

Northwest Middle School Newsletter

Not just smart...Northwest Smart!!

Coming Up:

- Dec. 15: Community Conversations
- Dec. 22: Early Out (school ends at 1:20pm)
- Dec. 25—Jan. 5: Winter Break (no school)
- Jan. 15: Martin Luther King Day (no school)
- Jan 18: College, Career, & Community Fair
- Jan. 19: Community Conversations
- Jan. 26: Teacher work day (no school)

Celebrating Our Students

Northwest students are connected, thoughtful, and responsible. This year our students are more involved than ever and we want to share a few highlights with you.

- Each month this year we recognize those who have worked especially hard to be role models as our Students of the Month.
- Our Latinos in Action students decorated 300 butterflies to show support for current DACA recipients and learned about legislative procedures
- We've partnered with the Salt Lake Kiwanis Club to recognize Terrific Kids at Northwest each month. A Terrific kid is one who is **Thoughtful, Enthusiastic, Respectful, Responsible, Inclusive, Friendly, Inquisitive, and Capable.**



Check out the Northwest webpage (northwest.slcschools.org) for pictures and more information on our amazing students!

Counseling Center

Tips for Grieving Students during the Holidays

The holidays should be a joyous time of year but can be challenging for teens suffering loss.

- Listen and validate their feelings. You don't need to fix anything. Simply listening will provide comfort.
- Make plans ahead of time. and inform your teenager so they know what to expect. Surprises or sudden changes in plans can trigger a feeling of loss of control and amplify grief.
- Provide social and emotional support. Teenagers on school breaks don't have as much social time so support them in finding time to connect with friends and family who listen and care for them.
- Crisis services are available through the SafeUT app, (801) 273-8255, or online at healthcare.utah.edu/uni/clinical-services/safe-ut/