

NOVEMBER 2025

## Potterville Middle & High School

425 E. Main Street, Potterville, MI 48876  
517.645.7609 Attendance: 517.645.4778  
[www.ppsvikings.org](http://www.ppsvikings.org)



### Upcoming Events

**November 4: MS Mental Health Kick off**

**November 5-8: Washington, DC for grades 10-12 who signed up**

**November 5 or 12 - 6<sup>th</sup> grade DI field trip to IQ Hub**

**November 10: No School - Staff PD**

**November 11: MS 988/Title IX Presentation (mental health)**

**November 11: Wounded Warriors - Student/Staff Veteran Walk**

**November 5 or 12 - 6<sup>th</sup> grade DI field trip to IQ Hub**

**November 17-21 - TEAM Viking Food Drive**

**November 17 - FBI Sextortion Presentation**

**November 18 - MS Signs of Suicide (7<sup>th</sup>/8<sup>th</sup> only)**

**November 19 - Central Michigan College Tour**

**November 24 - Senior Meeting during Viking Vision**

**November 25 - MS Mental Health round tables**



The Middle School Robotics team has started practicing for their upcoming competitions. There are so many of them we plan to have two teams this year!

### GOOD NEWS!

Thank you to all who visited McDonalds to support our athletic programs! They are sending us a check soon!

### REMINDERS

If your student is admitted into an outpatient or inpatient facility for mental health supports, please let us know. This allows us to work with you and support your student upon their return and create a smooth transition. We care about your student and want to be supportive. We have had several instances this fall that we didn't know about until last minute, making it more difficult on our end to more easily transition the student. We keep the information confidential but feel it is important to keep a closer eye on your student if and when needed. You can always email [attendance@ppsvikings.org](mailto:attendance@ppsvikings.org) to make this as easy as possible on your end. Thank you for recognizing this is a partnership of support.

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### Senior Updates

- Senior Meeting - Nov 24
- Senior Photo due Jan 16
- Yearbook Ads - Due 2/28/2026.
- [Scholarship List](#)

## **EXECUTIVE FUNCTION - PART 2**

Please check out another infographic from the University of Kentucky towards the end of the newsletter. It refers to how we are seeing a shift in our students' skills in the area of executive function and how since COVID-19, students' abilities to manage their executive function skills are much lower. For anyone who missed it, executive function skills include focus, memory, organization, prioritization, planning and time management. This means as adults, we have to deliberately add in extra supports (both families and schools) to support students. We as a staff are undergoing professional development this year to learn more on how we can do this. I am also including more in the newsletter to share with you as family members on what it is and some information. I encourage you to consider how you might model and share with your student(s) what systems you use to help manage your time and prioritize your tasks to keep you on track both at home and at work. If we don't show and share with them what we do, and help them put systems into place, this will be an even harder task for them as they grow older. Don't forget to check out the infographic too at the end!

## **ELE'S PLACE**

Ele's Group is an 8 week school based peer support group program for 5th - 12th grade. The group utilizes a variety of developmentally appropriate activities to help participants share their experiences and feelings with others and build on strengths to cope with a death of a person in their life.

Pottersville Middle School and High School students will offer support groups for both High School and Middle School students starting in January 2026. Students must have experienced the death of a person in their life. (Although still significant, pet deaths are not appropriate for inclusion in the group.) It does not matter who died in a student's life or how long it has been since the death. Students will be given a questionnaire during their WIN or Viking Vision classes to determine interest in participating in an Ele's Group support group.

Along with a questionnaire the student will fill out at school, the parent or guardian is required to give permission for their child to attend Ele's group and must be obtained prior to the student starting the Winter or Spring session. Permission can be obtained verbally, or through email, if written permission is a barrier to a student's participation. There is no charge to the school or the family for your student to attend Ele's Group. If you have any questions feel free to call Julie Steinacker, Middle School Social Worker at 517-645-4747.

## **MS MENTAL HEALTH FOCUS FOR NOVEMBER:**

Each year we rotate which building focuses on mental health. This year, it is the middle school student's turn. This will be our schedule with support from the Prevention Department from Eaton RESA. They will be onsite each week for presentations and support. Please contact me if you have questions!

November 4 - Kick off mental health awareness in WIN and voting for Student Ambassadors

November 11 - Learning about 988 and Title IX presentations in WIN

November 18 - Signs of Suicide for grades 7-8 (information already emailed to families)

November 25 - Mental Health round tables - resources and strategies

November 17 - FBI Sextortion Presentation - for all students - but this will tie into mental health - we also plan to host something for parents - more information will be coming.

