



James Bowie High School

❖ Pride In Performance ❖

Friday, December 15, 2017

Greetings Bowie High School Community,

All 10th and 11th graders at JBHS took the PSAT earlier this year in October. The scores from this exam have been released. Students who provided an email address during testing should have received an email from the College Board with instructions on how to access their scores. More information about how to access scores and what they mean can be found on the College Board website. We will also be hosting a PSAT Score Interpretation session at our Monday, January 22, 2018, "Movin' on Up" parent night. Students are encouraged to bring their scores with them, printed or electronic, to this event to learn more about how increased scores on college entrance exams and maximize scholarship awards.

The parents of all students who will be attending Bowie next year are invited to attend our parent night in the JBHS cafeteria from 6:00 to 8:00 pm on Monday, January 22, 2018. The program will begin with the counseling staff reviewing graduation requirements and the course registration process for next year's classes. We will offer two break-out sessions. One will be our "Movin' On Up" session, including all the ins and outs of our advanced programs; PreAP and AP, ACC's Dual Credit program, and UT's OnRamps classes. The other session will be a PSAT Score Interpretation session presented by a representative from More Than a Teacher. More information will be sent out in January, so mark your calendars now!

All students will receive their official second semester schedule during first period when classes resume on Wednesday, January 3, 2018. If students have any questions or concerns with their schedules, they should fill out a pink "Course Correction Request" or purple "Student Request to Change Levels" form now, and return it to the front office. We will not be able to accept walk-in schedule changes the first week of school in January, since we will be registering new students and getting them in classes. After students turn in their pink or purple schedule change form, counselors will contact students with any questions, and send a copy of the new schedule to the student if approved. Students can facilitate the process by providing a current email address and checking their email frequently for communication from their counselor regarding their requested change. For attendance and accountability purposes, students must continue to follow the official schedule distributed January 3, until they receive a new schedule.

All students will attend advisory for FIT on Wednesday, January 3, 2018. Students will go to the homeroom advisory class noted on their schedule. Teachers will review some "welcome back" information about second semester attendance and incentives, FIT, keeping the campus clean, the Chromebook rollout, etc. Students will attend this same homeroom advisory for FIT the rest of the first week of classes.

Did you know that depression is a common illness that will impact nearly 20% of teens before they reach adulthood? Unfortunately, there exists a stigma associated with mental illness or a lack of knowledge and basic mental health education which sometimes prevents teens from getting help. With an interest in changing the dialogue around teen depression, Bowie High School is planning a school-wide lesson about depression and suicide awareness. This lesson will be taught through homeroom advisory classes during FIT on

Thursday, January 4, and Friday, January 5, 2018. Students will watch a video and engage in activities produced by the AISD counseling department and utilizing resources provided by <https://www.erikasighthouse.org/>. If you would like additional information or feel that your child should not participate in this activity, please contact Bowie's Lead Counselor Lisa Saunders (lisa.saunders@austinisd.org).

Winter Break is almost here! JBHS will be closed for the holiday from Wednesday, December 20, 2017, until Tuesday, January 2, 2018, when staff return. While the holidays are a joyous time, they can also be bittersweet for some of our students and families who have experienced loss, gone through a divorce, or any other variety of reasons. The counseling department wanted to share some ideas on how to spend this time off.

1. Take a break! The end of the semester can be a busy and stressful time for students. It's okay to take a few days off to rest!
2. Map out next semester. If your child is involved with extra-curricular activities, have your child put these events into their calendar, and onto the family calendar as well. This will help your family get off on the right foot when we return to school in January.
3. Have family time! The holiday season provides an opportunity to spend more time with loved ones. Go shopping together, maybe make some homemade gifts, go on walks, have others over for dinner or dessert, or volunteer to serve others. All of these are great ways to spend some time together enjoying the spirit of the season.
4. If your child is grieving the loss of a loved one, allow them to express their feelings. It is okay for them to feel sad. Listen to them and validate their feelings. Develop a way to commemorate lost loved ones-maybe light a candle, write them a letter, or engage in their favorite activity.
5. Take care of yourself, too! Self-care during this time is crucial. Please remember to take time out for yourselves, too, so that you can be the best you can be for your family.

On behalf of the staff at James Bowie High School, we wish your family joy and peace for the holiday and in the upcoming year!

Sincerely,

Mark Robinson

Principal

James Bowie High School

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