



## AHJS Monday Mail

Week of 13 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:** Bake, broil, or grill foods to reduce fat. These methods allow for fat to drip out. Also, try to avoid cooking with butter or vegetable oil. Use healthier versions like olive, canola, or sunflower oil.

**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. Read our guidelines attached to this email.

**Strings Poinsettia sale-** Poinsettia Sale Extended! We have extended the date for collection of money/orders for Poinsettias to Monday, November 13. If you missed the sale the first time, you may still participate. Money/Orders due by the end of school day Monday, November 13. Do not forget that the pick-up date for the Poinsettias was changed to Sunday, November 26, from 2-4 at AHJS Strings Room. Thank you for your continued support of AHISD Strings Programs!

**AHJS Holiday Giving Program-** The Holiday Giving Program is coordinated and funded by our Angels Program, AHJS PTO, AHJS families, Student Council, and AHJS teachers, staff and counselors. The goal of this program is to support Jr. School students and their families who are financially vulnerable and in need of assistance during the holiday season. The Holiday Giving Program provides the following for these families: For the student- Clothes, shoes, and a gift and for the family- toiletries and HEB gift cards. Need assistance for your family for the holidays? Please stop by or have your student pick up a form from Lisa Lucas in the counseling office. Ways you can help: Adopt a family (buy items on list)/Donate HEB gift cards (\$25) which you can order through PTO/Donate toiletries (shampoo, conditioner, toothpaste, toothbrush, body wash, deodorant). If you have questions please call or email our Wellness Counselor, Mrs. Lucas at (210) 832-5790 or [llucas@ahisd.net](mailto:llucas@ahisd.net)

**6th Grade Service Club-** The Sixth Grade Girls Service Club will meet in the AHJS cafeteria from 4:00 p.m. to 5:00 p.m. on Tuesday, November 14. During this month's meeting, the members will learn from Jessica Massay about helping children in Honduras. They will also learn a little about the David's Anti-Cyberbullying Pledge. Membership is still open to all SIXTH GRADE GIRLS on the AHJS PTO website at [ahjspto.org](http://ahjspto.org). Cost is \$25.

**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).

**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.

**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

**Science Olympiad News:** Amazing work and dedication by our AHJS Science Olympiad team at the UT Austin Science invitational meet! Our team earned 4 in individual top 4 placements and ten team pair top ten finishes! Keep working hard and competing. We will head to Fort Worth, Texas on December 9<sup>th</sup>! ~Mrs. Cindy Puchalski

**Band News:** 49 Honors Band members auditioned at band region on Saturday. 31 students made region or district, 24 Region and 7 District. This is a new record, building on what we started last year. ~Mr. McGrew, Band Director

### Character Corner

Do you want to have talking topics for the dinner table? Do you want to know what AHJS is discussing in advisory? Character Corner will inform you of Character Education topics that we are discussing in advisory and on our campus.



#### November Character Corner: Healthy Sense of Self & Relationships (Emotional Literacy)

November 6: Digital Citizenship – Kindness Wins on social media: How to use social media in a positive way

November 13: Thankfulness – project to thank Veterans

November 20: Thanksgiving Holiday – Enjoy time with your family

November 27-Dec 1: Review of 5 Forms of Mistreatment/5 Kindness Skills

In Alamo Heights ISD we are committed to providing the students with a safe environment in which they are able excel in all areas of development. It is for this reason all students are taught the five forms of mistreatment:

November 27 Exclusion: The target feels left out

November 27 Put-downs: The target feels bad or hurt

November 28 Unwanted Physical Contact- boundaries

November 29 Bullying: The target feels afraid\*

November 30 Acts against everyone: The entire campus or large portions of it are affected

Through advisory we will explore these five areas. By identifying the specific ways in which students can be emotionally and or physically hurt, students can then be empowered with strategies for

stopping and minimizing the mistreatment of others. Working with students to identify the five types of mistreatment and teaching them ways to peacefully resolve conflict takes them from being a bystander to being a problem solver/upstander. Have your kids talk to you about the 5 areas and about our optional activity: David's Pledge and sticker campaign led by our Student Council & 6<sup>th</sup> Grade Service Club.

