



July 2023

Mid-summer greetings and thank you for reading this update. At North, we are steadily preparing for the upcoming school year and while our welcome back festivities are still more than a month out on the calendar, these summer days are quickly progressing toward the fall. This mid-summer update is designed to keep a few back-to-school items on your radar as a family including the below, upcoming dates.



Important Upcoming Dates

Important Back-to-School Dates:

- 8/14 - North School Office Reopens (8:00am to 3:00pm)
- 8/29 - Student Orientation (4:00pm to 7:00pm - Information Below)
- 8/29 - AVID Welcome Back Event (2:00pm in Commons)
- 8/30 - Student Orientation (4:00pm to 6:00pm - Information Below)
- 9/6 - First Day of School (all grades)
- 9/6 - First Practice Date (fall sports)
- 9/8 - First 1:35pm Dismissal (LIF Days are each Friday unless noted otherwise)

Other Fall Dates of Note:

- 9/12 - Fall Picture Day

North Middle

Summer Building Hours

Office Reopens Monday, August 14th

8/14 – 9/5

Office is open daily
from 8:00am to 3:00pm

Starting 9/6 (Regular Office Hours)
7:30am to 4:00pm

Student Orientation

August 29 and 30

4 - 7 pm

First Day of School

Wednesday, September 6

Classes start at 8:15 am
Campus opens at 7:50 am

Hello, my name is...

This summer, we welcomed three new team members to our North team. Mrs. Allison MacGregor Fornes and Mr. Drew Bae Williams are joining as our North Assistant Principals along with Dr. Tyler Ream, who is joining North as our Principal. Below are specific welcome messages and further below are our "60 seconds w/" videos to help you learn a bit about each - Enjoy!

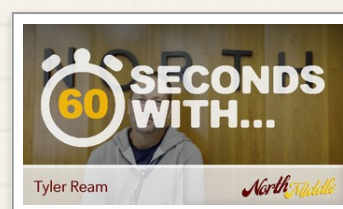
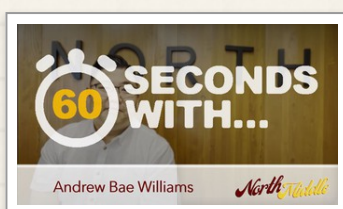
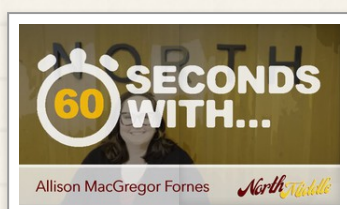
Allison MacGregor Fornes - Hello North Stars! I am so excited about joining the North Middle School family this year and am honored at this opportunity to continue serving the North Everett community. As many of you may know, I am "bridging up" to North from Whittier Elementary where I have served as Assistant Principal since 2020. Throughout my 16-year career in education I have had the pleasure of working with staff, students, and families as a History Teacher, Student Activities Director, Dean, Assessment Coordinator, Director, and Assistant Principal in California and Washington. I truly value the relationships that I have had the opportunity to develop with students and families while we collectively work together to support our students. I look forward to getting to know each of your students and partnering with you to ensure their well-being and success here at North!

Drew Bae Williams – I am excited and energized to join the North MS community this coming school year as one of your assistant principals. I have had the pleasure of serving in very diverse communities thus far in my educational career which has given me valuable experience and skills that will help support all students at North. This includes the Bristol Bay area of Alaska, Moses Lake, Redmond, and I am now entering my fourth year within Everett. I

hope to connect with staff, students, and parents within the next coming weeks as we lead up to the start of the school year so, please do not hesitate to reach out. Have a great rest of your summer!

Tyler Ream – I am humbled and honored to join North as your principal. Together, we have joy and responsibility to embrace our learners and develop them to their utmost potential. This is an opportunity that I have diligently prepared for across the past twenty-two years. My journey to North began in 2001 as a teacher in Santa Ana, CA. Across the two decades since, I have served as a principal, regional superintendent, chief of staff, deputy superintendent, and superintendent in school districts ranging in size from 10,000 students to over 140,000 students. While I am grateful for those many opportunities and how each developed me as an educator and person, my love and belief is that real, meaningful improvement takes place within schools. To me, being on campus with students and colleagues is one of the great joys of life.

Please click on videos below



Welcome Back Week - Orientation 2023!

Our Welcome Back Week festivities begin on Tuesday, August 29th and Wednesday, August 30th with Orientation 2023! Families should plan to visit on either day during the designated times (below). We are thrilled with the opportunity to see you and your North Star again and during this time, will be able to accomplish any/all of the below.

