



## Principal's Update

We are off to a strong start at Friday Harbor Middle School! Our students and staff have settled into the school year with great energy and focus. Thank you to all who joined us for Back-to-School Night—it was wonderful to see such strong family and community support as we launch into the year together.

Looking ahead, we are preparing for our upcoming student conferences, an important opportunity to reflect on progress, set goals, and strengthen the partnership between home and school.

We also have a number of exciting activities underway. Math Club and Robotics Club are up and running, offering students opportunities to explore new challenges and build skills outside of the classroom. On the athletic side, our Girls Volleyball team is in full swing, showing great teamwork and school spirit.

We are looking forward to a year filled with learning, growth, and connection. Thank you for your ongoing support of our students and our school community.

—

Rod Turnbull

Principal / AVID District Director / District Assessment Coordinator

Friday Harbor Middle School

San Juan Island School District

360-370-7209 o / 360-317-6168 c

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# 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



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](https://prepsportswear.com)

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## 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.sjisd.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!**

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# IMPORTANT dates to remember

October 03 = 6,7,8 grades start of the year field trips

October 03 = Sports/Play Grade Check

October 08 = Indigenous Speaker Assembly

October 14 = FHMS Picture Retake Day

October 15 = HALF Day Students dismissed at 11:20 (1,2,3 day) Student Conferences

October 16 = HALF Day Students dismissed at 11:20 (4,5,6 day) Student Conferences  
October 16 = The Great Shakeout (Earthquake/Evacuation Drill)  
October 17 = HALF Day Students dismissed at 11:20 (1,2,3 day) Student Conferences  
October 17 = Sports/Play Grade Check  
October 20 = Student Flu Vaccine Clinic MS Commons 2-6pm  
October 24 = MS Fall Dance MS Commons 6:00-8:00pm  
October 31 = Sports/Play Grade Check  
October 31 = End of Term 1

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## Counselors Corner

Just like cookies, screens are best in moderation! Jasmine Hood Miller, from Common Sense Media reminds us: "One cookie is fine, two cookies are OK, but if they eat the whole container while you're not looking, they're going to feel sick. 🍪🍪🍪 It's the same with screens: A little video gaming is fine, but three hours later (when they're cranky and their eyes hurt), you're dealing with a digital sugar crash. " As parents and caregivers, you are the experts in helping kids find balance. Setting clear boundaries, modeling screen-free time, and creating family routines around technology can support healthy digital habits and prevent those "sugar crash" moments. Take a look at these family activities around Habits Habits: (See attachments below)



**Healthy Habits eng.pdf**

[Download](#)

68.8 KB



**Healthy Habits spn.pdf**

[Download](#)

73.3 KB



Everyone 6  
months to  
19 years old!



# **FREE WALK-IN IMMUNIZATION CLINIC**

**Flu & COVID vaccines available!**

## **Friday Harbor High School**

*458 Blair Ave, Friday Harbor WA*

**Monday, October 20**  
3 to 6 p.m.

*Middle School Commons Area*

**AND**

**Tuesday, October 21**  
3 to 6 p.m.

*High School Commons Area/Cafeteria*

**NO APPOINTMENT NEEDED!**

Call (360) 378-4474 or visit <https://www.sanjuancountywa.gov/2266/Immunizations> for  
more information.



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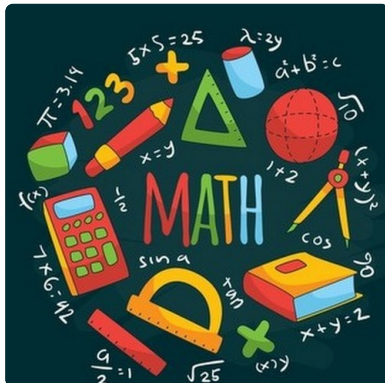
**AND**

**Tuesday, October 21**  
3 to 6 p.m.

*High School Commons Area/Cafeteria*

**NO APPOINTMENT NEEDED!**

Call (360) 378-4474 or visit <https://www.sanjuancountywa.gov/2266/immunizations> for more information.



### Math Club

Mr. Lopez will be starting Math Club on Monday 10/06. It will on Mondays from 3:00-4:00 in Room 6. The club is free and is open to any students in grades 6,7,8 and 9.

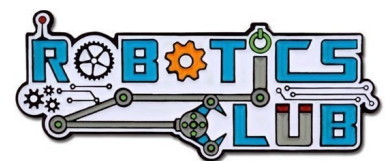
Do you want to be a better math student? Are you curious about exploring math in new ways? Do you want to learn practical math that you can use in your everyday life outside of school?

If you answered YES to any of the previous questions you should join Math Club!

### Robotics Club

Robotics Club starts Tuesday 10/07 with Mr. Ramsey in room 9. Meetings will be held on Tuesdays and Thursdays from 3:00-4:30. 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](mailto:stephenramsey@sjisd.org)) with any questions.



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## MS Volleyball Schedule

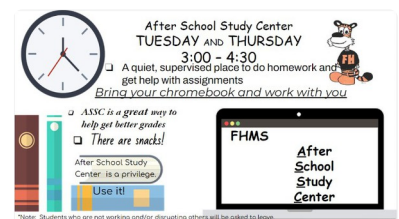
Mon. 09/15/2025 vs. Darrington  
Thurs. 09/18/2025 @ Orcas  
Mon. 09/22/2025 vs. La Conner  
Tues. 09/23/2025 @ MVC  
Thurs. 09/25/2025 @ Concrete  
Thurs. 10/02/2025 @ Darrington  
Thurs. 10/09/2025 vs. Orcas  
Tues. 10/14/2025 vs. Concrete  
Weds. 10/15/2025 @ La Conner  
Thurs. 10/16/2025 vs. MVC



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## 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.

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## 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.

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## 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](mailto: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](mailto: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](mailto: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](mailto:fredwoods@sjisd.org)



**Kathryn Leed**

Kathryn is using Smore to create beautiful newsletters