

October 23rd, 2026

SHMS Friday Flyer

We Believe & You Belong



A younger sibling of one of our students captivated all of our SHMS students before the ACES assembly today. All of our students were incredibly encouraging and positive with this future Grizzly. Hearing our students cheer and interact with this little fella was an incredible sight to see!

Principal Message

Grizzly Families,

Next week is the last week in October... it is amazing how time is flying this school year!

With Halloween being on a Saturday this year, students still like to dress up for school and can do so on Friday, October 30th. For costumes, students are still expected to follow appropriate guidelines (i.e. nothing illegal, violent, no masks/weapons, etc.). If you have any questions, please contact our office; you can also see the guidelines on page 3 below.

As always, reach out to our office with any questions, concerns, or feedback. Thank you!

-Tony Moser, (509) 447-2426 mosertony@newportgriz.com

Events

Wed., Nov. 10: K-12 Veterans Day Assembly

Thur., Nov. 11: Veterans Day- No School

Fri., Nov. 13: Spokane Symphony Musicians visit 5th-12th graders during an assembly

Fri. Nov. 20: Early Dismissal- End of Trimester 1

Nov. 23rd- Nov. 27th: Thanksgiving Break- No School

Wed., Dec. 9: Band Concert @ 6pm

Fri., Dec. 11: Grandparents' Day (times TBD)

Counselors Corner

The SHMS Student Support [Website](#) is updated monthly with resources and fun activities for students and families.

Athletic Avenue

Registration for [Volleyball](#) & [Wrestling](#) open through November 7th.

Athletic Director: [Brandon McDaniel](#)

Other Flyers




CONFIDENCE IS A SKILL.

WE TEACH GIRLS HOW TO BUILD IT.

A CONFIDENCE PROGRAM FOR MIDDLE SCHOOL GIRLS

The ZGIRLS Confidence Program is a 4-week online confidence-building course led by Olympic and pro female athletes. Girls ages 11-14 learn to:

- ✓ Develop a growth mindset
- ✓ Build self-worth
- ✓ Take on challenges
- ✓ Advocate for themselves

"ZGIRLS taught me I don't always have to be perfect."
-Leah, age 14

THE ZGIRLS IMPACT

- 90% of girls gain a more positive self-image
- 6K+ girls supported nationwide
- 50+ Olympic & pro female athlete mentors

Register for FREE access

USE CODE: zgiris.org/register
GROWTHMINDSET100





ZGirls Ages 11-14

YOUTH ADVISORY COUNCIL

YES is looking to put together a representative group of young people, designed to empower youth to voice their perspectives, advise decision-makers, and develop leadership skills!

WHO CAN JOIN?

We are looking for 5-7 students, ranging in ages from 12-18, who attend Sade Blisset Middle School, Newport High School, & Pend Oreille River School.

TIME & PLACE

Students will meet at least once a month at the District Office to discuss civic engagement & explore ways to participate in local decision making that impacts their communities.

YES'S ROLE

YES Advocates will act as advisors, supporting youth as they navigate the systems and services they are working with.

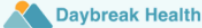
WHY SHOULD YOU JOIN?

Want to make a difference in the world?
Want to use your voice to create change?
Start local!
Join YAC!

INTERESTED? CONTACT YES!

509.447.1125
@YESOFPOC
f YES of Pend Oreille County
www.yesteensupport.com
229 N. Calispel Ave. Newport, WA 99156
Monday-Friday 9:00 am - 4:30 pm





When Going to School Feels Hard



Simple ways to support your child through difficult school mornings.

Some children may cry at drop-off, complain of stomachaches, ask to stay home, or become upset as the school day gets closer. These behaviors can sometimes be connected to anxiety or worries they don't yet know how to explain.

In this short video, a licensed Daybreak clinician shares **practical ways to help your child feel supported** while building confidence going to school.

In this short video you'll learn how to:

- Get to the root causes of school avoidance
- Validate feelings while setting expectations
- Take small steps that makes going to school easier
- Recognize when extra support may help

Click or scan to watch!

[Watch video](#)



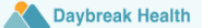
Daybreak Teletherapy for Families

Our district is proud to partner with Daybreak Health to **offer teletherapy for students ages 5-19 at no cost to families**

[Submit a Care Request](#)

<https://care.daybreakhealth.com/patient/login>

Part of Daybreak's Monthly Parent Bite-Sized Parent Education Series



When Your Teen Is Struggling to Go to School



Simple ways to support your teen when school feels overwhelming.

School can feel overwhelming for many reasons – academics, friendships, social pressure, a particular class, or anxiety that may be hard for your teen to put into words.

This month, a licensed Daybreak clinician shares **practical strategies for helping teens get back to feeling confident in going to school**.

In this short video, you'll learn how to:

- Get to the root causes of school avoidance
- Validate feelings while setting expectations
- Work with your teen to provide support
- Recognize when extra support may help

Click or scan to watch!

[Watch video](#)



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[Submit a Care Request](#)

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Sadie Halstead October 2026 Events



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
25	26	27	28	29	30 Halloween costumes allowed - school appropriate (no weapons, masks, etc.)	31 Halloween



Sadie Halstead November 2026 Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 Veteran's Day Assembly at NHS	11 Veteran's Day No School	12	13	14
15	16	17	18	19	20 Early Release 11:30 ACES Assembly 9:13-9:35 Trimester 1 ends	21
22	23 No School	24 No School	25 No School	26 Thanksgiving Day 	27 No School	28
29	30					