



# NOVEMBER NEWSLETTER



## FALL SPORTS CELEBRATE A SUCCESSFUL SEASON!

### CHECK IT OUT!

**PAGE 3-SPORT SCHEDULES**  
**PAGE 4-24/25 SPORT SEASONS**  
**PAGE 5-STUDENT SUPPORT SERVICES**  
**PAGE 8-24/25 SCHOOL CALENDAR**

### SCHOOL & OFFICE HOURS

**School Hours:**  
🕒 7:45 AM – 2:30 PM  
**Office Hours:**  
🕒 7:45 AM – 3:15 PM

### UPCOMING EVENTS

11/21- Choir Concert at CMS 6:00 PM  
11/21- Term 2 Ends  
11/22-NO SCHOOL  
11/26- Orchestra Concert 6:00 PM at HMS  
11/27-Early Release 1:00 PM  
11/28-11/29-NO SCHOOL-Thanksgiving Break  
12/14- All Music Concert at LCC 2:00 PM  
12/20-Early Release 1:00 PM  
12/23-1/3-Winter Break

# School Staff



Kim Allais  
Principal

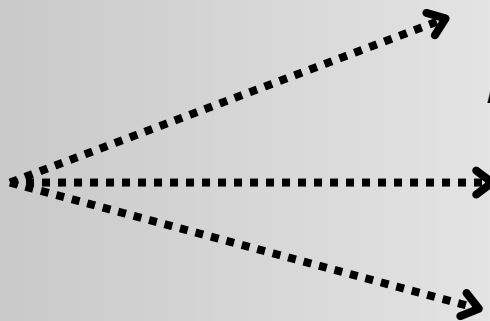


Chris Wiseman  
Assist. Principal



Rachelle Simmons  
Dean of Students

## Secretaries

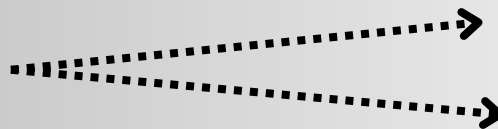


**Tiffany Phillips**  
Administrative Secretary

**Jenny Parsons**  
Registrar

**Holly Fraser**  
Attendance Clerk

## Counselors



**Christina Zepeda**  
Last Names A-L

**Rebecca Viscuso**  
Last Names M-Z

## Health Specialist



**Alysha Vossen**



# SPORT SCHEDULES!

For the latest up to date sports schedule, please visit the [Huntington website](#) under Events!



**Huntington Middle School**

We Are Kelso

 [wednet.edu](http://wednet.edu)

## EVENTS | [See All Events](#)

**Sep 3 — Sep 4**

ALL DAY  
Volleyball tryouts-7th and 8th grade.

**Sep 11**

ALL DAY  
Football Away

**Sep 14**

ALL DAY  
X-Country Rainier Invitational





# 24-25 SPORT SEASONS



## Updated Dates!

### Fall

Football- August 26, 2024  
Volleyball- September 3, 2024  
X-Country- August 26, 2024

### Winter 1

Boys Basketball- October 24, 2024  
Wrestling- October 24, 2024

### Winter 2

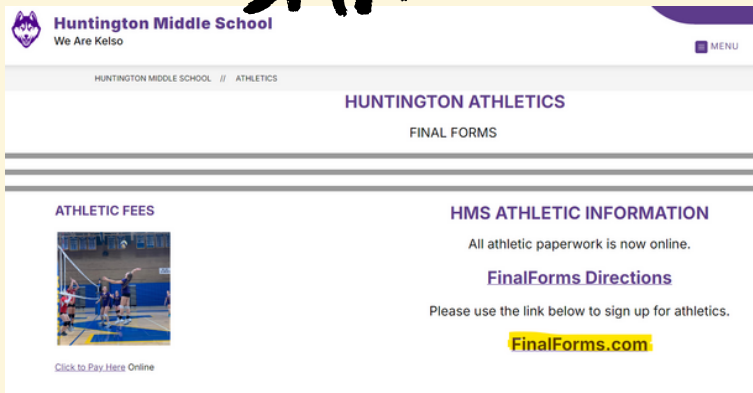
Girls Basketball- January 27, 2025  
Bowling- January 28, 2025

### Spring

Track- April 14, 2025



## HOW TO SIGN UP



Visit the Huntington website and sign up  
with **Final Forms!**

ALL SPORTS SEASONS LISTED ABOVE REQUIRE A SPORTS PHYSICAL. IF YOUR STUDENT DOES NOT HAVE A CURRENT PHYSICAL AND PLANS ON PARTICIPATING IN AN UPCOMING SPORT, PLEASE GET ONE ASAP! PLEASE CALL THE OFFICE WITH QUESTIONS.



