciones
- Primeros auxilios
- Cuidado de heridas
- Exámenes de salud
- Referencias
- Primeros auxilios
- Recetas de medicamentos
- Servicios de salud reproductiva apropiados para la edad
- Seguro de salud
- Compañeros de atención
- Exámenes de presión arterial
- Educación en salud
- Seguro de salud
- Referencias a especialistas
- Referencias a otros servicios de salud
- Primeros auxilios, suministros
- Seguro de salud

Conoce más en: NKNHealth.org

NKN Student Health & Wellness Center | Telephone: 503.555.3000 | Fax: 503.555.3001

New Hours for NKN Health and Wellness

Nuevo horario para NKN Health and Wellness

On The Menu

JANUARY 2025
NEAH-KAH-NIE MIDDLE SCHOOL

A variety of deli sandwiches are available daily as an option for lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		HAPPY NEW YEAR!!		
PROFESSIONAL DEVELOPMENT NO SCHOOL	Breakfast Sandwich Tacos	Strawberry Cr. Cheese Bagel Mac & Cheese	Yogurt & Grahams Hamburgers	Blueberry Muffin Popcorn Chicken
French Toast Corn Dogs	Breakfast Bar Enchiladas	Cherry Strudel Orange Chicken Over Rice	Pancake on a Stick Chicken Burgers	Pumpkin Bread Soup & Toasted Cheese Sandwich
MARTIN LUTHER KING DAY NO SCHOOL	Sausage & Biscuit Nachos	Banana Bread Crispy Chicken Drumsticks	Pancake Bites Pizza Sticks	Oatmeal Rounds Chicken Nuggets
Waffles Teriyaki Chicken Over Rice	Breakfast Sandwich Burritos	Strawberry Cr. Cheese Bagel Spaghetti	Strawberry Smoothie Tillamook Cheese Burger	Blueberry Muffin Breakfast For Lunch

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread items are whole grain or whole wheat. GF options 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”

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](#)

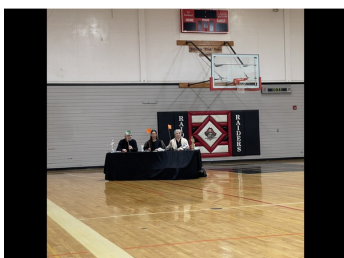
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Haiku Death Match

The Haiku Death Match is a Neah-Kah-Nie Middle School tradition since its founding in 2006. Every year, all students write several haikus and compete in a grade-wide competition. The top 10 from each grade then move on to the school-wide competition.

In the school-wide competition, all finalists compete in several more rounds of haikus (with the entire school in attendance) until we are left with one winner standing.

Please help congratulate our 6th grade winner Oliver Arnold!





Winter Athletics

Neah-Kah-Nie Middle School
6215 Hwy. 101 North, Rockaway Beach, OR 97139
(503) 355-2990 • Fax (503) 355-8214



2025 Girls Basketball

Date	Location	Dismissal/Departure	Trio Off
Wed 1/15	@ Jewell (1 game)	1:45/2:00	4:00
Tues 1/21	NKN vs Clatskanie	3:25/ 4:00	4:00
Wed 1/22	NKN vs Rainier	3:25/ 4:00	4:00
Mon 1/27	@ Warrenton	2:00/2:15	4:00
Wed 1/29	NKN vs Vernonia	3:25/ 4:00	4:00
Tue 2/4	NKN vs Knappa	3:25/ 4:00	4:00
Wed 2/5	@ Vernonia	1:15/1:30	4:00
Mon 2/10	NKN vs Jewell (game)	3:25/ 4:00	4:00
Wed 2/12	NKN vs Warrenton	3:25/ 4:00	4:00

** 2nd game starts 10 minutes after 1st (about 5:00-5:10)

Neah-Kah-Nie Middle School
6215 Hwy. 101 North, Rockaway Beach, OR 97139
(503) 355-2990 • Fax (503) 355-8214



2025 Wrestling

Date	Location	Dismissal/Departure	Wrestle In/Start
Wed 1/15	Tillamook	2:15/2:30	3:30/4:00
Wed 1/22	Warrenton	1:45/2:00	3:30/4:00
Thurs 1/29	NKN	3:00/ 3:30	3:30/4:00
Tues 2/4	Vernonia	1:15/1:30	3:30/4:00
Wed 2/12	Tillamook	2:15/2:30	3:00/3:30/4:00
Mon 2/17	Scappoose	Coach Meeting 9AM/10:00	

2025 Girls Basketball

Practices start January 7, 2025

2025 Wrestling

Practices start January 7, 2025

Don Reynolds Baseball Group

Baseball/Softball Skills Training and Development

Neah-Kah-Nie Winter Clinic: January 4-5

Open to all athletes within NKNSD boundary lines.



Who we are: We are a group of baseball and softball coaches from within the Neah-Kah-Nie School District, who have combined our talents to provide a quality training and development program for our athletes. We are not affiliated with any one team or coach. We are not affiliated with any one coach. We are not affiliated with any one coach.

What we do: We offer a quality training and development program for our athletes. We offer a quality training and development program for our athletes. We offer a quality training and development program for our athletes.

