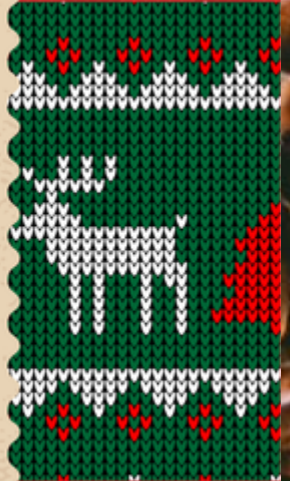




FHMS
DECEMBER
TIGER BEAT



Happy Holidays!

FROM THE FHMS STAFF

Happy Holidays!

FROM THE FHMS STAFF

Principal's Update

As we approach the halfway point of the school year, I encourage everyone—students and staff alike—to take a moment for self-reflection. It's a great time to assess our individual progress and celebrate the hard work that has contributed to our strong academic achievements this semester. I am proud of the dedication shown across our school community, and let's keep that momentum going as we approach the end of the first semester.

I am also pleased to report that our attendance incentive program is thriving. Thank you to our wonderful PTO for their continued support in this initiative. Your efforts are helping to foster a positive and engaged learning environment.

Looking ahead, we are excited about the upcoming holiday door decorating competition! It's a fantastic opportunity for everyone to showcase their creativity and school spirit. Let's embrace the festive season and make this event one to remember.

Thank you all for your hard work, commitment and support. Let's finish the first semester strong!

Warm regards,
Rod Turnbull
Principal, FHMS

ATTENDANCE

If your student will be missing school for any reason please email the MS office at katieleed@sjisd.org or call (360)370-7201.

LOST and FOUND

Please have your student check the lost and found in the MS Commons. Any clothing left over winter break will be taken to the thrift store.



2025-26 Academic Calendar



2025-2026 Academic Calendar FINAL.pdf

[Download](#)

119.8 KB

Bell Schedule

FHMS Daily Schedule - Early Dismissal (Wednesday) Schedule - Half Day Schedule

FHMS WEBSITE

Please check out the Friday Harbor Middle School website for more up to date information about events and other middle school happenings. Click the button below to be redirected to the MS Website.

MS Website



Picture Day Flyers 25.26.pdf

FHMS Picture Retake Day October 14. Please see flyer for more information.

[Download](#)

659.2 KB



Friday Harbor Middle School Tigers Apparel Store | Prep Sportswear

Shop Friday Harbor Middle School apparel and spirit wear on the official Prep Sportswear store! Personalized fan gear, add your name and number to orange & black t-shirts, hoodies, jerseys & more. High-quality, fast delivery. Show your Friday Harbor Middle School Tigers pride in Friday Harbor, Washington! Shop custom Friday Harbor Middle School Tigers school apparel today!

prepsportswear.com

FOOD SERVICE INFORMATION

Please note that the Elementary school students are receiving free lunch again this year, However that does not apply to the Middle School or High School students.

If you need help, please fill out the Free and Reduced form and return to the District Office. Click on the link below:

<https://www.sjsd.wednet.edu/cms/lib/WA01001572/Centricity/Domain/32/2025-26%20Free%20Lunch%20Application%20Fillable.pdf>



STUDENT FEES -

Please be sure to check into your Skyward account for any fees your student may have accrued throughout the school year. You can pay your students fees online as well as any Food Service fees through your Skyward account.

8th Grade parents all your student fees for Middle School will need to be paid by the end of the school year!

IMPORTANT dates to remember

Dec. 01 = Sports/Play Grade check

Dec. 09 = MS Band Concert San Juan Community Theatre 6:00pm

Dec. 12 = Sports/Play Grade check

Dec. 22 - Jan. 02 = Winter Break NO SCHOOL



WINTER BREAK

NO SCHOOL Monday 12/22 - Friday 01/02/2026

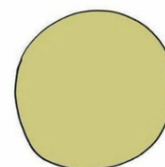


Counselors Corner

Managing Holiday Stress & Finding Balance

December is a joyful month, but it can also bring added stress for many students. Busy schedules, shifting routines, and academic deadlines can make it hard to stay grounded. It's important for students to notice signs of stress, such as feeling extra tired, irritable, worried, or having trouble focusing. Taking short breaks, staying organized, getting enough sleep, and talking with a trusted adult can make a big difference. Remind your child that it's okay to slow down and ask for support—my door is always open if they need someone to talk to during this busy season.

