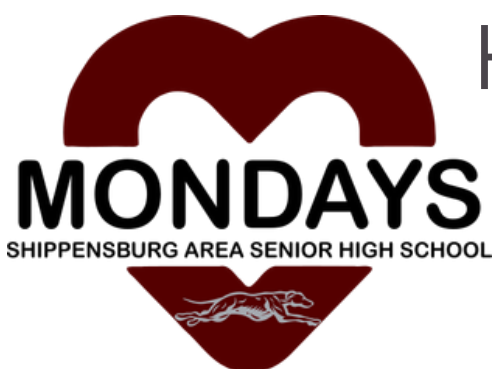




HOUNDS HIGHLIGHTS

Your monthly dose of Ship Shenanigans!

Weekly Communication from
SASHS Administration

Volume 2, Issue 3
September 1, 2026

SASHS Facebook
SASHS Instagram



HIGHLIGHTS

Cooler days, colorful leaves, and cozy moments are here!

May this fall season bring your family plenty of warm memories, healthy meals, and time together.

🍎 Eat well.

🍁 Enjoy the season.

💛 Make memories together.

Mrs. Blake Fritz

(Shippensburg High School
Principal)

Mr. Matthew Flohr

(Shippensburg High School Assistant
Principal)

Dr. Bryan Watkins

(Shippensburg High School Assistant
Principal)

Next Newsletter October 1, 2026

MISSION/ VISION

Vision: Prepared to contribute; Prepared to succeed.

Mission: Our mission is to design engaging and intellectually demanding work that empowers all learners to define their talents, exercise effective collaboration, practice skillful communication, and develop their critical thinking skills in order to lead them to success.

FUTURE PLANING

September 3, 2026

- Picture Day (Grades 9-11)
- Financial Aid Night (6-8pm)

September 4, 2026

- PBIS Kick-Off

September 7, 2026

- District Closed

September 8, 2026

- PSAT Registration Open - Online

September 10, 2026

- Suicide Prevention Day

September 11, 2026

- 9th & 10th Grade FCCTC Presentation - FLEX

September 15, 2026

- Senior Information Session w/ Counselors - FLEX

September 16, 2026

- College Information Night - 6pm to 8pm

September 18, 2026

- School Closed - Teacher Inservice

September 22, 2026

- Junior Information Session w/ Counselors -
Blocks 1, 2, and 4

September 24, 2026

- Parent Teacher Conferences - 4:30pm to 6:15pm

September 28 to October 2, 2026

- Homecoming Spirit Week
- Homecoming Pep Rally - October 2, 2026
- Homecoming Football Game - October, 2026 - 7pm

October 3, 2026

- Homecoming Dance - 7pm to 10pm

Family Fall Recipe Corner

Easy Fall Chicken & Sweet Potatoes

INGREDIENTS

- 1½ lbs chicken thighs or breasts
- 2 large sweet potatoes, diced
- 2 apples, chopped
- 1 tbsp olive oil
- Salt & pepper

DIRECTIONS

Directions: Put everything in a baking dish, drizzle with olive oil, and season with salt and pepper. Bake at 400°F for 35-45 minutes, until the chicken reaches 165°F and the sweet potatoes are tender.



Help Wanted!

The following are open positions at the high school:

- High School Classroom Aide
- High School Musical Technical Production Manager
- High School Play Technical Production Manager
- High School Academic Competition Advisor
- High School Stage Manager

If you are interested in applying for these positions apply through the district website!



Greyhound Games Shirts!



Here's the link for the Greyhound Games shirt sale!
We are offering them as close to at cost as we can because we'd love to have all students purchase their grade level shirt to wear not only for Greyhound Games in the spring but also for various spirit weeks throughout the year.

<https://www.creativeengravingplus.com/greyhoundgames>



Class of 2027 Class Party

Did you hear about the incredible senior party run by the parents last year?

The class of 2026 hosted the first Senior Bonfire at Memorial Park! We are looking for parents wanting to help get involved in planning this years event! Please email Blake Fritz at blake.fritz@ship.k12.pa.us if you are intrested.

Parent Conferences!

4:30 - 6:15 PM

September 24, 2026

November 19, 2026

February 25, 2027

April 22, 2027

November 10, 2026

November 16, 2026

1pm to 2:45pm



Homecoming Guest Forms



Shippensburg Area Senior High School
Opt Out Form – Homecoming/Prom Court Nominations

Dear Parent/Guardian,

As part of our Homecoming and Prom traditions at SASHS, seniors are eligible to be nominated by their peers for Homecoming Court and/or Prom Court. Being nominated is an honor that recognizes students' leadership, involvement, and school spirit.