What we don't do: We do not offer any form of financial aid or scholarship. We do not offer any form of financial aid or scholarship. We do not offer any form of financial aid or scholarship.

Neah-Kah-Nie Winter Clinic
Date: **January 4th and 5th**
Cost: **\$60 (one-time fee)**
Location: **High School Field & Upper Gym**

Time	High School	Middle School	3 rd -5 th Grade
4-6pm	7-9pm	12-2pm	

Registration Contact: Crystal Dietrich - crystal11@gmail.com 503-477-4781
Checks Payable to: Blackflag Baseball
PO Box 684 Rockaway Beach, OR 97139



Open to All athletes within NKNSD boundary lines
Sunday January 12th, 2025
@ Neah-Kah-Nie HS Field & Upper Gym

Minors (3rd/4th Grade) 12 – 1 pm
Juniors (5th/6th Grade) 1 – 2 pm
Seniors (7th/8th Grade) 2 – 3 pm

Season Runs March – July
Pre-Season Workouts January & February

Player Fees ~ \$200 Team placement not guaranteed
Includes Game Uniform & Practice Jersey



Blackflag Baseball.com
Rockaway Beach Scholastic Baseball - PO Box 684 Rockaway Beach, OR 97139
Questions Contact Crystal Dietrich - crystal11@gmail.com 503-477-4781

Change in Schedule?

If your student needs to ride a different bus, be picked up, or have any other transportation changes, please let the office know no later than 3:30 p.m. We cannot guarantee enough time to inform students if we are notified past this time.







Stay Home? Or Come to School?



With cold and flu season upon us, the decision to send or keep your child home can become 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.

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

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.
Icteric: 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 other 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.

Help Your Child Succeed



BELONG, BELIEVE,
ACHIEVE:
TOGETHER, EVERY DAY

DID YOU KNOW?

Regular and on-time attendance is important to your child's success at school all throughout their school experience. Research strongly supports the connection between your child's sense of belonging, academic achievement, and attendance.

- Attending school regularly helps children feel better about school and themselves.
- Students need time to build relationships with their teachers and fellow students.
- Missing 10%, or about two days each month over the course of a school year, can make it harder to learn to read and stay on track with curriculum across all subjects.
- Students can still fall behind if they miss just one or two days every few weeks.
- Students develop the habits of good attendance and punctuality for high school and beyond.

WHAT CAN YOU DO?

Parents/guardians are key players in reinforcing habits of good attendance and punctuality.

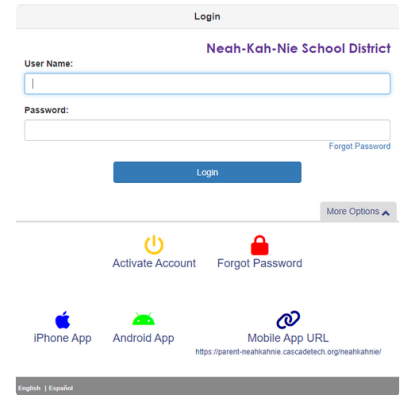
- Introduce your kids to their teachers and classmates before school starts.
- Stay in contact with teachers to communicate any concerns.
- Set a regular bedtime and morning routine.
- Have students lay out clothes and pack backpacks the night before school.
- Develop contingency plans for getting to school if something comes up.
 - Call on a family member, neighbor, or another parent.
- Schedule medical appointments and extended trips or vacations when school isn't in session.

- If your child seems anxious about going to school, talk to their teacher, counselor, or principal about how to make them feel more comfortable and excited about learning.
- If your child must stay home due to illness, ask the teacher for ideas and resources for continued learning at home.

ParentVUE

Grades, 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!



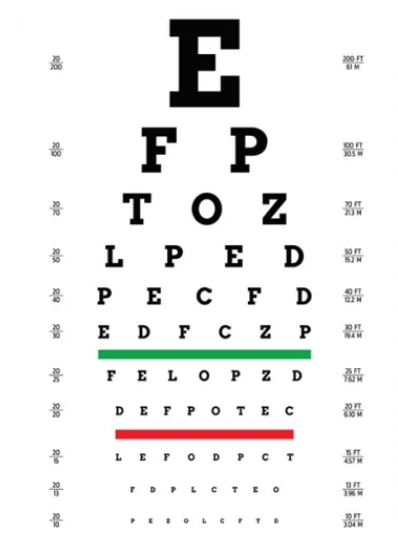
[Click Here To Enroll, Register or Update Information Today!](#)

Vision Screenings

On **Tuesday, January 28th, 2025**, vision screenings will be offered by the Lions Club for all students. These screenings occur each year as part of required Oregon school-based health screenings.

A follow up letter will be sent home within a few weeks of the screening if there are unexpected results or if your student needs a follow up screening with an eye doctor.

We appreciate this opportunity offered by the Oregon Lions Sight and Hearing Foundation.



Middle School Parent Group

Volunteer Opportunities

If you are looking for a way to support the middle school students and teachers, here is your chance! We have a wide range of volunteer opportunities available:

<https://www.signupgenius.com/go/20F0E44AFAA23ABF49-51449485-middle>

If you would like to receive email updates on Parent Group activities, email parentgroupms@gmail.com to be added.



Marie Giani/Emily Massey

Head Secretary/Assistant Secretary