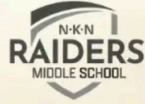


October 2026 Newsletter

Emily Massey • a few seconds ago • Tuesday, Sep 29 at 2:40 PM • **Neah-Kah-Nie Middle School**

🔗 This post can be viewed by users outside of ParentSquare



OCTOBER 2026 NEWSLETTER

From the Principal

Dear Parents and Guardians,

This year, our report card includes a new section focused on four important student attributes: Initiative, Engagement, Integrity, and Responsibility. These attributes represent the skills and habits that help students become successful, independent learners—in school and beyond.

Throughout the year, teachers will explicitly teach and reinforce what each attribute looks like in their classrooms. Students will learn how to:

- Demonstrate **Initiative** by setting goals, monitoring their progress, asking for help, reflecting on their learning, and responding positively to challenges and feedback.
- Show **Engagement** by participating in class activities, using their work and resources to support learning, listening attentively, and collaborating respectfully with others.
- Practice **Integrity** by treating others with kindness and respect, working cooperatively, helping others feel included, and contributing to a positive school environment.
- Demonstrate **Responsibility** by caring for school materials, coming to class prepared, following classroom procedures, using class time effectively, and completing assignments.

Teachers will provide students with feedback about how independently they demonstrate the attributes taught and assessed during each grading period. On the report card for each subject, families will see an overall score from 1–4:

- **4 – Independent:** The student demonstrates the attribute consistently and independently.
- **3 – Minimal Support:** The student demonstrates the attribute in most situations with little support.
- **2 – Moderate Support:** The student demonstrates the attribute inconsistently and benefits from reminders or support.
- **1 – Substantial Support:** The student needs frequent guidance and support to demonstrate the attribute.

These scores are intended to show the level of support a student currently needs, while providing students, families, and teachers with useful information for continued growth. Because expectations may look slightly different depending on the subject and classroom setting, students may receive different attribute scores in different classes.

We encourage families to review these scores with their students and celebrate their growth. Helpful questions might include, "Which attribute is a strength for you?" and "Which attribute would you like to become more independent in this quarter?" By working together, we can help every student develop the skills, confidence, and independence needed for success.

Sincerely,

Lori Dilbeck
Principal, Neah-Kah-Nie Middle School

Important Dates to Remember

- October 6: MS Volleyball vs. Rainier @ home
- October 12: MS Volleyball vs. Jewell @ home
- October 13: MS Parent Group meeting: 4:00 p.m.
- October 14: MS Volleyball vs. Warrenton @ home
- October 16: MS Football vs. Vernonia @ home
- October 23: 7th & 8th Grade School Dance: 6:00 - 8:00 p.m. (see more below)
- October 26: Professional Development - **No School**



Important Dates to Come:

- November 2: Picture Retake Day
- November 2: End of Semester 1 Progress Period 1
- November 4: PBIS Assembly
- November 4: Student-Led Conferences 4:00 - 8:00 p.m.
- November 5: Student-Led Conferences 8:00 a.m. - 8:00 p.m. - **No School**
- November 5: **No School**
- November 11: Veterans Day - **No School**
- November 25-27: Thanksgiving Break

NKN District Calendar

Student-Led Conferences

Sign up on ParentSquare

- Wednesday, November 4th 4:00 p.m. - 8:00 p.m.
- Thursday, November 5th 8:00 a.m. - 8:00 p.m.



Student-Led conferences will be scheduled directly with your students' advisory teacher through ParentSquare. Be sure to look for the sign-up post from your student's advisory teacher.

Yondr Pouch Reminder

Reminder: Students are responsible for bringing their Yondr pouch to school every day.

If a student damages or reports losing their pouch, a \$25.00 replacement fee will be issued. Invoices will be mailed out November 3rd, 2026.



Attendance

Missing School?

If your student is going to be absent from school, please let our attendance team know by:

- Emailing msattendance@nknsd.org
- Sending us a message on ParentSquare (Emily Massey & Marie Giani)
- Calling the front office at 503.355.2990.



