



Reminders

- 11/1: Daylight Savings
- 11/3: Election Day
- 11/6: Report Cards Go Out
- 11/11: Inservice- Student Holiday
- 11/11: Veterans Day
- 11/23-11/27: Thanksgiving Break

Nurse's Corner

Flu season is among us. I have a few tips for keeping us all healthy. Encourage your children to do these things to help prevent getting sick:

- Get vaccinated. The flu shot may sting just a little, but it can help keep you from getting sick during flu season. Sometimes other forms of the vaccine can be available, such as a nasal spray.
- Encourage students to cover their mouth and nose with their arm.
- Encourage children to frequently wash hands with soap and warm water for 15-20 seconds. Be a role model, and practice proper hand hygiene yourself. Students are watching.
- If you are sick, please stay home from school and work, and stay away from others until you are better. For more info about the flu please visit <https://www.cdc.gov/flu>

Reminder: Students are **not** allowed to bring medications to school. Parents are required to bring them in and fill out a medication administration form. Cough drops are to be kept in the Nurse's office and students can get as needed. For cough drops only, no medication administration form is needed. If you have any questions or concerns, please contact me at 694-9388. -Nurse Kayla

Veterans Day

- Veterans Day is November 11th and is a federal holiday to honor all those who have served in the U.S. Military.
- According to the 2013 Census Bureau, there are 19.6 million veterans in the U.S. 1.6 million are female veterans and 9.3 million are over the age of 65.

Band Results

Last year's Honors Band entered the National Wind Band Honors competition and placed as one of the Commended Winners. The competition is judged over the summer by two of the top college directors in the nation. Honors Band only had one chance at UIL to get a good recording. Little did we know we would not get another chance to record our pieces! We submitted recordings of "March of the Combat Patrol" by David Holsinger and "Shine" by Michael Markowski, and the group beat out a lot of fine bands for this honor.
-Mr. Burnett & Ms. Briley

Yearbook

- Stinger 2021 Yearbooks are on sale now for \$35 on www.balfour.com website.
- On Campus Sales: During Advisory ONLY students may be written a pass to come deliver their \$35.
- *Checks: written to Flour Bluff Junior High note student's name and grade on Memo line.
- *Cash: Exact Change only please in envelope with student's name and grade.
- All special orders and customizations require On-Line Purchases.
- Attention Parents of 8th Graders! Show your 8th grader how proud you are of their accomplishments in the Ad section of our book! These Ads can be built by the new Ad Builder at www.balfour.com.

-Mrs. Johnson

Monthly Fun Facts

- November is between fall and winter.
- The birthstone is the topaz.
- The birth flower is the chrysanthemum.
- Election Day is the first Tuesday, after the first Monday in November.
- Thanksgiving Day is the fourth Thursday of November.
- November 11 is Veterans Day.
- Football is the main sport of the month.

Diabetes Awareness Month

- November is Type 1 Diabetes Awareness Month.
- World Diabetes Day is Saturday, November 14.
- Type 1 Diabetes (T1D) is an autoimmune disease. It occurs when the pancreas stops producing insulin, which controls blood sugar levels.
- T1D affects people of all ages.

Paraprofessional Day

November 18 is Education Support Professional & Paraprofessional Day. Thank you for all of your hard work!

Ms. Adamson, Ms. Buitenhuis, Ms. Cartwright, Mr. Christensen, Ms. Garcia, Mrs. Garza, Ms. Hinojosa, Mr. Holt, Ms. Hurst, Ms. Keeler, Ms. Lewis, Ms. Morgan, Ms. Posey, Mrs. Sprague, Mr. Taylor, and Mrs. Tobola

Counselor's Corner

- Students, keep working on classes. If you are struggling, please attend tutorials, use your time wisely, and turn in your work on time. School especially now, can be stressful. Pace yourself, take a short break if you feel overwhelmed and then return to the task at hand. Deep breathing, mindfulness activities, exercise, or talking to someone are all good ways of coping with life's challenges.
- Here's a mindfulness exercise to try:
Stroke your hands. Lower or close your eyes. Take the index finger of your right hand and slowly move it up and down on the outside of your fingers. Once you have mindfully stroked your left hand, swap and let your left hand stroke the fingers of your right hand.
- Remember if you need to see counselors you can sign up on our counselor webpage, call or come by the office. We are here for you!

