



One town
One school
One family

Mustang
STRONG

A note from the principal

Welcome back to school!!!! I have been so excited to see all of the sweet smiles this year at school! We are well on our way into the year - the excitement is abounding! Football games, Volleyball games, Pep Assemblies....there has been a renewed sense of school pride this year. We are planning some fun parent involvement throughout the school, so be sure to look for those announcements! Be sure to follow the Northport Athletics on Facebook for timely updates on sports, and look around town for posters announcing our events! If your child(ren) are interested in participating in our athletic programs - please contact our co-Athletic Directors Shyanne Wilson and/or Erik Stark for more information. You can reach them through the office! We are, again this year, 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. Help us help your children to understand and emulate these characteristics! We are looking forward to a wonderful year ahead! Proud to be a Mustang! ~ Dr. Hunt



ATTENDANCE



10th Year Anniversary!



September is Suicide Prevention Month!

TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids. When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.



October is Disability History and Awareness Month!

Disability History and Awareness Month (RCW 28A.230.158) takes place during October to increase awareness, respect, and acceptance for people with disabilities, and to bring a greater sense of pride to people with disabilities.



Crisis Text Line
741741

OR

Dial
988

If you are worried about a loved one who may need crisis support. 988 does not replace any crisis call centers in Washington state. It is an addition to the state's network of crisis center providers. **The ten-digit NSPL number, 1-800-273-TALK (8255), is still active along with 988.**

"No matter what
your ability is,
Effort is what
ignites that
ability
and turns it into
accomplishment."

CAROL DWECK

REMINDERS



BACK TO SCHOOL BBQ AND OPEN HOUSE!

When? FRIDAY, SEPT. 23rd

Where? OUTSIDE

What time? Open house @ 4:00 pm.

We will be serving hamburgers/hot dogs, chips, and a dessert for those who come out to visit the teachers beginning at 5:00 pm.

After the BBQ, join us for the High School football game - Mustangs vs. Curlew - kickoff is at 7:00 pm with a special half-time performance by our Mini Cheerleaders! (Admission - \$7 adults, \$5 students w/o ASB cards).

Attendance by parents/guardians will put you in for a chance to win a gift basket of Mustang swag, Morning Bear Coffee gift basket, and/or a \$50 gift card to RiversEdge Chevron! Stop by and see Marie Taylor at the Communities in Schools (CIS) booth for a ticket and more information on how we can support you and your children this school year!



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

Fall 2022 Northport ALL Sports Schedule

HSVB	9/15	AWAY	Springdale	5pm	
FB	9/16	Away	Republic (NL)	7pm	
JHVB	9/21	Home	Wellpinit	4:30	
HSVB	9/22	Home	Selkirk	6pm	
FB	9/23	Home	Curlew	7pm	
JHVB	9/26	Away	Valley	3:30	
JHVB	9/28	Away	Springdale	4:00	
FB	9/30	Away	Columbia	3pm	
JHVB	10/1	Home	Cusick	10:00	
JHVB	10/4	Away	Inchelium	4:30	2:00(JH/HS)
HSVB	10/4	Away	Inchelium	6pm	
JHVB	10/6	Away	Selkirk	4:30	
FB	10/7	Home	Inchelium	7pm	
JHVB	10/8	Away	Nespelem	10:00?	6am?
HSVB	10/11	Home	Curlew	6pm	
FB	10/14	Away	Springdale	7pm	
HSVB	10/18	Home	Cusick	6pm	
HSVB	10/20	Away	Columbia	6pm	
FB	10/21	Away	Selkirk	7pm	
HSVB	10/22	Away	Republic	Noon	
	10/22	Away	Curlew	4pm	
HSVB	10/25	Home	Republic	6pm	
FB	10/28	TBD	League Crossover	TBD	
HSVB	10/29	Away	Selkirk	Noon	
	10/29	Away	Cusick	4pm	

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:








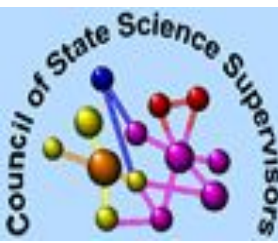
<https://www.shiftingschools.com/module-3>

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>

	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
 <p>Families and youth</p>	University of Minnesota's SEL toolkit—section on Families and Youth
	Social and Emotional Learning: Strategies 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