7/8 School Dance



Athletics

Athletic Schedules

Athletics Coming Soon:

Boys Basketball (Nov - Dec)

- Sign-ups will be available in the front office starting October 1.



Girls Wrestling (Nov - Dec)

- Sign-ups will be available in the front office starting October 1.

What's Needed to Participate?

In order to attend and participate in practices and games, all athletes are required to have the following:

- Sports Physical (valid for two years from the date of the exam)
- **Completed Athletics Permission Form** (valid for the duration of one school year, must be completed annually)

Students at Home Games

A reminder that any student attending a sporting event at the high school **must be accompanied by an adult.**

MS Parent Group

Next Meeting: October 13

The middle school Parent Group meets every second Tuesday from 4- 5 PM. Our next meeting is **October 13**. Please join us for a casual chat about upcoming activities and to hear an update from Principal Dilbeck.



You'll also see us running the concession table at home volleyball games this fall, and girls and boys basketball later in the year. Encourage your student to check out our snacks and beverages! All proceeds support student experiences and teacher appreciation efforts.

After School Clubs

Math Tutoring

Held **Mondays** from 4:00 - 6:00 p.m. For questions, please contact Ms. Green at katieg@nknsd.org.

Robotics

Held **Mondays** and **Thursdays** from 4:00 - 6:00 p.m. in the high school library. Open to grades 7-12. For questions, please contact Kathryn Harmon at kharmon@nknsd.org.

Chess Club

Held **Wednesdays** from 4:00 - 6:00 p.m. in the middle school library. Chess club is open to high school and middle school students. For questions, please contact James Johansen at jamesj@nknsd.org.

Art Club

Will be held weekly on Tuesdays beginning in December. **More info and applications to come in November.**

After School Snack Program



Staying after school for an activity, tutoring, or club? NKN now offers an after-school snack program! Any student interested can go to the MS/HS Cafeteria for a free snack.

**3:45 – 4:05 P.M.
MON – FRI**



Mealtime

OCTOBER 2026					Fresh Fruits and Veggies Daily Whole Grain Pasta and Bread Fat-Free, 1%, and Whole Milk	
NEAH-KAH-NIE MIDDLE SCHOOL						
Monday	Tuesday	Wednesday	Thursday	Friday		
			Blueberry Muffins 1 Chicken Burgers	Breakfast Sandwiches 2 Soup & Grilled Cheese Sandwiches		
French Toast 5 Mac & Cheese	Yogurt & Biscuits 6 Chicken & Cheese Quesadillas	Pancake on a Stick 7 Enchilada Casserole	Breakfast Bagels 8 Rib-B-Que's	Waffles 9 Pizza Sticks		
Pancakes 12 Cheesy Breadsticks & Marinara	Breakfast Pizza 13 Burritos & Mexican Rice	Pumpkin Bread 14 Spaghetti	Cream Cheese Bagel 15 Cheeseburgers	Breakfast Bars 16 Hot Dogs & Baked Beans		
Biscuits & Gravy 19 Corn Dogs	Breakfast Burritos 20 Enchiladas	Banana Bread 21 Tater Tot Casserole	Breakfast Sandwiches 22 Chicken Strip Basket	Oatmeal Rounds 23 Breakfast For Lunch		
PROFESSIONAL DEVELOPMENT NO SCHOOL 26	Yogurt & Eng. Muffins 27 Street Corn Tacos	Pancake on a Stick 28 Lasagna	Breakfast Bagels 29 Crispy Chicken Drumsticks	Waffles 30 Candy Corn Pizza		

Sandwiches or Hand-Crafted Salads are an option daily for lunch.
Join us in celebrating "National School Lunch Week" October 12-16!!
"This institute is an equal opportunity provider"

Seconds on Meals

First servings of breakfast and lunch are free to all students in the district.

Second servings, however, do cost money. Please ensure there are funds on your Mealtime Account if your child is interested in additional servings. Click the button below to access your Mealtime Account.

Mealtime Online

From the Nurse

Immunizations

Shots are required by law for children who attend public schools, private schools, preschools, childcare facilities, and Head Start programs in Oregon. For more information, [click here](#).