Orientation 2023 Details:

- Dates: Tuesday, August 29th and Wednesday, August 30th
- Times: 4:00pm to 7:00pm (visit at your convenience)
- Location: North Lobby, Commons, and Atrium (or gym)
- Requirements: Smiling faces and general excitement for the coming school year

During orientation kick-off, you will be able to...

- Tour parts of our North campus
- Pick up a copy of your 2023/2024 class schedule
- Learn about our North athletics program and check your clearance status (important for fall sports)
- Meet and learn more about becoming a member of our North PTA
- Skip the line for any payments by using our online payment system [here](#). You can pay for yearbooks, ASB cards, athletic fees, North spirit wear, and optional fitness t-shirts and

shorts (limited sizes).

- Turn in medications and health forms (including any of the below forms, as needed). Please remember that we cannot accept medications without the below, required Medication Authorization Form (below, #1).
- Note: Student/school pictures will not be taken as part of orientation. Our fall picture day is 9/12 and student IDs and ASB cards will be updated at this time.

1. [Medication Authorization/Order Form](#): For all medications (includes prescribed and over-the-counter medications).
2. [Epinephrine & Antihistamine Authorization Form](#): For treatment of life threatening allergies only.
3. [Gastrostomy Tube Treatment Authorization Form](#): For gastrostomy feedings.
4. [Diabetic Order Form](#) for injectable Insulin & [Diabetic Insulin Pump Orders](#) for insulin pumps.

Important Summer Learning

While the summer break can be associated with rest, relaxation, and fun, it can also be detrimental in relation to the progress of student learning. We've all heard of the "summer slide" and the regression of academic skills that occurs over summer months. Much of that same research also suggests that students can keep their skills from that dramatic regression through brief, daily periods of reading, writing, and math.

At North, we encourage each of our families to frame this daily period as a combination of 1) reading/writing for enjoyment, and 2) a combination of math facts and problem solving. Our encouragement is to carve out sixty minutes (*that's only one of twenty-four hours or 4.16% of your day*) to focus on these important areas of learning. Below are a few helpful tips.

Multi-Genre Reading: Reading for enjoyment is key to our development as readers, writers, thinkers, and across our social lives. The enjoyment of a great series of books is key to enjoyable, sustained reading. On her website [Reading Middle Grades](#), Afoma Umesi recommends a number of solid middle school reads including several series of books. Your local [librarian](#) can also help. Additionally, it is important to mix-in non-fictional texts. Check out the website [Teaching Expertise](#) for middle school specific nonfiction titles for consideration.

Writing as Daily Practice: Like everything, writing requires practice and the absence of intentional writing creates troubling gaps. To keep writing skills sharp, we ask our scholars to engage in writing for enjoyment as a daily practice. This does not need to be prolonged or challenging but rather, should be personal, creative, and enjoyable. The website [Mamateaches](#) provides several helpful summer prompts for consideration.

Keeping Your Problem Solving Skills Sharp: We all know the importance of remaining fluent in multiplication and division facts but other math skills and basic problem solving functions require our attention. Each of the below web resources houses outstanding summer problem solving opportunities.

- Khan Academy (khanacademy.org)
- Smithsonian Learning Lab (learninglab.si.edu)
- Scholastic Learn at Home (scholastic.com/learnathome)
- Code.org (studio.code.org/courses)
- Cool Math Games (coolmathgames.com)

In addition to the above, we highly encourage our North scholars to avoid the mental trap of doom scrolling and embrace our human need to create and explore. The acts of designing, building, or creating in any regard stimulates our [creative brains](#) and pushes us beyond being mere consumers to the empowering role of producing.

Finally, it is vital that we all remember the mind/body connection. Physical activity not only promotes a healthy lifestyle but also enhances our cognitive abilities. Each day, let's push ourselves to intentionally walk, run, bike, hike somewhere to increase our heart rates and explore the parks, trails, urban paths, and other features around us. Exploring together, whether it be simple or a trip to a museum or cultural event, creates stronger bonds, lasting memories, and healthier lives.

