



## AHJS Monday Mail

Week of 6 November 2017

*This News Blast is available electronically via e-mail. Please subscribe at [www.ahisd.net/stupar/eblast/eblast\\_JS.html](http://www.ahisd.net/stupar/eblast/eblast_JS.html) or call 210-824-3231. AHJS PTO events, past copies of Monday Mails and more can be found online at [www.ahjspto.org](http://www.ahjspto.org).*

### AHJS News

**Healthy Heights:** Read nutrition labels for actual serving size and ingredients. One of the most common mistakes people make when reading food labels is not calculating the nutritional values based on number of servings of a particular food item.

**Health News:** The single, most important act we can do to prevent infection is good handwashing! Soap and water coupled with friction for 10-15 sec and drying our hands well, are all-important aspects of handwashing. This simple act can prevent the spread of germs from one part of our body to other parts of our body, and to others in our family and classrooms.

Additional acts that will help:

1. Cover coughs and sneezes
2. Use a Kleenex vs your hands or sleeves
3. Stay home with a temperature of 100 degrees or greater
4. Do not pick at scabs
5. Cover any sores that are blistered, moist or draining
6. Get a flu shot

**Turkee Dae:** Turkee Dae is a Junior School Tradition. The students may dress up "crazy" on the Friday before the Thanksgiving Break. No Halloween costumes are allowed. More details to come.

**Spelling Bee-** The AHJS Spelling Bee will be held in the library on **Tuesday, November 28<sup>th</sup>**, during 2<sup>nd</sup> period. The 65th Annual San Antonio Express-News Spelling Bee will take place on **Saturday, February 17, 2018**. The champion of the 65th Annual San Antonio Express-News Spelling Bee will represent our area in the 2018 Scripps National Spelling Bee near Washington, D.C. Any AHJS 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grader is invited to pick up a packet with information, spelling list, and permission slip. Permission Slips are due NO LATER than Friday, **November 3<sup>rd</sup> at 4:00** to Mrs. Lowe in room 405. All participants have the opportunity to report to Mrs. Lowe's room (502) for FLEX to prepare for the spelling bee throughout November. We will have a practice spelling bee during FLEX on **Friday, November 17<sup>th</sup>**, in Mrs. Lowe's room (405). If you have any questions, please contact Mrs. Lowe at [alowe@ahisd.net](mailto:alowe@ahisd.net).

**Strings Poinsettia sale-** The poinsettia sale will continue through Monday, November 6th. Poinsettias are \$18 each and are very large, healthy plants. There are plants available in red, white, and pink. This fundraiser supports our strings program throughout the district, and can be purchased from any student enrolled in strings from 6th-12th grade. Payment is due at the time of ordering and may be paid in either cash or check, made out to AHISD (driver's license number should be included on all checks). The plants will be delivered to the students on Saturday, November 25th and they will deliver to the customers shortly after.

**8<sup>th</sup> Grade Parents:** Purchasing a yearbook ad is a great way to share your favorite photo and show your 8<sup>th</sup> grader how proud you are of them for reaching this special milestone. You can go directly to [www.balfour.com](http://www.balfour.com) to purchase your ad online or come by the office to pick up an order form. A yearbook staffer will be assigned to help you create your ad. Deadline to guarantee your space is Oct. 31<sup>st</sup>. Right now, we are only taking orders for ONE ad to give all 8<sup>th</sup> graders an opportunity to secure a spot. If space becomes available after Nov. 1<sup>st</sup>, we will let you know. Don't delay; order your ad today! Please email any questions to [ahjsjournalism@gmail.com](mailto:ahjsjournalism@gmail.com).

**After School Study Hall:** Homework help is available for AHJS students every Tuesday, Wednesday, and Thursday from 4:00-5:00pm in the AHJS library. There are two to three teachers available to help AHJS students with their homework.

**Morning Library Hours:** Our library opens at 7:30AM daily. Supervision is provided.

**Attendance:** When a student is absent, the attendance office needs written documentation (parent note/parent email/doctor's note). The documentation must be received no later than five (5) school days after the absence.

