Powell Middle School Monthly Newsletter

November 2026

Please review our monthly newsletter to stay informed about upcoming events, school reminders, and student resources.

Veterans Day Program:

Veterans and their families are cordially invited to the Powell Middle School Veterans Day program on Wednesday, November 11th at 2:45 pm in the Powell Middle School gymnasium. We are asking that you please enter the school through the Activities door (on the SW side of the building).

The Great Turkey Bowl:

Jr. BLT will host a grade-level fundraiser activity for a local family battling hard times before Thanksgiving Break. Students will purchase tickets for $1.00 for a chance to be on one of two bowling teams. Two teams per grade level will be created and prize bags will be awarded to the winning teams.

Jr. BLT — One Thankful Turkey

Jr. BLT is recognizing the tradition of thankfulness during the month of November by helping staff & students take stock of the things they are thankful for and so that they become "**One Thankful Turkey**". They will each get a paper turkey to take note of just what they are thankful for, which can then be found in the field full 'o gobblers in the cafeteria.

PMS Braggin' Board

For students who enjoy the outdoors and want to share experiences on the water or in the field, bring a photo of a prized game animal or fish to the front office for this year's PMS Braggin' Board. Thank you to Eastman's Hunting Journal for once again sponsoring the board and recognizing students' great outdoor memories. Good luck out there!

Yearbook Theme for 2026–2027

The yearbook theme is "The Wild Ride of 2026–2027" for Powell Middle School. Students may reserve a copy in the Library for $15.

Challenge of the Books

Sign-up has already begun in the Library! Students may continue signing up and reading the three books of their choice. They will then take a book-comprehension quiz, and the top six students will be selected based on the results.

Life Bags

New Life Church is graciously sponsoring the LIFE BAGS program at Powell Middle School this year, which began in September. The program helps ensure middle school students have food over weekends and holidays. If your family needs assistance, please contact the middle school. Bags of non-perishable food are discreetly placed in student lockers on the last day of school each week.

Questions? Contact Student Services at 764-6185. This program is sponsored by a different community resource than the elementary schools. Please sign younger children up through their own school.

Facebook

Follow Powell Middle School-Official on Facebook for school updates, upcoming events, the monthly calendar, and photos of students and activities.

Morning Practice Drop-Off Recommendation

With mornings continuing to get darker, we recommend well-lit drop-off locations for students and athletes in the mornings and late evenings. Use the southwest corner parent drop-off location or the north bus loop. Students and athletes can then use campus sidewalks to enter the northwest activity doors rather than using the crosswalks on the north side of campus.
— Mr. Buck

Tips for Success

• Homework: Establish a consistent time and place.

• Contact information and grades: Keep contact information accurate for Opportunity Room notices and check grades frequently on Canvas.

• Communicate: Ask your student how their day went and notify teachers with concerns.

• Stay informed: Know how to log in to school email and be familiar with social media sites (such as Snapchat and Instagram) and text messages. Review phones periodically.

Digital Wellness for November: Managing Social Media & Mental Health

In our connected world, social media plays a significant part in our lives - both for better and for worse. Since our middle school years are formative for building self-esteem, friendships, and emotional regulation, the impact of social media on these areas is especially important to monitor. By staying aware of the red flags that signal social media overuse or distress, we can help them build healthy digital habits and connections.

1. **Self-Esteem**
   Studies show tweens who spend lots of time on image-based apps (like Instagram, TikToc, or Snapchat) often compare themselves to others. By doing this, it causes tweens to feel worse about how they look or who they are, which can lower self-esteem. Here are some conversation starters for talking with your child:
   - Start with explaining self-esteem.
   - Ask how scrolling makes them feel about themselves.
   - Help them notice how content affects their mood.
   - Partner with the school counselor.

2. **Anxiety**
   Social media can increase anxiety through constant evaluation (likes/comments), constant notifications, fear of missing out (FOMO), and online pressure for “likes” can raise anxiety. Nighttime scrolling also interferes with sleep, which increases mood and focus problems. Tips:
   - Help the child recognize the signs. (Example - Do they feel stressed after scrolling?)
   - Set boundaries/usage.
   - Slow down their thinking. (Example - Is this post helpful or hurtful?)

3. **Friendships**
   Different social media platforms can help maintain friendships, meet new people, and find groups of common interest. All these things can be a positive social connection. However, online interactions can also create non-genuine friendships, more peer comparison and social exclusion. Tips:
   - Balance online and real life. (Example - Make time to hang out in person. Use social media to stay connected, and not replace real connections.)
   - If scrolling makes your child feel left out, take a break.
   - Empower your child to report an issue if they see harmful posts or bullying.
   - When there is online drama, help your child problem-solve.

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Girls BB — 4:15 PM 7th > Laurel; 8th > Powell	4	5	**6** **Orange Schedule**	7 Wrestling — 9:00 AM Riverton
8	9 Girls BB — 4:15 PM 7th > Lovell; 8th > Powell	10	11 Veterans Day Assembly — 2:45 PM	12 Girls BB — 2:15 PM 8th > Cody Girls BB — 4:15 PM 7th > Powell	**13** **Black Schedule**	14 Wrestling — 10:00 AM Worland Girls BB — 10:00 AM 7th > Cody; 8th > Powell
15	16 Speech & Debate 1st Practice — 3:30 PM	17 Girls BB — 4:15 PM 7th > Powell; 8th > Worland	18	19 Wrestling Dual — 4:15 PM Powell	**20** **Orange Schedule** **Girls BB — 2:00 PM** **7th > Powell; 8th > Worland**	21 Wrestling — 9:00 AM Laurel
22	23 Activity Day — 2:00 PM Girls Basketball Game Girls BB — 4:15 PM 7th > Cody Girls BB — 2:15 PM 8th > Powell	24	**25** **No School** **Thanksgiving Break**	**26** **No School** **Thanksgiving Break**	**27** **No School** **Thanksgiving Break**	28
29	30 Girls BB — 4:15 PM / 5:30PM Powell; 8th/7th	1 Wrestling — 4:00 PM Cody HS/MS Jazz Concert — 7:00 PM PHS Commons	2	3 MS Band & Choir Concert — 7:00 PM PHS Auditorium	**4** **Black Schedule** **Girls BB "B" Triangular — 2:00 PM** **Powell; 8th/7th**	5 Wrestling Conference — 10:00 AM Thermopolis
6	7	8	9	10	**11** **Orange Schedule**	12 Girls BB Conference — TBD 7th > Worland; 8th > Lovell

Monday	**Tuesdays**	**Wednesdays**
Girls Who Code - 3:25 - 4:20 PM - Mrs. Hanks ***(Tech Garage)*** *Young Authors Club - 3:30 - 4:15 PM -* ***Mrs. Lange's Room***	*Science Bowl Practice - 3:25 - 4:20 PM - Mrs. Hanks* ***(Tech Garage)***	*MATHCOUNTS - 7:00 AM - Mrs. Hanks* ***(room 5222)*** *Lego Club - 3:30 - 4:15 pm/Mrs. Jeremiah(****daVinciLab)*** *Robotics - 3:30 - 5:00 pm/Mrs. Carter* ***(Tech Garage)***

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