# STUDENT SUPPORT SERVICES

## **Did you know that having open and honest conversations with your teenager about the risks and consequences of using vapes is very important?**

As a parent or guardian, you play a pivotal role in shaping your adolescents' attitudes and behaviors towards substances. Your influence goes beyond that of friends and celebrities, making it essential to discuss these topics and guide them toward healthy choices. Although at times challenging, engaging your teen in discussions about vapes demonstrates not only that you care, but that you do have expectations. These conversations do not need to be formal, but rather casual and comfortable chats during shared time with your teen. Here are some tips for talking with your adolescents.

**CREATE CLOSE BONDS:** Adolescents are less likely to experiment with such things when their parents/guardians are actively engaged in their lives, and they feel close to their adults. To increase family bonding, you can dedicate 15 minutes of one-on-one time daily to your teen, participate in activities together, and eat together as a family as often as possible.

**SET CLEAR BOUNDARIES:** Make sure to set rules, be consistent, and foster communication about your guidelines. Have open and regular conversations about your expectations regarding substances and why you chose them. Be sure that the rules are clear and that your adolescent understands what is expected of them.

**HELP YOUR STUDENT WITH FRIENDSHIP BUILDING:** Encourage them to choose friends who have similar values and interests. Teach them to recognize the unhealthy behaviors of peers and how to handle such situations.

**MONITOR INTERACTIONS:** It is okay to be nosy and know what your children are doing, where they might be going and who they are with. Ask these 5 questions: Where are you going? What will you be doing? Who will you be with? What time will you be home? Will there be drugs or alcohol there?

**HELP THEM UNDERSTAND THE RISKS OF NICOTINE USE:** There has been an alarming increase in teen vaping in recent years and adolescents do not fully understand the consequences. There is an extreme misconception among young people that vapes are not harmful because they do not produce smoke like cigarettes do.

Nicotine is a highly addictive chemical found in most vapes that gets into the bloodstream through the lungs and then travels to the brain (all within 10 seconds). Using nicotine causes changes in the brain that make a person crave more and because teens' brains are still developing, they are far more susceptible to nicotine's harms. Harms that include coughing, wheezing, vomiting, headaches, dizziness, impaired attention/learning, nicotine addiction, and so much more.

Your adolescent is always welcome to join substance education groups with me! In these groups we discuss topics such as peer pressure, risks and harms, how addiction happens, identifying coping/refusal skills, etc.

For more information and/or resources please do not hesitate to contact me at [heather.pullings@kelsosd.org](mailto:heather.pullings@kelsosd.org) or (360) 501-1389. You can always have your student contact me in room A121 as well.



ALYSHA VOSSEN  
HMS HEALTH SPECIALIST

# NEWS FROM THE HEALTH ROOM

## Husky Health Tips!

Flu season is just around the corner! Here are a few tips to help keep our Huskies healthy:

- Wash your hands frequently
- Avoid sharing drinks with others
- Try not to touch your eyes, nose, or mouth
- Get plenty of sleep each night
- Cover your coughs and sneezes with your elbow or sleeve
- Stay home if you're feeling sick or have a fever (Check out additional health guidelines)



### REMINDER

**Students that are leaving due to illness and/or injury must be released through the health room.**

If your child is feeling unwell at school, please remind them to check into the Health Room before contacting a parent to leave. Our staff is here to assist and provide support. This helps us ensure students are properly cared for while at school and avoids unnecessary early dismissals.

# SHOULD MY CHILD BE AT SCHOOL WITH THIS ILLNESS?

Here are guidelines for sending your child to school. If you have questions, please call the health specialist at your school or your health care provider.

**Your child may go to school when he or she has ALL of the following:**

- Only mild cold symptoms, or no cold symptoms.
- Normal temperature (under 100.4 degrees) for 24 hours or more.
- Enough energy to do school work.
- Can keep from spreading germs by washing their hands, throwing away used tissues, coughing onto their sleeve, and coughing away from other people.
- Has been taking antibiotics for MORE than 24 hours (or is not taking any antibiotics).

**Your child may NOT go to school when he or she:**

- Has a fever (temperature over 100.4 degrees) or needs fever-reducing medicine.
- Has swollen glands.
- Has been taking antibiotics for less than 24 hours.

## **VOMITING & DIARRHEA**

Children must stay home for at least 24 hours after vomiting or having diarrhea (3 or more loose stools in a day). They must be able to eat and drink before coming back to school.

