



Neah-Kah-Nie Middle School

February 2026

From the Principal

Dear Parents and Guardians,

As we move into February, we want to take a moment to share an important health reminder. We have seen an uptick in student illnesses recently, and keeping our school community healthy is a shared effort.

Our custodial team spent the day yesterday deep cleaning classrooms and common areas, and they will continue enhanced daily cleaning of high-touch surfaces to help prevent the spread of illness. We are very grateful for their hard work and commitment to keeping our school clean and safe.

Families and students can help by reinforcing healthy habits at home and at school, including washing hands frequently with soap and water, getting plenty of sleep, eating nutritious foods, and covering coughs and sneezes. Most importantly, students should stay home if they are experiencing any exclusionary symptoms. This helps protect classmates, staff, and the broader community.

For your reference, the Exclusionary Symptoms flyer is attached below. We appreciate your partnership and support in keeping our school healthy so students can focus on learning and being together at school.

Warm regards,

Lori Dilbeck

Important Dates To Remember

- Feb 16: President's Day - No School
- Feb 18: Family Math Night
- Feb. 25 - Oregon Exclusion Day (Immunizations)

Important Dates to Come....

- March 13: 7/8 Grade Dance
 - ***Students must have 90% attendance or better for the duration of the school year or the 30 school days leading up to the dance.**
- March 23-27: Spring Break
- April 23: 8th Grade Parent Night
- April 27-30: SBAC Testing - Science
- May 5-8: SBAC Testing- Math
- May 11-14: SBAC Testing - ELA
- May 15: Day of Service

MS District Calendar

How Sick is Too Sick?

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL
This list for school immunizations, and 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. <small>*The student OR the student's parent/guardian. A student may need to stay home longer for some illnesses.</small>
New cough (dry)	*Symptoms improving for 24 hours (no cough or cough is well-controlled).
New difficulty breathing	*Symptoms improving for 24 hours (no wheezing, chest tightness). Slight 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 loose stools) AND more than one day of no longer having accidents (with orders from doctor to school nurse)
Headache: two or more headache days in a row	*Symptoms free for 24 hours OR with orders from doctor to school nurse.
Headache with stiff neck and fever	*Symptoms free OR with orders from doctor to school nurse.
Skin rash or open sores	*Symptoms free, which means each of these OR sores are dry or are completely covered by a bandage OR with orders from doctor to school nurse.
Red eyes with colored drainage	*Symptoms free, which means redness and drainage are gone OR with orders from doctor to school nurse. <small>*After the school has orders from doctor or local public health authority to school nurse.</small>
Acting differently without a reason: unusually sleepy, grumpy, or confused.	*Symptoms free, which means return to normal behavior OR with orders from doctor to school nurse.
Major health event: for 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 the student may attend safely.

Health CHAVDE CE-Guidance - Updated 12/2024 Page 1 of 1 OREGON 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 excluyentes, no curativas médicas. Si tiene problemas de salud, comuníquese con su proveedor de salud.

