





# CLARENDON ISD

**Registration for students already enrolled** in Clarendon CISD will be on August 8 & 9 from 6:00 - 9:00 p.m. in the Cafeteria. **Registration for students new to the district** will be on August 10 in each school campus office from 8:30 a.m - 12:00 p.m. and 1:00

- 3:30 p.m. Clarendon classes begin August 22.

# HEDLEY ISD

**Registration for students attending Hedley CISD** will be held on Tuesday, August 09, 2011, from 2 p.m. to 7 p.m. in the Hedley Principal's Office. **Hedley classes begin August 22.** 

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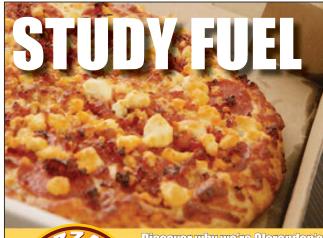




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# ALLEVIATING **RST-DAY-OF-OL JITTERS**

he first day of school can create butterflies in the stomachs of parents and children. However, following a few tips can alleviate feelings of nervousness.

August and September are prime months for the return to school. Whether this is a child's first time entering the classroom or he or she has done the back-to-school thing multiple times, it's not uncommon for feelings of anxiety to arise.

There are expectations and unknowns with each and every school year for both the students and their parents. Pivotal years, such as kindergarten, 6th grade for middle-schoolers, freshman year of high

school, or the start of college can create added levels of itters because these years mark entry to a new school or new routine. But keeping a few pointers in mind can alleviate some of the fears.

\* Keep a routine. It is important for parents and students to get back into the school swing of things a few weeks prior to the first day of school. Start setting alarm clocks for the hour at which kids will have to awaken, and get them in the habit of rising from bed and starting the day. Try to schedule something to do each day that will be the inspiration for getting moving, such as school supply shopping. Rind out where the school bus stop may be. These

Get the kids in the habit of rising from bed and starting the day. Try to schedule something to do each day that will be the inspiration for getting moving, such as school supply shopping.





practice sessions will enable the family to decide how much time is needed to get ready in the morning and make changes accordingly.

\* Mention school frequently. Begin talking about school and what is necessary to prepare. Be sure to talk about the more enjoyable aspects of school, such as seeing friends, participating in extracurricular activities and even the change of scenery school provides. Mention the things your child may expect. Hearing about school frequently can reduce feelings of anxiety.

\* Visit the school. If this is the student's first time entering this school, take them by the school ahead of time. A tour and a meeting with the principal will also assuage some fears of the unknown. This can also calm any apprehension parents may have, because they, too, will know the layout of the school, its policies, and who will be watching over their children.

\* Don't be nervous. Children often look to their parents for guidelines on how to behave. A parent who is overly nervous or sad about the first day of school could make their kids nervous, too. Put on a brave face and keep any anxiety hidden until kids have left for school.

\* Stay positive. Always keep conversations about school geared toward the positive. If children mention things that frighten them, calm those fears and show the upside to attending school. Provide examples of your own school experiences and how everything turned out for the best.

The first day of school can be a time of uncertainty for students and parents. Adults are facing a new stage in their lives, and children are awaiting a classroom of new faces and requirements. Preparing for the first day can alleviate some of the anxiety about heading off to school for a new year.

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# AVE ON SCHOOL SUPPLIES

When it comes to school, costs are rising across the board. Though tuition hikes get most of the publicity, additional expenses associated with school can add up as well, and school supplies are no exception.



Today's students, both young and old, need a host of supplies to succeed in the classroom. Parents can consult teachers ahead of time in an effort to save money on costly supplies. Though it was once easy to send kids off to school with a pencil case, a couple of notebooks and a few other accessories, today's students live in a digital world, and their teachers often rely on technology to supplement lesson plans. As a result, the cost of school supplies is higher than ever before, and parents are left looking for ways to give kids the tools they need without breaking the bank. To do just that, consider the following tips.

# Coordinate with teachers ahead of time.

Parents should consult their child's teacher before school begins and throughout the year to determine if there are any special projects or reports coming up that require certain supplies. For instance, kids might need costly graphing calculators next semester. If parents are given advance notice, they can shop around to get the best deal. Talk to local school officials to see if it's possible to make a list of school supplies available at the end of the year instead of at the very beginning. If so, this gives parents several months to shop around for the best deals.

## Do your own homework.

Parents of college-bound kids might think an e-reader would make the ideal gift, saving kids the trouble of lugging all those books around campus. However, parents should do their homework before making any such purchases. That's because not all textbooks are available as e-books, and kids might end up having to buy hard copies of their textbooks anyway. Before kids head off to college. examine their first semester schedule and then look online for each class' corresponding syllabus. If most of their required textbooks are available as e-books, then an e-reader might make a great gift. If not, think of something else.