## **FEVER**

Your child must have a normal temperature (under 100.4 degrees) for 24 hours without fever-reducing medicine (such as Tylenol) before returning to school.

## **HEADACHE**

A child should stay home if their headache is bad enough that they cannot do school work, or if they also have other symptoms, such as fever.

## **EARACHE OR TOOTHACHE**

A child does not have to miss school because of an earache or a toothache if they are getting medical care, have no other symptoms such as fever, and feel well enough to do school work.

## **RED EYES**

Keep your child home if the white part of the eye is red and there is yellow or green crusty or gooey stuff in the eye.

## **RASH**

Keep your child home if they have a rash over a large part of their body or if the rash is oozing or if it is contagious.

Thanks for helping to keep all of our children healthy!





# KELSO SCHOOL DISTRICT NO. 458

## 2024-2025

Student School Calendar

### AUGUST 2024

Su	M	T	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### SEPTEMBER 2024

Su	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### OCTOBER 2024

Su	M	T	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### NOVEMBER 2024

Su	M	T	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### DECEMBER 2024

Su	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### JANUARY 2025

Su	M	T	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### STUDENT FIRST AND LAST DAYS OF SCHOOL

August 28 First Day  
June 12 Last Day

### GRADUATION

June 7

### STUDENT NON-ATTENDANCE DAYS

September 2 Labor Day  
October 4 In-Service Day  
November 11 Veterans Day  
November 22 Trimester Break  
November 25-27 Elementary School Conferences  
(No School for Elementary Students ONLY)  
November 28-29 Thanksgiving Break  
Dec. 23 – Jan. 3 Winter Break  
January 20 MLK Day  
January 27 Semester Break  
February 17 Presidents' Day  
March 7 Trimester Break  
March 14 In-Service Day  
April 7 – 11 Spring Break  
May 26 Memorial Day

### EARLY DISMISSAL DAYS

Elementary 1:55 pm, Secondary 1:00 pm  
November 27\* \*Secondary Students Only  
December 20  
April 4

Last Day of School: Elementary 11:10 am  
Secondary 10:05 am

### TERM-END DAYS

Trimesters (Elementary and High School)

November 21 Trimester 1  
March 6 Trimester 2  
June 12 Trimester 3

Semesters (Middle School)

January 24 Semester 1  
June 12 Semester 2

### SCHOOL HOURS

Elementary Schools

Mon, Tues, Thurs, Fri 8:45 am – 3:25 pm  
Wednesdays 8:45 am – 1:55 pm

Secondary Schools

Mon, Tues, Thurs, Fri 7:50 am – 2:30 pm  
Wednesdays 7:50 am – 1:00 pm

### MAKE-UP DAYS

November 22  
January 27  
March 7  
End of School Year

### FEBRUARY 2025

Su	M	T	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

### MARCH 2025

Su	M	T	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### APRIL 2025

Su	M	T	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### MAY 2025

Su	M	T	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### JUNE 2025

Su	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### JULY 2025

Su	M	T	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



# Fit CHECK



**On Wednesday we wear  
Purple and Gold!**



**On Thursday we wear  
College wear!**



**On Friday we wear  
Blue and Gold!**

# GOOD TO



## KNOW



### Bus Routes

Information can be found [HERE](#) for bus routes.

### Bell Schedule

Information can be found [HERE](#) for the bell schedule.

### Lunch Menu

Information can be found [HERE](#) for the monthly menu.

### Lost and Found

Lost and Found is disposed of monthly- please have your student check this area frequently.

### Bus Pass/Early Release

If your student will be released early or riding a different bus home please call the office before 2pm to ensure there is adequate time to notify students.

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**For more information:**

**360-501-1700**

Middle School

# Choir Concert

CMS GYM

**NOVEMBER 21**  
**6 PM**

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HUNTINGTON MUSIC





# ATTENDANCE

## Late arrivals in the morning

- If your student is late to school please notify the office to have the tardy excused.

