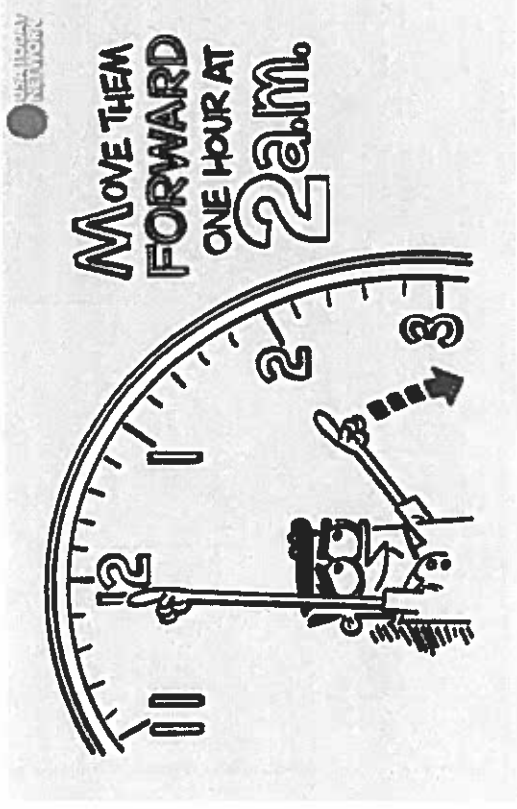


Sunday

March 8, 2020

Daylight saving time will begin at 2:00 AM on Sunday.

Please remember to set your clocks.



Sunday

March 8, 2020

Daylight saving time will begin at 2:00 AM on Sunday.

Please remember to set your clocks.

◦VISITORS◦

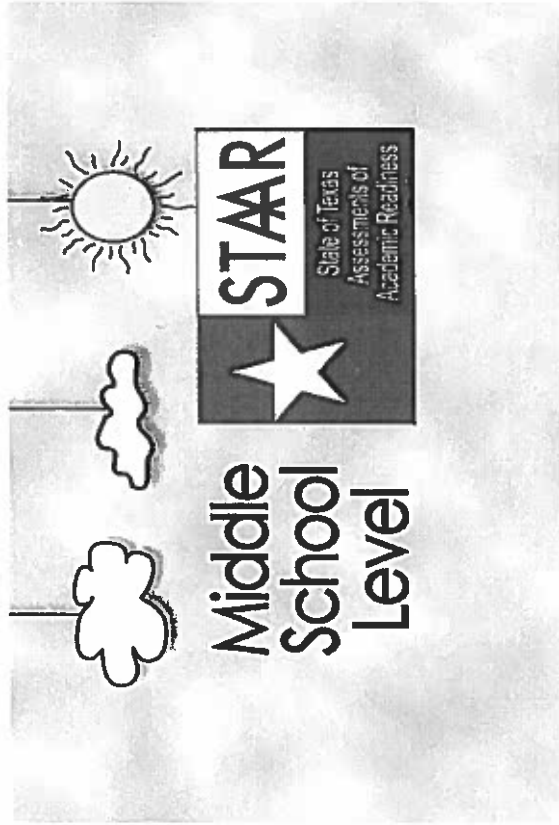
◦VISITORS◦

ALL VISITORS REPORT TO
THE FRONT OFFICE.

PLEASE HAVE
IDENTIFICATION READY FOR
ELECTRONIC SIGN IN.

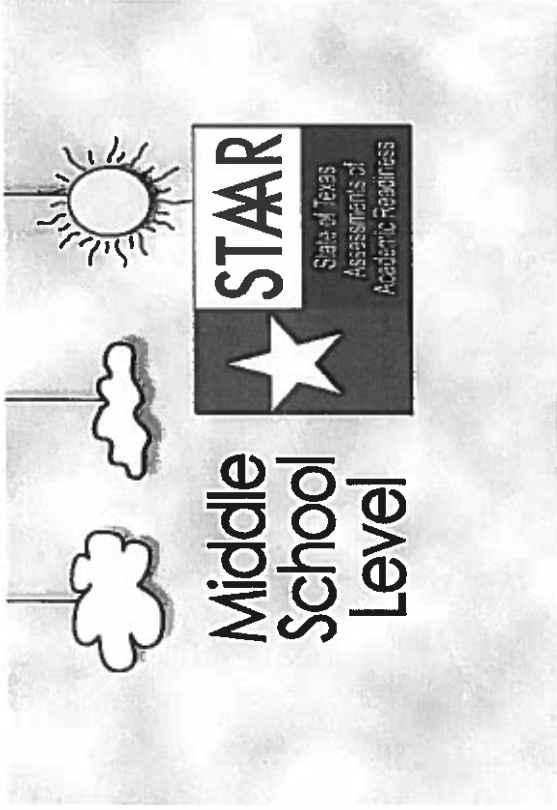
ALL VISITORS REPORT TO
THE FRONT OFFICE.

PLEASE HAVE
IDENTIFICATION READY FOR
ELECTRONIC SIGN IN.



MOCK STAAR

March 10th 6 & 7 GR. Reading
 March 10th 8GR. Science
 March 12th Algebra
 April 7th 6 GR. Math
 April 8th 7GR. Math
 April 14th 8 GR. Social Studies



MOCK STAAR

March 10th 6 & 7 GR. Reading
 March 10th 8GR. Science
 March 12th Algebra
 April 7th 6 GR. Math
 April 8th 7GR. Math
 April 14th 8 GR. Social Studies

STAAR™ TESTING



+



+



Get plenty
of REST

Eat a healthy
BREAKFAST

Do your
BEST!