SÍNTOMAS DE ENFERMEDAD	EL ESTUDIANTE PUEDE VOLVER DESPUÉS DE...
Fiebre: temperatura que es superior a 38.4 °C (101 °C)	*El estudiante debe estar libre de fiebre por 24 horas. <small>*El estudiante O el estudiante's parent/guardian. Un estudiante puede necesitar permanecer en casa más tiempo para algunas enfermedades.</small>
Nueva tos (seca)	*Los síntomas han mejorado durante 24 horas (no hay tos o la tos está bien controlada).
Nueva dificultad para respirar	*Los síntomas han mejorado durante 24 horas (sin silbidos, apretamiento en el pecho). Puede ser necesario recibir atención médica.
Diarrea: 3 heces líquidas o acuosas en un día O no se puede controlar los movimientos intestinales	*Los síntomas han mejorado durante 24 horas (no más de dos heces líquidas) Y más de un día sin tener accidentes (con órdenes del médico o de la enfermera de la escuela).
Múltiples días con dolor de cabeza	*Los síntomas han mejorado durante 24 horas O con órdenes del médico o de la enfermera de la escuela.
Dolor de cabeza con rigidez de nuca y fiebre	*Los síntomas han mejorado durante 24 horas O con órdenes del médico o de la enfermera de la escuela.
Erupción cutánea o sarpullido en la piel	*Los síntomas han mejorado durante 24 horas O con órdenes del médico o de la enfermera de la escuela.
Ojos rojos con drenaje de color	*Los síntomas han mejorado durante 24 horas O con órdenes del médico o de la enfermera de la escuela. <small>*Después de que la escuela tenga instrucciones del médico o de la enfermera de la escuela pública para la enfermedad.</small>
Comportamiento que es diferente sin una razón: especialmente somnoliento, irritable o confundido	*Los síntomas han mejorado durante 24 horas O con órdenes del médico o de la enfermera de la escuela.
Evento de salud importante: una enfermedad que dura 2 o más semanas, O un hospitalización, O una condición de salud que requiere más atención de la que el personal de la escuela puede proporcionar con seguridad.	*Después de que la escuela tenga órdenes del médico o de la enfermera de la escuela AND otras medidas estén en su lugar para la seguridad del estudiante. Por favor, trabaje con el personal de la escuela para abordar las necesidades especiales de cuidado de salud que el estudiante puede necesitar de manera segura y apropiada.

Health Asesor de CHAVDE - Actualizado: 12/2024 OREGON EDUCATION

Exclusionary Symptoms (English)

Exclusionary Symptoms (Spanish)

Attendance Matters!

Going To Miss School?

Chronic absence is defined as 9 days a year— even if those absences are excused!

If your student is going to be out for all or part of the day, please let the front office know! You can 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.

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Schedule Changes/Bus Notes

📢 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 3:15 p.m. We cannot guarantee enough time to inform students if we are notified past this time. 📢



Yondr Pouches

Reminders

Neah-Kah-Nie Middle School is a cellphone and smartwatch-free building. Upon enrollment, all students are issued a Yondr pouch to safely secure their electronic device(s) during school hours.

Students are responsible for bringing their Yondr pouch to school every day. If students forget their Yondr pouch, they are to turn their phone or watch in to the front office for the school day.



The Yondr pouch is the property of the Neah-Kah-Nie School District and will be checked out to each student just like a textbook or Chromebook, and each student will be responsible for its condition. If a student damages their Pouch, a \$25.00 fee will be assessed for the replacement of the Pouch.

We will be sending out emails soon to families of students who have reported misplacing their pouch.



Immunizations

School Immunizations

Oregon Exclusion date for all students is Feb 25th 2026.

If your student is due for an immunization, you should have received a letter in the mail stating what vaccine is due, along with an email.



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 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.

Vaccine Clinic - February 22



All Ages Walk-in Vaccine Clinic

February 22, 2026 12:00pm - 4:00pm
TCHC Central Clinic
801 Pacific Ave, Tillamook, OR

Se habla español

No appointment required

80% Many health plans cover the cost of vaccines. If you are uninsured, we offer a sliding scale fee to make it as affordable as possible. No one is turned away for the inability to pay.

Vaccines for parents, kids, aunts, uncles, siblings, friends, caregivers - anyone!

- Vaccines available:
- DTaP: Diphtheria/Tetanus/Pertussis
 - Polio
 - Varicella (chickenpox)
 - MMII (measles, mumps, rubella)
 - Hepatitis B
 - Hepatitis A
 - HPV
 - Meningococcal
 - Tdap
 - Cholera
 - Cholera + Typhoid
 - Pneumonia
 - Shingles & RSV vaccines not available
- *Eligibility for vaccines varies by age.

Community Health Centers

Is your child up to date with their immunizations?

February 25, 2026 is Oregon Immunization Exclusion Day.

Oregon law requires certain shots for school and child care attendance, number of doses vary. For exemptions, please check with your child's school or child care.