November 18 - QPR (Question, Persuade, Refer) Virtual Training for families - this is to support parents on what to do if their student (or teen ever shares they are considering suicide)

## **PLEASE SEE ATTACHED For information for:**

Music Boosters Pie Sales Flier

HS Yearbook Purchase Info

Honor Their Courage - Veterans Day Info

TEAM Viking Food Drive Information

Senior Yearbook photo requirements

MS Yearbook Purchase Info

Thanksgiving Day/Hope Tree Sign Up

# SUPPORT POTTERVILLE MUSIC BOOSTERS WITH HOMEMADE PIES

OCTOBER 6<sup>TH</sup> - NOVEMBER 5<sup>TH</sup>

PIE MAKING DAY: NOVEMBER 15<sup>TH</sup>

Your purchase supports Potterville Music students while bringing delicious homemade pies to your table!



## ABOUT THE PIES

Assembled fresh by volunteers in partnership with Great Lakes Fundraisers, Inc.

- Not baked on site – ready to freeze or bake at home!
- Refrigerate up to 72 hours, or freeze for several months.

## PRICING

Pricing: \$13 each or 3 pies for \$35  
(Apple & Blueberry available)

## DEADLINE

Orders & payments due Nov. 5,  
2025 (end of school day)

## PICKUP INFORMATION

- Electronic orders → Pickup at Potterville HS Cafeteria, Nov. 15, 2–5pm.
- Student orders → Student delivers pies.

Unclaimed pies will be donated to the local food bank.

## PAYMENTS

Cash or check

(to Potterville Music Boosters),  
or electronic

(contact Dawn Sweeney: [ericdawnsweeney@gmail.com](mailto:ericdawnsweeney@gmail.com))

Venmo: @Dawn-Sweeney-19

## VOLUNTEER OPPORTUNITIES

- Nov. 14 (3–8pm)
- Nov. 15 (7am–2pm)

## CONTACT INFORMATION

Questions? Contact Mr. Robertson:  
[jakeprobertson@gmail.com](mailto:jakeprobertson@gmail.com)



# POTTERVILLE HIGH SCHOOL



## YEARBOOK

Watch email for special pricing starting 9/6/2025.  
Scan QR code to order.



## RECOGNITION ADS

Special through 2/28/2026. Scan QR code to order.



## PHOTO SHARE & SENIOR PORTRAITS

Upload senior portraits.

Share your photos for possible use in the yearbook.

Scan QR code to submit.



POTTERVILLE MIDDLE SCHOOL

# THE YEARBOOK IS ON SALE NOW!

## GET YOUR YEARBOOK!

### WHERE TO ORDER:

[HTTPS://SHOP.YEARBOOKMARKET.COM/](https://shop.yearbookmarket.com/)



SCAN ME TO ORDER!



## PRICE: \$25.00

YEARBOOK COVER NAME PERSONALIZATION: \$6  
(FOR ONLINE ORDERS ONLY)

# Potterville Middle School

CUSTOMER SERVICE: 1-800-482-0321

[SCHOOLPICTURES.COM](https://www.schoolpictures.com)

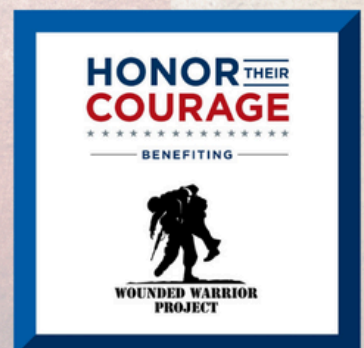


# “Honor Their Courage”

We are excited to announce that our students will be participating in a program called “Honor Their Courage,” offered by Wounded Warrior Project® (WWP). Leading up to Veterans Day, we will be learning about the history, sacrifices, and experiences of service members and fundraising to support injured veterans. Learn more and donate to our causes:



For more information please reach out to  
Selena Bliesener [blieseners@ppsvikings.org](mailto:blieseners@ppsvikings.org)  
or  
Erika Hatch [ehatch@woundedwarriorproject.org](mailto:ehatch@woundedwarriorproject.org)

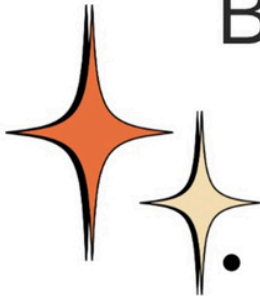




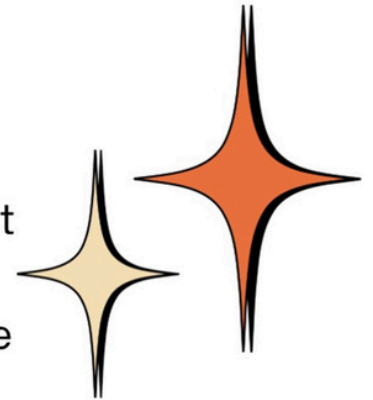


# POTTERVILLE STRAIGHT UP

## THANKSGIVING BASKET/HOPE TREE APPLICATION



- Qualifying families need to live in the Pottersville School District or attend Pottersville Schools.
- All Thanksgiving applications must be received by November 14th.
- All Hope Tree applications must be received by November 24th.