#### Don't make the bottom line the determining factor.

Whether a student is in grade school, high school or college, his or her school supplies tend to undergo more than their fair share of wear and tear. So parents looking to save on school supplies should consider that when shopping. Though the less expensive backpack might seem more affordable, make sure it can withstand the test of time and all the wear and tear that comes with being a student's backpack. If not, it will likely need to be replaced before the school year is out,

which can end up costing more money in the long run.

## Recycle school supplies.

School supplies can be recycled. At the end of each semester or school year, perform an inventory of existing school supplies. If last semester's notebooks were hardly used, there's no need to buy new ones for the new semester. Similarly, parents who have a couple of students in their household can embrace hand-me-down school supplies just like they do with clothes. If one child finishes the school year but didn't quite use up all of their supplies, save those supplies for the day when their younger siblings end up in the same class.

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# HOW TO TAKE EFFECTIVE NOTES

student's success in school is measured by the assignments completed and tests he takes. The students who garner the best grades and do well in class are often those who are effective listeners and note-takers.

Professor Dennis Jertz of Seton Hall University has said that taking lecture notes effectively is one of the skills students must learn to make the transition from high school to college careers. Note-taking is also necessary in the business world, making it a worthwhile skill to learn.

Despite its importance in higher learning, not much study has gone into the correlation between note-taking and performance improvement. As a result, statistics supporting the importance of effective note-taking do not exist. But it stands to reason that the student who takes good notes, and studies well from them, has a sporting chance to improve his or her grades over others with poor notes.

#### **Learning Note-taking**

It may not seem as such, but note-taking can almost be a lesson all its own. If only students could enroll in Note-Taking 101. Some elementary and high-school teachers attempt to teach strategies for taking notes, including developing outlines, but many students still struggle to maintain the essentials as they move through school. It can be confusing knowing just how much to write down without creating a novel or having notes so scant that they provide little information when it comes time to study.

There are many systems of note-taking

that a student can learn. These include using graphic representations to map out interconnected concepts. Outlines or charts can group terminology together with related ideas. There are other techniques that use cue words to trigger recollection of facts and dates. Mnemonic devices help recall information. Students can experiment with different methods until they find a system that works well and offers measurable success.

#### Improving Listening Skills

No matter what method of note-taking is used, adequate listening skills are necessary to take effective notes. This helps students transfer what the professor is saying into ideas that can be put down on paper. Staring off into space or having your mind drift can cause a student to miss out on key parts of a lecture. To improve note-taking skills, a student must first improve listening skills.

\* Sit up closer to the teacher or professor. This enables eye-to-eye contact that may help a student focus. It may also trigger visual clues to a professor to gauge whether the class is catching on or missing what's being taught. It's also advantageous from a practical standpoint. It enables students to better hear what's going on. If the professor is garbled or inaudible when sitting far away, moving closer is essential, especially in a large lecture hall.

\* Remove distractions. When a student enters the classroom, he or she should be ready to learn. That means silencing mobile devices and gearing the mind toward the lessons. Not every lecture will be exhilarating, so students should make a conscious effort to pay attention. Limiting distractions can help.

\* Use an assistance device. Students who are prone to "zoning out" may want to ask permission to use a voice recorder. This way if key elements of the lesson are missed, they can be played back. This method also helps students fill in gaps when taking or studying notes.

#### Keys To Note-taking

Once listening skills have improved, students can go onto to other note-taking pointers.

\* Sequencing material is important, so notes should be dated and numbered. If references are made to chapters that correlate to the textbook, jot those down so they can strengthen the notes.

\* Charles Kettering, an American engineer and inventor, said, "There is a great difference between knowing a thing and understanding it." When jotting down notes, a student who discovers that something seems unclear can ask for clarification or make a point to research that component further.

\* Students should consider writing notes on one side of the page so that they can each be laid out side-by-side. Looseleaf paper works well, or notes can be typed and printed out.

\* Students should develop their own method of abbreviations and symbols to cut down on the amount of writing needed. Notes needn't be in full sentences; phrases are equally effective.

\* If a professor writes something on a chalkboard, puts text up on a projector or repeats something several times, it should definitely be written down. There is a good chance that information will be on the test.

\* Students may want to review notetaking strategies with one another. Maybe there is a succesfful method employed by one student that he or she can share with classmates.

\* Rewriting or typing notes helps ingrain the information in the brain more than simply rereading it.

Note-taking is an important skill many students should make the effort to learn. Improved test scores can lead to a higher grade point average. This, in turn, can help with success in school and beyond



# PROS AND CONS **TO LEARNING IN THE DIGITAL AGE**

he world has quickly become digital, and the younger generations are leading the pack with technology that just may make some other items obsolete. As pre-teens and teenagers routinely turn to digital devices for entertainment and schoolwork, the face of education may change as well.