## How to report an absence

1. Log into skyward family access- fill out absence request
2. Call the HMS main office- 501-1700
3. Email- [holly.fraser@kelsosd.org](mailto:holly.fraser@kelsosd.org)- Attendance clerk

**\*Please make sure to call the office by 2pm (Wednesday's 12:30) for after school arrangements.**



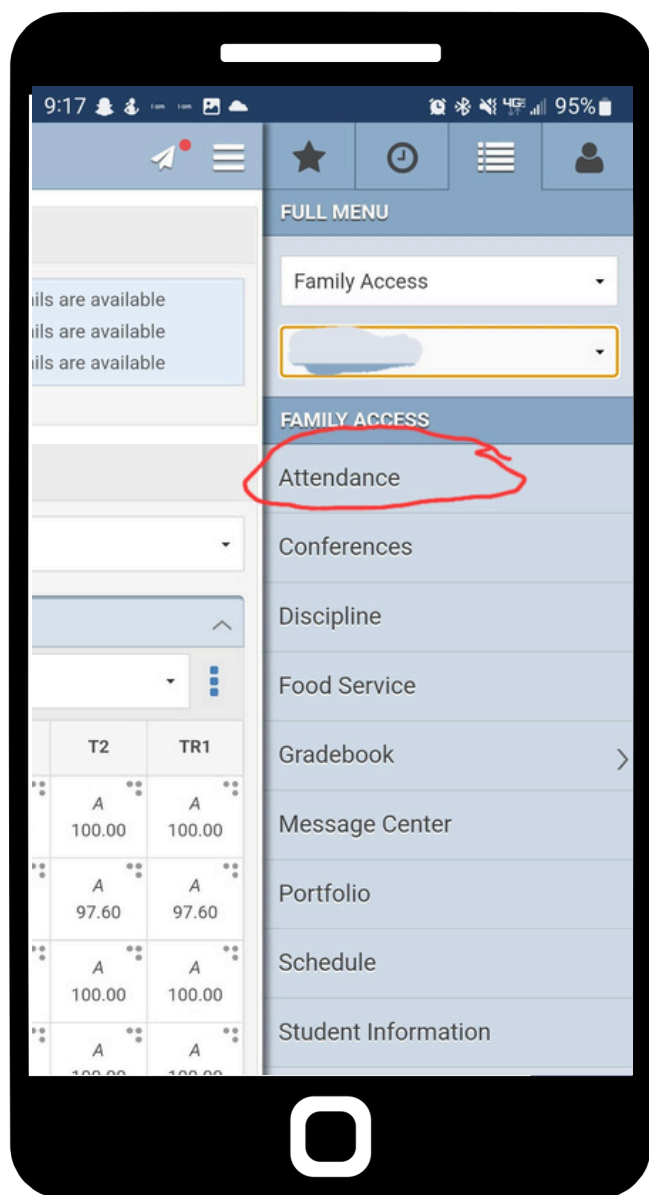


# FAMILY MOBILE APP

All the benefits of Family Access on your phone

Entering your student's attendance

DOWNLOAD TODAY, AND STAY UP-TO-DATE  
ON THE GO



## How - To

- Log onto your Skyward account on the App
- Using the drop-down menu, choose your student
- Choose the date (date range if multiple days)
- If the absence will not be a full day, click off the toggle switch and fill in the time
- Using the drop-down menu, choose an absence reason
- Hit 'submit' when you are finished
- **THIS CAN BE DONE ON THE COMPUTER AS WELL.**

Find out more at the link below

<https://www.kelso.wednet.edu/o/ksd/page/skywardapp-attendance>



# **Attendance - Why it Matters!**

**Dear Parent/Caregiver,** This year, Huntington is making a special effort to ensure that all students fully benefit from their education by attending school regularly. Student attendance is an essential first step for students to learn. We want you to know that our school is committed to supporting your student(s) to attend and access their education. Your students' future is our first priority, and we want to partner with you to ensure their success.

## **DID YOU KNOW? - [Attendance - Why it Matters!](#)**

- By being present at school, your child learns valuable social skills and has the opportunity to develop meaningful relationships with other students and school staff.
- Absences can be a sign that a student is losing interest in school, struggling with schoolwork, dealing with a bully, or facing some other potentially serious difficulty.
- Starting in kindergarten, too many absences (excused and unexcused) can cause children to fall behind in school.
- Missing 10 percent (just two days a month or about 18 days in a year) increases the chance that your student will not read or master math at the same level as their peers.
- Students can still fall behind if they miss just a day or two days every few weeks.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.

## **WHAT WE NEED FROM YOU**

We miss your student(s) when they are not in school and we value their contributions to our community. We would like you to help ensure that your student attends regularly and is successful in school. If your student is going to be absent, please contact Holly Fraser, HMS attendance clerk at 360.501.1700.

