



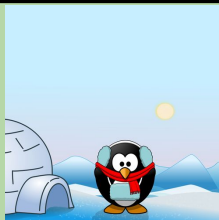
One town
One school
One family

Mustang
STRONG

A note from the principal

Can you believe it is already DECEMBER??? Wow! How time flies! I want to thank you for supporting your student(s), teachers, and the school community thus far this year. You are an integral part of the process! We, the staff and administration, are committed to excellence in the educational experiences that your students are (and will continue to) receiving. Our teachers are committed to delivering high quality and rigorous experiences that will help stretch your children to reach their potential - all while focusing on their social and emotional needs. Winter Holidays can be quite stressful for your family. Hang in there! We've included some tips to reduce your child's stress and anxiety, signs of depression, and how to help at home. It is our desire that you have a restful, happy, Winter Break. We look forward to seeing you and your kiddos in 2023! Parents - mark your calendars for our K-12 Family Reading night to be held (tentatively) at the school on January 30, 2023. More information to come in January!

~ Dr. Hunt



ATTENDANCE



Facts

- Poor attendance can influence whether children read proficiently by the end of 3rd grade or be held back!
- By 6th grade, chronic absence becomes a leading indicator that a student will drop out of high school!
- Research shows that missing 10% of the school, or about 18 days, negatively affects a student's academic performance! That's just 2 days a month!
- When students improve their attendance rates, they improve their academic prospects and chances for graduation!



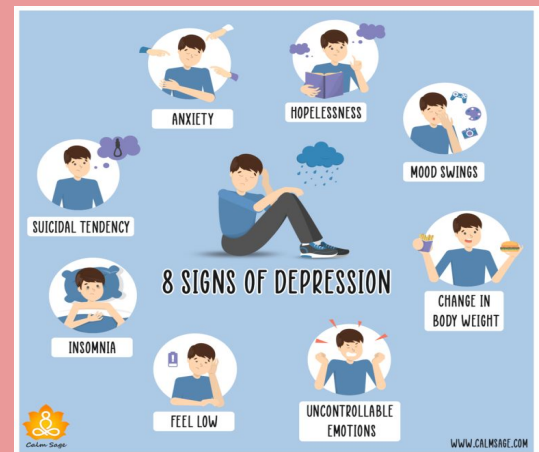
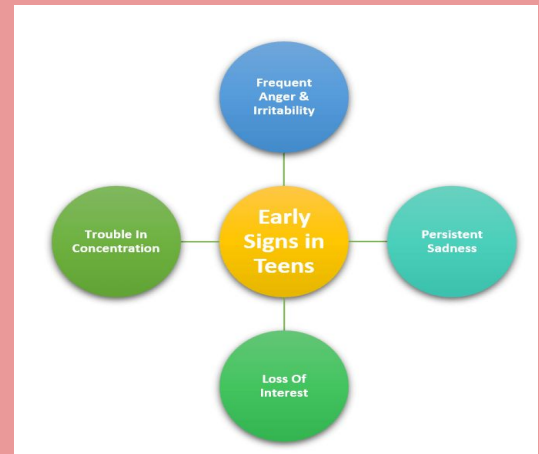
If at any time your child is not attending school, please contact the school office 509-732-4430.



**Attendance
Works**

15 TIPS TO REDUCE YOUR CHILD'S STRESS AND ANXIETY

Talk Speak to your child about their anxiety and worries 	Relaxation Help to teach your child relaxation techniques including deep breathing 	Solutions Explore solutions with your child to overcome stress or worry 
Recognise Help your child to recognise the signs of anxiety 	Sleep Make sure that your child is having plenty of sleep 	Challenge Help your child to challenge their unhelpful thoughts 
Exercise Exercise is a great tool to help reduce anxiety and instill confidence in a child 	Role Model Be a positive role model and be aware of how you react to stressful situations 	Solutions Explore solutions with your child to overcome stress or worry 
Help them When your child is experiencing anxiety help them through it 	Problem solve Help your child to problem solve effectively 	Imagery Imagery is a fantastic tool which can help to reduce arousal and anxiety 
Environment Create a positive environment where you praise, support and encourage your child 	Listen Take time to listen to what your child has to say 	Get help Don't be worried to ask a professional for help 



According to psycom.net, parents can [help support children](#) by doing the following:

- Encouraging daily exercise (this does not have to include an organized sport. Family walks count.)
- Supervising any medication (it's too much to ask a depressed child to manage his own medication)
- Make time to talk. Counseling will help your child begin to open up and verbalize feelings; it's your job to listen and provide unconditional support when your child opens up at home.
- Cook healthy meals. Healthy lifestyle choices can help with the treatment process.
- Encourage healthy sleep habits

REMINDERS

If your child is sick - please keep them at home!

A fever is 100.4 degrees.



Did you know?

School begins at 9:30 on Monday's?
Students are tardy at 9:25.

School begins at 8:30 on Tue-Fri's?
Students are tardy at 8:25.

Early dismissal for students on **Friday, 12/2/22**. Students will be dismissed at 12:30pm with buses leaving at 12:45.

PSAT 8/9 testing - all 8th and 9th grade students. 8:30 - 12ish on **Tuesday, 12/6/22**.

Fall Sports Awards 12/7/22.
5:30-9:00pm

No preschool classes 12/8/22 or 12/12/22. Make up day for preschool on 12/16/22.

Parent/Teacher/Student Conferences will be held on **Friday, 12/9/22**. Students are required to attend conferences only with their parent(s) for attendance purposes.

1st Trimester Awards - K-12: **Friday, 12/16/22 at 1:00 pm in the Gym**. Guests welcome.

Winter program: "A World of Christmas" presented by K-5 students, **Friday, 12/16/21 at 2:00 pm in the Gym**. Guests welcome

WINTER BREAK

NO SCHOOL

Begin Date: Monday, 12/19/22

Return Date: Tuesday, 1/3/23

Northport Mustangs Basketball 2022-23

Weekdays: JV Boys and Girls 4:30, Girls varsity 6, Boys 7:30 Saturdays:
JV Boys and Girls 3:00, Girls varsity 4:30, Boys varsity 6

Date	Day	Location	Opponent	Time	Bus
11/29	Tuesday	Away	Tekoa-Rosalia @ Hunters	5:30(girls only)	3:15
12/2	Friday	Home	Tip-Off Tournament*	6:00	
12/3	Saturday	Home	Tip-Off Tournament*	TBA	
12/6	Tuesday	Away	Inchelium	4:30	1:00
12/9	Friday	Away	Cusick	4:30	12:30
12/10	Saturday	Home	Columbia (Boys Only)	JV 3 V 4:30	
12/13	Tuesday	Away	Selkirk(NL)	4:30	2:15
12/14	Wednesday	Home	Republic	4:30	
12/20	Tuesday	Home	Wilbur/Creston/Keller(NL)	JV 3:00	
12/21	Wednesday	Home	Springdale(NL)	4:30	
12/27	Tuesday	Away	BWVJV @ West Valley	10:30	6:30
		Away	G Newport	Noon	
12/28	Wednesday	Away	B v Newport@ West Valley	10:30	6:30
			G v Medical Lake	Noon	