In the past students toted notebooks (the paper kind), pencils, pens, and folders to school. Today, students carry digital devices like computer tablets, notebooks (the electronic kind), smart phones, and other digital devices to the classroom. Furthermore, texting and instant messaging have replaced traditional modes of casual conversation.

Another item that may go the way of the dinosaur is the printed book. Students can now carry an entire library worth of reading material on a slim e-reader device or on the many other evolving tablet-type



machines. There may be a day when one no longer browses the aisles of the school library for a book, but only downloads the text instantly when needed. Some textbooks are already offered in digital format, and some school systems and teachers may opt for the convenience of digital devices.

Little data exists as to just how many schools have policies allowing the use of cell phones and other digital devices in class. In the United States, a 2009 U.S. Department of Education survey indicates only 4 percent of public-school teachers say a handheld device is available in the classroom every day. But things can change in a short period of time.

### DIGITAL ADVANTAGES

There are many advantages to going digital. Typing tends to go faster for adept keyboard users, which many youngsters have become since they've essentially grown up with computers in the household. This makes note-taking easier. When notes and assignments are saved to a computer, there's less likelihood of them getting lost, especially if important files are routinely backed up. Data saved on a computer can easily be manipulated into a number of different formats, potentially making it easier to study. Bodies of text can be transformed into charts or pie graphs with many word processing programs. Students can cut and paste important quotes or examples into essays and the like, saving time on homework.

In terms of streamlining backpacks, digital readers and other devices eliminate heavy books and notebooks. This can be seen as a big plus to students who have grown accustomed to carrying around 20+ pounds on their backs from a very young age.

As many teachers turn to online resources, such as e-mailing and posting assignments on a personal Web site, students almost have to keep up with the times with some sort of tool that has Internet access.

### DIGITAL DISADVANTAGES

On the other side of the equation, going digital does have some disadvantages. The decline of penmanship is one of them. In a digital era, people are less likely to write letters by hand or keep up with penmanship in other ways. Some children don't know what cursive handwriting is and may never learn how to sign their names in "script," which was a common lesson for other generations.

While digital communication does promote social interactions on some levels, there are some who argue that spending too much time staring at a screen and keyboard compromises the social aspect of going to school and learning in a classroom. Today's youth are less likely to "talk," choosing to "LOL"and "TTYL" through texting.

Having a wealth of information available on the Internet opens up students to many disreputable sources of content. Some common online encyclopedias are written and edited by regular people who may not have the accurate details of events. Also, having content that is easily cut and pasted opens up the temptation for plagiarism and blurs the lines of how to attribute information to a source correctly.

Digital devices may be great learning tools, but they also offer a number of distractions to students. When a student is supposed to be taking notes on a laptop in the classroom, he or she might be downloading music, updating social networking sites, streaming video, or checking celebrity gossip.

Classrooms are evolving and so are students. Learning is very different from the way older generations may have learned. Whether the presence of digitial technology helps or

hinders remains open for debate.

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## SAFETY TIPS For Young Web Surfers



Parents have worried about their children since the beginning of time. Such worry is part of being a parent, and parents will worry about things both large and small.

One relatively recent concern for parents involves the Internet. Over the last 10 to 15 years, the Internet has become established as a must-have in homes. Parents go online for a number of reasons, and kids are now often required to use the Internet as part of their schoolwork. But as useful and convenient as the Internet can be, it can also prove dangerous, particularly for young kids. Criminals who prey on children have taken their acts online, counting on kids' innocent and trusting natures in order to take advantage of children, which can lead to emotional and/or physical harm.

Parents have every right to worry when their kids go online. However, there are ways to safeguard kids from some of the Internet's ills.

\* Emphasize the protection of personal information. Many Web sites ask visitors to fill out certain forms when visiting. When discussing the Internet with kids, tell them to inform an adult whenever they visit a Web site that requests they fill out a form or questionnaire before continuing to the site. All Web sites must tell their visitors how personal information is used, but kids often cannot understand the privacy policy or will immediately click the "Agree" box below the policy. Since kids don't have their own credit cards, protecting personal information should be discussed in terms of popular social networking sites. Caution kids against sharing too much information, which could potentially make them susceptible to online predators.

\* Preach caution in chat rooms. Kids can be especially s usceptible to the dangers of the Internet when they enter chat rooms. If parents are going to allow kids to enter chat rooms or contribute to online message boards, go over a few basics with them beforehand. First and foremost, tell them to never share their address, full name or phone number with anyone in the chat room. Also, ensure kids never arrange to meet up with anyone from chat rooms. If kids do make a few online friends they want to meet in person, always be sure to accompany them to any such meetings and insist on meeting their new friends' parents as well. When meetings do take place, they should always be in a public place, such as a library.