April 7th 7 GR. Writing

April 7th 8 GR. Math

April 8th 8 GR. Reading

Parents we encourage you to try to schedule all appointments for the afternoon or on a different day. This will help to minimize absences during the test. Thank you in advance for your support with this matter.

Testing usually ends by 12 noon

STAAR™ TESTING



+



+



Get plenty
of REST

Eat a healthy
BREAKFAST

Do your
BEST!

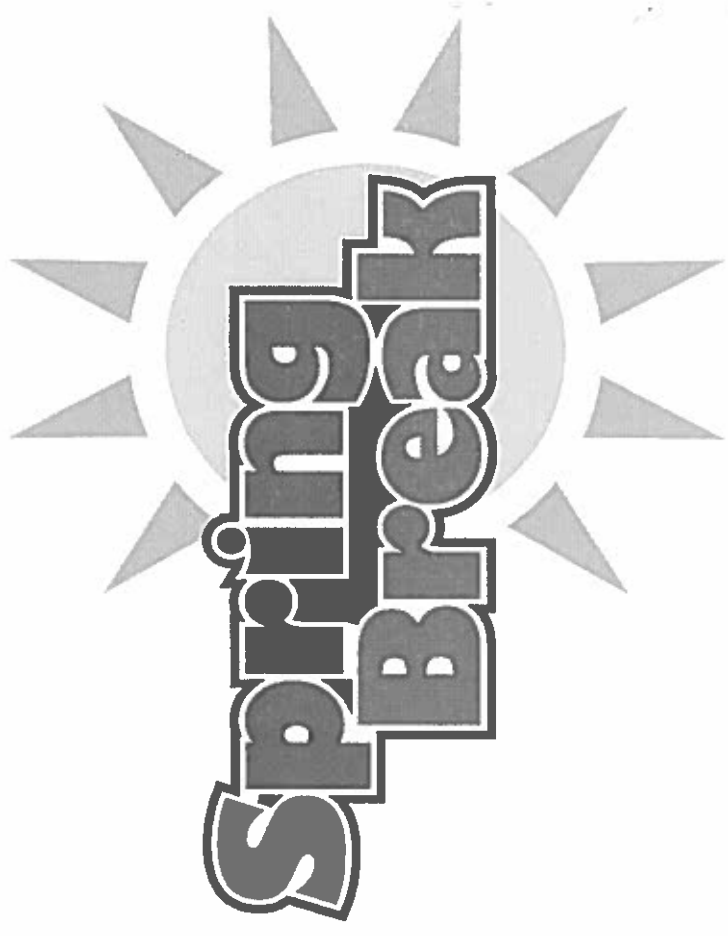
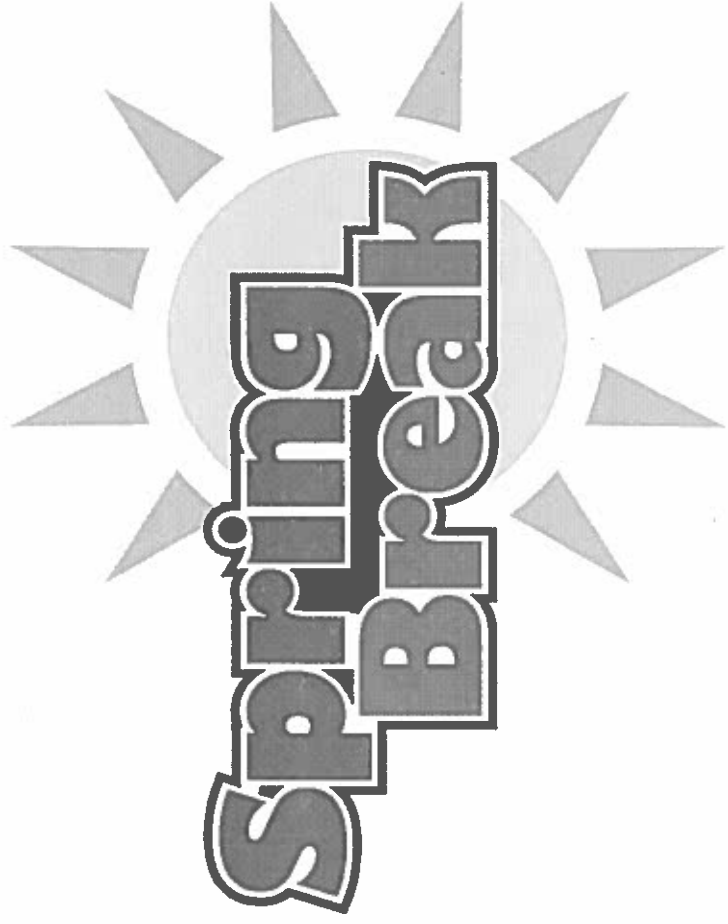
April 7th 7 GR. Writing

April 7th 8 GR. Math

April 8th 8 GR. Reading

Parents we encourage you to try to schedule all appointments for the afternoon or on a different day. This will help to minimize absences during the test. Thank you in advance for your support with this matter.

Testing usually ends by 12 noon



Monday – Friday

Monday – Friday

March 16 -20

NO SCHOOL

March 16 -20

NO SCHOOL



Students must be in class by the time the tardy bell rings. The tardy policy is strictly enforced and unexcused tardies will be addressed as outlined in the Tardy Documentation Form.

