



October is a busy month filled with opportunities to learn, grow, and connect with others! We'll be wrapping up our bullying prevention unit and beginning lessons on communication as an important skill for learning and working with others. Students will practice listening, sharing their ideas, and communicating respectfully and effectively.

Wellness Tip

Empathy is the ability to understand and care about the feelings and experiences of others. Teaching children empathy helps them consider different perspectives, show kindness, and build positive relationships. At home, families can practice empathy by talking about how others might be feeling and asking simple questions like, "How do you think they felt?" or "What could you do to show you care?"

Dates to Remember

Reading Challenge	Oct. 5-23
Parent Teacher Conference	Oct. 7-8
Fall Break	Oct. 15-16
No School for Students	Oct. 19
Fall Festival	Oct. 28
Halloween Parade	Oct. 30

Parent Training

Guiding Good Choices

Guiding Good Choices

NORTH SANPETE MIDDLE SCHOOL

MONDAYS BEGINNING OCTOBER 12, 2026

6:00-8:00 PM

Build connection. Set clear expectations.
Help your child handle peer pressure.

Guiding Good Choices is a free week family skill-building program for parents and caregivers of school-aged children.

The course focuses on strengthening parent-child interactions and bonding, reducing depressive symptoms, and helping children resist negative peer influence and related risks.

FREE COURSE • DINNER INCLUDED • EVERYONE WELCOME

Registration is open to the first 20 applicants.

REGISTER FOR THE CLASS
435-283-4065 x212
jocier@nsgcc.us

Parents who participate in this class will receive a certificate for each child in their family. Be a successful parent in a fun and easy way.

Begins Oct. 12

Contact Information

If you have any questions or concerns, I'm here to help. You can reach me at cwarby@nsanpete.org or by calling 435-462-2077.