



JAMES BOWIE HIGH SCHOOL

October 20, 2021

Greetings, Bulldog Nation!

NATIONAL BULLYING PREVENTION MONTH: Today, October 20, is Unity Day for Bullying Prevention Month, and therefore, an appropriate time to discuss how we are working to disrupt bullying in all forms. Bowie utilizes several strategies including campus-wide student lessons, [No Place for Hate](#) events, targeted counseling interventions, and more. On-going staff training is also a key component. I will be sure to share some materials and resources we use with your students through this newsletter; some of the materials are also available on the Campus-Wide Lessons page under the Parents tab on the JBHS.org website. The next campus-wide lesson, [“Let’s Talk, Bowie.”](#) is scheduled for Tuesday, October 26 in all 4th period classes.

In today’s morning announcements, the anti-bullying message to students was to be an upstander, not a bystander, should they ever witness or observe a bullying incident, and that if they see something, they must say something immediately to an adult on our campus. I will also continue to remind everyone in Bulldog Nation, including students, staff, and parents, that images or videos of bullying incidents should never be shared for any purpose other than reporting, and that the best way to show solidarity for those impacted by bullying is to delete such media from your phone or social media accounts. For more information about bullying prevention, please see this month’s Bowie counseling team newsletter: <https://www.smores.com/wf7se-bulldog-counseling-news>.

HOMEcomings DANCE FALL SOCIAL: The 2021 Fall Social (a.k.a. Homecoming Dance) will be on Saturday, October 23 in the Bowie Courtyard from 7 p.m. to 10 p.m. The Bowie PTSA and Student Council have collaborated in providing this event for our students and non-Bowie guests will not be admitted. Tickets will be sold for \$10 each in the courtyard on Wednesday, Thursday, and Friday during both lunches. Tickets may also be purchased online prior to the event at www.bowieptsa.org/homecoming. Tickets will be sold at the door on the day of the event for \$15 each. Students must present their school ID at the door of the event to receive a wristband. Wristbands must be worn for the entire event. If students leave, their wristbands will be removed, and those students will not be permitted to reenter the event. This year we will have a Taco Truck, Ice Cream Truck, games, a photo booth, a Halloween movie, and dancing. Students should bring cash if they want to purchase food from the food trucks.

NEXT WEEK’S PSAT: To ensure that students are positioned to be competitive in the college application process, Austin ISD pays for every 9th grader to take the PSAT 8/9 and every 10th and 11th grade student to take the PSAT/NMSQT. These exams will be administered at Bowie on **Tuesday, October 26, 2021, from approximately 9:00 a.m. to 1:30 p.m.** Rosters listing each student’s testing location will be emailed to students and posted in front of the library on the morning of the exam. In advance of the exam date, students are encouraged to visit the College Board website to learn more about the [PSAT 8/9](#) and the [PSAT/NMSQT](#) exam’s structure and to access sample exam questions. The

[Khan Academy website](#) also has great PSAT practice materials which, for 10th and 11th grade students, can be personalized when linked to their prior PSAT scores.

Although not a requirement of the College Board, **students in grades 9-11 are strongly encouraged to bring a graphing calculator to the PSAT on October 26** (you might consider your student putting a reminder in his/her phone). A list of approved calculators is available on the [College Board website](#). Please note that Bowie does not have enough graphing calculators for all students who will be testing that day. Juniors will be given priority in the distribution of available calculators because they are the only grade-level competing for the National Merit® Scholarship Program.

OCT 26 PLAN FOR SENIORS: All seniors should bring their Chromebook or personal computer for the college and career-readiness activities planned for Tuesday, October 26, 2021. Seniors who have not taken or passed the TSI, or who have not demonstrated college-readiness on another indicator, will first be required to take the TSI exam. Seniors will also hear from Bowie alum Matt Worthington about how to graduate debt-free from college, get started on their [Free Application for Federal Student Aid \(FAFSA®\)](#) which is now a requirement for graduation, and watch one of the documentaries recommended by [Common Sense Media](#) on equity-focused topics. Seniors considering using October 26 as one of their two allowed college-visit days are reminded to carefully review Bowie's [college visit form and requirements](#) prior to their absence.

LOVE YOUR BRAIN WEEK: Austin ISD will celebrate Love Your Brain Week, a drug and alcohol use prevention week, October 25-29, 2021. The goal of this collaborative effort is to promote healthy choices, positive activities, and encourage students to avoid drugs, tobacco and alcohol. Each day has a content area focus:

- Day 1: Healthy Coping Skills
- Day 2: Opioids
- Day 3: Alcohol
- Day 4: Vaping/ E-Cigarettes
- Day 5: Love your BRAIN Day

Parents have one of the most important roles in alcohol and drug use prevention. According to the National Family Partnership, children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't, yet only a quarter of teens report having these conversations. We encourage you to take some time this week to talk to your child about your expectation that they avoid drugs, tobacco, and alcohol. There has been a recent rise in vaping or "e-cigarettes" amongst Central Texas teenagers, and parents are key to preventing teen smoking. This [resource](#) from the surgeon general provides some tips for parents on how to have the conversation and sample talking points.

Austin ISD is also posting [a handout](#) in every nurse's office that includes information from the "CRAFFT" screener. We encourage you to talk about the warning signs of drug and alcohol dependence with your child. If you need some community based resources for drug and alcohol treatment, contact your primary care physician, school nurse, or school counselor.

Go Dawgs!

Mark Robinson

Principal, James Bowie High School