**Managing Your Child's Cafeteria Account:** At [www.schoolcafe.com](http://www.schoolcafe.com), register yourself (parent) and then add your children using their student ID# (obtained from school or from Child Nutrition) and the school they attend. If you have any questions please reach out to Richard Mallard, Senior Area Foodservice Director at [210-832-5940](tel:210-832-5940)

**Bus News-** We are sending out a note to ask for your help. Electronics are becoming a very dangerous safety issue on the buses. They are distracting to drivers and greatly hinder their ability to monitor your children. They also cause major disruption and violation of bus safety rules among students. At the Secondary level, we ask that students use ear buds or keep electronics at a very low level. Secondary students may lose the privilege of having electronics out if the driver feels it interferes with bus safety. -Ms. Leah Roudebush Coordinator of Transportation 210-832-5973

**Regular/Late Bus:** Please be aware that bus registration for Regular/Late bus must be filled out every year. The Transportation form is separate from the campus registration. Please go to: <http://www.ahisd.net/cms/One.aspx?portalId=8146&pageId=37206> and fill out the form for your child's campus.

### JS Student Highlights

**FLEX News:** Our students started their new Flex classes this week.

**Progress Reports:** Progress reports go home on Tuesday, Nov. 7<sup>th</sup>. Please encourage your student to talk to their teacher if they have questions about their grades. Our teachers are available to help students during lunch bunch, and with previous arrangement with the teacher, before or after school. We also have Study Hall on Tuesdays, Wednesdays, and Thursdays from 4:00-5:00PM in the library for additional academic support. You may also help your student monitor his/her grades through your Home Access Center (HAC) account.

**Choir News:** Scotty A., Eleanor A., Alyssa G., Jeny M., Amalisa R., and Krista P. did a fine job representing our school at the region clinic on Saturday.

**Volleyball News:** 7<sup>th</sup> grade Blue and Gold Teams won against Canyon. 8<sup>th</sup> grade Gold Team won against Canyon. Lots of good hustle from our 8<sup>th</sup> Grade Blue team against Canyon.

**Football News:** 7<sup>th</sup> grade White team won against Church Hill. 7<sup>th</sup> grade Gold team won against New Braunfels. 8<sup>th</sup> grade White won against Canyon. Go Mules!

### PTO News

**AHJS Parents & Staff:** Thank you, Parents, Teachers & Staff for your fantastic turnout for the "Your Vibe Supports Your Tribe" 2017 Parent/Teacher Party! We are so grateful for your support including our incredible in-kind and silent auction donors as well as those parents who supported the event by purchasing a ticket for a teacher. A special thanks to Catherine and Wilbur Matthews for graciously hosting the event at their lovely home. What a great night of fun with our wonderful AHJS community as well as raising funds that keeps our school the BEST middle school in San Antonio. THANK YOU!

**7<sup>th</sup> Grade Parent Meeting on Nov 7<sup>th</sup> is CANCELLED:** Will send out new date ASAP.

**AHJS Mule Market:** AHJS T-Shirts, 8th Grade T-Shirts, and Spirit Socks are still available! Order online, and they will be delivered to your student. PTO Memberships, Parent/Teacher Party Tickets, HEB Card Orders, PTO Angels Donations, TOPS Donations, and Snack Pak 4 Kids donations will remain on Mule Market throughout the fall. Questions? Amy Case - [amygcase@gmail.com](mailto:amygcase@gmail.com)

**Yearbook:** *\*New this year\** Yearbooks and 8th Grade Ads are now ordered directly from Balfour at [www.balfour.com](http://www.balfour.com). Simply enter Alamo Heights Junior High School as the school.

**HEB Cards!** Every \$100 card = \$5 for AHJS! It's SO EASY to support your school...the cards are delivered to your home! Please contact Karen Crosley, [kcrosley@me.com](mailto:kcrosley@me.com), to place a monthly order for HEB cards or to try it out for one month.



