

October 30th, 2026

SHMS Friday Flyer

We Believe & You Belong



Halloween is always entertaining around here. Have fun and be safe this weekend!

Events

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

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

Fri., Nov. 13: Spokane Symphony Musicians 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)

Athletic Avenue

Wrestling & Volleyball schedules will be solidified early next week as competitions begin the week of November 9.

Athletic Director: [Brandon McDaniel](#)

Principal Message

Grizzly Families,

This week Officer Bell, Kim Marsh, and I covered very important safety reminders with students and sent all families a letter explaining the school process when students use language or display actions which are unsafe. While we've clarified this with all students nearly a dozen times this year, we continue to hear about situations when students react emotionally even though there are no intentions of harm. Please see the safety reminder letter sent earlier this week.

Due to situations which occur in schools across the country these days, which didn't occur when many of our parents and staff were students in school, each situation must be dealt with seriously and with thorough investigation and school sanctions (consequences). With any students discussing, gesturing, and/or idealizing violence they can experience significant changes to their school structure and social interactions with peers. While we do not want to impose sanctions for students, people being safe and feeling safe in school is the most important expectation for our school community.

On a separate note, we are working to implement more frequent communication tools regarding student grades and attendance. For example, we are going to start sending letters to families of students who regularly attend school, celebrating attendance. Another example is our goal to begin grade progress checks each week.

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

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

Counselors Corner

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

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: GROWTHMINDSET100
girls.org/register

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 12-16, who attend Sadie Halstead 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
YESOFFOC
YES of Pend Oreille County
www.yesteensupport.com
229 N. Calispel Ave. Newport, WA 99156
Monday-Friday 9:00 am - 4:30 pm

Let's Give Thanks and Eat Food!

Ages: 12-24 ONLY
19 November 2026
AT 3 PM

Please Join YES For **Friendsgiving**

Celebrate gratitude, good food, and great company with YES of POC!

229 N Calispel Ave
Newport, WA 99156
(509) 447 - 1125
(509) 671 - 7293

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](#)

Daybreak Teletherapy for Teens

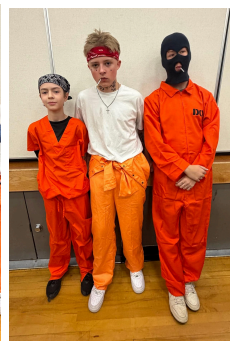
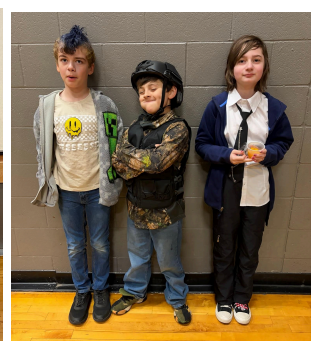
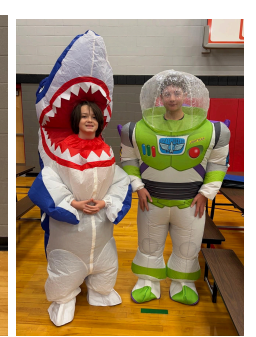
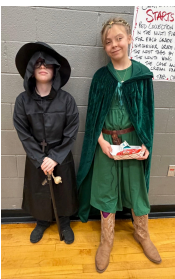
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Grizzly Photos of the Week Spooky Edition



★ SchoolLinks Student Spotlight ★

SchoolLinks is helping our 7th and 8th grade students plan for life after high school! Through interactive surveys, students are discovering their unique strengths, personality types, and matching career paths. Check out this week's favorite careers.



A Career I Am Exploring:

Woodworking

High Job Growth- 4.0% from 2023-33
Higher Salary- \$56,350 median salary
Current Employment- 923,100 jobs
Minimum Education- High school diploma or equivalent

Woodworkers manufacture a variety of products such as cabinets and furniture, using wood, veneers, and laminates. They often combine and incorporate different materials into wood.

What do they do?