- 1st. Tardy-Verbal Warning
- 2nd. Tardy-Phone Call to Parent
- 3rd. Tardy-3 Days Detention
- 4th. Tardy-Referral Sent to Administrator

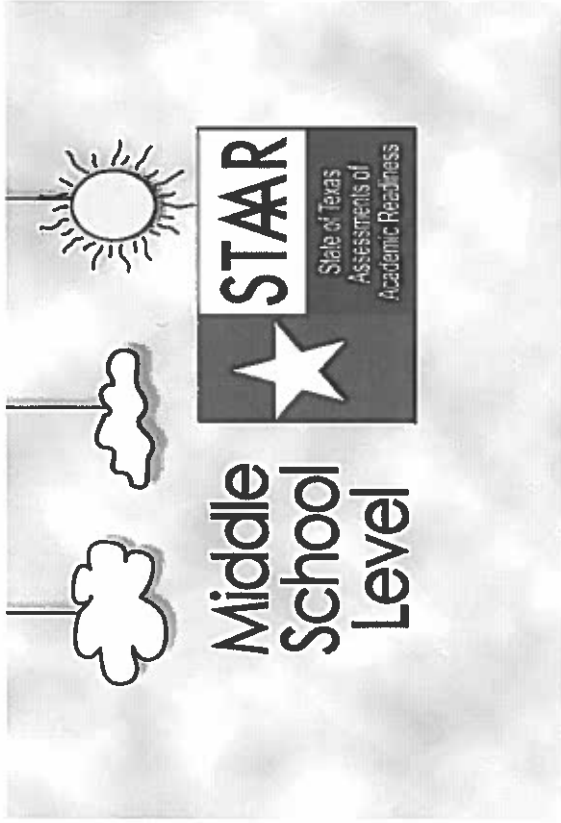
Parents/students may be sent to truancy court if excessive tardies are accumulated.



Students must be in class by the time the tardy bell rings. The tardy policy is strictly enforced and unexcused tardies will be addressed as outlined in the Tardy Documentation Form.

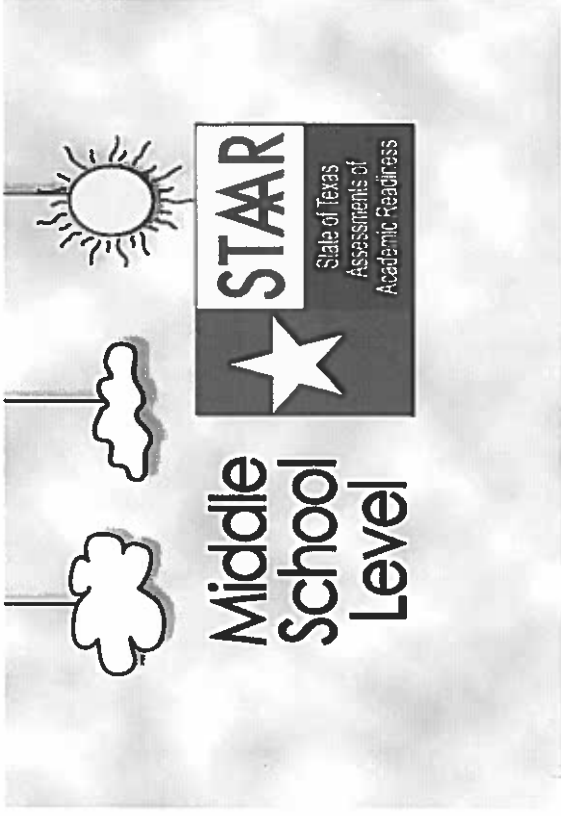
- 1st. Tardy-Verbal Warning
- 2nd. Tardy-Phone Call to Parent
- 3rd. Tardy-3 Days Detention
- 4th. Tardy-Referral Sent to Administrator

Parents/students may be sent to truancy court if excessive tardies are accumulated.



MOCK STAAR

March 10th 6 & 7 GR. Reading
March 10th 8GR. Science
March 12th Algebra
April 7th 6 GR. Math
April 8th 7GR. Math
April 14th 8 GR. Social Studies



MOCK STAAR

March 10th 6 & 7 GR. Reading
March 10th 8GR. Science
March 12th Algebra
April 7th 6 GR. Math
April 8th 7GR. Math
April 14th 8 GR. Social Studies

STAR TESTING



Get plenty
of REST

Eat a healthy
BREAKFAST

Do your
BEST!

April 7th 7 GR. Writing

April 7th 8 GR. Math

April 8th 8 GR. Reading

Parents we encourage you to try to schedule all appointments for the afternoon or on a different day. This will help to minimize absences during the test. Thank you in advance for your support with this matter.

Testing usually ends by 12 noon

STAR TESTING



Get plenty
of REST

Eat a healthy
BREAKFAST

Do your
BEST!

April 7th 7 GR. Writing

April 7th 8 GR. Math

April 8th 8 GR. Reading

Parents we encourage you to try to schedule all appointments for the afternoon or on a different day. This will help to minimize absences during the test. Thank you in advance for your support with this matter.

Testing usually ends by 12 noon



SCHOOL HOURS

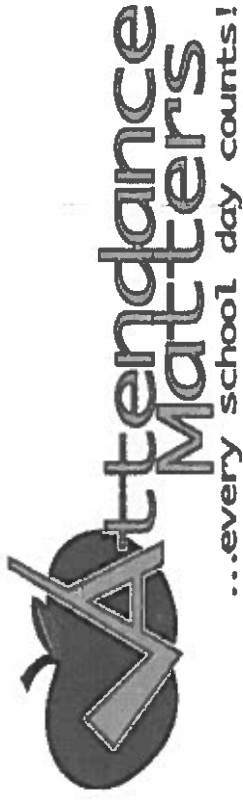
It is strongly suggested that students arrive on campus by 7:30 a.m. The first bell rings at 7:40 a.m. and the tardy bell rings at 7:50 a.m. The tardy policy is strictly enforced and arriving after 7:50 a.m. may result in the student losing valuable instructional time. Early arrival at school before 7:00 a.m. is discouraged except when a student plans to receive additional instruction from a teacher.