If you would prefer that your student **NOT** be nominated for either Homecoming Court or Prom Court, please complete and return this form to the main office by September 12, 2025.

If this form is not returned, we will assume that your student may be considered for nomination.

Student's Full Name: _____

Grade: _____

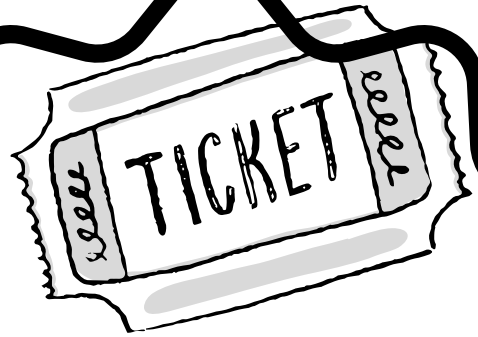
Parent/Guardian Name (please print): _____

☐ I do not give permission for my student to be nominated for Homecoming Court.

☐ I do not give permission for my student to be nominated for Prom Court.

Parent/Guardian Signature: _____

Date: _____



Homecoming Guest
Forms are now
available in the main
office and are due by
September 17th.

Homecoming ~

September 28th - October 3rd

Spirit Week

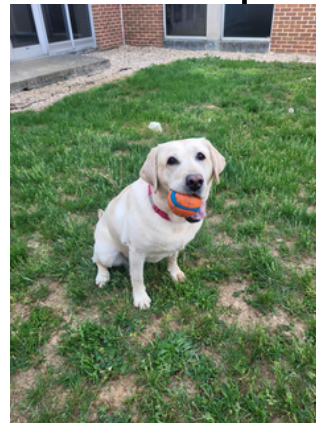
September 28 - October 3

Homecoming Game

October 2nd

Dance

October 3rd



Follow Our
Facility Dog -
Meadow on
Instagram!

@Meadowsashs





Counseling

C O R N E R



Student Assignment by Last Name

- Mrs. Erica Frontino - Last names A-Go
- Miss Rynne Martin - Last names Gr-N and all FCCTC students
- Mrs. Rachel Debias - Last names O-Z

Important Dates:

Thursday, September 3, 2026 -
Financial Aid Night (6pm to 8pm) - SASHS Cafeteria

Tuesday, September 8, 2026 -
PSAT Registration Opens online - \$20 fee

Tuesday, September 15, 2026 -
Senior Information Session - FLEX

Wednesday, September 16, 2026
College Information Night - 6pm to 8pm - SASHS Cafeteria

Friday, September 18, 2026
PSAT Registration Deadline

Tuesday, September 22, 2026
Junior Information Sessions - Blocks 1, 2, and 4 - Library



Counselor Newsletter:

<https://app.smore.com/n/tpczv>



Mental Health Resources:

School-Based Support
Aliff Counseling Services
(717) 860-3140
(School-based mental health provider)

Local Support
Keystone Health Crisis Services
133 West Catherine St, Chambersburg,
PA
Monday - Friday 8am - 4:30pm
Potential availability to see a
psychiatric provider for medications.
They are located at the hospital for the
remainder of the days and shifts. They
recommend using 988 as the crisis line.
They are a 988-call center and if we are
unable to answer, the call will be
bumped to the next available location
ensuring that someone always answers.
(717) 264-2555 or 988 (Available 24/7)

Cumberland / Perry Drug & Alcohol
Services
(717) 240-6300

Drew Michael Taylor Foundation
Grief and Loss Support Programs
717-532-8922
www.drewmichaeltaylor.org

24/7 National Support
988 Suicide & Crisis Lifeline
Call or text 988



2463 Loop Road, Chambersburg, PA
717-263-9033
info@franklinctc.com
www.franklinctc.com

Code: EXPLORE

4:30-5:45 PM

EXPLORE Business, Post Secondary,
and Military Opportunities.

5:45-7:30 PM

(4) 15-minute PROGRAM SESSIONS

Register



HIGH SCHOOL OPEN HOUSE

www.franklinctc.com

Thursday, November 19, 2026



APPLICATION DEADLINE JANUARY 10, 2027

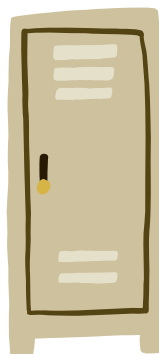
27 PROGRAMS OF STUDY



Important
Counseling Dates:

Locks on Lockers

Please remind your
student to secure their
locker with their
SCHOOL ISSUED lock.



