



May

FHMS
Tiger Beat



Spring Newsletter: Finishing the Year Strong!

Dear FHMS Families,

As we head into the final stretch of the school year, there's a lot of excitement—and a lot to accomplish! The last few months have been filled with growth, learning, and community, and we're so proud of all our students for the progress they've made.

- **State Testing – Let's Show What We Know!**

State testing will take place on May 6, 7, 13, and 14. This is a great opportunity for students to demonstrate all they've learned this year. Please help support your student by encouraging good sleep, healthy breakfasts, and a positive mindset each day.

- **End-of-Year Activities**

We're also looking forward to celebrating the end of the year with exciting field trips and special activities. These events give students a chance to bond with peers and enjoy the rewards of their hard work.

- **8th Grade Promotion (June 12th)**

For our 8th graders, promotion is just around the corner! We're so excited to honor their achievements and send them off to high school with pride. Look for more details coming soon about this meaningful celebration.

- **Finishing Strong**

Now is the time for all students to check in on their grades, complete any missing assignments, and make that final push. We encourage families to talk with students about their goals and help them stay focused as we wrap up the year.

Thank you for your continued partnership in making this a successful school year. Let's finish strong—together!

Warm regards,

Rod Turnbull
Principal, Friday Harbor Middle School

2024-25 Academic Calendar



24-25 Academic Calendar.pdf

[Download](#)

155.9 KB

Bell Schedule

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

Attendance

If your student will be missing school for any reason please email the MS office at katieleed@sjisd.org or call (360)378-7201

FHMS Website

Please check out our 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

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 please make sure your students account is current before the end of the school year!



IMPORTANT

dates to remember

LAW DAY - (7th Grade) May 1

SPORTS GRADE CHECK - May 2

CINCO DE MAYO - May 5

SMARTER BALANCE TESTING (ELA) - May 6 and May 7

MS TRACK MEET - May 8 @ Laconner students leave school 12:05pm; return on 8:10pm boat

SMARTER BALANCE TESTING (MATH) - May 13 and May 14

MS TRACK MEET - May 15 @Laconner (MVC) students leave school 12:05pm; return on 8:10pm boat

MAP TESTING - May 20 and May 21

MS TRACK MEET - May 21 Prelims @ Anacortes

HALF DAY - May 23 *early dismissal at 11:20*

MEMORIAL DAY - May 26 *NO SCHOOL*

MS TRACK MEET - May 28 Finals @ Oak Harbor

MS BAND CONCERT - May 29 San Juan Community Theater

7th GRADE FIELD TRIP - June 6 walking field trip to SJ Historical Museum

6th GRADE End of Year FIELD TRIP - June 10 Warm Beach (Stanwood)

8th GRADE Overnight FIELD TRIP - June 10 and 11

8th GRADE PROMOTION - June 12

FINAL MS DANCE - June 12

8th Grade Band Festival

On April 24th, our 8th Grade Band members participated in the San Juan Music Education Association's Jr. Band Festival in Anacortes. The kids gave a killer performance and earned an Excellent Rating!

In other news...

On May 3rd, 4 FHMS students (Annabelle Fredy, Jesse Cavanaugh-Spain, Hunter Matthews, and Elliott Roach) have been invited to participate in the SJMEA Jr. Honor Band festival. They will spend the day working with the top band students from all of the middle schools in NW Washington to put on an amazing concert later in the evening in Sedro-Woolley. Huge congratulations to these kids!



Counselors Corner

As a middle school counselor, I've noticed a growing trend among students reaching for energy drinks like Red Bull, Monster, and Celsius to boost energy and stay alert. While these drinks may seem harmless, they often contain high levels of caffeine and sugar, which can have serious effects on young, developing bodies. Regular consumption can lead to sleep disturbances, increased heart rate, mood swings, nervousness, and other behavioral concerns. It's important for parents and guardians to talk with their children about healthier ways to stay energized, such as balanced nutrition, adequate sleep, and physical activity. Let's work together to keep our kids safe and thriving!

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6311602/>

Caffeine content of popular energy drinks



Pick-Up Ultimate Frisbee at Linde Park

Thursdays, April 17th - May 29th

Grades 6-8 - 3:15-4:30pm

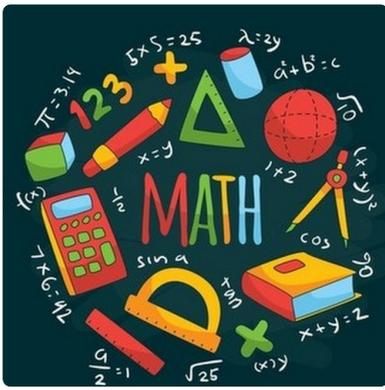
Grades 9-12 - 4:30-5:15pm

Register Today!



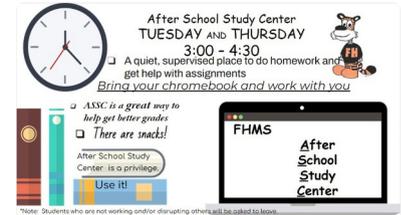
Math Club

Math Club with Mr. Lopez meets on Mondays after school from 3:00-4:00pm in room 6.



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