Medical Appointments

Doctor/Dental notes are required for all medical appointments. Only ½ day will be excused, unless the note states that the appointment took all day. Doctor notes must be turned in on the day or immediately on the day after the doctor's appointment to ensure the student has the appropriate time to complete any missed assignments.

Any questions lease call 915-236-6650

Attendance Clerk. Mrs. Villasenor



SCHOOL HOURS

It is strongly suggested that students arrive on campus by 7:30 a.m. The first bell rings at 7:40 a.m. and the tardy bell rings at 7:50 a.m. The tardy policy is strictly enforced and arriving after 7:50 a.m. may result in the student losing valuable instructional time. Early arrival at school before 7:00 a.m. is discouraged except when a student plans to receive additional instruction from a teacher.

Medical Appointments

Doctor/Dental notes are required for all medical appointments. Only ½ day will be excused, unless the note states that the appointment took all day. Doctor notes must be turned in on the day or immediately on the day after the doctor's appointment to ensure the student has the appropriate time to complete any missed assignments.

Any questions lease call 915-236-6650

Attendance Clerk. Mrs. Villasenor



Jag Academy

Every Wednesday

During the last period of the day starting at 2:00 pm for zero (00 period).

On those days, we work on an assembly schedule and students are assigned to a specific classroom and teacher.

During this time, they can cover any number of topics from core subjects to fine arts to social emotional exercises.

Each subject is given a specific week to request students. This time is used as an intervention/enrichment for our students.

JAG ACADEMY

LUNCH SCHEDULE

6 th	GRADE 10:42-11:12
7 th	GRADE 11:24-11:54
8 th	GRADE 12:06-12:36



Jag Academy

Every Wednesday

During the last period of the day starting at 2:00 pm for zero (00 period).

On those days, we work on an assembly schedule and students are assigned to a specific classroom and teacher.

During this time, they can cover any number of topics from core subjects to fine arts to social emotional exercises.

Each subject is given a specific week to request students. This time is used as an intervention/enrichment for our students.

JAG ACADEMY

LUNCH SCHEDULE

6 th	GRADE 10:42-11:12
7 th	GRADE 11:24-11:54
8 th	GRADE 12:06-12:36

NO SCHOOL

NO SCHOOL

SPRING

SPRING

Holiday

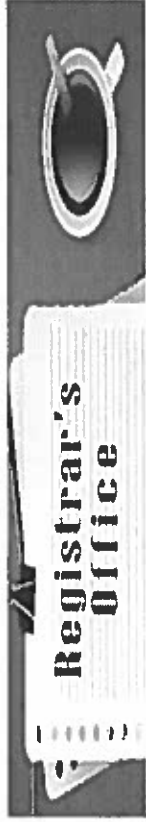
Holiday

FRIDAY

FRIDAY

April 10th 2020

April 10th 2020



Registrar's Office

Address & Contact Information

If you need to update your address or add a person to your pick-up list, please contact the registrar's office as soon as possible.

Are You Moving Before the Last Day of School? (PCSing)?

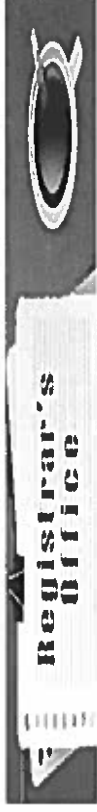
Please see the registrar as soon as possible. Your last chance to do so will be the week of April 30- May 3 to finalize all early withdrawals.

Withdrawal Procedures

- The registrar's office **MUST BE NOTIFIED** at least 2 weeks prior to your departure.
- Student **MUST** clear all outstanding balances in the cafeteria; library and bookroom.
- If student is transferring to another EPISD school, student may keep their laptop. Otherwise, students **MUST TURN IN** the laptop along with case and charger. **FEES WILL BE CHARGED IF NOT TURNED IN**

If you have any questions or you are in need of clarification about something please do not hesitate to contact the registrar's office immediately.

Natalia Ramirez, Registrar 915- 236-6650.



Registrar's Office

Address & Contact Information

If you need to update your address or add a person to your pick-up list, please contact the registrar's office as soon as possible.

Are You Moving Before the Last Day of School? (PCSing)?

Please see the registrar as soon as possible. Your last chance to do so will be the week of April 30- May 3 to finalize all early withdrawals.

Withdrawal Procedures

- The registrar's office **MUST BE NOTIFIED** at least 2 weeks prior to your departure.
- Student **MUST** clear all outstanding balances in the cafeteria; library and bookroom.
- If student is transferring to another EPISD school, student may keep their laptop. Otherwise, students **MUST TURN IN** the laptop along with case and charger. **FEES WILL BE CHARGED IF NOT TURNED IN**

If you have any questions or you are in need of clarification about something please do not hesitate to contact the registrar's office immediately.

Natalia Ramirez, Registrar 915- 236-6650.