Clínica de vacunación sin cita para todas las edades

22 de febrero de 2026 12:00pm - 4:00pm
Departamento de Salud
801 Pacific Ave, Tillamook, OR

Se habla español

No se requieren citas

80% Muchos planes de salud cubren el costo de las vacunas. Si usted no tiene seguro, ofrecemos una tarifa escalonada para hacer que sea lo más asequible posible. Nadie es rechazado por su incapacidad para pagar.

Vacunas para padres, hijos, tíos, tías, hermanos, amigos, cuidadores - cualquier persona

- Vacunas disponibles:
- DTaP: Difteria/Tetanos/Tosferina
 - Poliomiositis
 - Varicela
 - Fiebre tifoidea (MMII)
 - Hepatitis B
 - Hepatitis A
 - VPH (virus del papiloma humano)
 - Meningocócica
 - Medicinas de COVID-19
 - Pneumonía
 - Hepatitis B
 - Las vacunas contra el herpes zoster y el VRS no están disponibles.
- *La elegibilidad para las vacunas varía según la edad.

Community Health Centers

¿Está su hijo/a al día con sus vacunas? El 25 de febrero de 2026 es el Día de Exclusión de Vacunas en Oregon.

La ley de Oregon requiere ciertas vacunas para asistir a la escuela y al cuidado de niños.

La cantidad de dosis varía. Consulte con la escuela o guardería de su hijo/a para exenciones.

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 Alerts



2025-26 NKN Inclement Weather Plan.pdf

Download

154.3 KB

Winter Athletics

2025-26 NKN Inclement Weather Plan.pdf



2026 Girls Basketball

Date	Location	Dismissal	Departure	Tip Off
Wed 1/21	@ Clatskanie(1 game)	1:00/1:15		4:00
Thur 1/22	@ Jewell(1 game)	1:45/2:00		4:00
Mon 1/26	NKN vs Rainier	3:25/		4:00
Tues 1/27	@ Vernonia	1:15/1:30		4:00
Tues 2/3	NKN vs Warrenton	3:25/		4:00
Thur 2/5	@ Knappa	1:45/2:00		4:00
Mon 2/9	NKN vs Vernonia	3:25/		4:00
Tues 2/10	@ Astoria	1:55/2:10		4:00
Wed 2/11	NKN vs Jewell(1 game)	3:25/		4:00
Thur 2/19	@ Warrenton	2:00/2:15		4:00

** 2nd game starts 10 minutes after 1st (about 4:00/5:10)

Girl's Basketball

*Additional away game added on 2/10.

Neah-Kah-Nie Middle School
3211 Hwy 101 North, Rockaway Beach, OR 97156
(503) 955-2990 - Fax (503) 955-8514



2026 Wrestling

Date	Location	Dismissal	Departure	Weight	In/Start
Th 1/22	Warrenton	2:00/2:15		3:30/4:00	
	(Scappoose, Clatskanie, Tillamook)				
Wed 1/28	NKN	3:30		3:30/4:00	
	(Till, Warr, Seaside)				
Wed 2/4	Jewell	1:30/1:45		3:30/4:00	
	(Vernonia, Knappa)				
Tues 2/10	Vernonia	1:15/1:30		3:30/4:00	
	(Jewell, Scappoose)				
Wed 2/18	Tillamook	2:00/2:20		3:00/4:00	
	(Warr, Scappoose)				
	Districts				
Mon 2/23	Forest Grove	12:15/12:30		3:00 Start	

Wrestling

Athletic Schedules

Students @ Home Games

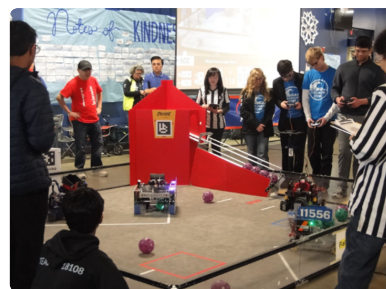
Please note: Students are not allowed to stay after school for High School or Middle School events or clubs without an adult to supervise.

Coming Soon...