SASHS CAREER DAY NOVEMBER 24, 2026



Help our students discover their passions and imagine their future!



- **SHARE YOUR EXPERTISE**
- **PROVIDE HANDS-ON ACTIVITIES**
- **OFFER CAREER ADVICE**
- **CONNECT WITH STUDENTS**



Consider participating in one of the following ways:
Option 1 - Speaker Only (9:00 AM - 10:30 AM)
Option 2 - Job Fair Only (10:30 AM - 12:30 PM)
Option 3 - Speaker & Job Fair (9:00 AM - 12:30 PM)

**SCAN THE QR CODE OR
CLICK HERE TO REGISTER BY
OCTOBER 1, 2026**

Questions? Contact:
Krista Akers, Career Coordinator
Shippensburg High School
krista.akers@ship.k12.pa.us
717-530-2730 ext. 6914



Career Coordinator Corner!



Career Field Trips for ALL Students:

Numerous career-based field trips are offered throughout the year with our Career Coordinator, Mrs. Krista Akers. These opportunities are e-mailed to students and are on the morning announcements. In order to attend these field trips students must be in good standing both academically and behaviorally. Grades, attendance, discipline, and social probation will be checked when determining if students are selected to attend. Parents, if you are also interested in knowing about these opportunities, be sure to “Like” Shippensburg High School Career Corner on Facebook.

Upcoming Career Trips

- September 15 - RV Show
- September 27 - ACE (Architecture, Construction, & Engineering)
- September 30 - Old Dominion Freight Line



**State requirements for graduation
(Documentation to the school nurse)**

11th Grade	12th Grade
• Physical exam • Basic physical form (can be found on district website under health services > forms) • Visit summary from doctor's office • Sports physical • Copy of driver license or permit (a physical must be done in order to get the driver permit)	• 2nd dose of MCV4 (meningitis conjugate) vaccine • The first MCV4 is given at/after age 11 • The second MCV4 is given at/after age 16 
THESE ARE GRADUATION REQUIREMENTS FOR THE STATE. YOU CANNOT GET YOUR DIPLOMA OR WALK THE STAGE WITHOUT THIS DOCUMENTATION.	
Drop off paper copies, email to amber.aushman@ship.k12.pa.us, or fax to 717-530-2835 Thank you! - Nurse Amber	

Medications in School

Process and Documentation Needed by the School Nurse

Per board policy, students are not permitted to have medications with them or in their bags (with the exception of emergency medications like an inhaler and epi pen). An adult must drop off medication at the school office with the school nurse. A doctor's order is required before the nurse can administer the medication.	Documents needed: An order from the doctor prescribing the medication or approving the over-the-counter medication for the student. Our med order form is available on the website. The doctor's office can also send their own written order Contact info: Email: amber.aushman@ship.k12.pa.us Fax: 717-530-2835 Phone: 717-530-2730 (option 4 for the nurse)
---	--



Virtual Information Night

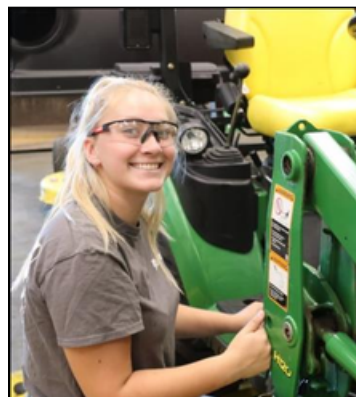
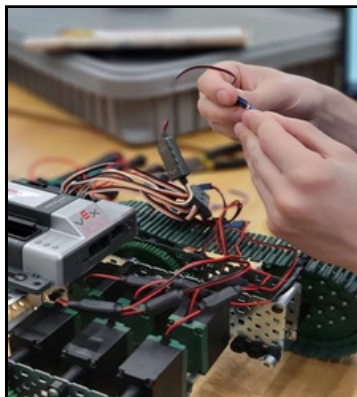
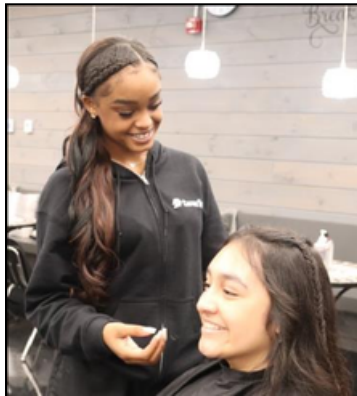
Wednesday, September 30, 2026, 5:30-6:30PM

Is your child a potential future CareerTech student?
Have questions about the Open House or unsure of the application process?
Do you know how to best prepare your student for acceptance?
Get answers to these questions and more!
Please register using the QR code below.

