

# One town One school One family

# Mustang STRONG

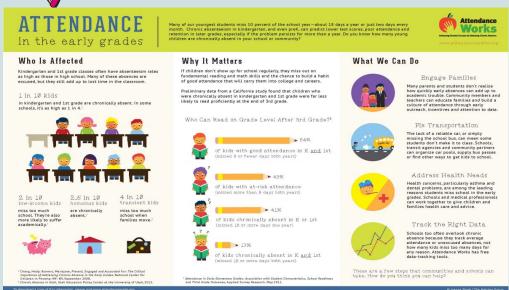
# A note from the principal

It's been a busy time of the year for our kiddos - getting back in the swing of things is hard at times. It's a new year, new classes, new teachers, new expectations. Sometimes all of this can get quite overwhelming and stressful for our students (and parents!). I think sometimes we forget our kids are just that - kids. They need some down time at home - time to process - time to reset. As parents, one thing we can do is just that - give the gift of time. So, how do you go about giving the gift of time in the midst of your busy schedule? Try to make the time you have with your kids quality time - put down the devices, talk with each other, cook together, do chores together...laugh a lot. One other way you can spend quality time is by playing games together - and we have just the thing! On Tues, Nov. 15th, our schools and CIS will be partnering to host a family game night. We will play "Even Steven's Odd" and talk about how games can serve as reinforcement of skills at home, and provide opportunities for quality time! I hope you can mark you calendars and join us for a fun time - for all ages! November is also American Indian Heritage Month and when we celebrate Thanksgiving. Ask your students to whom and for what they are thankful! I know one thing - I am thankful for the students, parents, and staff at Northport Schools and the support they show! We are truly blessed to be a part of the Mustang Family! Have a great month! ~ Dr. Hunt



# ATTENDANCE





# The month of Gratitude

### **Self-Management**

**Managing emotions** and behaviors to achieve one's goals

## **Self-Awareness**

Recognizing one's emotions and values as well as one's strengths and challenges

### Social **Awareness**

Showing understanding and empathy for others

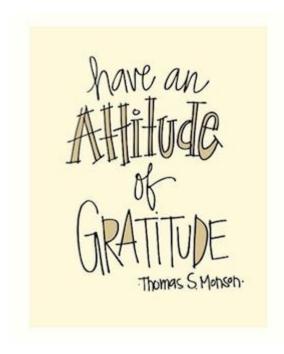
# Social & **Emotional** Learning

# Responsible **Decision-**Making

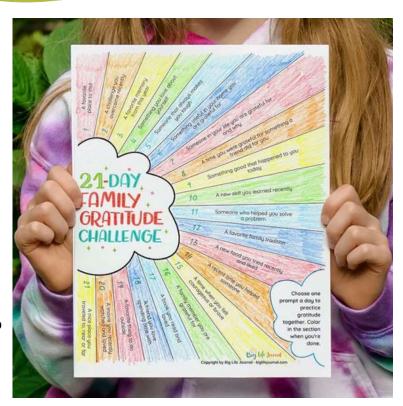
Making ethical, constructive choices about personal and social behavior

### **Relationship Skills**

Forming positive relationships, working in teams, dealing effectively with conflict







Picture Retakes -Wed. 11/2/22

# REMINDERS

Middle School Dance 6th-8th grade Friday, 11/4/22, 7pm-9pm \$5 entry (at the door)



Lions Club Bingo Sunday, 11/6/22 @ Noon School Gym











veterans day assembly MONDAY, 11/7/22, 10:30 am



Family Game Night Tues. 11/15/22. 6-7:30pm



Fall Sports Banquet Tues, 11/29/22, 6:30-8:30 pm

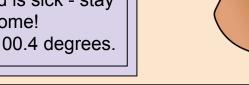


NO SCHOOL

Friday, 11/11 - Veterans Day

Wed. - Friday 11/23-25 -THANKSGIVING HOLIDAYS

If your child is sick - stay home! A fever is 100.4 degrees.



## **Northport ALL Sports Schedule**

11/2/22 - JH Basketball- home - 3:30

11/3/22 - HS District VOLLEYBALL PLAYOFFS - home @ 2:00

11/4/22 - HS Football - Columbia - 1:30 - bus leaves @ 11:00

11/7/22 - JH Basketball - home - 3:30

11/9-11/22 - HS Volleyball- State playoffs - TBD

11/12/22 - JH Basketball - @ Republic 10:00/ Curlew 1:00 - bus

leaves @ 7:15 am

11/16/22 - JH Basketball - @ Republic 3:30. Bus leaves @ 12:45.

11/19/22 - JH Basketball - @ TBD/Curlew 10:00 & 1:00. Bus @

7:00am

11/21/22 - JH Basketball @ Nespelem - 3:30. Bus leaves @

11:45am



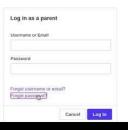
Students are TARDY at 9:25 am on Mondays, and 8:25 am Tuesday - Friday.

If at any time your child is not attending school please contact the school office.

If your child is exposed to, or tests positive for, COVID-19, please contact us as soon as possible for guidance.

# Parent Resources to Support Student Learning:

Summit parent login directions:



### **Parent Trainings:**

There are several online self paced trainings available for parents:

Supporting your Child like a Coach:

https://www.shiftingschools.c om/module-3

Encourage a Growth Mindset and Why Struggle Is Good for Learning:

https://www.shiftingschools.c om/module-4

Creating an At Home Learning System/Schedule: <a href="https://www.shiftingschools.c">https://www.shiftingschools.c</a> om/module-2



Behavioral Health Toolbox for Families
Supporting Children and Teens During the
COVID-19 Pandemic; Washington State
Department of Health



What is SEL?



Antiracist SEL, UDL, and Culturally Responsive Teaching



<u>University of Minnesota's SEL</u> toolkit—section on Families and Youth



<u>Social and Emotional Learning: Strategies</u> for Parents



Social Emotional Learning Programs for Schools & Families



Confident parents confident kids

A site for parents actively supporting kids' social and emotional development



Council of State Science Supervisors: How can families support student science learning at home?

Translated materials here