



James Bowie High School

❖ Pride In Performance ❖

Monday, November 06, 2017

Greetings Bowie High School Community,

Congratulations to our JBHS student newspaper, The Dispatch! We have been selected for one of the most prestigious awards for student print or digital media in the country, the Columbia Scholastic Press Association Gold Crown Award. Just 59 schools across the United States will receive the award this year. The Dispatch is one of 11 schools in Texas named, and one of three in Central Texas. Kudos!

The first semester exam schedule is now available online. Please note in planning for the holidays that Winter Break starts on Wednesday, December 20, 2017. If a student has to miss an exam for any reason, he/she must take the missed semester exam when school is back in session in January. If you are already aware of a conflict that would require your student to take an early exam, please contact the teacher for the course.

Did you know that the single most important thing you can do to prevent contracting and spreading illnesses to others is hand washing? This practice is especially important as we begin cold and flu season in addition to other illnesses like Strep and the stomach viruses we have seen since returning to school. The spread of illnesses can be a problem for both students and parents with doctor's visits, missed days of school for students, and missed work days for parents and teachers. Therefore, encourage your child to practice proper hand hygiene at home, work, school, and anywhere else you may go. This year we have installed hand sanitizing stations around campus for convenient use.

Here are some recommendations from our school nurse on how to wash hands properly and tips to avoid the spread of germs and illnesses:

Steps to proper hand washing:

- Turn on water (cool or warm, but not hot)
- Apply soap to hands
- Rub hands to form a lather
- Scrub top and bottom of hands, between fingers, and under nails vigorously for at least 20 seconds
- Rinse thoroughly with water
- Obtain paper towels and dry hands before turning off the water
- Use same paper towels to turn off water and to open restroom door before discarding into trash can

Other tips to avoid the spread of germs and illnesses:

- Cough or Sneeze into the crease of your arm or sleeve instead of hands or use a tissue when possible

- Keep your child at home if he/she has fever of 100.0F (and until he/she has been fever free for 24 hours without taking any fever-reducing medicine or after being on antibiotics for 24 hours or as indicated by physician)
- Keep your child at home if he/she has had two or more episodes of vomiting or diarrhea
- Discourage your child from sharing foods, drinks, and eating utensils with other students
- Use hand sanitizer if soap and water is not available (hand sanitizer may be used up to three times in place of hand washing unless hands are obviously soiled)
- Get vaccinated against the flu and keep immunizations current.

The campus will be closed while students and teachers are on Thanksgiving break from Monday, November 20, through Friday, November 24, 2017. It is the perfect time of year to pause and reflect on all that we are thankful for. First and foremost, I am SO thankful for the opportunity to be the principal at one of the best high schools in the state and nation, James Bowie High School. Thank you for the chance to work with your children as we – parents, faculty, students, and staff – work together to educate all students, with something for everyone and tailored to our individual learners. We at JBHS have a lot to be thankful for this year!

Tomorrow, November 7, 2017, is Election Day for constitutional amendments and bond initiatives. I encourage everyone to exercise your right to vote!

Sincerely,

Mark Robinson

Principal

James Bowie High School

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