- Understand detailed architectural drawings, schematics, shop drawings, and blueprints
- Prepare and set up machines and tooling for woodwork manufacturing
- Lift wood pieces onto machines, either by hand or with hoists
- Operate woodworking machines, including saws and milling and sanding machines
- Listen for unusual sounds or detect excessive vibration in machinery
- Ensure that products meet industry standards and project specifications, making adjustments as necessary
- Select and adjust the proper cutting, milling, boring, and sanding tools for completing a job
- Use hand tools to trim pieces or assemble products



Carter D



A Career I Am Exploring:

Chiropractors Medicine

High Job Growth- 10.0% from 2023-33
Higher Salary- \$76,530 median salary
Current Employment- 61,200 jobs
Minimum Education- Doctoral or professional degree

Chiropractors treat patients with health problems of the neuromusculoskeletal system, which includes nerves, bones, muscles, ligaments, and tendons. They use spinal adjustments and manipulation, and other techniques to manage patients' health concerns, such as back and neck pain.

What do they do?

- Assess a patient's medical condition by reviewing the patient's medical history and concerns, and by performing a physical examination
- Analyze the patient's posture, spine, and reflexes
- Conduct tests, including evaluating a patient's posture and taking x rays
- Provide neuromusculoskeletal therapy, which often involves adjusting a patient's spinal column and other joints
- Give additional treatments, such as applying heat or cold to a patients injured areas
- Advise patients on health and lifestyle issues, such as exercise, nutrition, and sleep habits
- Refer patients to other healthcare professionals if needed



Harper C



A Career I Am Exploring:

Hairdressing & Cosmetology

High Job Growth- 7.0% from 2023-33
Higher Salary- \$34,970 median salary
Current Employment- 571,100 jobs
Minimum Education- Postsecondary nondegree award

Barbers, hairdressers, and cosmetologists provide haircutting, hairstyling, and a range of other beauty services.

What do they do?

- Inspect and analyze hair, skin, and scalp to recommend treatment
- Discuss hairstyle options
- Wash, color, lighten, and condition hair
- Chemically change hair textures
- Cut, dry, and style hair
- Receive payments from clients
- Clean and disinfect all tools and work areas



Denver F



A Career I Am Exploring:

Registered Nursing

High Job Growth- 6.0% from 2023-33
Higher Salary- \$86,070 median salary
Current Employment- 3,300,100 jobs
Minimum Education- Bachelor's degree

A medical practitioner who provides hands-on care. Nurses often add the human touch to medical care. If you love medicine & don't love the years of study for being a doctor, this could be for you.

What do they do?

- Assess patients conditions
- Record patients medical histories and symptoms
- Observe patients and record the observations
- Administer patients medicines and treatments
- Set up plans for patients care or contribute information to existing plans
- Consult and collaborate with doctors and other healthcare professionals
- Operate and monitor medical equipment
- Help perform diagnostic tests and analyze the results
- Teach patients and their families how to manage illnesses or injuries
- Explain what to do at home after treatment



Jillian A.



A Career I Am Exploring:

Culinary Arts

High Job Growth- 8.0% from 2023-33
Higher Salary- \$58,920 median salary
Current Employment- 187,100 jobs
Minimum Education- High school diploma or equivalent

Chefs and head cooks oversee the daily food preparation at restaurants and other places where food is served. They direct kitchen staff and handle any food-related concerns.

What do they do?

- Check the freshness of food and ingredients
- Supervise and coordinate activities of cooks and other food preparation workers
- Develop recipes and determine how to present dishes
- Plan menus and ensure the quality of meals
- Inspect supplies, equipment, and work areas for cleanliness and functionality
- Hire, train, and supervise cooks and other food preparation workers
- Order and maintain an inventory of food and supplies
- Monitor sanitation practices and follow kitchen safety standards



Ayden T



A Career I Am Exploring:

Law Enforcement & Detective Work

High Job Growth- 2.0% from 2023-33
Higher Salary- \$91,100 median salary
Current Employment- 113,400 jobs
Minimum Education- High school diploma or equivalent

The law enforcement agent who has their feet on the ground. They uphold the law, educate about the law & keep communities safe. If you like enforcing rules & helping people, this might be for you.

What do they do?

- Respond to emergency and nonemergency calls
- Patrol assigned areas
- Conduct traffic stops and issue citations
- Search for vehicle records and warrants using computers in the field
- Obtain warrants and arrest suspects
- Collect and secure evidence from crime scenes
- Observe the activities of suspects
- Write detailed reports and fill out forms
- Prepare cases and testify in court



Tucker T



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					