



# KENT CITY HIGH SCHOOL NEWSLETTER

## KCHS Families,

It has been great to welcome students back to KCHS and see the 2026–2027 school year get off to a strong start! There is always a special energy in the building at the beginning of a new year, and I've enjoyed seeing our students reconnect with friends and staff, settle into their classrooms, and get involved in all that KCHS has to offer. We're excited for the year ahead and grateful to have our students back with us. Read on for important information as we head into September. Go Eagles!

-Mr. Stuhan

## Stay Up-to-date with the Eagles!

- [Kent City Schools](#)
- [Kent City High School](#)
- [Kent City Athletics](#)
- [School News Network](#)
- [District Communications](#)

Kent City Community Schools provides a nurturing learning environment and educates ALL students to be lifelong learners.

# Important Dates

**9/4 - 9/7**

No School - Labor Day

**9/10/26**

Fall Sports Picture Day

**9/15/26**

Picture Retakes

**9/26/26**

Early Release for Students

**9/29/26**

Parent-Teacher Conferences (4 - 6 pm)



## Planning for the Future: Post-Graduation Opportunities

Each year, Kent City High School is required to share resources with students and families related to **post-graduation opportunities**. These resources can help students explore their options and begin planning for life after high school.

Whether students are considering college, career or technical training, the military, or entering the workforce, we encourage families to explore these resources together:

- [Pathfinder](#) – A Michigan Department of Labor and Economic Opportunity resource that helps students explore careers, education and training opportunities, and potential pathways after high school.
- [West Michigan Post-Graduation Resources](#) – Information from the Kent Intermediate School District highlighting opportunities and resources available to students as they plan for their futures.

We encourage all KCHS students to continue exploring their interests, considering their options, and developing a plan for what comes next after graduation.





### Get Involved at KCHS!

Kent City High School offers a variety of ways for students to get involved beyond the classroom—**athletics, band, after-school clubs, and activities like chess or forensics.** Getting connected to school in this way has a huge impact on student success.

If you or your student need help finding the right fit, reach out to **Mr. Stuhan or Mr. Vogel**—we're happy to help!

## Cell Phone Expectations – A Quick Reminder

Thank you to our students and families for helping us get off to a strong start with our cell phone expectations. As a reminder, students should keep their cell phones **in their lockers throughout the school day.** Phones may be checked briefly at the locker during passing time but should not be brought to class.

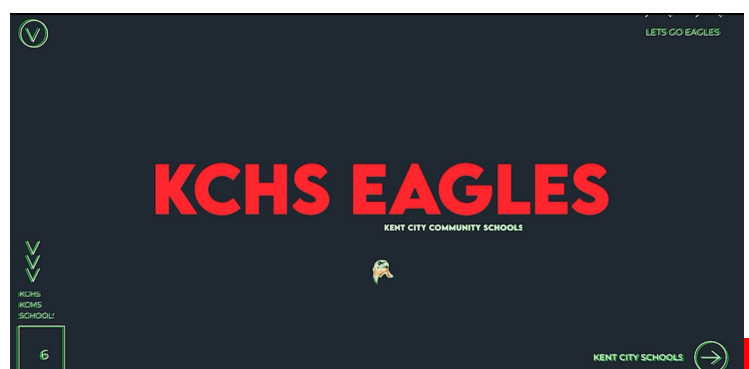
If a student brings a phone to class, the teacher will collect it and send it to the office. **A parent or guardian must pick up the phone from the office; phones will not be returned directly to students.** Refusing to surrender a phone when requested may result in additional disciplinary consequences.

These expectations support Michigan's restrictions on student cell phone use during instructional time and, most importantly, help us maintain classrooms where students can stay focused, engaged, and ready to learn. We appreciate the continued support of our students and families!

### CONTACT US

Kent City High School  
351 North Main Street  
Kent City, MI 49330

(616)-678-4210



# 5 HEALTHY HABITS FOR A STRONG SCHOOL YEAR

A quick guide for middle & high school families

# 5

SMALL HABITS  
BIG IMPACT

**BUSY DAYS. SHARED SPACES. SIMPLE WAYS TO LIMIT THE SPREAD OF GERMS.**

1



## CLEAN HANDS 20 SECONDS

Wash with soap and water. If unavailable, use sanitizer with at least 60% alcohol.

2



## HANDS OFF EYES • NOSE • MOUTH

Avoid touching your face. Clean phones and frequently touched personal items.

3



## COVER IT TISSUE OR ELBOW

Cover coughs and sneezes. Throw tissues away, then clean your hands.

4



## KEEP IT PERSONAL DON'T SHARE

Keep drinks, bottles, lip balm, utensils, and food to yourself.

5



## RECHARGE 8-10 HOURS

Most students ages 13-18 need 8-10 hours of sleep. Choose water often and rest when sick.

**PAUSE BEFORE YOU SEND THEM TO SCHOOL**

## WHEN SHOULD MY STUDENT STAY HOME?

**KEEP YOUR STUDENT HOME UNTIL THEY HAVE BEEN  
FREE OF VOMITING, DIARRHEA, AND/OR FEVER FOR 24 HOURS**

Also keep your student home if symptoms prevent participation. Follow school return guidance.

**HEALTHY CHOICES HELP KEEP STUDENTS LEARNING.**

Adapted from the provided family health guidance. Prevention and sleep guidance: CDC.

[cdc.gov/respiratory-viruses/prevention/hygiene](https://www.cdc.gov/respiratory-viruses/prevention/hygiene) | [cdc.gov/physical-activity-education/staying-healthy/sleep](https://www.cdc.gov/physical-activity-education/staying-healthy/sleep)