



A THANKSGIVING POEM

May your stuffing be tasty,
May your turkey plump,
May your potatoes and gravy
have nary a lump.
May your yams be delicious
and your pies take the prize,
and may your
Thanksgiving dinner
stay off your thighs!



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

Help the FHMS PTO raise funds for the Middle School

Team - I set up a Double Good virtual fundraiser! We'll each create a Pop-Up Store and sell Double Good popcorn.

We keep 50% of all sales, and the popcorn ships directly to buyers. Prices start at \$11. The popcorn is award-winning and really delicious!

- Start: November 04, 2025, 8:00 AM
- End: November 08, 2025, 8:00 AM

What You Need to Do:

1. Download the Double Good app

2. Enter Event Code: SZBMLF

3. Create your Pop-Up Store

Download the app for free on iOS and Android:

dgpoup.app.link/nss

There are also Paper copies available in the MS Office.



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!

IMPORTANT

dates to remember

Nov. 02 = Daylight Savings Time Ends

Nov. 11 = VETERANS DAY **NO SCHOOL**

Nov. 14 = Sports/Play Grade Check

Nov. 17 = 7th Grade Mock City Council 8:15 - 10:15 Courthouse

Nov. 26 = HALF Day Students dismissed at 11:20 (4,5,6 day)

Nov. 27 = THANKSGIVING NO SCHOOL

Nov. 28 = NO SCHOOL



Counselors Corner

Building Connections & Finding Support

November is a wonderful time to slow down and focus on connection—both at home and at school. Strong relationships help students feel safe, valued, and ready to learn. Simple moments like sharing a meal, talking about the day, or expressing gratitude can make a big difference in helping kids feel supported and understood.

It's also a great time to remind ourselves that reaching out for help is a strength—not a weakness. Everyone needs support sometimes, and it's important to know who you can turn to. Use our [Support Map](#) to help your child identify people who can support them in different areas of their life—at home, school, with friends, and in the community.

Example: At school, teachers, counselors, principals, coaches, and office staff are all here to help. At home, family members or trusted adults may be part of that support circle too. Taking time to recognize these connections reminds us all—we are never alone. ♡



Amara Zee

(she/her/hers)

Friday Harbor Middle School Counselor

amarazee@sjisd.org

Please note: Confidentiality of correspondence via e-mail cannot be guaranteed.

Crisis Line: 1.800.584.3578



LOCK IT UP

Dear Parents and Guardians,

If you were not able to pick up a medication lock bag at conferences, you still can! Email Student Assistance Professional Claire Kennedy (Ms. Claire) at ClaireKennedy@sjisd.org to schedule a pickup.

Lock bags are a simple but powerful tool to help prevent youth access to prescription medications, cannabis products, and nicotine devices. By safely securing these items at home, you can reduce the risk of accidental ingestion, misuse, early experimentation, and model to the children in your life that these substances are meant to be handled with care. Parents and

guardians are welcome to connect with Ms. Claire for guidance and resources on how to support their children in making healthy choices.



MS. Claire teaches Yoga to the 8th graders



Meeting new friends



MS Staff

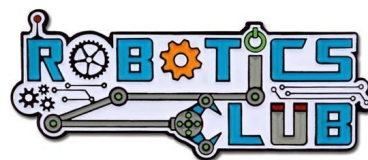
TRIFOLDS!!!!

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

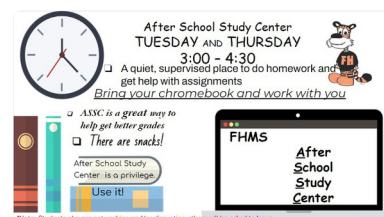
Robotics Club with Mr. Ramsey is on Tuesdays and Thursdays from 3:00-4:30 in Room 9. Students must take part in the final 4 weeks in order to participate in the competition in February.

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