Back-to-School Notes:

- **North Office Hours:** Our North Office will reopen on Monday August 14th at 8:00am. Please stop in to take care of any back-to-school needs as we would enjoy the opportunity to connect. In addition, you may also reach the office by emailing our Office Manager, Laurel Thompson, at lthompson@everettsd.org once our office has reopened.
- **Class Schedules:** Class schedules for the 2023/2024 school year will be available our welcome back orientation (8/29, 8/30). If you are new to our district, please contact our school office to ensure your child's registration. Additionally, you can click [here](#) to view our counseling website for your grade level counselor and additional information.
- **Transportation Needs:** As your family prepares for the coming school year, it is important to create clear transportation plan for before and after school. We ask that each student/family clearly understands how they will be getting home each day (bus, walking, or getting a ride from an adult). Should you need help with bus/transportation information, please click [here](#) to access EPS Transportation and our district partner, Durham Transportation. Bus routes for the 2023/2024 school year will be updated across the coming weeks.
- **Before/After School:** Please remember that classes begin at 8:15am. As such, our students should not be on campus before 7:50am unless they are involved in a designated academic/arts activity. Additionally, we work to make sure that our students are either on their way home or involved in a school related activity by 3:00pm each day. If your child plans to stay on campus beyond 3:00pm, they will need to be part of a North sports team, club, ASB or have made previous arrangements with a teacher for academic help. We ask that families remain consistent in their after school plans. Should emergencies arise and

changes need to be made to after school plans, notifying us by 12:00pm/noon helps ensure that this information will be clearly communicated to/with your child.

- **Accessing School Information through Home Access Center (HAC):** Are you already signed up for Home Access Center (HAC)? HAC provides access to information such as student schedules, teachers' names and emails, attendance, and transportation. If you need access, please send an email to LMS@everettsd.org with your name, student name(s), student ID#, and the school(s) they attend. LMS will respond with your login/password to the email you have on file with the school. For more information, please click [here](#).
- **Immunizations:** Current immunizations are required and help ensure a successful start to the new school year. Sixth grade parents should be aware that several immunizations expire between the 5th and 6th grade years. If you haven't already, please take the time over the coming weeks to make sure your child receives any immunizations that are due so that you can provide the documentation when you register your child. It is challenging for students who are not current on their immunizations to attend school consistently. For all Health Services information, please click [here](#).

Middle School Athletics Update - Fall 2023

The start of our fall athletics season is fast approaching. To participate in the coming seasons of cross country, football, and girls softball, North scholars and families must complete the following:

- Deadlines for registration are one week prior to the first practice or tryout date. No late additions will be accepted for tryout sports. To register for a fall sport, please designate the sport that your child will be joining/participating via the immediately below Final Forms site.
- [Final Forms](#) - All athletic forms will be completed online. The forms must be completed and signed in order to be eligible.
- Completed Physical - A current physical needs to be uploaded into FinalForms (link above) before student athletes can participate. The valid physical form is typically good for two years. Please note that free sports physicals are available at Everett High School on Saturday, August 12th. Please click [here](#) for more information.
- Insurance - All athletes must have insurance coverage. If you don't have insurance please contact our school office.
- Athletic Fee - A \$40 athletic fee (per sport) must be paid before the first contest. Please note that softball, volleyball, basketball, and soccer typically require "tryouts" and not all students are able to participate. It is advised that families not pay for these sports until after team rosters have been posted. Should your family need assistance with the fee, please contact our school office.
- ASB Card - A \$10 ASB card is required for all participating student-athletes. Should your family need assistance with the fee for this card, please contact our school office.

For assistance with FinalForms, please click on the [Parent Playbook](#).

For access to your student's district email account go to www.office.com. Students can login with their studentID@apps.everettsd.org account and district password on any personal device using the web browser. Once logged in, select the Outlook icon located on the left side of the webpage.

Practices for our fall sports begin the first day of school (9/6). Be sure that your account shows compliant so that you are able to participate. Please note that Sixth graders may practice for the sports of cross country, wrestling, and track (if space is available) but not compete. As such, families of sixth graders are not responsible for the \$40 athletic fee.

As each sport season begins, please look for additional information on the athletics page of our website. <https://www.everettsd.org/domain/1692>

Please continue to look for summer updates from North as we prepare for the coming school year. These will increase in the coming weeks as we enter August and speed towards our back-to-school festivities. We will continue to send information according to family contact information that we have listed in our school systems. To update your family's information over the summer, please use the Home Access Center (see above note/link).

On behalf of our entire North team, we wish you our continued best across this summer break. We miss you and look forward to seeing you soon as we come together for our 2023/2024 school year.

Enjoy, have fun, and be well!

With Gratitude,
Allison, Drew, & Tyler

North Middle School

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North Webpage

North Twitter

North Parent Teacher Association (PTA)

Everett Public Schools