If your student is due for an immunization, you will receive a secure document via ParentSquare stating which vaccine is due.

Oregon Exclusion Day for all students is **Wednesday, February 24th, 2027.**

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). <i>Urgent medical care may be needed.</i>
 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) with orders from doctor to school nurse.
 Vomiting: two or more episodes that are 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. → <i>Urgent medical care may be needed.</i>
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.
Jaundice: 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.



OHA/ODE CD Guidance – Updated 12/2024

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OREGON
DEPARTMENT OF
EDUCATION

¿DEMASIADO ENFERMO PARA IR A LA ESCUELA?
POR FAVOR, MANTENGA A LOS ESTUDIANTES CON SÍNTOMAS FUERA DE LA ESCUELA

Esta lista es de instrucciones escolares, no consejos médicos. Si tiene problemas de salud, comuníquese con su proveedor de salud.



SÍNTOMAS DE ENFERMEDAD	EL ESTUDIANTE PUEDE VOLVER DESPUÉS DE...
 Fiebre: Temperatura igual O superior a 100.4°F (38°C)	* La siguiente lista indica el tiempo más corto para quedarse en casa. Es posible que un estudiante deba permanecer en casa más tiempo por algunas enfermedades. * No tener fiebre durante 24 horas sin tomar medicamentos antifebriles.
 Tos: Nueva enfermedad de tos	* Los síntomas han mejorado durante 24 horas (no hay tos o la tos está bien controlada).
 Respirar: Nueva dificultad para respirar	* Los síntomas han mejorado durante 24 horas (respiración con comodidad). Es posible que se necesite atención médica urgente.
 Diarrea: 3 deposiciones blandas O acuosas en un día O no puede controlar las deposiciones	* Síntomas que mejoran durante 24 horas (no más de dos deposiciones más de lo habitual y sin accidentes). O con órdenes del médico a la enfermera de la escuela.
 Vómitos: 2 o más episodios inexplícables	* Sin síntomas durante 24 horas O con órdenes del médico a la enfermera de la escuela.
 Dolor de cabeza con rigidez de nuca y fiebre.	* Sin síntomas O con órdenes del médico a la enfermera escolar. Siga las instrucciones anteriores para la fiebre. Es posible que se necesite atención médica urgente.
Erupción cutánea O llagas abiertas.	* Sin síntomas, lo que significa que la erupción ha desaparecido O que las llagas están secas O pueden cubrirse completamente con un vendaje. O con órdenes del médico a la enfermera de la escuela.
Ojos rojos con supuración de color	* Sin síntomas, lo que significa que el enrojecimiento y la supuración han desaparecido O con órdenes del médico a la enfermera de la escuela.
Ictericia: Nuevo color amarillo en ojos O en piel	* Después de que la escuela tenga instrucciones del médico o de la autoridad local de salud pública para la enfermera escolar.
Actuar de manera diferente sin una razón: inusualmente somnoliento, gruñón o confundido	* Sin síntomas, lo que significa volver al comportamiento normal O con órdenes del médico a la enfermera de la escuela.
Acontecimiento de salud importante, como una enfermedad que dure 2 o más semanas O una hospitalización, O estado de salud que requiere más cuidados de los que el personal de la escuela puede proporcionar con seguridad	* Después de que la escuela tenga órdenes del médico a la enfermera de la escuela Y después de que se hayan tomado medidas para la seguridad del estudiante. Por favor, colabore con el personal de la escuela para abordar las necesidades especiales de cuidado de salud para que el estudiante pueda asistir a la escuela con seguridad.



Atención de OHA/ODE - Actualizado: DEC/2024



OREGON
DEPARTMENT OF
EDUCATION

How Sick is Too Sick?

¿Qué tan enfermo es estar demasiado enfermo?

