



HOUNDS HIGHLIGHTS

Your monthly dose of Ship Shenanigans!

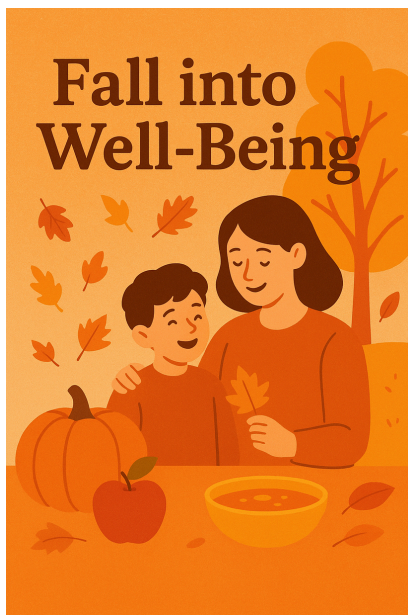
📞 Weekly Communication from
SASHS Administration

✉️ **Volume 1, Issue 4**
October 1, 2025

🌐 **SASHS Facebook -**
<https://www.facebook.com/share/16aPNGN8DP/?mibextid=wwXlfr>

SASHS Instagram -
@SHIPPENSBURGHIGHSCHOOL

SASHS Website -
<https://www.shipk12.org/seniorhigh>



WELL - BEING NOTES ~

October brings cooler weather, shorter days, and lots of chances to enjoy family time. A few small choices can make a big difference for your well-being this season:

- **Get outside together.** Take a walk to see the fall colors, visit a pumpkin patch, or play a game outside before dinner. Fresh air boosts energy and mood.
- **Fuel up with fall foods.** Apples, squash, and warm soups are healthy and delicious ways to enjoy the season.
- **Keep routines steady.** Bedtimes and screen time can slip during busy months—try to stick to consistent schedules to help everyone feel rested.
- **Make time for fun.** Carve pumpkins, play board games, or just share stories around the table. Family connections are one of the best supports for mental health.

This October, focus on simple traditions and mindful moments. A little time spent on well-being now will help students stay balanced, healthy, and ready to learn all season long.

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 29 - October 4

- Homecoming Spirit Week
- October 3rd - Homecoming Game
- October 4th - Homecoming Dance

● October 1, 2025

- Junior Information Sessions with Counselors

● October 8, 2025

- Sophomore Information Sessions with Counselors

● October 10, 2025

- Picture Make-Up Day
- PAYS Survey for 10th and 12th Graders

● October 13, 2025

- No School for Students & Teachers

● October 15, 2025

- ASVAB Testing

● October 16, 2025

- PSAT Testing

● October 22, 2025

- 2- Hour Early Dismissal

● October 23, 2025

- Shippensburg University Instant Decision Day

● October 27, 2025

- Marking Period 1 Ends

● October 28, 2025

- Shippensburg High School FBLA Trunk or Treat 5-6:30pm

● October 29, 2025

- Freshman Information Sessions with Counselors

● October 30, 2025

- PBIS Club Fair during lunches

● October 31, 2025

- Fall Fest - Pumpkin Painting, Face Painting, Drive Your Tractor to School Day

Help Wanted!

The following are open positions at the high school:

- High School Mathematics Teacher
- High School Academic Competition Advisor
- High School Musical Technical Production Manager
- High School Play Technical Production Manager
- High School Full-Time Custodian

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



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

Code: DISCOVER

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 20, 2025



APPLICATION DEADLINE JANUARY 10, 2026

27 PROGRAMS OF STUDY

☀️ SASHS Key Club in the Community ☀️

The Shippensburg Area Senior High School Key Club has been actively serving our community through a variety of recent events. Students volunteered their time to support families at the **Shippensburg Produce Outreach food bank**, assisted with **Breast Cancer Awareness Bingo** in honor of an important cause, and ran **children's activities at the Faerie Festival**, all in the month of September!

We are proud of our students for demonstrating leadership, service, and a strong commitment to making a positive impact in the Shippensburg community. 💙💛



Homecoming ~



Homecoming Tickets are still available in the lobby before school, and during lunches.

Important Dates

October 3rd

Homecoming Game
Memorial Park

October 4th

Dance
SASHS



All Night Party Planning Committee

If you are interested in being a part of the all-night party committee for seniors, please reach out

to

Mrs. Fritz -

blake.fritz@ship.k12.pa.us



Helpful Tips to Help with Seasonal Affective Disorder



- Try to get as much natural sunlight as possible – even a brief lunchtime walk can be beneficial
- Make your work and home environments as light and airy as possible
- Sit near windows when you're indoors
- Take plenty of regular exercise, particularly outdoors and in daylight – read more about exercise for depression
- Eat a healthy, balanced diet
- If possible, avoid stressful situations and take steps to manage stress

It can also be helpful to talk to your family and friends about SAD, so they understand how your mood changes during the winter. This can help them to support you more effectively.

