



HAPPY HALLOWEEN PANTHERS!

Toho'osmuyaw October 2018

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 1^s Qtr Awards Assembly @ 8:30 a.m.

10/27

Varsity XC to AZ State XC Championships



NO SCHOOL

Parent-Teacher Conference Oct. 24 & 25

Heartfelt TO OUR VOLUNTEERS!

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



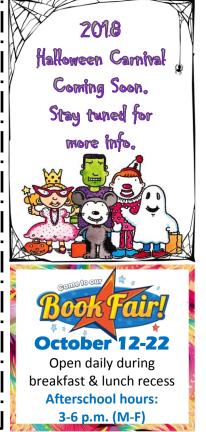
Join for the Fall Fitness Gram assessment.

Muscular Strength • Flexibility Body Composition • Muscular Endurance • Aerobic Capacity ^{*} 1st Quarter Awards Assembly ^{*} Friday, October 26th @ 8:30 a.m.



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 recommend 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.



Hopi Words of the Month

Toho'osmuyaw-October

mansana- apple

homii siipala- pear

00va– grapes

patngna- squash

tuu'oya- stack corn

siipal uyi- peach orchard

moritah- harvesting beans

hogya- harvest

kiitsoki- village

Hopi Charater 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.



(makes 3 Ghosts) <u>Chabani</u> Vanilla Greek Yogurt (reg. size) Popsicle Sticks 6 Chocolate Chips 3 Raisins

ChoBOOni Yogurt Pops

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. 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

<u>Warm Line:</u> 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



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.