WHAT PEOPLE THINK ANXIETY FEELS LIKE



□ WORRYING ABOUT EVERYTHING, ALL THE TIME

WHAT ANXIETY ACTUALLY FEELS LIKE



□ sweating, a lot
□ second-guessing yourself
□ muscle tension
□ trouble sleeping
□ chest pain
□ overthinking all the things
□ increased heart rate
□ your mind and body refusing to cooperate, no matter what you know is rational

Amara Zee
(she/her/hers)
Friday Harbor Middle School Counselor
amarazee@sjisd.org
Crisis Line: 1.800.584.3578

AVID Articles from Mr. McKinnon's Class

Class that Helps with Leadership

By Aubriana Rebhan

AVID is a class at Friday Harbor Middle School. AVID stands for Advancement Via Individual Determination, taught by Mr. McKinnon. AVID is a class that helps you prepare for the future. AVID can help prepare you for future jobs. So far this year, the AVID students have created a professional resumé, researched college classes, and practiced focused note-taking to prepare for rigorous high school classes.

AVID is a very helpful class. It's an extracurricular class where you can practice leadership skills and study skills. Here's a quote from AVID student, Natica Hamlin, "AVID is a helpful class, it helps me to get my school work done. Also, it is a very fun class to take with all sorts of different activities we do." Mr. McKinnon described AVID as, "A class where you can learn different strategies for note-taking and also close reading."

Everyone who has the chance to get into an AVID elective class should take it. It can really help you with anything you need to improve on.

The Exciting Truth About The FHMS Trip To Town Hall

By Savannah Smith

On November 17th, Mrs. Heller took the 7th-grade class to the Friday Harbor Town Hall, where the students got to play a part in the Mock Town Council. They were all assigned a part so they could experience and understand the different positions. The positions were Mayor, Town Clerk, Council Member 1, Council Member 2, Finance Director, Public Works Department, and Community Development Department.

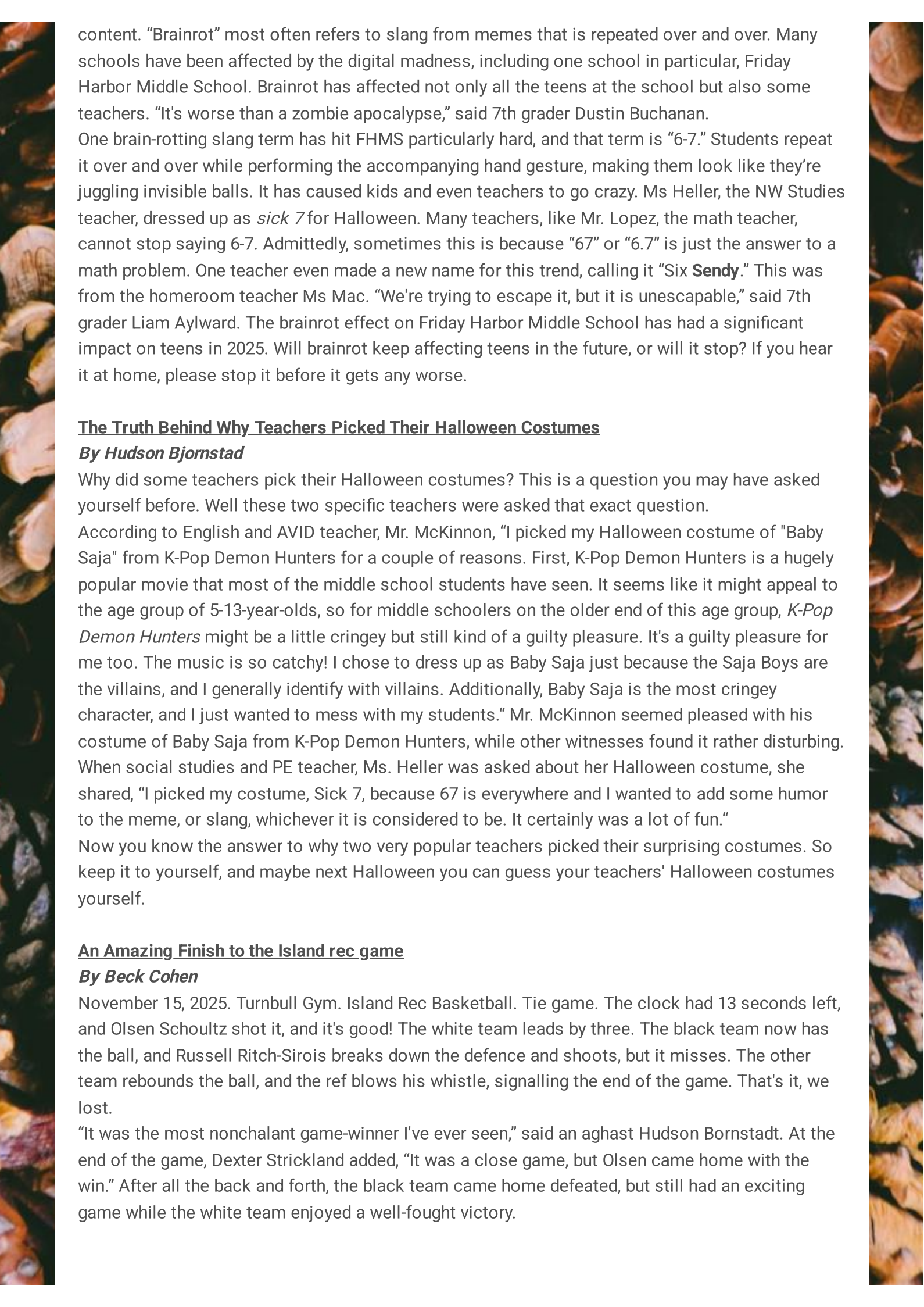
The people of Town Hall who attended the Mock Town Council were Council Member De Freitas, Council Member Geffen, and Town Clerk Krembs. During the Mock Town Hall, the people from the second-period social studies who got to play a role were Dexter Strickland, Savannah Smith, Georgia Smith, Liam Aylward, Wyatt Girvan, Mikal Deyoung, and Jonah Visciglia. This was a great opportunity for the students to be able to make real-world connections and learn more about the way our local government operates at the Town Hall.