Robotics Bootcamp: Early March

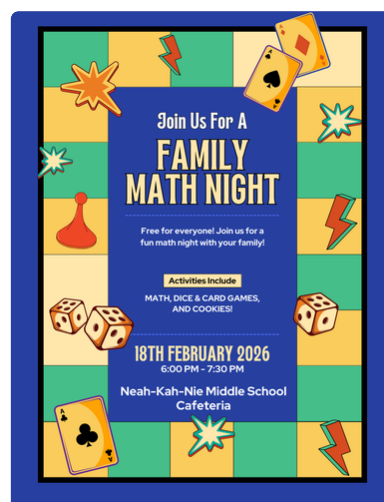
Ever thought about Robotics? Now is your chance! Robotics bootcamp is coming in early March!

If you are interested in participating - look for sign up information at a booktalk in February.



Family Math Night: March 18

Join us for a fun math-filled night with your family! Activities include math, dice and card games, and cookies! Happening March 18th from 6:00-7:30 p.m. at the Middle School Cafeteria.



Statewide Assessments: Starting April

This spring, all of our students will participate in statewide assessments for English, Language Arts and Mathematics. 8th grade students will also participate in the Science assessment.



These assessments help schools and districts evaluate their systems of teaching and learning, as well as identify groups of students whose academic needs may not be adequately met.

In addition to regularly scheduled testing, the Oregon Department of Education is requiring the completion of the Student Educational Equity Development Survey for students in testing grades. This survey is designed to help the Oregon Department of Education gather information about the educational experiences of students in Oregon. While we encourage all students to participate, Oregon law (ORS 329.479) permits parents/guardians to annually opt-out of Oregon's statewide summative tests in English Language Arts (ELA) and/or Mathematics by submitting a form to the school the student attends. You can find these forms and additional information about testing and the SEED survey on the [School District website](#).

Please contact our test coordinator, Angie Douma, if you have further questions.

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8th Grade Parent Night: April 23

Save the date! Our 8th grade parent night will cover the high school structure, the course selection process, graduation requirements, and more! Happening April 23rd at 6:00 p.m. in the MS/HS cafeteria.



On the Menu

First servings of breakfast and lunch are free for all students in the district. A reminder that breakfast happens before school, from 8:30 - 8:45 a.m.

FEBRUARY 2026

NEAH-KAH-NIE MIDDLE SCHOOL

Sandwiches or Hand-Crafted Salads are available daily
As an option for lunch!

Monday	Tuesday	Wednesday	Thursday	Friday
PROFESSIONAL DEVELOPMENT NO SCHOOL ²	Sausage & Biscuit ³ Chicken Quesadillas	Yogurt & Grahams ⁴ Mac & Cheese	Breakfast Burritos ⁵ BBQ Cheese Burgers	Oatmeal Rounds ⁶ Chicken Strips & Fries
Breakfast Bars ⁹ Corn Dogs	Pumpkin Bread ¹⁰ Enchiladas	Pancake on a Stick ¹¹ Teriyaki Chicken Over Rice	Breakfast Sandwich ¹² Chicken Burgers	Sweetheart Parfait ¹³ Pizza Sticks
PRESIDENT'S DAY NO SCHOOL ¹⁶	Pancakes ¹⁷ Chicken Soft Tacos	Bagel & Cream Cheese ¹⁸ Spaghetti	Banana Bread ¹⁹ Cheeseburgers	Breakfast Pizza ²⁰ Lasagna Soup & Garlic Toast
Waffles ²³ Cheesy Breadsticks With Marinara	Sausage & Biscuit ²⁴ Burritos	Yogurt & Grahams ²⁵ Orange Chicken Over Rice	Breakfast Bars ²⁶ Rib-B-Que	Cinnamon Rolls ²⁷ Chicken Strip Basket



A variety of fresh fruits and vegetables are available daily on our offering bar. All of our breads and pastas are whole grain or whole wheat. GF options may be available. Fat-free and 1% milks are offered daily. Whole grain cereals are an option for breakfast.
"This institute is an equal opportunity provider"

Mealtime Online

Click this link to add money to your students' Mealtime account.