Counseling Department Dates!

ASVAB Testing

- Wednesday, October 15, 2025
- 7:30 AM - 12:00 PM

PSAT Testing

- Thursday, October 16, 2025
- 7:30 AM - 12:00 PM

SHIP Instant Decision Day

- Thursday, October 23, 2025
- 7 AM to 12:00 PM

FAFSA Completion Night

- Thursday, November 13, 2025
- 6:00 PM to 8:00 PM

Use this link to view the counseling teams highlights & information!



<https://secure.smores.com/n/rvnt1>

The Armed Services Vocational Aptitude Battery (ASVAB) will be administered in the SASHS Cafeteria on Wednesday, October 15, 2025. Use the link below to sign up.

https://docs.google.com/forms/d/e/1FAIpQLSdJoOpj1XVJvsnGz295AzaHHOM_WAPaNaauRZcaYyLClnKf3w/viewform?usp=sharing&ouid=118225059356076523550



🔍 Career Coordinator Corner!



On September 9 a group of students visited the RV Show. Students heard from Cummins about diesel engines and generators; sat in briefly on a training session on inverters, converters, and electricity; and learned about disc brakes verses drum brakes from a representative from Dexter Axles. Students also got to look inside numerous RVs.

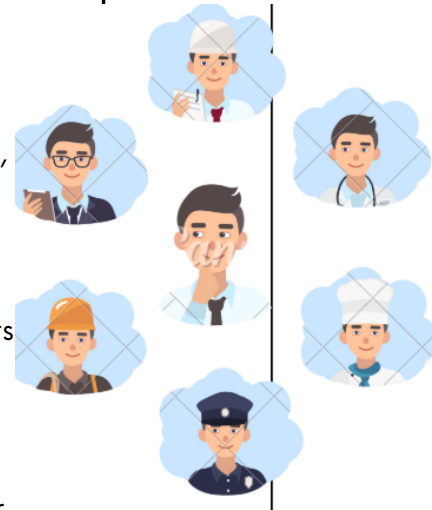
On September 24 students attended the Architecture, Construction, and Engineering field trip. Students heard from presenters from Pyramid Construction, Pennoni, Crabtree, Rohrbaugh & Associates, NTM Engineering, AD Marble, Paragon Engineering Services, Dawood, and Independent Electrical Contractors. Students also visited an active construction site.

Upcoming Field Trips -

October 15 - Level Up - A Career Awareness & Preparation Event for Juniors
October 21 - Old Dominion
October 23 - PIA @ Harrisburg Airport
October 24 - UPMC Nursing Day
October 28 - Finance & Accounting

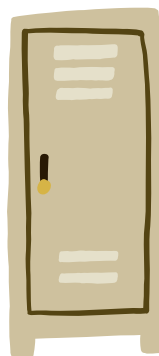
Students - to stay up to date on Career opportunities be sure to check your G-mail and the announcements.

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



Locks on Lockers

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



Athletic Dates

Winter Sports Sign-Ups

- HS & 9th Grade Boys & Girls Basketball--October 6th
- HS Wrestling & HS Swim/Dive--October 7th
- Unified Bocce--October 6th-10th



Community Night

Saturday October 25th (5pm)
Multipurpose Stadium 5pm-8pm



PBIS News

C-Character
H-Honor
A-Attitude
M-Mindful
P-Prepared

CHAMP

During the week of August 25th, students were taught three PBIS lessons:

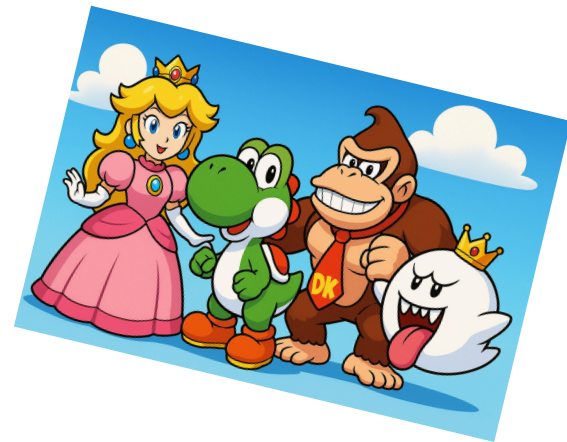
1. Review of the CHAMP acronym, CHAMP check currency, and the acknowledgement matrix
2. Review of Technology Resources
3. Review of Student Resources such as our club webpage

Kickoff Celebration

Students had a wonderful afternoon celebrating our PBIS program by choosing from over 23 different activities and eating from 4 different food vendors.