"It was a good experience and was fun learning about the Town Hall" said 7th grader Abrianna Rebhan. "It was a fun experience," added Chloe Jones. The opportunity for a field trip to the Town Hall and experience the different roles was greatly appreciated but all the students, and also by the Council members themselves.

Brainrot Destroys Gen Alpha

By Griffin Bjornstad

Breaking News: The year is 2025, and we have reached the peak of brainrot. "Brainrot" is an informal term for the supposed mental deterioration from excessive consumption of trivial online



content. "Brainrot" most often refers to slang from memes that is repeated over and over. Many schools have been affected by the digital madness, including one school in particular, Friday Harbor Middle School. Brainrot has affected not only all the teens at the school but also some teachers. "It's worse than a zombie apocalypse," said 7th grader Dustin Buchanan. One brain-rotting slang term has hit FHMS particularly hard, and that term is "6-7." Students repeat it over and over while performing the accompanying hand gesture, making them look like they're juggling invisible balls. It has caused kids and even teachers to go crazy. Ms Heller, the NW Studies teacher, dressed up as *sick 7* for Halloween. Many teachers, like Mr. Lopez, the math teacher, cannot stop saying 6-7. Admittedly, sometimes this is because "67" or "6.7" is just the answer to a math problem. One teacher even made a new name for this trend, calling it "Six **Sendy**." This was from the homeroom teacher Ms Mac. "We're trying to escape it, but it is unescapable," said 7th grader Liam Aylward. The brainrot effect on Friday Harbor Middle School has had a significant impact on teens in 2025. Will brainrot keep affecting teens in the future, or will it stop? If you hear it at home, please stop it before it gets any worse.