### PTO News

**November PTO Meeting:** Please join us on Tuesday, November 14, from 12pm until 1pm for an AHJS PTO meeting in the AHJS library. A yummy lunch will be generously provided by Crocket National Bank. Can't make it? Join us via Facebook Live at <https://www.facebook.com/AlamoHeightsJuniorSchoolPTO/>.


**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 – 11/13	Tues – 11/14	Wed – 11/15	Thurs –11/16	Fri – 11/17	Sat – 11/18
Adult ESL (Cafeteria, rms 109 &111) 6PM  Breaking the Silence-Anxiety & Depression in Kids & Adolescents AHJS Auditorium 6PM  Fall Theatre Production 6:15pm 8th Period production <i>The Trial of Goldilocks</i>	Picture retakes (AM)-Auditorium  PTO Mtg. (Library) 12PM  6 gr. girls service club (Cafeteria) 4:00pm  Fall Theatre Production 6:15pm 4th Period Production <i>MacBeth</i>	Family Night/No Homework  Adult ESL (Cafeteria, rooms 109 &111) 6PM  Fall Theatre Production 6:15pm 9th Period Production <i>Turnadot</i>	GBB vs Church Hill 8gr.away/7gr. home 5:00pm  GBB White Team vs Corbett MS 8th gr. (away) 4:30pm  Reg. Board Mtg. 7PM  Spirit Day- Wear Blue and Gold	Turkee Dae!	Academic UIL Meet Medina MS 7:00pm
 <b>Thanksgiving Break</b>					
Mon – 11/27	Tues – 11/28	Wed – 11/29	Thurs –11/30	Fri – 12/1	Sat – 11/18
Adult ESL (Cafeteria, rms 109 &111) 6PM	Spelling Bee (Library)9:30am  GBB Night at HS BB game (AHHS) 5:30pm	BSoccer vs Canyon (home) 4:30pm  GBB White Team vs Geneva 7/8 gr. (home) 5:00pm  Adult ESL (Cafeteria, rooms 109 &111) 6PM	Spanish Spelling Bee (Library) 9:00am  GBB vs Oak Run 8gr.home/7gr. away 5:00pm		Strings Region Orchestra Clinic & Concert (Reagan HS & Bush MS)

## 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.

**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).

**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".

**Save the date!** Join us for our 2<sup>nd</sup> annual Culture Night at Heights on Thursday, December 7<sup>th</sup> 5:30 p.m. – 7:00 P.M at Alamo Heights Junior School. We will celebrate all that is unique about our diverse families in AHISD. Consider whether you would like to share a celebration or tradition that is special to your family that evening. The flyer is on our website:

[http://www.ahisd.net/students\\_parents/student\\_flyers](http://www.ahisd.net/students_parents/student_flyers).

**GIRL SCOUTS** - Join us for a superhero activity and to learn more about Girl Scouts on Wednesday, November 15, 2017, 4:30 - 6:00 pm, at Orange Leaf - Austin Hwy. 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).

**ALAMO HEIGHTS HOLIDAY PARADE** - The 40th 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 27th and ends mid-February 2018. Games and practices during the week. Boys 2nd to 5th Grade Divisions, Girls 1st/2nd and 4th Grade. Space is limited - please visit

<http://factoryofchampions.com/event/the-factory-winter-basketball-league/>

**AHISD Destination Imagination** will be having a fundraiser at Potbelly's at the Quarry Village, 290 E. Basse, San Antonio, TX 78209. The fundraiser will be on Wednesday, December 6<sup>th</sup> from 5 p.m. to 8 p.m. Destination Imagination appreciates your support. 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).

**SHEN YUN 2018** presents art that's breathtakingly beautiful on December 26-27, 2017 at the Tobin Center. 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).

**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).