School Year Theme

This year the different classes choose a Mario Kart Character, and throughout the year their class will gain points for participating in spirit days, having great attendance, pep rally competitions, etc. Here is the reveal of their classes!



9th Grade!



10th Grade!



11th Grade!

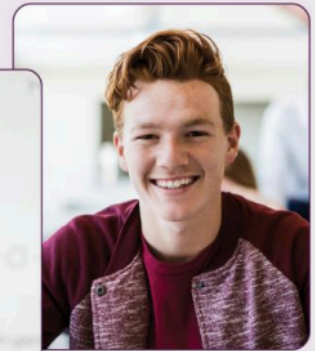
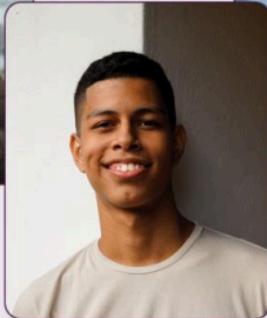
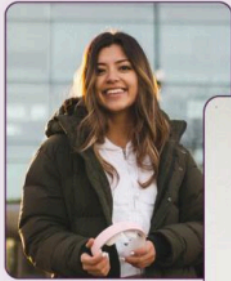


12th Grade!

YouthTruth | LISTEN. LEARN. IMPROVE.

Dear Families, **thank you. I heard you.**

Look for reflections next Hounds Highlights!



UPMC HIGH SCHOOL STUDENT PROGRAM

UPMC Pathway to Nursing Exploration Day

UPMC Carlisle Hospital is offering a unique opportunity for high school students that have interest in exploring the variety of Nursing career pathways. Students will engage in “real-life” patient scenarios and practice patient care alongside UPMC healthcare professionals with hands-on simulations.

Friday, October 24, 2025

8:00AM – 2:30PM

361 Alexander Spring Rd, Carlisle, PA 17015

APPLY TODAY! *



APPLICATION DEADLINE: October 3rd at 4pm

**This program is exclusively for students attending Carlisle High School, Shippensburg High School, Chambersburg High School, Boiling Springs High School, Greencastle Atrium High School, Big Spring, Biglerville High School, and Camp Hill High School. All potential attendees must have approval and recommendation from the high school Counselor. Transportation to and from the event is not handled by UPMC.*

Questions? nonnemacherm12@upmc.edu

TRUNK OR TREAT

OCTOBER 28TH
5-6:30PM



Shippensburg High School Trunk or Treat
Children 12 and under
Costumes are encouraged
High School Back Parking Lot



Sponsored by SASHS FBLA organization

Inclement weather date 10/29

CHAMP

PBIS Update

- Students will participate in the first CHAMP lesson on 10/6 during flex. The focus will be on 'Character and Honor'.
- The PBIS student team has been meeting during flex and officers chosen. The student team is excited to start planning PBIS activities for this year.
- Club Fair on 10/30- Students will have the opportunity to visit club tables and gain information about all the clubs here at SASHS. Many clubs are actively seeking more members, so make sure to check out each club table during lunch.
- 1st CHAMP check redemption table was a success on 9/26- keep earning those CHAMP checks

SHIP BE KIND

A deep
dive into
kindness.

THE **#BEKIND** MOVEMENT BRINGS AWARENESS
OF THE IMPORTANCE OF KINDNESS IN
EVERYONE'S LIVES THE DURING NOVEMBER 10TH
THROUGH 16TH. **#SHIPBEKIND**



SCAN HERE
Order online
at
<https://bit.ly/3QYQNr5>



Purchase a
sweatshirt,
T- shirt or
crewneck



Place orders
by 10/17

Ship your order or pick up at Creative Engravings
on October 31st!



#ShipBeKind

@Ship_scrcc @Shipwellness
@ShippensburgU



Shippensburg Community Resource Coalition

The **#BeKind** movement brings awareness
of the importance of kindness in everyone's
lives during **November 10th through 16th.**

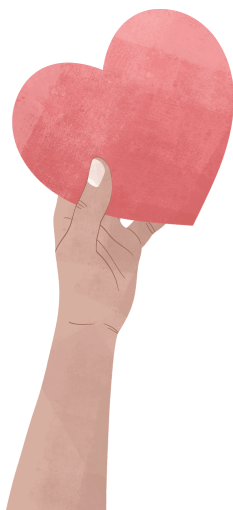
#ShipBeKind encourages the Shippensburg
residents to carry out acts of kindness in our
community.