NOLAN RICHARDSON MIDDLE SCHOOL

Cordially invites you to

**Money Smart, a Financial Knowledge
Presentation**

**Thursday, March 31, 2020 @ 5 pm in the
NRMS Library**

**Presenter: Mrs. Sheena Lopez from ESC 19,
Adult Education Tutor/Trainer-Family Partnership and Leadership**

- ◆ **Free dress day will be awarded to students that come with parents/guardians**
- ◆ **Extra credit in math will be given to students when they come with parents/guardians and participate in the presentation.**
 - ◆ **Light snack will be provided**
- ◆ **Any questions call Mrs. Perez, Family Engagement Liaison,
(915) 236-6650**





ESCUELA SECUNDARIA NOLAN RICHARDSON

Cordialmente les invita a

Money Smart

una presentacion de conocimiento financiero

jueves 31 de marzo del 2020 a las 5 pm

en la biblioteca de NRMS

Presentadora: Sra. Sheena Lopez de ESC19,

Tutora de Educación de Adultos/Entrenadora-Asociación Familiar y Liderazgo

- **Se otorgará un día de “free dress” a todos los estudiantes que asistan con sus padres/tutores**
 - **Se otorgará crédito adicional para los estudiantes en su clase de matemáticas cuando asistan con sus padres/tutores y participen en la presentacion.**
 - **Se proveera un refrigerio liviano**
- **Cualquier pregunta comuniquese con la Sra. Perez, Líder de Enlace Familiar**
(915) 236-6650



Middle Years

Working Together for School Success



Short Stops

Illustrated notes

Your middle schooler has probably heard the phrase “A picture is worth a thousand words.” It’s good advice that she can apply to note taking. Suggest that she incorporate sketches into her notes. She’ll include more detail in a shorter amount of time, and seeing a drawing may help her remember the information more easily.

Let your child be himself

Your tween is likely to face disappointments that you went through at his age, like not making a team or the end of a friendship. Listen to his feelings before sharing yours. He may have a different reaction than you did, and taking cues from him will let him process the experience in his own way.

DID YOU KNOW?

In a disturbing trend, more tweens and teens are “cutting”—meaning they’re cutting their skin in an effort to “feel something” and cope with overwhelming emotions. Signs of this include small, straight cuts on the arms and legs or wearing long sleeves and pants on hot days. If you see any evidence of cutting, call your child’s doctor right away.

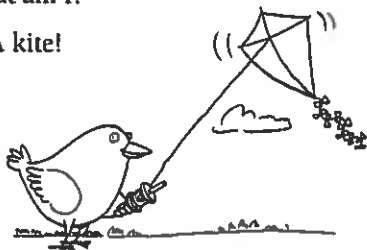
Worth quoting

“Deal with the faults of others as gently as with your own.” *Chinese proverb*

Just for fun

Q: I have a tail but no head. What am I?

A: A kite!



Responsibility all around

Taking care of what needs to be done lets your middle grader accomplish his goals and be a good citizen. Help him become more responsible in these key areas.

Self

Encourage your tween to take responsibility for his actions rather than blaming others. Say he gets a low quiz grade and complains that the teacher didn’t explain the material clearly. Ask what he could do the next time he doesn’t understand something. He might raise his hand or talk to the teacher after class. He’ll learn that he’s in charge of his own success.

Others

Have your middle grader find a way to follow through on his responsibilities to others. He could use his planner, a calendar, or an electronic alert to remind himself about his drama club fundraiser or his weekly video call with his grandparents. Then before he makes



new plans, he should check to see if he’s available.

Community

A responsible community member obeys laws and takes care of shared property. Look for opportunities when you’re out together. While driving, you might point out how you move over when you pass a cyclist. Or at the grocery store, your tween could return a cart someone left in the middle of the lot so it doesn’t dent a car. 👍

Ready for standardized tests

Springtime brings warmer weather—and, for your middle schooler, standardized tests. Help your child prepare with these tips.

■ **Know the dates.** Ask your tween to print out two copies of the testing schedule and highlight the tests she will take. She could post one copy on the refrigerator (so you’re in the loop) and keep the other copy in her backpack.

■ **Be supportive.** Tell your middle grader that you know she’ll do her best. Offer to look over her completed practice tests. Remind her to pack sharpened pencils with erasers, and a water bottle and healthy snack if permitted.

■ **Keep it in perspective.** Encourage her to take the tests and any practice tests seriously—but not to stress. Remind her that the results are only one measure of her performance in school. 👍



Use your (academic) words

Your tween may not text the word *derive* to her friend or say *foreshadow* in everyday conversation. But words like these are important in school and will give her a richer vocabulary for the future. Suggest these fun vocabulary boosters.

Make profiles. Have your child create pretend social media profiles for vocabulary words. On paper, she could include an "About me" section describing the word's meaning. For



analyze, she may write "I love to carefully examine things." Under "Friends," she might place related words and phrases such as *evaluate* and *break down*. Perhaps she'll include a "Photos" section with drawings showing the concept, such as a detective looking at evidence.

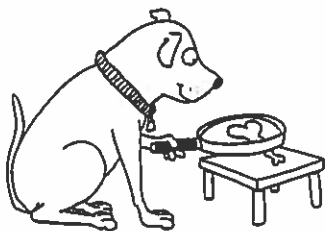
Play I Spy. In this version, the goal is to see how many ways you and your middle grader can use school vocabulary in daily life. She might talk

about the *perimeter* of a building as you walk by it, hear someone *clarify* an answer during dinner, or notice an *abstract painting* in a waiting room. 👍

Up-close science

How do magnifying glasses work? Your middle grader can discover the science behind them by making a curved lens out of gelatin. Share these steps with him.

1. Bring 1 cup water to a simmer on the stove or in the microwave.
2. Pour a 3-oz. packet of light-colored gelatin into a bowl. Add the hot water, and stir constantly for 2 minutes.
3. Let the gelatin cool for 10 minutes. Then, put 1 tbsp. on a plate in the refrigerator for 4 hours until it hardens.
4. Measure 1 tbsp. water into a short, clear glass. Carefully place the hardened gelatin (flat side down) in the glass.



