



One town
One school
One family

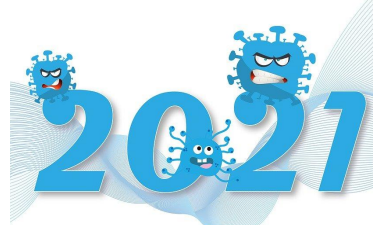
STRONG Mustang

A note from the principal

Welcome back to school!!!! I have been so excited to see all of the smiling eyes every day here at school. I appreciate all of the support that you are showing to the school with following the mask mandate set forth by Governor Inslee. Hopefully, one day soon we will not have to wear the masks - until then, we are bound to follow the guidelines. On a positive note, we are offering sports for Middle and High School students this year! Be sure to follow the Northport Athletics on Facebook for timely updates. If your child(ren) are interested in participating in our athletic programs - please contact our co-Athletic Directors Shyanne Wilson and Erik Stark for more information. You can reach them through the office! You will also notice, this year we are focusing on being Mustang STRONG. The attributes of a Mustang! **S** - Safe, **T** - Trustworthy, **R** - Respectful, Responsible, Resilient, **O** - one (town/community, school, family), **N** - Nurturing, and **G** - Growing. We are looking forward to a wonderful year ahead! ~ Dr. Hunt



ATTENDANCE



Facts

- Good attendance, whether class is held in person or remotely, can help children do well in school, and eventually in the workplace and in college.
- Absences can be a sign that a teen is losing interest, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a teen may drop out of high school.
- Attendance is an important life skill that will help your teen keep a job and graduate from college.



Attendance
Works

Advancing Student Success By Reducing Chronic Absence

Strategies to help your child stay Healthy and Engaged!

- Monitor your child's attendance and participation; and contact the teacher to address any concerns.
- Make sure your child wears a mask, as needed, gets the flu vaccine and other required shots.
- Find out if your child feels safe from bullies. Make sure that school discipline policies don't lead to your child becoming disengaged or pushed out of school. If these are problems, work with your school to find a solution.
- If your child seems bored or anxious about school, talk to teachers, school counselors, or other parents for advice on how to make them feel comfortable and excited about learning.
- Ask for help when you need it. School staff, after-school program providers, and other parents or community agencies are available to help families access online learning, obtain food or housing and address other experiences that make it difficult to attend and participate.

Taken from attendanceworks.org handouts for families

Tips for Teaching Mindfulness to Kids and Teenagers

- Make sure they are ready to be mindful, and know what mindfulness is and is not (ex: introspection or chasing thoughts down the "rabbit hole" vs. listening to our bodies)
- Offer to practice mindfulness with them.
- Assure them it's ok to get off track, and how to gently guide themselves back to mindfulness when they realize they lost focus.

Mindfulness games

- Blow bubbles - take deep, slow breath and exhale steadily to fill the bubble.
- Playing with balloons - keep the balloon off the ground! Move slowly and gently - pretend the balloon is very fragile!
- Blindfold taste tests! Experience eating a small food, like raisins or cranberries, as if it was the first time eating it!

Help your student develop a growth mindset!

positivistic.com
No matter how many mistakes you make or how slow your progress. You're still way ahead of everyone who isn't trying.
Tony Robbins

"LIFE IS 10% WHAT HAPPENS TO YOU AND 90% HOW YOU REACT TO IT."
-CHARLES SWINDOLL

The two things in life you are in total control over are your **attitude** and your **effort**.
- Billy Cox

REMINDERS



Did you know?

BACK TO SCHOOL BBQ AND OPEN HOUSE!

When? FRIDAY, SEPT. 17TH

Where? OUTSIDE

What time? Open house @ 5:30pm.

We will be serving hamburgers/hot dogs, chips, water, and a dessert for those who come out to visit the teachers. You will receive a "punch ticket" when you visit with the teacher for a \$2 discount at the ticket booth for the FOOTBALL GAME that night (starts at 7:00 pm) against Mary Walker.

This is an OUTSIDE event so no masks will be required.



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

Mask and Face-Shield Policy



According to the guidelines set forth by the DOH and OSPI, and **Governor Inslee's mask mandate**, all students 5 years old and older, staff, volunteers, and guests must wear face coverings in K-12 settings.

If a cloth mask can not be worn, an alternative face shield may be worn instead.

September Athletics

9/9: Volleyball @ home vs Kettle Falls @ 6pm

9/10: Football @ home vs Columbia @ 7pm

9/11: Volleyball @ Curlew @ 12:00

9/16: Volleyball @ Inchelium @ 6pm

9/17: Football @ home vs. Mary Walker @ 7pm

9/18: Volleyball @ home vs Columbia @ 12:00

9/23: Volleyball @ home vs Cusick @ 6pm

9/24: Football @ ACH @ 7pm

9/25: Volleyball @ home vs Republic @ 1:30

9/28: Volleyball @ Curlew @ 6pm

9/30: Volleyball @ Inchelium @ 6pm

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.

We are not offering remote learning as an alternative to in-person instruction this year.

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



Parent Trainings:

There are several online self paced trainings available for parents:

Supporting your Child like a Coach:









<https://www.shiftingschools.com/module-3>

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

<https://www.shiftingschools.com/module-4>

Creating an At Home Learning System/Schedule:

<https://www.shiftingschools.com/module-2>

	<p>Behavioral Health Toolbox for Families Supporting Children and Teens During the COVID-19 Pandemic; Washington State Department of Health</p>
	<p>What is SEL?</p>
	<p>Antiracist SEL, UDL, and Culturally Responsive Teaching</p>
	<p>University of Minnesota's SEL toolkit—section on Families and Youth</p>
	<p>Social and Emotional Learning: Strategies for Parents</p>
	<p>Social Emotional Learning Programs for Schools & Families</p>
	<p>Confident parents confident kids</p> <p>A site for parents actively supporting kids' social and emotional development</p>
	<p>Council of State Science Supervisors: How can families support student science learning at home?</p> <p>Translated materials here</p>