THIS SESSION is for anyone with questions about CareerTech, no matter what grade your student is in. Use the link below to join us **virtually** on Sept. 30th.



Join on your computer, mobile app, or room device.
[Click here to join the meeting](#)



Shippensburg High School Child Development Free Nursery School Program

Shippensburg High School Child Development will be running their free nursery school program again this year. The program will run each marking period for about four weeks, typically Tuesdays through Fridays. The daily time is approximately one hour and 20 minutes. The final marking period will include a double block extended nursery school experience. If you have a three, four, or five year old child who would be interested in joining us or are looking for further details, please contact megan.parker@ship.k12.pa.us. Registration is a first come first selected basis and will begin towards the end of August. Children can be registered for the full year and specific calendars with dates will be provided when registration forms are available. Transportation must be provided for the children.



IMPORTANT -

A change in our standing orders from the school doctor will permit the school nurse to give for each student our over-the-counter acetaminophen (Tylenol) 10 times through the school year. Any needs in addition to that will require an order from the student's primary care provider directing use as well as the desired medication brought in from home by a parent or guardian.



Picture Day - September 3,
2026

Make-up Picture Day -
October 8, 2026

CHAMP News

What is CHAMP?

Character, Honor, Attitude, Mindfulness, and Preparedness

- **Character** means doing the right thing, even when no one is watching.
- **Honor** means treating others with respect, even when you do not have to.
- **Attitude** is how you choose to think, respond, and face challenges.
- **Mindfulness** means being aware of your actions, your feelings, and the people around you.
- **Prepared** means being ready to learn, grow, and handle whatever comes your way.

Goal of the program

The goal of PBIS is to create a positive school climate in which students feel safe, supported, and ready to learn. Successful schools implement PBIS schoolwide through consistent expectations, instruction, and recognition.

We are going Digital!

The incentive program, CHAMP checks, is now digital. Students will be trained on the new CHAMP check system during the first two weeks of school.

****Paper checks will be transferred to the new system**



Career Coordinator Corner!



Attention Juniors - applications for the Health Exploration program at Holy Spirit Hospital are now available. This is highly selective program with about 25 spots for students within Cumberland County Schools (a total of 15 schools). This program is in the Fall Semester from approximately 7:15 - 9:15 AM. Students are required to have their own transportation to and from Holy Spirit Hospital in Camp Hill. See Mrs. Akers for the application. Hurry, the application deadline is March 4th.

Upcoming Career Trips

- March 10 - PA State Capitol
- March 11 - Surgery Live! @ Whitaker Center
- March 12 - Backstage Pass @ Whitaker Center
- March 19 - Cumberland Goodwill EMS
- March 19 - PA State Police Academy
- March 24 - Health & Wellness Expo
- March 27 - Air National Guard Career Fair



Students - to stay up to date on Career opportunities be sure to check your G-mail and the announcements.

Parents - to stay up to date on Career opportunities be sure to "Like" Shippensburg High School Career Corner on Facebook.



THE GREYHOUND FOUNDATION'S

9th

ANNUAL

GOLF TOURNAMENT

SUNDAY, SEPTEMBER 20, 2026

9AM START

TEEING UP EDUCATION FOR THEIR POTENTIAL

TRADITIONAL SCRAMBLE
FLIGHTED COMPETITION
CONTESTS / PRIZES / RAFFLES

NEW FOR 2026!

SIGNATURE PARTNER PACKAGE

ASK US ABOUT ALIGNING YOUR BRAND WITH
1-3 YEAR ATHLETICS STADIUM NAMING RIGHTS AND
GOLF TOURNAMENT SPONSORSHIP
ONE UNIFIED PARTNERSHIP.
YEAR-ROUND VISIBILITY.
LASTING COMMUNITY IMPACT.

Join us for the stunning views at Eagles Crossing Golf Club
A day that's about more than just great golf.

Play with purpose. Drive potential. All in support of **EDUCATION.**

COMPETE, CONNECT, & TAKE YOUR SHOT at GREAT Prizes
ENJOY exceptional food, drinks, and atmosphere!
We **KNOW** how to have **FUN!**

WWW.THEGREYHOUNDFOUNDATION.ORG





CHAMBERSBURG AREA SCHOOL DISTRICT

SOUTH-CENTRAL PA

COLLEGE

FAIR 2026

OPEN TO ALL!

SCAN ME



TO REGISTER!

**21
OCTOBER
2026**

6:30 PM – 8:00 PM

**FIELD HOUSE
511 S 6TH STREET
CHAMBERSBURG, PA
17201**