



Nurse's Corner

- Please send a water bottle with your student to school, water is a must have during the day. I am seeing a lot of students dehydrated. There is filtered water to refill their water bottles in the cafeteria.
- Please remember if your child is sick it is very important that we work together to get them better before sending them back to school.
- *Please notify me if your child is out of school due to illness or anything COVID related such as close contact, symptoms or pending results.**
- Spring Break is right around the corner. Be safe out there.
- Remember, even when there are clouds out, you can get sun burned. Take care of your skin and make sure and use sunscreen. Enjoy your break!
- Nurse Kayla

Counselor's Corner

- The Junior High Counselor's Office webpage has been updated.
- Students, staff, and parents now have access to our Mental Health Resources which include a virtual calming room, coping with COVID and many other helpful links.
- And as always, if you or someone you know needs help please see your counselor or speak to a trusting adult.
- Counselors can be contacted via email, sign-in on FBHJH webpage Counselor's Office sign in, or just come by the office. We are here for you.
- Here are some helpful websites:
[*https://jh.flourbluffschoools.net/counselors-office/#](https://jh.flourbluffschoools.net/counselors-office/#) (link to sign-in for counselor)
[*https://jh.flourbluffschoools.net/mental-health-resources/](https://jh.flourbluffschoools.net/mental-health-resources/)
- Mrs. De Leon & Mrs. Schuster

Vision & Hearing Screening

Dear Parent/Guardian:
 Due to challenges presented by the COVID-19 pandemic, your child has not received a vision or hearing screening. Vision and hearing problems can affect a child's wellbeing and their ability to learn. If you would like the school nurse to do a vision and hearing test, please call 361-694-9388 to set up an appointment.

The Department of State Health Services encourages parents to take their children to a medical provider for well child exams. During these appointments you can ask for screenings. If your child is screened, we encourage you to send us the results of those screens for our records.

Signs of a possible vision problem include:

- Squinting
- Tilting the head
- Sitting too close to the television
- Constant eye rubbing
- Abnormal alignment or movement of the eyes

Signs of a possible hearing problem include:

- Your child wants volumes louder than other members of the family
- Your child often says "What?"
- It seems like your child isn't listening
- Your child seems to hear fine sometimes and not others

If you think your child has a vision or hearing problem, please contact the school nurse. Discuss your concerns with them right away.

Sincerely,
 Kayla Resendez, Jr. High Nurse
 (361)694-9388

American Red Cross History

March is American Red Cross Month. The American Red Cross is dedicated to helping people in need. Clara Barton helped found the American Red Cross in Washington, D.C. on May 21, 1881. Clara Barton led the American Red Cross for 23 years. Today the American Red Cross helps in five areas: disasters, military members/ family support, blood collection, health safety, and international relief.

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

MARCH						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- March 5-Inservice;
- No school for students
- March 8-12: Spring Break

Yearbook

Yearbooks are being sold in the library and online for \$35. The web address is www.balfour.com to pay with a credit card. Checks and cash are accepted in the library.

Newsletter brought to you by NJHS



Reminders

- 3/1-3/5: TX Public Schools Week
- 3/5: Inservice-No school for students
- 3/8-3/12: Spring Break
- 3/14: Daylight Saving Time Begins
- 3/22-3/26: 9th Pre-Registration
- 3/22-3/25: JH Cheer Clinic
- 3/26: JH Cheer Tryouts

Monthly Fun Facts

- March birthstone: Aquamarine
- March flower: Daffodil
- March is American Red Cross Month, Fire Prevention Month, and Women's History Month.
- World Math Day is the first Wednesday.
- March 2nd is the anniversary of Texas' independence from Mexico.
- March 8 is International Women's Day.
- March 14 is Pi Day.
- March 22 is World Water Day.

9th Grade Pre-Registration

- Hello Freshman Pre-Registration will be occurring in March.
- High School Counselors will have Zoom parent meetings on March 18th at 12:00 p.m. and 5:30 p.m. (parents do not need to attend both).
- Counselors will have a virtual presentation to all advisory classes on March 18th and students will receive a course choice sheet.
- Parents can refer to FBHS Counselor's Corner, for more information, under pre-registration tab.
- High School Counselors will meet with students individually (in person or virtually) the week of March 22-26.
- FBJH will also be sending out information.

Internet Safety

- Remember these safety tips:
- Be respectful of other users.
- Everything you do online is traceable. Think before you post a photo or video to your profile.
- Inappropriate online activity can harm your reputation.

Band

Please join us in congratulating the following students for qualifying for the Junior High All-Region Band. These students worked on some challenging pieces and submitted an online recording to earn this honor. Overall entries were predictably lower than usual for us and for the surrounding schools. We have all had our challenges this year with facilitating learning of these pieces. That being said, Flour Bluff again had the most students qualify for the All-Region Band, with 22 students earning this honor. G-P and Adkins were next with 10 and 9, respectively. We also had the most students who earned first chair overall in their sections (8). We are proud of our students for representing Flour Bluff so well, especially through all the adversity this year has brought. Please give these kids a (virtual) pat on the back!

-Mr. Burnett and Ms. Briley

Flute

Joonie Park-1st; Lydia Harris-3rd; Chloe Roberts-6th

Bb Clarinet

Abigail Baker-5th; Kayliana Chapa-8th

Bass Clarinet

Amelia Sotelo-1st

Bassoon

Abigael Ferguson-1st

Alto Saxophone

Justine Aguilar-1st; Jayden Sewell-3rd

Trumpet

Connor Murphy-1st; Nathaniel Puumala-3rd; Cory Lichtenberger-5th; William Russell-9th

French Horn

Sophia Dupree-2nd; Isaiah Pitts-4th

Trombone

Eli Cooper-1st

Baritone

Claire Yniguez-1st

Tuba

Brannon Chapman-1st

Percussion

Alena DeLeon-5th; Phoenix Tippit-7th; Chloe Rios-8th

Pi Day

Pi Day is celebrated on March 14th. Pi is the symbol used in math to represent 3.14159. Pi is the ratio of a circle's circumference to its diameter.

Tennis Schedule

7th Grade & 8th Grade

Coach Sivils & Coach Henry

- 3/4 @ Alice
- 3/20 @ GP
- 3/27 District Tournament

Track Schedule

- 3/4 @ FB
- 3/18 @ GP
- 3/25 @ Calallen (Girls District)
- 3/26 @ TBD (Boys District)

Cheer Tryouts

- Junior High Cheer Tryouts are coming up on March 26. They will be from 4:00 p.m. until finished.
- Mandatory pre-tryout cheer clinic is March 22-25 from 4:00-5:30 pm.
- Mrs. Jorgensen and Mrs. Ortiz

Texas Public Schools Week

- Texas Public Schools Week is March 1-5.
- Monday**-Cowboy Up! Wear your favorite Texas cowboy/cowgirl attire!
- Tuesday**-Tie Down Your Education! Wear your favorite tie-dye t-shirt!
- Wednesday**-Go Team! Texas Spirit! Wear your favorite Texas team t-shirt or jersey
- Thursday**-Lone Star State! Wear Texas flag red, white, and blue! Students participating must wear all three colors: red, white, and blue.
- Friday**-No school for students
- *Students must be in school appropriate attire.*

Daylight Saving Time

Daylight Saving Time begins March 14. Set your clocks ahead one hour.