5. Now try to read a book through the gelatin "lens" by moving the glass over the text. The lens bends, or refracts, light, so the words appear larger—just like with a magnifying glass. 👍



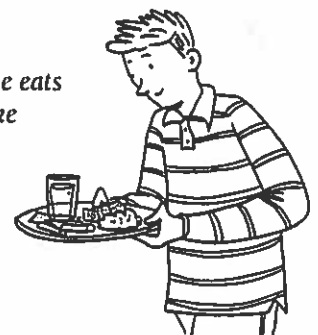
Q & A Nutrition for my tween

Q My son is always hungry, and it seems like he eats constantly. Unfortunately, he doesn't always make the best choices. What should I do?

A Your child is growing faster than at any other time since infancy, so it's normal for him to feel hungry.

Since your son is likely to reach for what's most readily available when his tummy rumbles, stock up on snacks that are nutritious and filling. Examples include Greek yogurt, nuts (if he's not allergic), hummus, avocados, lean turkey slices, and bananas.

Also, busy tweens may be tempted to skip breakfast, but a healthy morning meal will keep him full until lunchtime. A complete breakfast might include eggs, whole-wheat toast, fruit, and a glass of fat-free milk. Help him plan his meal the night before—or he could meet friends for a nutritious breakfast at school. 👍



Parent to Parent "My mom is so embarrassing!"

My daughter Charlene and I were always close, so I was hurt when she started acting like I was an embarrassment in public. As we headed into her sports banquet, for instance, she walked 10 steps behind me.

I mentioned this to my neighbor who has older kids. She reassured me that this is a normal part of Charlene becoming independent from me. She said that letting her kids

walk apart from her seemed to make them less resistant to going places with her. She also tried to avoid doing things that embarrassed them most, like hugging them in front of their friends. Eventually, she said, this phase will end.

I still don't enjoy Charlene thinking I'm embarrassing. But I'm glad she's becoming her own person, and I know it won't last forever. 👍



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated
 128 N. Royal Avenue • Front Royal, VA 22630
 800-394-5052 • rfcustomer@wolterskluwer.com
 www.rfconline.com
 ISSN 1540-5540

Middle Years

Trabajando para el éxito escolar



Notas Breves

Apuntes ilustrados

Es probable que su hija haya escuchado la frase

“Una imagen vale más que mil palabras”. Es un buen consejo que puede aplicar cuando tome apuntes. Sugíerale que incorpore dibujos a sus notas. Incluirá más detalle en menos tiempo y ver un dibujo puede contribuir a que recuerde más fácilmente la información.

Que su hijo sea él mismo

Posiblemente su hijo se enfrente a decepciones que también tuvo usted a su edad, como no ser elegido para un equipo o el final de una amistad. Escuche cómo se siente antes de compartir con él sus sentimientos. Quizá él tenga una reacción distinta a la de usted y prestar atención a sus propias reacciones le permitirá procesar cada experiencia a su modo.

¿SABÍA USTED?

En una alarmante tendencia, más preadolescentes y adolescentes “se cortan”, es decir, se cortan la piel para “sentir algo” y enfrentarse a emociones que los desbordan. Algunas señales de este comportamiento son la existencia de cortes pequeños y rectos en los brazos o piernas o ponerse manga larga y pantalones largos aunque haga mucho calor. Si observa evidencia de cortes, llame inmediatamente al médico de su hija.

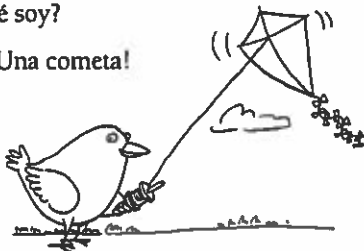
Vale la pena citar

“Trata los defectos de los demás tan apaciblemente como tratas los tuyos propios”. Proverbio chino

Simplemente cómico

P: Tengo cola pero no tengo cabeza.
¿Qué soy?

R: ¡Una cometa!



Responsabilidad por todas partes

Cuando se ocupa de lo que tiene que hacer, su hijo alcanza sus objetivos y es buen ciudadano. Ayúdelo a que sea más responsable en estos asuntos claves.

El mismo

Anime a su hijo a que se responsabilice de sus actos en lugar de culpar a los demás. Digamos que saca una nota baja en una prueba y se queja de que el maestro no explicó el material con claridad. Pregúntele qué podría hacer la próxima vez que no entienda algo. Podría levantar la mano o hablar con el maestro después de clase. Aprenderá que sus triunfos dependen de él.

Otros

Procure que su hijo encuentre la forma de cumplir sus responsabilidades con los demás. Podría usar su agenda, un calendario o una alarma electrónica para recordar la colecta para el club de teatro o su videollamada semanal con sus abuelos.



Antes de hacer nuevos planes debería comprobar que está disponible.

Comunidad

Un miembro de la comunidad es responsable porque obedece las leyes y cuida la propiedad común. Busquen oportunidades cuando salgan. En el auto usted podría comentar que se aparta cuando adelantan a un ciclista. O en la tienda su hijo podría devolver el carrito que alguien dejó en medio del estacionamiento para evitar abolladuras a algún auto. 👍

Listos para los test estandarizados

Con la primavera llegan temperaturas más cálidas y, para su hija, los test estandarizados en la escuela media. Ayude a su hija a prepararse con estos consejos.

■ **Entérate de las fechas.** Dígale a su hija que imprima dos copias del horario de exámenes y que resalte los test que tomará. Podría colocar una copia en la nevera (para que usted esté al tanto) y guardar la otra en su mochila.

■ **Apóyela.** Dígale a su hija que usted sabe que se esforzará al máximo. Ofrézcase para revisar los test de práctica que complete. Recuérdele que meta en la mochila lápices afilados con borradores y una botella de agua y algo para comer si se lo permiten.

