

Powell Middle School Monthly Newsletter - April 2026

WY-TOPP State Summative Testing

It's that time of year! This month, we will be giving our students the state test to assess their knowledge and learning for the year. It is imperative to ensure they are getting plenty of rest and eating a nutritional breakfast. Park County School District #1 and Powell Middle School have a rich history in high academic achievement, so thank you in advance for sending your child prepared to demonstrate all they have learned. Below are the specific grade level dates your child will test. As always, thank you for your support in your child's education.

6th Grade – Tuesday, April 21; Wednesday, April 22; Thursday, April 23 (Math and ELA, all three days.)

7th Grade – Tuesday, April 14 (Writing); Wednesday, April 15 (Reading); Thursday, April 23 (Math)

8th Grade – Tuesday, April 21 (Science); Thursday, April 23 (Math); Wednesday, April 29 (ELA)

Safe2Tell Hotline - Safe2Tell Wyoming provides a way to report unsafe and risky behaviors anonymously. Anyone who has information about a potentially dangerous situation can call toll-free at 1-844-WYO-SAFE (996-7233) or submit a report through <https://www.safe2tellwy.org>.

Easter Break - As a reminder, Powell schools will be closed on Friday, April 3, and Monday, April 6, for Easter break. School will resume on Tuesday, April 7.

Reminder to 6th Grade Parents - A TDAP immunization clinic will be held on Thursday, April 9, 2026. Please contact Paula Opps, Powell Middle School nurse, by April 2, if you are interested in having your student participate.

2026 State MATHCOUNTS Competition - Powell Middle School Takes 1st Place Again, for a 4-Peat! - The Powell Middle School MATHCOUNTS Team competed in the State Competition in Laramie on Saturday, March 7. The team consisted of Colson Sherman, Violet Peterson, Beth Black, and Bryson Light. The Powell mathletes took first place in the team competition successfully defending their first-place finish from the last three years. Colson Sherman placed in the top eight overall as an individual and in the top four of the Countdown Competition. Great job Powell Mathletes!!!! Additionally, our following competition on Thursday, March 26 at NWC landed us another 1st place finish! – Coaches Estes & Hanks

Online Free & Reduced Meal Application - Did you know you can submit a Free & Reduced Meal Application anytime during the school year? Benefits determined during the 2025-2026 school year will extend to October 2, 2026, or the date that a new application is determined (whichever comes first). The Free & Reduced Meal application can be completed online or through paper application. Access the online application through the Infinite Campus parent portal you are currently using to view your child's lunch account balance. A link to this portal is available from the home page of the district's website (www.pcsd1.org) under Quick Links – Parents – Infinite Campus Parent Portal.

To access the application, log on to the Infinite Campus portal, select the applications/forms tab and click on the link to the application process. Using the online application will expedite the process and provide quicker access to your child's potential benefits. Paper applications are available at your child's school and the district office. You will only need to submit one application per household unless you have had a change in income that may newly qualify your children as free or reduced. Note that a second application in a school year will require you to submit income verification and will be requested by the District Business Office. Should you have questions throughout the application process, please contact Suzi in the business office at (307)764-6186 or email at sirivas@pcsd1.org. USDA is an equal opportunity provider.

Lego Club - A friendly reminder > the last day for the Powell Middle School Lego Club (after school with Mrs. Giltner) will be Wednesday, April 1.

Annual K-12 “Cool Art and Hot Jazz” Student Show

Our annual K-12 student & fine arts show, “Cool Art and Hot Jazz,” will be held on Thursday, April 23, 2026 from 7:00 - 8:00 pm in the Powell High School Commons. There will be musical performances by students from both the middle school and high school. Student artwork from every grade level and building will be featured. Postcards of student artwork will be sold for \$0.25 each to support our annual show. See you there!

2025-2026 Yearbooks - Reserve your yearbook now! Yearbooks for the 2025-2026 school year are now on sale for \$10.00! Please make checks payable to Powell Middle School and deliver your payment to Mrs. Catlin or Mrs. Morrow in the IMC. Yearbooks will be printed and distributed in May.

Student Cell Phones/Social Media

We encourage you to frequently and randomly access your child’s phone to see where they are spending their time. Know the passwords to their social media accounts, so that you are aware of the applications and sites that are being commonly accessed. Your child’s safety is important to us and we recognize that adolescents are at a very vulnerable age. The initial and ongoing education on social media safety is crucial for all children.