## Junior School 2 Weeks at a Glance

Mon – 11/6	Tues – 11/7	Wed – 11/8	Thurs – 11/9	Fri – 11/10	Sat – 11/11
<p>Site Based Mtg. 4:15pm</p> <p>BB Parent Mtg. GGym 5:30pm</p> <p>Adult ESL (Cafeteria, rms 109 &amp; 111) 6PM</p>	<p>Progress reports distributed</p> <p>7<sup>th</sup> Grade Parents Meeting 9:00am</p> <p>MuleTube FT to HS 9:30am</p> <p>FB B Team vs Canyon 8gr.away/7gr.ho me 4:30pm</p> <p>Fall Theatre Production (3rd Period Production <i>Just So and Other Stories</i>) 6:15pm</p>	<p>White Team 7<sup>TH</sup> Canyon MS (home) 4:30pm</p> <p>8<sup>th</sup> Canyon MS(home) 5:30pm</p> <p>AHISD Heart of Heights - Internet Safety for Parent AHHS 10AM (more details under District News)</p> <p>Greater Heights Night 6PM</p> <p>Adult ESL (Cafeteria, rooms 109 &amp; 111) 6PM</p>	<p>FB A Team vs Canyon 8gr.away/7gr. home 4:30pm</p> <p>GBB vs Boerne MS S 8gr.home/7gr. away 5PM</p>	<p>Veteran's Day Assembly Auditorium 8:45am</p>	<p>Band Region Auditions Harris MS</p> <p>Strings Region Con Brio &amp; Concertino Orchestra Auditions Jejeda MS</p> <p>UIL Science Olympiad (Austin)</p>
Mon – 11/13	Tues – 11/14	Wed – 11/15	Thurs – 11/16	Fri – 11/17	Sat – 11/18
<p>Adult ESL (Cafeteria, rms 109 &amp; 111) 6PM</p> <p>Breaking the Silence-Anxiety &amp; Depression in Kids &amp; Adolescents AHJS Auditorium 6PM</p> <p>Fall Theatre Production 6:15pm 8th Period production <i>The Trial of Goldilocks</i></p>	<p>Picture retakes (AM)-Auditorium</p> <p>PTO Mtg. (Library) 12PM</p> <p>Fall Theatre Production 6:15pm 4th Period Production <i>MacBeth</i></p>	<p>Family Night/No Homework</p> <p>Adult ESL (Cafeteria, rooms 109 &amp; 111) 6PM</p> <p>Fall Theatre Production 6:15pm 9th Period Production <i>Turnadot</i></p>	<p>GBB vs Church Hill 8gr.away/7gr. home 5:00pm</p> <p>Reg. Board Mtg. 7PM</p> <p>Spirit Day- Wear Blue and Gold</p>	<p>Turkee Dae!</p>	<p>Academic UIL Meet Medina MS 7:00pm</p>

## District/Community News

**2018-2019 SCHOOL CALENDAR** - AHISD seeks your input regarding the proposed calendar for the 2018-2019 school year. The surveys are included in the letter for parents/students and

faculty/staff/administrators. The deadline to complete the survey is Tuesday, November 14<sup>th</sup>, 2017 at 4:00 p.m. The data will be reviewed by the District Education Advisory Council (DEAC). Thank you for your input.

**SUPPORT AH MULES LACROSSE TEAMS** - Dine out at Julian's on Monday, November 6<sup>th</sup>, 5:00-9:00 pm, and Julian's will donate a portion of sales to Alamo Heights Lacrosse. A copy of the flyer can be found on our website at [http://www.ahisd.net/students\\_\\_\\_parents/student\\_flyers](http://www.ahisd.net/students___parents/student_flyers).

**AHISD HEART OF HEIGHTS - INTERNET SAFETY FOR PARENTS** presents Tori Walker from the National Center for Missing and Exploited Children on Wednesday, November 8<sup>th</sup> at 10:00 am in the Alamo Heights High School Foyer. She will be discussing the apps and websites kids are using, how to identify warning signs of kids engaged in risky behavior online, and how to discuss appropriate online behavior with kids. Topics include cyberbullying, sexting, sharing too much information online, online privacy, and abduction prevention. For more information and registration a copy of the flyer can be found on our website at [http://www.ahisd.net/students\\_\\_\\_parents/student\\_flyers](http://www.ahisd.net/students___parents/student_flyers).

**GREATER HEIGHTS NIGHT** - Mark your calendar for a fun-filled evening with friends at Greater Heights Night on November 8, 2017, at the Witte's Mays Center. GHN is the premier fundraising event benefiting Alamo Heights School Foundation. Tickets are now available for purchase at [www.bidpal.net/ghn2017](http://www.bidpal.net/ghn2017).