Please help us plan by submitting your application ASAP.



Questions? Contact us at  
[PottersvilleSU@gmail.com](mailto:PottersvilleSU@gmail.com)



# What are Executive Functions?

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... the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully.

(Executive Function & Self-regulation 2020)

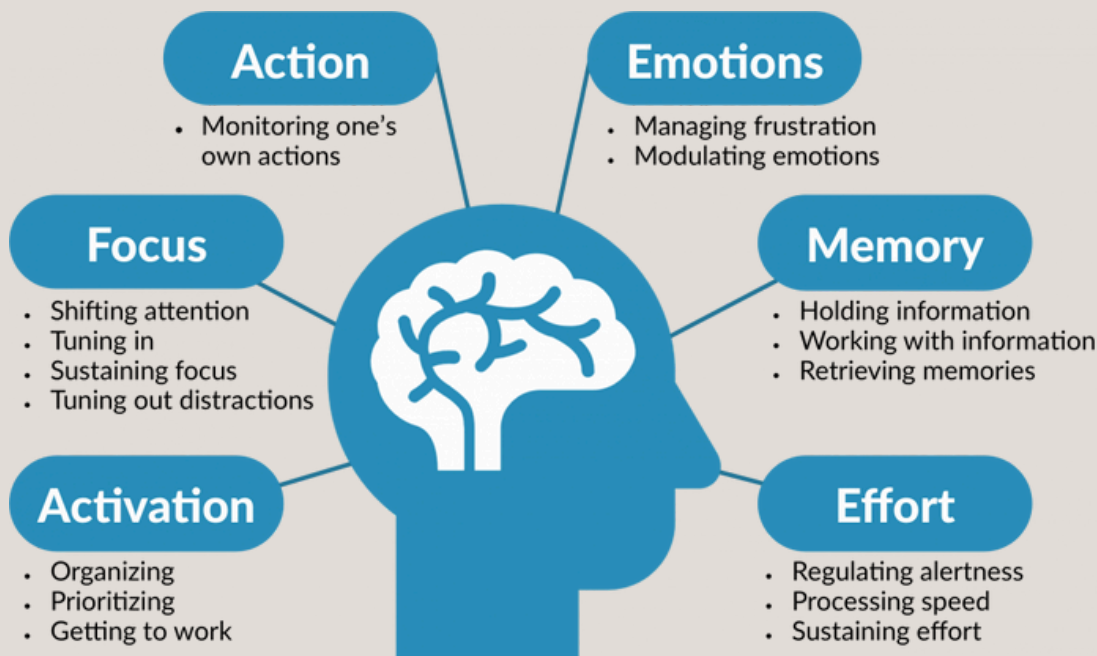
## EFs as Air Traffic Control for the Brain

"Just as an air traffic control system at a busy airport safely manages the arrivals and departures of many aircraft on multiple runways, the brain needs [executive functions] to filter distractions, prioritize tasks, set and achieve goals, and control impulses."

(Executive Function & Self-regulation 2020)



## Some Common Behaviors Associated with EFs



Executive functions (EFs) are difficult to define because they overlap and present differently in each individual's learning process.

However, these are some of the behaviors related to or governed by EFs (Brown, 2005):