\* Limit time spent online. The Internet can be a valuable resource, but spending too much time online can be just as detrimental as spending too much time on the couch watching television. Limit the amount of time kids are allowed to spend online. The longer kids are on the computer, the more likely they are to drift toward Web sites where their safety can be compromised. If kids only get a set amount of time to surf the Internet, they're more likely to visit only those sites they need to and not ones that can put them in harm's way.

\* Keep the computer in the family room. Keeping the family computer in the family room, where Mom and Dad can monitor kids' online usage without peering over their shoulders, is another way to safeguard kids from the Internet. If kids have their own computers, be it a desktop or laptop, in their bedrooms, then parents might never truly know what their kids are doing online. High schoolers might be able to handle having a computer in their bedrooms, but younger children should be restricted to using the family computer in an area where their Internet habits can be easily monitored.

# CYBERBULLYING

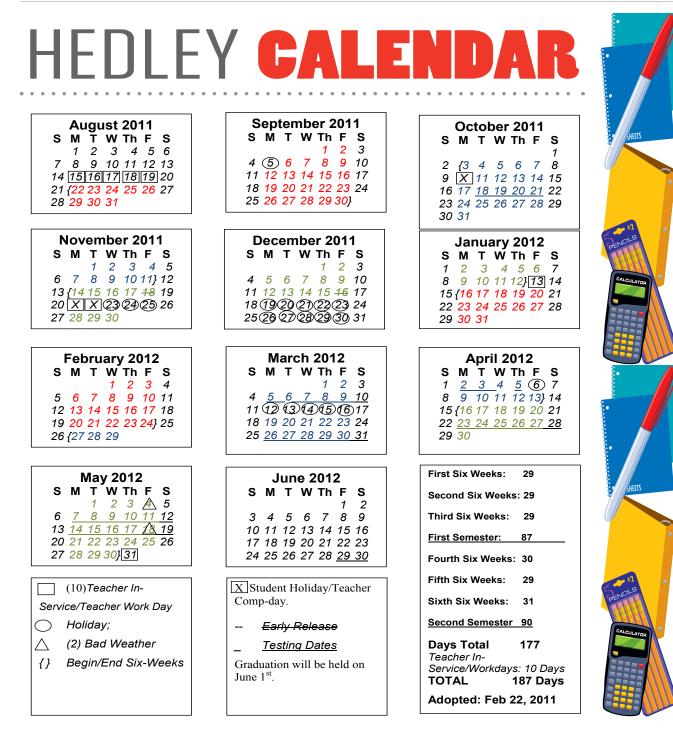
occurs when a child is embarassed, harassed, humiliated, threatened, or tormented by another child using the intert, mobile phones or another interactive and digital technology.



Just as genuine a concern as bullying, cyberbullying has resulted in children killing others or even committing suicide. Cyberbullying occurs when minors are on both sides of bullying or if the bullying was at least instigated by a minor against another minor. Some of the more common means in which a child is victimized by cyberbullying include repeated e-mails or instant messages, posting real or doctored images online, sharing intimate information against a child's will and encouraging other children to share in the bullying. Breaking into online accounts, such as e-mail or social networking accounts, is also considered cyberbullying. Though some instances of cyberbullying rise to a level where criminal charges are filed, this is rare.



CLAR	ENDON	CALE	NDAR
<u>SIX-WEEK PERIOD:</u> August 22 - September 30 October 3 - November 11 November 14 - December 2	30 days 30 days 2 27 days	Staff Prep	lopment / Inservice Day aration
January 9 - February 17 February 21 - April 6 April 10 - May 25 Registration - Aug 8, 9 New Student Registration - Aug 25		Bad Weath	liday; /Over Date = Early Out ner Day lopment Waiver Day EOC Testing Dates Extended Year
August 2011	nber 23 ; December 21, 22 ; May 24, 25 September 2011	October 2011	November 2011
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	Approved by Schoo	I Board 3/22/2011	



# SCHOOL SUPPLY LISTS

#### CLARENDON Pre-kindergarten

1-pair scissors (Fiskars) 1-box of 8 large primary colored crayons 1-box of 10 primary color, washable markers 4-alue sticks 1-Elmer's school glue, small 1-plastic box to hold supplies 1-spiral notebook 1-plastic folder (more durable and last longer) 1-box of Kleenex 1-water color set. primary rolors 1-small backpack, no rollers please 1-container of wet wipes 1-complete change of clothing including socks & underwear with student's name labeled on all items Clarendon Kindergarten 1-small school box (8" x 6")