■ **Mantengan la perspectiva.** Anímela a que se tome con seriedad los test y los test de práctica, pero que procure no estresarse. Recuérdele que los resultados son sólo una medida de su rendimiento en la escuela. 👍



Usa tus propias palabras (académicas)

Quizá su hija no escriba la palabra *derivar* en un mensaje de texto para una amiga o no diga *augurar* en la conversación cotidiana. Pero palabras como éstas son importantes en la escuela y le proporcionan un vocabulario más rico para el futuro. Sugírela estas entretenidas actividades para ampliar el vocabulario.

Haz perfiles. Dígale a su hija que cree perfiles ficticios en las redes sociales para



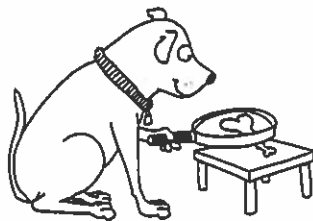
palabras del vocabulario. En un papel podría incluir una sección "Sobre mí" que describa el significado de la palabra. Para *analizar* podría escribir "Me encanta examinar cosas con atención". Bajo "Amigos" podría colocar palabras y frases relacionadas como *evaluar* y *desglosar*. Quizá incluya una sección de "Fotos" con dibujos que muestren el concepto, como un detective examinando pruebas.

Jueguen al Veo, veo. En esta versión el objetivo es averiguar de cuántas formas pueden usted y su hija usar el vocabulario escolar en la vida cotidiana. Ella podría hablar del *perímetro* de un edificio por el que pasan, escuchar que alguien *aclara* una respuesta en la cena o fijarse en una pintura *abstracta* en una sala de espera. 👍

Ciencia de cerca

¿Cómo funciona una lupa? Su hijo puede descubrir la ciencia que la explica haciendo una lente curva con gelatina. Comparta con él estos pasos.

1. Hiervan a fuego lento en la estufa o en el microondas 1 taza de agua.
2. Viertan en un tazón un paquete de 3 onzas de gelatina de color claro. Añadan el agua caliente y remuevan constantemente durante 2 minutos.
3. Dejen enfriar 3 minutos la gelatina. A continuación pongan 1 cucharada en un plato y métenlo en la nevera 4 horas hasta que se endurezca.
4. Pongan 1 cucharada de agua en un vaso corto y transparente. Con cuidado coloquen la gelatina endurecida (con el lado plano hacia abajo) en el vaso.



5. Ahora traten de leer un libro a través de la "lente" de gelatina moviendo el vaso por encima del texto. La lente dobla, o refracta, la luz de modo que las palabras se ven más grandes, igual que ocurre con una lupa. 👍

PAR

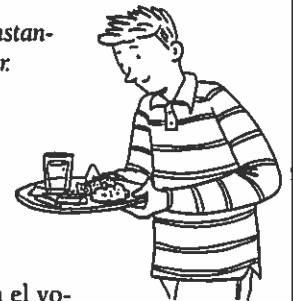
Nutrición para preadolescentes

P Mi hijo tiene siempre hambre y parece que come constantemente. Lamentablemente, no siempre opta por lo mejor. ¿Qué debería hacer yo?

R Su hijo está creciendo más rápidamente que en cualquier otro momento desde su infancia, así que es normal que tenga hambre.

Como lo lógico es que su hijo eche mano a lo que tenga más cerca cuando sienta hambre, haga acopio de tentempiés nutritivos que le llenen. Algunos ejemplos son el yogurt griego, los frutos secos (si no es alérgico), el hummus, los aguacates, filetes de pavo magro y bananas.

Así mismo, los preadolescentes atareados pueden sentir la tentación de saltarse el desayuno, pero una comida sana por la mañana lo mantendrá satisfecho hasta la hora del almuerzo. Un desayuno completo podría incluir huevos, tostada integral, fruta y un vaso de leche descremada. Ayúdelo a planear su comida la noche anterior, o bien podría reunirse con sus amigos para un desayuno nutritivo en el colegio. 👍



De padre a padre

“¿Mi mamá me hace pasar vergüenza!”

Mi hija Charlene y yo habíamos tenido siempre una relación muy estrecha, así que me hirió que empezara a comportarse en público como si se avergonzara de mí. Cuando íbamos al banquete de su equipo deportivo, por ejemplo, caminaba 10 pasos detrás de mí.

Se lo mencioné a mi vecina que tiene hijos mayores. Me tranquilizó diciéndome que esto es normal pues Charlene se está independizando de mí. Me dijo que

si dejaba que sus hijos caminaran detrás de ella conseguía que fueran a sitios con ella sin oponer tanta resistencia. También procuraba evitar cosas que los abochornaban como abrazarlos frente a sus amigos.

Con el tiempo, esta fase pasará.

Sigue sin gustarme que Charlene piense que la avergüenzo. Pero me alegra saber que está desarrollando su propia personalidad y sé que esta etapa no durará eternamente. 👍



NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

Resources for Educators,
una filial de CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5559



Tips for Building a Healthy Household

It is so much easier for kids to be healthy when the entire household observes healthy habits. Building a healthy household won't happen overnight, but following the tips can help get you and your loved ones started off on the right healthy foot.

- **Have Family Meals(Sans TV):** Having mealtime in front of the TV can be fun from time to time, but routinely eating in this manner can lead to overeating according to research. Reduce the likelihood that anyone in your family eats too much by having family meals at the table instead.
- **Be a Role Model of Health:** Kids learn a lot by watching their parents. Be the healthy person you want your kids to be and practice healthy habits. Eat great foods, exercise, and include your kids in these practices as much as you can.
- **Ditch Your Junk Food:** Kids are less likely to eat junk food if it is not around. Purge your house of unhealthy foods and only keep healthy foods and snack around. When it's time for a treat, opt for a family ice cream outing instead.
- **Be Involved in Playtime:** Get involved from time to time when your kids are playing. Play games outside together, have family exercise time, and find other fun and creative ways to keep everyone engaged and moving. This is a great bonding experience and can result in everyone becoming healthier.