1. Activation
2. Focus
3. Action
4. Emotions
5. Memory
6. Effort



# Why Are Students Suddenly Struggling with EFs?

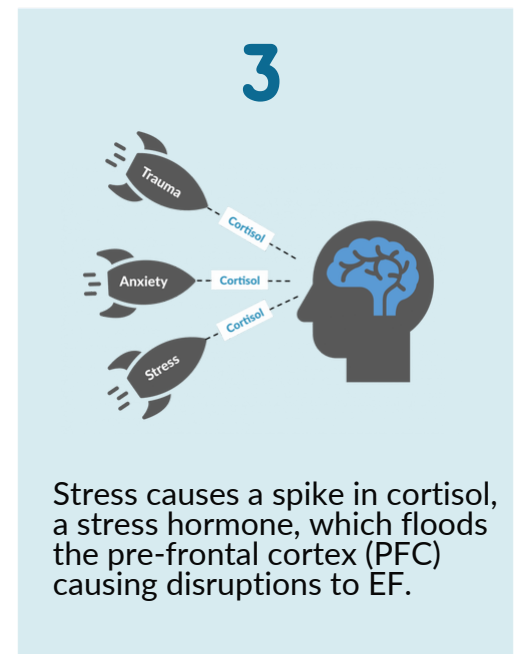
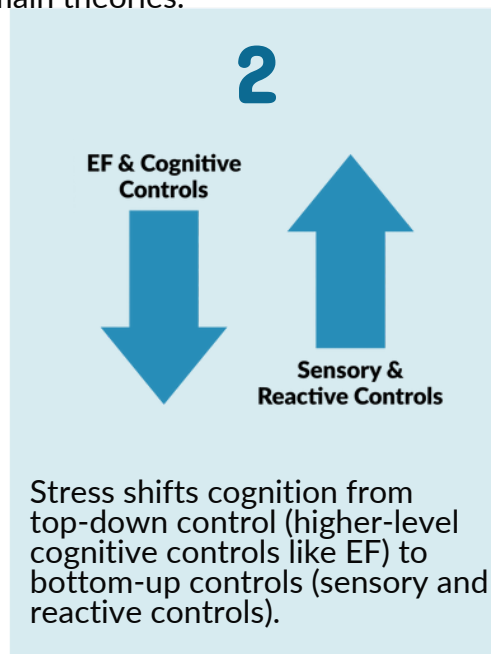
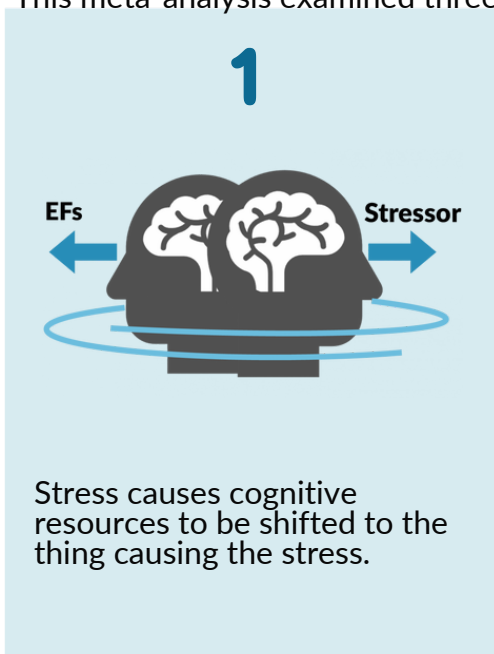
Some students are more prone to exhibit difficulties with executive functions than others, including students with ADHD, dyslexia, processing disorders, traumatic brain injuries, and students on the autism spectrum. However, problems with EFs can also emerge as a result of outside forces like stress, anxiety, trauma, and even stereotype threat.

The excessive levels of stress, trauma, and anxiety that we all experienced as a result of COVID-19 have caused many people (including our students and ourselves) to struggle with things like time-management, focus, organization, prioritizing, and monitoring our own progress. In fact, many people who didn't previously have difficulties with EFs are experiencing EF problems now.



## How Does Stress Affect Executive Functions?

Stress has long been known to impact EFs, but the current literature is less clear on exactly how stress affects EF. In a 2016 meta-analysis, Shields et al. sought to determine the mechanisms by which stress affects EF. This meta-analysis examined three main theories:



Findings from this meta-analysis of 51 studies point to the first theory as being the most likely mechanism by which stress affects EF, which suggests that stress causes cognitive resources to be reallocated to the most salient information, the stressor (Shields, 2016).

Shields, G.S., Sazma, M.A., & Yonelinas, A.P. (2016). The effects of acute stress on core executive functions: A meta-analysis and comparison with cortisol. *Neuroscience and Behavioral Reviews*, 68, 651-668.

# Team Viking Food & Supply Drive

## November 17th - 21st



Potterville Middle School is gathering non-perishable food and basic need items to donate to the Potterville Community Food Bank located at Sycamore Creek Church (105 N. Church Street, Potterville). Below is a list of items the pantry has indicated as “higher need” items, but **please feel free to donate any items that qualify as non-perishable.**

To make things more fun for our students we will be incorporating a team competition with this drive. Teams will earn points based on the number of items donated.

Suggested items to donate:

- Canned Fruit
- Canned Vegetables
- Pancake Batter (dry)
- Syrup
- Saltine Crackers
- Oatmeal
- Cold Cereal (reg size)
- Canned Soup
- Peanut Butter
- Canned Fish
- Canned Stew
- Pasta
- Rice
- Shampoo
- Body Wash
- Toothpaste
- Toilet Paper



Please check expiration dates.

**All items should be dropped off in the Team Teacher's classroom. Look for the Food Drive box.**

Each item = 500 Points. Points may be adjusted based on size of package.  
(Ex: 4 pk TP = 500 pts, 12 pk TP = 1500 pts)