1-box of 8 crayons (basic colors, standard size) 1-nair scissors (Fiskars brand) 3-Elmer's school glue white only 1-box of #2 standard pencils (vellow, sharpened) 1-box of 8 large markers (broad line, classic colors) 2-spiral notebooks 6-two-pocket folders 1-box of zip-lock bags (boys gallon, girls – quart) 1-box of tissue 1-pull-top water bottle 1-water color set 1- large towel for resting (no mats please) 10-large glue sticks \$1.50 for AR folder Clarendon First Grade 1-large box tissues 12-six-sided #2 pencils (yellow) 1-box of 24 crayons

2-glue sticks 1-Elmer's school alue 1-water color set 2-erasers 1-box of 8 washable markers 5-folders with pockets (solid color) 1-school box 2-spiral notebooks (70-80 page, 10 1/2" x 8") 1-pair scissors (Fiskars brand for kids) 1-paint shirt . 1-water bottle (pull-top) 1-backpack 1-box zip lock baos (quart or qallon) 1-ruler with inch and centimeter markings \$1.50 for AR folder Clarendon Second Grade Please out child's name on each item 12-#2 pencils 1-box colored pencils 2-pink erasers

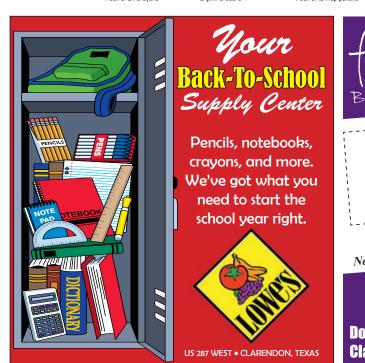
1-Elmer's glue (white only) 1-box cravons (24 ct.) 1-pair scissors (Fiskars brand for kids) 1-school box (small only, large won't fit in desk) 2-boxes tissue 3-folders with onckets (no brads, plain and inexpensive) 4-spiral notebook – single subiect 1-box markers (broadline, primary colors) 1-ruler with inch and centimeter markinos 4-red pencils 1-pkg wide ruled notebook naner \$1.50 for AR folder Please do not send 3-rino binders/notebooks **Clarendon Third Grade** Please out child's name on each item 1-pkg. red pencils / pens 1-box of 12 map pencils

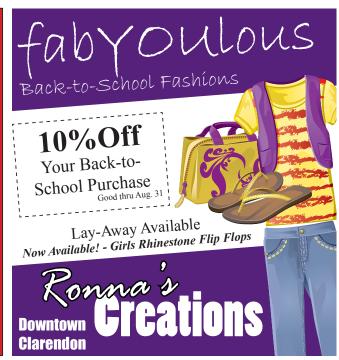
2-pkg. #2 pencils 1- pink eraser 1-pkg. notebook paper (regular width lines) 3-folders with pockets 1-box Crayola brand crayons 1-box Cravola brand markers 1-pair Fiskars brand pointed school scissors 2-boxes tissue (large) 2-containers antibacterial wines 1-ruler (with inch and centimeter markinos) 1-Elmer's glue (white only) 1-school supply box (small) 1-3-ring binder not to exceed 1 ½ inches in width 1-pouch to be kept in 3-ring hinder 2-one subject spiral notehnnks 2-one subject composition inurnals (wide ruled) \$1.50 for AR folder Clarendon Fourth Grade

Please put child's name on each item 1-three-ring binder, no larger than 2" 1-pkg. loose leaf notebook naner 4-folders with pockets & holes for inserting in binder 1-small spiral notebook 8- #2 pencils (NO MECHANI-CAL) 1-pair scissors (Fiskars brand for kide) 1-Elmer's school glue 1-large glue stick 1-box cravons 1-12" wooden ruler with metric markings 2-red pencils 1-pencil bag with zipper & holes for inserting in binder 7-hoxes of tissue 1-box markers 1-box colored pencils 1-eraser

\$1.50 for AR folder

Clarendon FIFTH GRADE 2-oko, loose leaf notebook paper 1-ink pen, blue or black 1-red ink pen 10-#2 nencils 1-box of map pencils 1-pencil bao or box 1-eraser 1-box crayons 1-pair scissors 1-pkg. Elmer's school glue sticks 1-17" ruler 2-boxes of tissue 1-box colored markers 5-spiral notebooks 1-pencil sharpener, personal 2-2 inch binders 2-tab dividers for binders 6-folders with pockets and fasteners \$1.50 for AR folder





# SCHOOL SUPPLY LISTS

## HEDLEY

Hedley Early Childhood I box of Kleenex I paint set Small school box (plastic) Small box of #2 pencils I box of regular crayons (8 count) 6 small glue sticks I box triangle crayons (8 count) 2 plastic folders with pockets (no brads) \$5.00 for Weekly Reader

#### Hedley Kindergarten

Small school box 1 large box of #2 pencils (Eagle) 24 count 8 count Crayola crayons 2 large boxes of Kleenex 1 (Fiskars) scissors 2 plastic pocket folders (no brads) 1 box Ziploc bags with zipper top 1 paint set 2 spiral notebooks \$5.00 for Weekly Readers 6 small glue sticks