There are countless ways to foster healthy living in your home. Think outside the box and keep things fresh and interesting for your children. The last thing you want is for your kids to get bored with healthy activities, so keep the new ones coming.



Making small shifts to healthier foods

You don't have to overhaul your entire meal plan. Just find a few alternatives to healthy items in your fridge or pantry. Slowly start adding in more until you've adopted healthier food choices. Examples of easy swaps to make include:

Instead of...	Try...
Whole milk	Low-fat milk
Soda	Water or Flavored sparkling water
White bread	Whole wheat or whole grain bread
Ice-cream	Homemade smoothie
Butter	Olive oil
Cream-based salad dressings or pasta sauce	Oil based dressings or vegetable-based pasta sauce
Potato chips	Baked chips or nuts



Academic Awards Celebration

6th & 7th Grade

Awards Ceremony

Thursday, May 14

6:15 p.m.

Richardson MS GYM

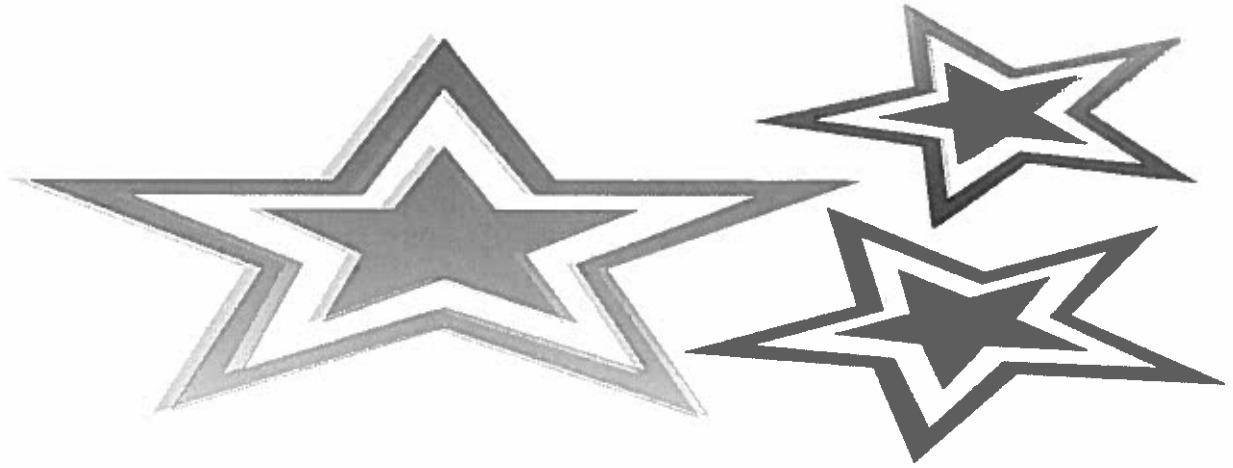
8th Grade

Awards Ceremony & Walk Across

Saturday, May 16

11:00 a.m.

Andress HS GYM



Purple Up USA

April Month of the Military Child

I am RESILIENT

I am RESOLUTE

I am RELENTLESS

I am A MILITARY CHILD

“Purple Up! For Military Kids” is a day for DoDEA Communities to wear purple to show support and thank military children for their strength and sacrifices. Wearing purple is a visible way to show support and thank military youth for their strength and sacrifices. Purple indicates that all branches of the military are supported; Air Force blue, Army green, Navy blue, Marine red, and Coast Guard blue all thought to combine together as a single color, purple.

FRIENDS, FAMILY, BUSINESSES

WEAR AND DISPLAY PURPLE

APRIL 17. 2020





STUDENT LAPTOPS

- ❖ **When not in use keep your laptop in the carrying case.**
- ❖ **Do not put stickers on laptop or case.**
- ❖ **Do not put anything other than laptop and charger in case.**
- ❖ **Keep food and beverages away from your laptop.**

DO NOT CHANGE YOUR USERNAME OR PASSWORD

- ❖ **Keep your laptop charged at all times ALL TIMES.**
- ❖ **If you need another nametag or asset tag for your laptop, please pick one up in the bookroom.**
- ❖ **If you put your laptop in your backpack, pressure from other belongings in the backpack can crack your screen. You should hand carry the laptop in the case provided.**
- ❖ **Keep your laptop clean with a soft dry micro-fiber cloth.**
- ❖ **If your laptop is confiscated it may be retrieved for a fee of \$15.**
- ❖ **If your laptop is lost or stolen, report it immediately to the Bookroom Clerk.**

DO NOT LEND YOUR MAC BOOK OR CHARGER TO ANYONE.

YOU ALONE ARE RESPONSIBLE FOR YOUR MAC BOOK.

PLEASE KEEP IT SAFE AND SECURE.

RICHARDSON RECIPE CLUB (RRC)

Parents do you enjoy good conversation? Interested in valuable information to help your student? What about tasting great food while networking? Come and join us at the RRC (Richardson Recipe Club).



WHO: All Parents



WHAT: Richardson Recipe Club



WHEN: Once a month (see schedule below)



WHERE: Room 106



TIME: 10:30 am

QUESTIONS CONTACT: Ms. Perez or Ms. Delia 236-6650

*****Cut Here Put On Fridge*****

SAVE THE DATE

DISH OF THE MONTH: Sandwiches & Salads

Wednesday, April 22nd, 2020

Remember to bring your recipe and utensils to serve.

Looking forward to seeing you!