Sincerely,

Klm Allais

Principal

Huntington Middle School



# KSD SAFE SCHOOLS EMERGENCY INFORMATION



## HOLD

### ISOLATED EVENT/MEDICAL ISSUE

#### STUDENTS

- **CLEAR** hallways, stay in room
- **CONTINUE** as usual
- **WAIT** for "all clear"

#### ADULTS

- **CLOSE/LOCK** the door
- **ACCOUNT** for students & adults
- **CONTINUE** as usual
- **WAIT** for "all clear"



## SECURE & TEACH

### POTENTIAL THREAT OF HARM

#### STUDENTS

- **CONTINUE** as usual
- **WAIT** for "all clear"

#### ADULTS

- **BRING** everyone indoors
- **LOCK** outside doors
- **INCREASE** awareness
- **ACCOUNT** for students & adults
- **CONTINUE** as usual
- **WAIT** for "all clear"



## LOCKDOWN

### DEFINITE THREAT OF VIOLENCE OR HARM

#### STUDENTS

- **MOVE** out of sight
- **MAINTAIN** silence
- **DO NOT** open door
- **PREPARE** to evade/defend

#### ADULTS

- **RECOVER** students from hall if possible
- **LOCK** room doors
- **ACCOUNT** for students & adults
- **TURN OFF** lights
- **MOVE** out of sight
- **MAINTAIN** silence
- **DO NOT** open door
- **PREPARE** to evade/defend



## SHELTER IN PLACE

### HAZARDOUS OUTDOOR ATMOSPHERE

#### STUDENTS

- **USE** appropriate strategy

#### HAZARD STRATEGY

Tornado.....Get to shelter  
Hazmat.....Seal the room  
Earthquake...Drop, cover, hold  
Tsunami.....Get to high ground

#### ADULTS

- **LEAD** safety strategy
- **ACCOUNT** for students & adults
- **NOTIFY** if missing, extra, or injured people



## EVACUATE

### FIRE / INTERNAL THREAT

#### STUDENTS

- **LEAVE** items behind if needed
- **BRING** phone if possible
- **FOLLOW** instructions

#### ADULTS

- **LEAD** students to location
- **ACCOUNT** for students & adults
- **NOTIFY** if missing, extra, or injured people

## KEY REMINDERS

- **NO PROPPED OPEN DOORS**
- **MAINTAIN ADULT VISIBILITY**
- **SEE or HEAR SOMETHING,**

### HearMeWA Tipline

CALL 888-537-1634

#### TEXT

HearMeWA to 738477



## EMERGENCY CONTACTS

### 911

#### SUICIDE HOTLINE

988

#### COWLITZ CO. CRISIS LINE

360.425.6064

#### KELSO POLICE

360.423.1270

#### SHERIFF

360.577.3092

#### SEXUAL ASSAULT

#### HOTLINE

1.800.656.4673

#### CHILD PROTECTIVE

#### SERVICE

360.501.2600

#### DOMESTIC VIOLENCE

1.800.799.7233

or text START to 88788

1.800.222.1222

#### POISON CONTROL

1.800.662.4357

#### DRUG/ALCOHOL

#### HOTLINE

All Kelso schools take the Harassment, Intimidation and Bullying (HIB) of students very seriously. According to the most recent Healthy Youth Survey, the majority of students in Kelso schools indicate that they feel safe at school. Any student, parent or other interested adult can report an incident of HIB using the Kelso Incident Report Form (which is available on the website and in the main office of all schools).

Harassment, Intimidation or Bullying (HIB) is an intentional electronic, written, verbal, or physical act that:

- Physically harms a student or damages the student's property.
- Has the effect of substantially interfering with a student's education.
- Is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment.
- Has the effect of substantially disrupting the orderly operation of the school.

If you have any questions about this policy please contact the principal of your child's school, or the Director of Student Services, Gunnar Guttormsen, at the Kelso School District office.



Kelso School District #458 complies with all federal rules and regulations and does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups listed in Title 36 of the United

States Code. The following employee(s) has been designated to handle questions and complaints of alleged discrimination: Holly Budge, Director of Human Resources, the school district's Title VII Officer and ADA Coordinator. People of disability may request reasonable accommodation in the hiring process by contacting, Holly Budge, Director of Human Resources, 601 Crawford Street, Kelso, WA 98626 or (360) 501-1924.

Inquiries regarding compliance procedures regarding students may be directed to Don Iverson, Director of Student Services, the school district's Title IX Coordinator or Heather Ogden, Director of Special Programs, the school district's Section 504 Coordinator, 601 Crawford Street, Kelso, WA 98626 (360) 501-1900.

**KELSO SCHOOL DISTRICT IS A DRUG AND TOBACCO-FREE WORKPLACE**