#### Hedley First Grade

36 #2 Pencils 2 boxes of 24 count crayons (write name on the boxes) 2 glue sticks 3 pocket paper folders (not plastic, no brads & do not put names or initials) \$5.00 for Weekly Readers

#### Second Grade

2 red grading pencils 6 pocket folders with brads (please be sure one is green in color-no names or initials) 1 small school box 1 box of 24 count crayons 1 package of markers 1 (fiskar) scissors 6 glue sticks 1 bottle Elmer's glue 24 #2 pencils 3 boxes of Kleenex 1 package of pencil tip erasers Z package wide ruled notebook paper I box gallon Ziploc bags with zipper top I box snack size Ziploc bags I paint shirt or paint smock \$5.00 for Weekly Reader & Science Spin I large bottle of hand sanitizer with pump

#### Hedley Third Grade

Small school box (not a large one) 12 #2 pencils 24 count crayons 1 box washable markers 12 count map colors Scissors 1 small bottle Elmer's School glue 4 large glue sticks 6 folders with pockets and brads 1 package pencil tip erasers 2 large boxes of Kleenex 1-inch 3-ring binder (not a notebook) 1 package wide rule notebook paper 2 red grading pens \$5.00 for Weekly Reader magazine

#### Hedley Fourth Grade

Notebook paper (wide rule) 6 pocket folders with brads 1 spiral notebook 12 #2 pencils 3 red grading pens or pencils 1 box of map colors 1 box crayons 1 box of markers 6 lue

l zippered school bag or school box Scissors 3 large boxes of Kleenex \$5.00 for Time for Kids

#### Hedley Fifth Grade

Scissors 2 glue sticks 1 small bottle school glue (Elmer's, etc) 6 folders with pockets and brads (various color if possible)

1 box washable markers 1 box colored pencils (long colored pencils) 2 pkg. notebook paper (wide rule only) 1 spiral notebook 2 red pens 2 nens (black or blue) 12 #2 pencils 3 large boxes of Kleenex 112" ruler with inches & centimeters (wooden or hard plastic) I pencil box or pencil zipper bag 1 small clear water bottle (optional) l big eraser 1 pencil sharpener with cavity for shavings 2 yellow or light colored highlighters \$5.50 for Science Studies Weekly subscription

#### Hedley Sixth Grade

l package of long map colors l small package of markers l large package of markers I l-inch binder (not a notebook) 5 l ½ inch 3-ring binders (not a notebook) 1 3 inch binder (not a notebook) 1 package wide ruled notebook paper 12 #2 pencils 1 protractor 1 compass 1 pair of scissors





# Teaching Kids the ABCs of Savings

Learning how to manage money responsibly is an important part of growing up. It's easy to teach the basics with a savings account.

Stop in today with your child for a real-life lesson in math and get them on the road to a fiscally sound future.



## CLARENDON SPORTS NOTES:

## **PHYSICALS**

All Athletes in seventh, ninth, and eleventh grades who have not gotten a physical yet have to have one before they show up for practice. Forms are available at Clarendon Family Medical Center.

### **IMPORTANT DATES**

- July 30 9 a.m. Field House High School Football Equipment Roll Out
- Aug. 1 7:30 a.m. Football Two-A-Days Begin
- Aug. 1 7 a.m. Girls and Boys Cross Country Athletes, Grades 9-12, report to the Bronco Gym.
- August 5, 12:01 a.m. Midnight Madness (Bronco Stadium)

## **SEASON TICKETS**

Clarendon CISD will begin selling reserved seating/season tickets to the public at 8:30 a.m. on Monday, August 15, 2011. Reserved seating/season tickets can only be purchased at the Administration Building, 416 South Allen Street. The cost of each football reserved seating/season ticket is \$25. This price allows admission into five regular season home games and reserves your seat in the prime viewing location.

## **BRONCO PARENTS**

The Bronco Parents will meet on Tuesday, August 2, at 6 p.m. in the Bronco Gym to plan activities for the year.

## LITTLE MISS CHEERLEADERS

The Clarendon High School Bronco Cheerleaders will be hosting "Little Miss Cheer Camp" for Kindergarten - 5th grade girls on Saturday, August 27. The young cheerleaders will then perform at the next week's Pep Rally and Game.



