



HAPPY HALLOWEEN PANTHERS!

Save the Date:

10/02
PTO meeting @
5:30 p.m.

10/03
Sch. Board Mtg
@ 5pm

10/04
XC @ MDS
3:30 p.m.

10/6
Varsity XC @
Bud Davis
JV XC @ TCES
Invite

10/12
FALL BREAK
NO SCHOOL

Varsity XC @
Page Invite

10/15
Family Fun
Fitness Night @
6p.m.

10/20
Varsity XC to
Northern AZ
Mid. Sch.
Championships

10/23
Flu Shots

10/24 & 10/25
Parent Teacher
Conferences

10/26
1st Qtr Awards
Assembly @
8:30 a.m.

10/27
Varsity XC to
AZ State XC
Championships

Fall Break



**Oct. 11-
Early Dismissal**

**Oct. 12-
NO SCHOOL**

Parent-Teacher
Conference
Oct. 24 & 25

Heartfelt
THANKS
TO OUR VOLUNTEERS!

**We appreciate all the
aid and support
received during the
Panther XC Invitational
& Native American
Week events.**



Family Fitness Night
Oct. 15

**Join for the Fall Fitness
Gram assessment.**

Muscular Strength • Flexibility
Body Composition • Muscular
Endurance • Aerobic Capacity

1st Quarter Awards Assembly
Friday, October 26th @ 8:30 a.m.

**FLU
SHOTS**
On Campus
Oct. 23

It is encouraged all
individuals six months of age
or older to get a flu shot to
decrease risk of becoming ill
from the flu virus. The flu
vaccine is the best form of
protection against influenza.

The vaccination is
recommended in the early fall
to be covered through the flu
season.

To further protect yourself
from influenza, please
remember to cover your
cough with a tissue or your
arm, practice good hygiene,
and stay away from people
who are sick.

**2018
Halloween Carnival**
Coming Soon.
**Stay tuned for
more info.**



Book Fair!
October 12-22

Open daily during
breakfast & lunch recess
Afterschool hours:
3-6 p.m. (M-F)

Hopi Words of the Month

Toho'osmuyaw- October

mansana- apple

homii siipala- pear

oova- grapes

patngna- squash

siipal uyi- peach orchard

tuu'oya- stack corn

moritah- harvesting beans

hoqya- harvest

kiitsoki- village

Hopi Character Trait of the Month

to guide our behavior for a more prosperous life.

"Hak kyaptsivewat lavayit aw hintsakngwu" -
Have reverence and care of speech



HALLOWEEN SAFETY TIPS

WALK SAFELY-

- Look left, right and left again when crossing the street; keep looking as you cross.
- Put electronic devices down and keep heads up. Walk; don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If you must walk on the street, walk as far to the left as possible.
- Watch for cars turning or backing up. Never dart onto the street or cross between parked cars.

TRICK OR TREAT WITH AN ADULT-

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without an adult, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

KEEP COSTUMES CREATIVE AND SAFE-

- Decorate costumes and bags with reflective tape or stickers.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help the, see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.

DRIVE EXTRA SAFELY ON HALLOWEEN-

- Slow down and be especially alert in residential areas.
- Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians, and curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly; anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30-9:30 p.m. so be especially alert for kids during those hours.

In lieu of recent tragic events which have affected us all either directly or indirectly, we would like our school community know that we support you.

If you or someone you know is in need of help, please contact:

Crisis Response Network
24/7/365

Crisis Line: 800-631-1314

Warm Line: 602-347-1100
(peer-to-peer)

CrisisNetwork.org

- Suicidal Thoughts
- Addiction/ Substance Abuse
- Depression
- Anxiety
- Panic Attacks
- Grief
- Stress At Work
- Family Problems
- Bullying
- Physical and Verbal Abuse



ChoBOOni Yogurt Pops (makes 3 Ghosts)

Chabani Vanilla Greek Yogurt
(reg. size)
Popsicle Sticks
2 Chocolate Chips
3 Raisins

Start out by lining a small cookie sheet with wax paper. Spoon the yogurt into a baggie, seal, & snip off the corner. Pipe the yogurt into ghost shapes onto the wax paper. Then add the chocolate chips for eyes & raisins for the mouth. Place the cookie sheet in the freezer for about 30 minutes until frozen.

Clementine Pumpkins



Clementine oranges, peeled
1 stalk of celery

Cut the celery stalk into "pumpkin stems." Cut a 1-inch piece of celery from the stalk, and slice this lengthwise into thin strips. Place each "stem" into the center of the clementine.

String Cheese Witches Brooms

String Cheese
Pretzel Sticks
Fresh chive



Start with a regular pack of string cheese. Cut the cheese stick in half.

Dice the "bristles" about 3/4 of the way from the top. Cut 2-3 planks on one side, then rotate the cheese and cut 3-4 slices again, giving you matchsticks, or "bristles".

Tie a single fresh chive around the top, just for cuteness (optional)

Gently insert a pretzel stick.