The Truth Behind Why Teachers Picked Their Halloween Costumes

By Hudson Bjornstad

Why did some teachers pick their Halloween costumes? This is a question you may have asked yourself before. Well these two specific teachers were asked that exact question. According to English and AVID teacher, Mr. McKinnon, "I picked my Halloween costume of "Baby Saja" from K-Pop Demon Hunters for a couple of reasons. First, K-Pop Demon Hunters is a hugely popular movie that most of the middle school students have seen. It seems like it might appeal to the age group of 5-13-year-olds, so for middle schoolers on the older end of this age group, *K-Pop Demon Hunters* might be a little cringey but still kind of a guilty pleasure. It's a guilty pleasure for me too. The music is so catchy! I chose to dress up as Baby Saja just because the Saja Boys are the villains, and I generally identify with villains. Additionally, Baby Saja is the most cringey character, and I just wanted to mess with my students." Mr. McKinnon seemed pleased with his costume of Baby Saja from K-Pop Demon Hunters, while other witnesses found it rather disturbing. When social studies and PE teacher, Ms. Heller was asked about her Halloween costume, she shared, "I picked my costume, Sick 7, because 67 is everywhere and I wanted to add some humor to the meme, or slang, whichever it is considered to be. It certainly was a lot of fun." Now you know the answer to why two very popular teachers picked their surprising costumes. So keep it to yourself, and maybe next Halloween you can guess your teachers' Halloween costumes yourself.

An Amazing Finish to the Island rec game

By Beck Cohen

November 15, 2025. Turnbull Gym. Island Rec Basketball. Tie game. The clock had 13 seconds left, and Olsen Schoulitz shot it, and it's good! The white team leads by three. The black team now has the ball, and Russell Ritch-Sirois breaks down the defence and shoots, but it misses. The other team rebounds the ball, and the ref blows his whistle, signalling the end of the game. That's it, we lost.

"It was the most nonchalant game-winner I've ever seen," said an aghast Hudson Bornstadt. At the end of the game, Dexter Strickland added, "It was a close game, but Olsen came home with the win." After all the back and forth, the black team came home defeated, but still had an exciting game while the white team enjoyed a well-fought victory.

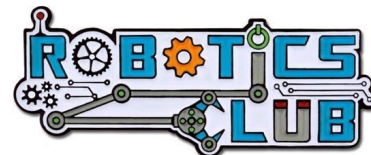
TRIFOLDS!!!!

Parents be aware that your student will need a TRIFOLD before the end of the school year. Sometimes the drugstore carries them but they seem to run out quickly. So next time your off island grab a Trifold just in case!

Robotics Club

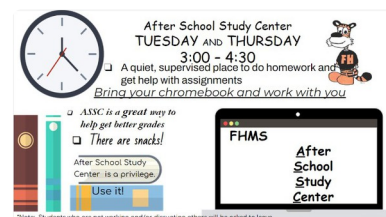
Robotics Club with Mr. Ramsey is on Tuesdays and Thursdays from 3:00-4:30 in Room 9. Students must take part in the final 4 weeks in order to participate in the competition in February.

Free to join, please see/email Mr. Ramsey (stephenramsey@sjisd.org) with any questions.



A.S.S.C

After School Study Center on Tuesday and Thursday from 3:00pm-4:30pm. Snacks will be provided for students.



We are collecting King's receipts! You can bring any receipts you save into the MS office. For every dollar spent Kings will donate to the Middle School PTO so every little bit helps.

SJI Service Scholarship - 8th Grade Students!

<https://sjiservicescholarship.org/about/students/>

This program is designed for the 8th through 12th grade students with a variety of volunteer opportunities based on student interest and community need. Click the link for more information.

Non- Discrimination Statement

San Juan Island School District Commitment to Non-discrimination

San Juan Island School District 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.

The San Juan Island School District offers classes in many career and technical education program areas such as Culinary Arts, Career Prep, STEM, and Computer Science under its open admissions policy. For more information about CTE course offerings and admissions criteria, contact CTE Directors, Liz Varvaro, elizabethvarvaro@sjisd.org, PO Box 458, FH, WA, (360) 378-4133. Lack of English language proficiency will not be a barrier to admission and participation in career and technical education programs.

The following people have been designated to handle inquiries regarding the non-discrimination policies:

Faith Knight, Civil Rights Compliance Coordinator, Title IX Officer
PO Box 458, Friday Harbor, WA 98250
(360) 378-4133
faithknight@sjisd.org

Becky Bell, Special Services Director, 504 Officer, ADA Coordinator, Gender-Inclusive Schools Coordinator
PO Box 458, Friday Harbor, WA 98250
(360) 378-4133
beckybell@sjisd.org

Fred Woods, Superintendent, Harassment, Intimidation, and Bullying (HIB) Coordinator
PO Box 458, Friday Harbor, WA 98250
(360) 378-7905
fredwoods@sjisd.org



Kathryn Leed

Kathryn is using Smore to create beautiful newsletters