## CLARENDON BRONCOS FOOTBALL 2011

Aug 42		40.00	
Aug. 13	Nazareth-(scr)	10:00	AWAY
Aug. 18	WT High-(scr)	5:00	HOME
Aug. 26	New Deal	7:30	AWAY
Sept. 2	Vega	7:30	HOME
Sept. 9	Wheeler	7:30	AWAY
Sept. 16	Tulia***	7:30	HOME
Sept. 23	Wellington	7:30	HOME
Sept. 30	Sunray	7:30	HOME
Oct. 7	Gruver	7:30	AWAY
Oct. 14	OPEN		
Oct. 21	Quanah*	7:30	AWAY
Oct. 28	Lockney*	7:30	AWAY
Nov. 4	Panhandle*	7:30	HOME
*District	***Homecoming		

### **CLARENDON JV FOOTBALL 2011**

Aug. 25	New Deal	5:00	HOME
Sept. 1	Vega	6:00	AWAY
Sept. 8	Wheeler	7:30	HOME
Sept. 15	Tulia	7:30	AWAY
Sept. 22	Wellington	7:30	AWAY
Sept. 29	Sunray	7:30	AWAY
Oct. 6	Vega	7:30	HOME
Oct. 13	OPEN		
Oct. 20	Quanah	7:30	HOME
Oct. 27	Lockney	7:30	HOME
Nov. 3	Panhandle	7:30	AWAY

CLARE	NDON JR HICH	I FOOTBAL	<b>L 2011</b>
Sept. 8	Wheeler	5:00	HOME
Sept. 15	Tulia	5:00	AWAY
Sept. 22	Wellington	5:00	AWAY
Sept. 29	Sunray	5:00	AWAY
Oct. 6	Vega	5:00	HOME
Oct. 13	OPEN		
Oct. 20	Quanah	5:00	HOME
Oct. 27	Lockney	5:00	HOME
Nov. 3	Panhandle	5:00	AWAY

HEDLEY	OWLS
FOOTBA	LL 2011

	Aug. 12 Ch	illicothe/Silverton/Valley	/-(scr) Home	5:00
	Aug. 20	Holy Cross-(scr)	Away	
	Aug. 25	Lefors	Away	7:00
	Sept. 2	Jayton	Away	7:30
	Sept. 9	McLean	Home	7:30
I	Sept. 16	Darrouzett***	Home	6:30
	Sept. 23	OPEN		
	Sept. 30	Guthrie	Away	7:30
	Oct. 7	Miami	Away	7:30
	Oct. 15	Throckmorton JV	TBD	1:00
	Oct. 21	OPEN		
	Oct. 28	Нарру*	Away	7:30
	Nov. 4	Groom*~	Home	7:30
	*District	~Senior Night ***	*Homecoming	

### **HEDLEY JR HIGH FOOTBALL 2011**

Sept. 8	McLean	Away	5:00
Sept. 15	Lefors	Away	5:00
Sept. 22	Ft. Elliott	Home	5:00
Sept. 30	Guthrie	Away	5:00
Oct. 6	Crowell	Away	5:00
Oct. 13	OPEN		
Oct. 20	OPEN		
Oct. 27	Нарру	Home	5:00
Nov. 3	Groom	Away	5:00



Wishing you a great first day and a great year!





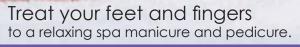


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## Welcome Back, Students!

2,4,6,8, who do we appreciate? Our wonderful students, faculty and staff!

We wish all of our local students a safe, successful and enjoyable school year.







Breakfast has long been referred to as the most important meal of the day. It is beneficial for students heading off to school to enjoy a meal before they catch the bus.

Studies have found that children who eat a healthy breakfast have higher energy levels and better learning abilities than similar students who do not eat breakfast. Harvard University researchers found that those who eat breakfast are significantly more attentive in the classroom and have fewer behavioral and emotional problems.

Many families find that time is not in abundance in the morning when they are getting ready for school or work. As a result, breakfast might be skipped in an effort to get to work or school on time. But families can skirt the issue of time with a few on-the-go foods the whole family can enjoy.

- \* Individually packaged yogurts make a healthy and quick meal for anyone in the family. A good source of protein and calcium, yogurt is also filled with helpful bacteria that promote digestive health.
- \* Microwaveable convenience foods come in various shapes and sizes. Choose the healthiest options among them, such as whole-wheat or multigrain waffles or pancakes. These foods are easy to heat and eat on-the-go.

# School Costs Adding Up?

New clothes, tuition fees, school supplies, after-school activities...

A new school year spells out a lot of new expenses. Instead of breaking your budget, pay for these purchases over time with a low-interest personal loan. We offer fast approval!

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"Home owned and operated since 1906."

\* Keep a container of fresh fruit salad in the refrigerator. A bowl of mixed fruit is refreshing and healthy.

\* Whole grain granola bars that feature fruit and nuts can be a quick meal and a satisfying snack.

\* Smoothies made from fruit and yogurt are fast and can be stored in portable cups to take in the car on the way to school.

\* The cereal aisle at the local grocery store is filled with healthy breakfast options. Cereal manufacturers are increasingly reducing the sugar and boosting the fiber content of popular brands. It doesn't take long to enjoy a bowl of cereal, even one topped with banana slices or a few strawberries.