**AHISD BREAKING THE SILENCE** - Starting the Conversation: Recognizing Depression & Anxiety in children and adolescents is presented by Valerie Moczygemba, M.A., LPC-1 on Monday, November 13, 2017, at 6:00 pm in the AHJS Auditorium. For more information contact Catherine Widder, LCSW at [widder@ahisd.net](mailto:widder@ahisd.net) or call 210-832-5956. A copy of the flyer can be found on our website at [http://www.ahisd.net/students\\_\\_\\_parents/student\\_flyers](http://www.ahisd.net/students___parents/student_flyers).

**GIRL SCOUTS COMMUNITY SERVICE EVENT** - Bring a book donation to earn a Patch or enter to win a raffle prize on Saturday, November 11<sup>th</sup>, 10:00 am - 12:00 pm, at the Sally Cheever Girl Scout Leadership Center, 811 N. Coker Loop, 78216. For more information a copy of the flyer can be found on our website at [http://www.ahisd.net/students\\_\\_\\_parents/student\\_flyers](http://www.ahisd.net/students___parents/student_flyers).

**DAVID'S LEGACY FOUNDATION** invites you to an exclusive pre-screening of the movie "Wonder" on Tuesday, November 14<sup>th</sup>, 6pm at Santikos Embassy 14, 13707 Embassy Road. Tickets can be purchased online at <https://www.eventbrite.com/e/prescreening-of-wonder-to-benefit-davids-legacy-foundation-tickets-38844063640?aff=eivtefrnd>. Everyone in attendance will receive a David's Law Pledge sticker, and the opportunity to have their name on a set of stickers sent to schools across Texas. The pledge is part of a campaign that brings awareness and support to David's Law, a new law that protects Texas children by treating cyberbullying offenses as misdemeanors and establishing new channels of communication to report these criminal acts to law enforcement through their schools. "I pledge to never use my device as a weapon".

**ALAMO HEIGHTS HOLIDAY PARADE** - The 40<sup>th</sup> Annual Holiday Parade on Broadway presented by HEB will be on Saturday, November 18, 2017. The parade begins at 5:30 pm at Cambridge Elementary and will proceed down Broadway and ends at the Steward Center. Entry forms and guidelines for the parade can be found at [www.alamoheightschamber.org](http://www.alamoheightschamber.org). For more information and registration a copy of the flyer can be found on our website at [http://www.ahisd.net/students\\_\\_\\_parents/student\\_flyers](http://www.ahisd.net/students___parents/student_flyers).

**FACTORY OF CHAMPIONS "CHAMPS" WINTER BASKETBALL LEAGUE:** 9 week season starts week of November 27<sup>th</sup> and ends mid-February 2018. Games and practices during the week. Boys 2<sup>nd</sup> to 5<sup>th</sup> Grade Divisions, Girls 1<sup>st</sup>/2<sup>nd</sup> and 4<sup>th</sup> Grade. Space is limited - please visit <http://factoryofchampions.com/event/the-factory-winter-basketball-league/>

**YMCA WINTER SPORTS** - Registration is now open for the YMCA Winter Sports. For more information and registration a copy of the flyer can be found on our website at [http://www.ahisd.net/students\\_\\_\\_parents/student\\_flyers](http://www.ahisd.net/students___parents/student_flyers).

**POINSETTIA SALE:** The Howard PTO is selling red poinsettias for \$15.00 per plant for your holiday decorating and gift giving needs. These beautiful plants will have approximately 5 red blooms per plant and will come in 6-inch pots with decorative covers. Orders will be taken between November 1st through November 15th. Plants must be picked up in the Howard Cafeteria on November 30th between 1:00 - 6:00pm (except for teacher deliveries.) Be on the lookout for order forms! For more information contact Katie Loftin at [katie.loftin@worthaminsurance.com](mailto:katie.loftin@worthaminsurance.com) or Emily McRae at [emcrae77@gmail.com](mailto:emcrae77@gmail.com).

**Healthy Heights Tip of the Week: Drink plenty of fluids.** Choose water more often and incorporate a variety of ways to increase your intake. A couple of easy ways are to dilute sugary juices/drinks with water and ice and track your cups per day using an app.