-Mrs. De Leon & Mrs. Schuster



Library

-FBJH virtual library has officially launched! Students can search for and reserve books from any internet-connected device. Simply scan the QR-code to get to the FBjH Virtual Library site:



-Click the blue Atrium diamond if you are using the school Wi-Fi or click the AOnTheGo icon if you are not.

-Don't forget about audiobooks and e-books available to you for FREE using www.mackinvia.com. Choose Flour Bluff Junior High as your site, enter your school ID number for the username and hornets for the password. Happy listening/reading!

-Do you like the convenience and speed of the Chromebooks? With the holidays right around the corner, now would be a good time to start dropping hints to your family and friends about what a great gift a Chromebook would make for any student. Many places offer Black Friday deals where you can purchase a Chromebook for a little more than \$100—such a great deal!!!

-A dress code reminder: Wearing your school ID at or above your waist is part of being in dress code each day. If a student needs to have an additional ID printed, the cost is \$5. IDs will only be printed before or after school or during 7th period Advisory.

-Mrs. Kravek

Internet Safety Tip

Bystanders are guilty, too.

If your friends are cyberbullying someone and you do not report it, you are just as guilty. Speak up!

Girls Basketball Tryouts

7th Grade:

*Wednesday, 11/18/2020 from 7:00 AM – 8:00 AM

*Friday, 11/20/2020 from 7:00 AM – 8:00 AM

8th Grade:

*Tuesday, 11/17/2020 from 7:00 AM – 8:00 AM

*Thursday, 11/19/2020 from 7:00 AM – 8:00 AM

You must have a UIL Physical and RankOne completed in order to try-out. Please email Coach Baker at ybaker@flourbluffschoools.net with any questions.

Bell and Calendar Schedule

Period Schedule

-Odd Day: 1st, 3rd, 5th, 7th Periods

-Even Day: 2nd, 4th, 6th, 8th Periods

Bell Schedule

Odd Day

1st Meet: 8:20-10:00 (1st Period)

2nd Meet: 10:05-11:40 (3rd Period)

3rd Meet: 11:45-1:51 (5th Period)

A Lunch– 11:45-12:15

B Lunch– 12:17-12:47

C Lunch– 12:49-1:19

D Lunch– 1:21-1:51

4th Meet: 1:56-3:40 (7th Period)

Even Day

1st Meet: 8:20-10:00 (2nd Period)

2nd Meet: 10:05-11:40 (4th Period)

3rd Meet: 11:45-1:51 (6th Period)

A Lunch– 11:45-12:15

B Lunch– 12:17-12:47

C Lunch– 12:49-1:19

D Lunch– 1:21-1:51

4th Meet: 1:56-3:40 (8th Period)

Maroon Dates-Odd Days

Gray Dates-Even Days



November 11-Inservice; No school for students

November 23-27-Thanksgiving Break; No school

Girls Volleyball Schedule

8th Grade A Coach Solis-Grawn Games are at 6:15 p.m.

- 11/2 OPEN, TBA
• 11/9 vs Calallen
• 11/16 @ TM

8th Grade B Coach Stonum-Smith Games are at 5:00 p.m.

- 11/2 OPEN, TBA
• 11/9 @ Calallen
• 11/16 vs TM

7th Grade A Coach Downey Games are at 5:00 p.m.

- 11/2 OPEN, TBA
• 11/9 vs Calallen
• 11/16 @ TM

7th Grade B Coach Baker Games are at 6:15 p.m.

- 11/2 OPEN, TBA
• 11/9 @ Calallen
• 11/16 vs TM

*Home Games play at FBjH Old Gym

Football Schedule

8th Grade A Team @ 6:45 p.m. Coach Hynson & Coach Quintana

- 11/3 @ Alice
• 11/10 vs GP

8th Grade B Team @ 5:30 p.m. Coach Gonzalez & Coach Hooper

- 11/3 @ Alice
• 11/10 vs GP

7th Grade A Team @ 6:45 p.m. Coach Jimenez & Coach Sivils

- 11/3 vs Alice
• 11/10 @ GP

7th Grade B Team @ 5:30 p.m. Coach Bourg & Coach Cervantes

- 11/3 vs Alice
• 11/10 @ GP

Boys Basketball Tryouts

7th and 8th grade boys basketball tryouts will be on November 18 & 19 from 4:00-5:30 p.m. in the Old Junior High Gym. Any student is eligible to tryout. Please bring your own water bottle and wear appropriate gym clothes.

Newsletter brought to you by NJHS