\* Whip up a fast egg sandwich. Saute egg whites in a frying pan and place between two slices of toasted whole wheat bread.

\* Make a batch of low-fat, high-fiber muffins over the weekend. Grabbing a muffin and a banana is an easy breakfast.

to the Last.

we wish every student a

happy and successful year!

**Morrow Drilling & Service** 

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\* Instant oatmeal is available in a number of flavors and is a very healthy and filling breakfast option.

\* Create parfaits with layers of vanilla yogurt, fruit and granola.

\* Use a sandwich or panini maker to create homemade breakfast tarts. Fill bread or pitas with fresh fruit or peanut butter and use the cooker to seal them shut.

For families who simply can't get in the breakfast swing of things, many schools participate in breakfast programs. If children

are routinely missing breakfast at home, find out how to enroll them in breakfast served at school.

Sandell

One Dollar Off movie Admission - August 5 & 6, 2011

From the First Day

e, \_/ n







Every year parents spend significant amounts of money on school expenses. There are ways to save on additional expenses, including clothing. Savvy Moms and Dads can lessen the blow in a variety of ways.

Although students may not yet be ready to head back to class, both parents and children may not be looking forward to school shopping for a number of reasons.

\* Expenses: Statistics posted on Chiff. com indicate that \$7.2 billion were spent on school clothing in 2009 for American students. Shopping for school items can be a big expense, but savy shoppers can save money by using the coupons and specials included in this supplement.

\* Time: Crowded stores can make shopping stressful, especially when kids (and adults) would rather be spending time elsewhere.

\* Intimidation: Facing a store full of stocked racks and shelves can make even

# WAYS TO \$AVE ON School expenses

the most avid shopper feel a little anxious. Parents face decisions about choosing clothing that is both acceptable to the school and trendy enough for their kids. This can put added pressure on shoppers.

\* Cranky kids: While some children may relish the idea of picking out a new wardrobe, others may become disgruntled by heading to the store having to try on different things and spend time away from friends.

Whether school shopping is fun or feared, it's a necessity for parents and kids alike. Here are eight tips to make the process a bit easier and help parents save money as well.

 Assess what is already on hand. Shopping doesn't have to mean creating an entirely new wardrobe from scratch. It often means supplementing existing clothing with new pieces that can make things look fresh. Take a day or two to go through kids' wardrobes and set aside items that can be used for school. Make a list of new items to purchase.

2. Establish a budget. Set a limit as to how much will be spent on each child and don't stray over that limit. Around \$150 to \$200 may be adequate to pick up a few basics. Taking out cash from the bank and spending only what is in hand may



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make shoppers less likely to overspend or turn to credit cards for purchases.

3. Stock up on the basics. New undergarments and socks will be needed. Aim for about 10 to 12 pairs of each. This also may be a good time to purchase preadolescent girls a training bra or sports bra to provide some support.

4. Buy new shoes. Shoes are one element of a wardrobe that may need to be entirely new. One pair of sneakers and one pair of dressier shoes, like oxfords, or ballet flats for girls, may be adequate.

5. Shop sales. If the weather is warm, it's possible to save money on clearance T-shirts and shorts that stores are putting



on sale to make room for next season's items.

6. Intermingle designer with discount. Not every item in a child's wardrobe has to be trendy. Shop sales and specials.

 Go early in the day. Although it may be a challenge get the kids up and dressed to visit stores when they're in vacation mode, arriving early means thinner crowds and refreshed children.

8. Compare prices. School supplies and clothing are available in several locations, including many stores right here at home. Save money, time, and fuel by doing as much of your shopping at home as possible.



America's

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Texas shoppers get a break from state and local sales taxes on August 19, 20 and 21 - the state's annual tax holiday. Lay-away plans can be used again this year to take advantage of the sales tax holiday.

The law exempts most clothing and footwear priced under \$100 from sales taxes, which could save shoppers about \$8 on every \$100 they spend. Backpacks under \$100 and used by elementary and secondary students are also exempt.

Texas families also get a sales tax break on most school supplies priced at less than \$100 purchased for use by a student in an elementary or secondary school.

The following is an all-inclusive list of qualifying school supplies (if priced less than \$100): Binders Book bags Calculators Cellophane tape Blackboard chalk Compasses

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# Start The School Year with a Lesson in Safety!

Riding the school bus can be lots of fun, but remember the rules so everyone has a safe ride!

• Always sit facing forward.

SCHOOL BUS

- Do what the bus driver tells you to do.
- Keep the bus clean.
- Don't stick anything out the window.
- Never walk behind the bus.

• Take five big steps in front of the bus when crossing, and look both ways before you cross.

### WELCOME BACK STUDENTS, AND HAVE A SAFE YEAR!

