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 your 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
The month of Gratitude

Social & Emotional Learning

Self-Awareness
- Recognizing one's emotions and values as well as one's strengths and challenges

Self-Management
- Managing emotions and behaviors to achieve one's goals

Social Awareness
- Showing understanding and empathy for others

Relationship Skills
- Forming positive relationships, working in teams, dealing effectively with conflict

Responsible Decision-Making
- Making ethical, constructive choices about personal and social behavior

Click on the image to get a free copy of the challenge!

have an Attitude of GRATITUDE
- Thomas S. Monson
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.

**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

**Reminders**
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

**Picture Retakes -**
Wed. 11/2/22

**Picture Retakes -**
Wed. 11/2/22
# 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.com/module-3](https://www.shiftingschools.com/module-3)

- **Encourage a Growth Mindset and Why Struggle Is Good for Learning:**
  [https://www.shiftingschools.com/module-4](https://www.shiftingschools.com/module-4)

- **Creating an At Home Learning System/Schedule:**
  [https://www.shiftingschools.com/module-2](https://www.shiftingschools.com/module-2)

## Social and Emotional Learning Programs for Schools & Families

- **Confident parents confident kids**
  A site for parents actively supporting kids’ social and emotional development

## Social and Emotional Learning: Strategies for Parents

- **Encourage a Growth Mindset and Why Struggle Is Good for Learning:**
  [https://www.shiftingschools.com/module-4](https://www.shiftingschools.com/module-4)

## AntiRacist SEL, UDL, and Culturally Responsive Teaching

- **University of Minnesota’s SEL toolkit—section on Families and Youth**

## Behavioral Health Toolbox for Families

- **Supporting Children and Teens During the COVID-19 Pandemic; Washington State Department of Health**

## What is SEL?

- **University of Minnesota’s SEL toolkit—section on Families and Youth**

## 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**