Student Writing & Art Contest

2026 Rockaway Writers Rendezvous

Open to grades 7-12. Contest submissions accepted December 1 2025 - **February 15, 2026** at 5:00 p.m.



2026 Rockaway Writers Rendezvous,
STUDENT Writing Contest \$5 CASH PRIZES \$5
Information - *Please read carefully!*

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

Contest submissions accepted beginning
December 1, 2025 - February 15, 2026, 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. Media/Literary

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

See RWR Website for submission information: <https://www.rwriters.com>

Document Formatting:

- Maximum 1,500 words
- Include your name in the document submitted.
- Poetry: Also submit a PDF document showing your desired formatting.

STUDENT PRIZES - CASH PRIZES: Reading at RWR event. Published in RWR Anthology. First place \$100.00, Second place \$50.00, Third place \$25.00

Honorable mentions may be selected at the discretion of the judges. No cash awards.

NSAM board members, contest judges, and immediate family are not eligible to write.

2026 Rockaway Writers Rendezvous, April 24, 25, and 26.



2026 Rockaway Writers Rendezvous
Student & Open Class Art Contest
Information & Rules - *Please read carefully!*

Submission period: December 1, 2025 - February 15, 2026, at 5 pm

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

- Images of paintings
- Images of drawings
- Images of illustrations
- Images of photography
- Images of sculpture or other three dimensional art
- Images of installations 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.

Our panel will evaluate your work with attention to the quality of the work, including Creativity & Originality, Technical Skill, Emotional Impact, Composition & Design, and Artist Statement.

See RWR Website for submission information: www.rwriters.com

ENTRY FEE - FREE for all submissions.

PRIZES - Winning entries will be published in the 2026 RWR Anthology. No monetary awards will be given. Prizes will be honored by March 31, 2026. Awards announced at the RWR event April 24-26, 2026. #NSAM

NOTE: ALL winning entries may be published in the RWR Anthology and RWR website, social media sites and other partners websites and media outlets.

2026 Rockaway Writers Rendezvous, April 24, 25, and 26.

Community Service/Honor Roll

Each Trimester, students have the goal to hit 7 hours of community service in honor to make honor roll.

Community service refers to voluntary work that individuals perform for the benefit of their community or society. It can include: volunteering at a local food bank, participating in neighborhood cleanups, assisting at a senior center, tutoring younger students, volunteering at school event, participating in beach cleanup, organizing donation drives, helping at a community garden, helping neighbors with activities they cannot do for themselves, etc.



Documentation of service:

Please share the following information with your teachers advisor to document their service:

- Student's Name and Contact Information
- Description of Service: What the student did and how it helped the community.
- Organization/Recipient Information: The name and details of the organization or person benefiting from the service.
- Total Hours Completed
- Supervisor's Signature and Date: Confirmation that the student performed the service.

Girls Build Camp

Calling all girls ages 8-14 available this summer!

We currently have funding to cover the registration fees for 12 students within our region to attend the Girls Build Summer Camp. The dates for the Tillamook location are

August 10 - 14, 2026. **Registration opens in FEBRUARY** and these spots can fill up fast.



Additional information can be found here: [Summer Camps – Girls Build®](#)

Substance Education Event

Join us for a free event!
SAFER HOMES

Conversations for caregivers to help kids make safer choices.

**Wednesday,
February 18th
6:00-7:30pm**

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

FREE MEAL FOR ALL IN ATTENDANCE!

Each adult participant will receive a gift bag and a \$10 Fred Meyer gift card.

At this event, you will learn about underage substance use and how you can talk to your kids about drugs and alcohol. There will be prizes, games, and lots of resources!



As space is limited, we encourage you to sign up in advance by scanning the QR code or going to bit.ly/saferkn. We cannot guarantee gift bags and gift cards once spaces are filled.

Kids are welcome to join! Please note that there will not be any childcare on-site, though we will provide fidget toys and activities.



This event is a partnership between the Tillamook Family Counseling Center, Tillamook County Community Health Centers, and Song for Charlie. If you have any questions, email sarahe@tfcc.org



Marie Giani/Emily Massey
Head Secretary/Assistant Secretary