April: Screen Time & Sleep

Sleep plays a critical role in a student’s learning, mood, and overall health. However, evening screen use - whether it’s smartphones, tablets, or computers - can make it harder to fall asleep.

Activities like texting, gaming, and scrolling through social media keep the brain active and engaged when it should be winding down, often leading to later bedtimes and shorter sleep duration.

The American Academy of Pediatrics recommends that teens need 8-10 hours of uninterrupted sleep each night. This rest enables better academic performance, athletic ability, and mental health while reducing risks of depression, anxiety, injuries, and impulsive behaviors.

Tips to Support Healthy Sleep & Screen Habits:

- 1) Create a “screen-free wind-down” time. Stop device use at least 60 minutes before bedtime to help the brain transition to sleep mode.
- 2) Use nighttime display settings. Turn on features like Night Shift, Night Mode, or blue-light filters on phones and tablets in the evening.
- 3) Limit nighttime notifications. Enable Do Not Disturb, Sleep Mode, or Focus Mode so texts and app alerts do not interrupt sleep.
- 4) Charging devices outside the bedroom will reduce the temptation to check messages late at night.
- 5) Set consistent sleep and wake times. Going to bed and waking at the same time each day strengthens the body’s natural sleep rhythm. Keeping the bedroom dark and cool also helps the body naturally release melatonin and fall asleep more easily.

Park County School District #1 does not discriminate on the basis of race, color, national origin, sex, age, or disability in admission or access to, or treatment of employment in, its educational programs or activities. Inquiries concerning Title VI, Title IX, Section 504, and ADA may be referred to Park County School District #1, Ginger Sleep, Civil Rights Coordinator, 307-764-6186, 160 North Evarts, Powell, Wyoming 82435, or the Office for Civil Rights, Region VIII, U.S. Department of Education, Federal Building, Suite 310, 1244 Speer Blvd., Denver, Colorado 80204-03582, (303) 844-5695 or TDD 303-844-3417.

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 > Last day for Lego Club today, at 3:30 pm	2 8 th Grade Activity - 1:30 pm MS Track Triangular at Powell MS - 2 pm	3 Easter Break	4
5	6 Easter Break	7 School Resumes 1st day of Tennis Club Practice	8	9 MS Soccer at Powell MS - 3 & 4:30 pm	10 Orange Schedule MS Track Invite at Riverton HS - 10 am	11 MS Soccer at Worland MS - 11 am & 12:30 pm
12	13 Young Authors' Club Awards Ceremony for District Winners at Powell MS - 4 - 6:30 pm	14 <u>WY-TOPP</u> <u>Testing</u> Gr 7 - Writing	15 <u>WY-TOPP</u> <u>Testing</u> Gr 7 - Reading	16 MS Track Triangular at Cody HS - TBD MS Soccer at Powell MS - 4 & 5:30 pm	17 Black Schedule	18 MS Track Invite at Shoshoni HS - 10 am
19	20	21 <u>WY-TOPP</u> <u>Testing</u> Gr 6 - Math/ELA Gr 8 - Science MS Soccer at Powell MS - 3 & 4:30 pm	22 <u>WY-TOPP</u> <u>Testing</u> Gr 6 - Math/ELA	23 <u>WY-TOPP Testing</u> Gr 6 - Math/ELA Gr's 7 & 8 - Math District Art & Music Student Show at PHS Commons - 7 - 8 pm "Cool Art & Hot Jazz"	24 Orange Schedule MS Soccer at Worland MS - 2:30 & 4 pm	25 Powell MS Track Invite at Powell HS - 10 am
26	27 No School (Unless Needed for a Make-Up Day)	28 MS Soccer at Riverton HS - 2:30 & 4 pm	29 <u>WY-TOPP</u> <u>Testing</u> Gr 8 - ELA	30	May 1 Black Schedule MS Track Invite at Lovell HS - 1 pm MS Soccer at Lander - 3 & 4:30 pm	May 2
May 3	May 4	May 5	May 6	May 7	May 8 Orange Schedule MS Dance 1:30-3:30 pm	May 9 MS Track Conference at Worland HS - 9:30 am

Mornings Before School - MATHCOUNTS - Wednesday at 7:00 am with Mr. Estes in room 5226

After School - Girls Who Code - Monday > 3:25 - 4:20 pm & Science Bowl - Tuesday > 3:30 - 4:30 pm
- both with Mrs. Hanks (Tech Garage)

- Last Day for Lego Club with Mrs. Giltner - Wednesday > 3:30 - 4:15 pm in the Da Vinci Lab on Wednesday, April 1st.