Upcoming Dental Care Workshop

Dental Care Workshop for Caregivers



**OCT.23
4 PM**

RSVP
to Join us, Friday,
October 23rd at 4:00
PM

- Build healthy brushing habits
- Learn simple ways to prevent cavities
- Discover tips for choosing the right dental tools
- Learn how food, drinks & daily habits affect your oral health



NEHALEM BAY
HEALTH CENTER & PHARMACY
COMPASSIONATE COMMUNITY CARE

RSVP mabben@nehalembayhealth.org or call
1-800-368-5182 Ext.135

Halloween Reminders

Halloween Reminders

As Halloween approaches, we are excited to celebrate with a bit of festive fun! Students are encouraged to wear costumes on October 30th, but we ask that everyone follow these guidelines to ensure a safe and enjoyable day for all:



1. **School Appropriate:** Costumes must be appropriate for school and follow the general dress code. No revealing outfits, offensive language, or inappropriate images.
2. **Safety First:** No masks or full-face paint that completely covers the face (we need to be able to see your face clearly). Costumes should not impede movement, learning, or safety in the halls.
3. **No Weapons or Props:** Costumes should not include any real or fake weapons (guns, knives, swords, etc.). Props that could be used to harm others are also not allowed.
4. **Culturally Respectful Costumes:** Costumes should not appropriate or make fun of any race, ethnicity, culture, religion, or gender identity. Be mindful and respectful in your choices.
5. **Classroom Ready:** Costumes should allow students to sit at desks, participate in activities, and move safely between classes.

Student Writing & Art Contest

Submissions Open December 2026



2027 Rockaway Writers Rendezvous

Open Class Art Contest

Adults & Students in 7th Grade or Above

Information - *Please read carefully!*

Submission period: December 1, 2026 - March 15, 2027, at 5 pm

Individuals may submit up to 5 printable images of original art work(s) you created, such as:

- Images of **paintings, drawings, illustrations**
- Images of **photography**
- Images of **sculpture or other three dimensional art**
- Images of **installation art**
- Images of **furniture design**
- Images of **interior design**
- Images of **food or beverage creation**
- Images of **other types of art**
- **Images all need to be items that are printable in the anthology.**

You may only submit work that you still own the rights to.

Use of AI: Photo processing tools are allowed, while generating actual images is prohibited.

Our panel will evaluate your work with attention to the quality of the work, including Creativity & Originality, Technical Skill, Emotional Impact, Composition & Design, and Artistic Statement. (Students must be in 7th to 12th grade.)

See RWR Website beginning in November for submission Information: <https://www.rbwriters.com>

ENTRY FEE - *FREE* for all submissions.

PRIZES - Winning entries will be published in the 2027 RWR Anthology. No monetary awards will be given. Finalists will be notified by April 1, 2027. Awards announced at the RWR event April 24, 2027. PLEASE NOTE: ALL winning entries may be published in the RWR Anthology and RWR website, social media sites and other partners websites and social media.

2027 Rockaway Writers Rendezvous, April 23 and 24.



2027 Rockaway Writers Rendezvous, STUDENT Writing Contest \$\$ CASH PRIZES \$\$

Information - *Please read carefully!*

Open to grades 7-12, attending school in Tillamook County.

Contest submissions accepted beginning
December 1, 2026 - March 15, 2027, at 5 pm

Authors may submit a single unpublished work in one of the categories below:

1. Poetry, 2. Fiction, 3. Non-Fiction, 4. Journalism, 5. Music Lyrics

Our judges will evaluate your work with attention to organization, development, voice, and attention to the conventions and craft of writing.

See RWR Website beginning in November for submission Information:
<https://www.rbwriters.com>

Document Submissions Guidelines:

- Maximum 1,500 words
- Include your name in the document submitted.
- Poetry: You may submit a PDF document showing your desired formatting, if desired.
- Use of AI: Brainstorming, outlining, research, and grammar checking are allowed, while generating actual text is forbidden.

STUDENT PRIZES - CASH PRIZES! First place \$100.00; Second place - \$50.00; Third place - \$25.00
Winning submissions will be Published in RWR Anthology

Honorable mentions will receive no cash awards, but may be selected at the discretion of the judges.

NCAM board members, contest judges, and immediate family are not eligible to enter.

2027 Rockaway Writers Rendezvous, April 23 and 24.

Marie Giani/Emily Massey
Head Secretary/Assistant Secretary