Order
NOW
through
October
17th!



SCAN ME

#ShipBeKind





Food Calendar for October

OCTOBER 2025



SUN	MON	TUE	WED	THU	FRI	SAT
This calendar has the times and locations of the free community meals offered in Shippensburg	All Meals are Grabngo, drive-thru style unless stated otherwise		1	2	3	4
5 Memorial Lutheran Church (Dine in only) 34 E Orange St 11:30 A.M.- 12:30 PM	6 <u>NO COMMUNITY MEAL</u>	7 SPO/Diaper Bank 130 S PENN ST 3:30 PM TO 6PM Grace Place Free Hot Breakfast 21 N Prince St 10-11:30am Christ United Methodist (Dine in only) 47 E King St 6:15 p.m.	8 Newburg First Church of God (Dine in only) 260 Newburg Rd 5:30 to 6:30	9 Oasis of Love Baked Items 303 S Washington St 10:30 to 11 a.m. Prince St Brethren 20 N Prince St 5:30 P.M.	10 <u>NO COMMUNITY MEAL</u>	11 Christ United Methodist 47 E King St 9:30 A.M. <i>Dine in only</i>
12 Senior Center meals & meals on wheels 717-300-3563	13 St. Andrews Episocopal Church 206 E Burd St 5pm-6pm	14 SPO(Food Pantry) 130 S Penn St 3:30 pm to 6 pm Grace Place Free Hot Breakfast 21 N Prince St 10-11:30am Messiah United Methodist 30 S Penn St 5:30 p.m.	15 Oasis of Love 303 S Washington St 4:30 p.m. to 5:30 p.m. Newburg First Church of God (Dine in only) 260 Newburg Rd 5:30 to 6:30	16 Oasis of Love Baked Items 303 S Washington St 10:30 to 11 a.m. Covenant Brethren 253 E Garfield St 5:30 P.M. TO 6:30 P.M.	17 <u>NO COMMUNITY MEAL</u>	18 Christ United Methodist 47 E King St 9:30 A.M. <i>Dine in only</i>
19 Hound Packs is for any child living in the SASD. Weekend food bags with 6 meals are distributed on Thursdays. Visit the website listed below for more info.	20 Grace United Church 121 E Orange St. 5pm <i>Dine in only</i>	21 SPO & Sr Boxes 130 S Penn St 3:30pm to 6pm Grace Place Free Hot Breakfast 21 N Prince St 10-11:30am	22 Newburg First Church of God (Dine in only) 260 Newburg Rd 5:30 to 6:30	23 Oasis of Love Baked Items 303 S Washington St 10:30 to 11 a.m. Middle Spring Presbyterian 135 Middle Spring Rd 5p.m. to 6 p.m.	24 <u>NO COMMUNITY MEAL</u>	25 Christ United Methodist 47 E King St 9:30 A.M. <i>Dine in only</i>
26 Is your church interested in hosting a community meal? Contact Emily at coordinator-scrce@shipresources.org	27 St. Andrews Episocopal Church 206 E Burd St 5pm-6pm	28 SPO & Sr Boxes 130 S Penn St 3:30pm to 6pm Grace Place Free Hot Breakfast 21 N Prince St 10-11:30am Messiah United Methodist 30 S Penn St 5:30 p.m.	29 Oasis of Love 303 S Washington St 4:30 p.m. to 5:30 p.m. Newburg First Church of God (Dine in only) 260 Newburg Rd 5:30 to 6:30	30 Oasis of Love Baked Items 303 S Washington St 10:30 to 11 a.m. <u>NO COMMUNITY MEAL</u>	31 <u>NO COMMUNITY MEAL</u>	EVERY SAT: FOOD BOXES BY APPT (CALL MON-THURS 10AM-3PM) OASIS OF LOVE 717-532-5112

Fall Fest!

chartwells
serving up happy & healthy



Get ready for some fall fun! 🎃

During the week of October 27–31, Chartwells is hosting a Pumpkin Guessing Challenge. Encourage your student to stop by to take your best guess at the weight of our giant pumpkin AND how many seeds are inside. Closest guesses win bragging rights (and maybe a surprise)!

🍂 Other fall fun will include ~

Face Painting
Paint Your Pumpkin
Tractor Judging

