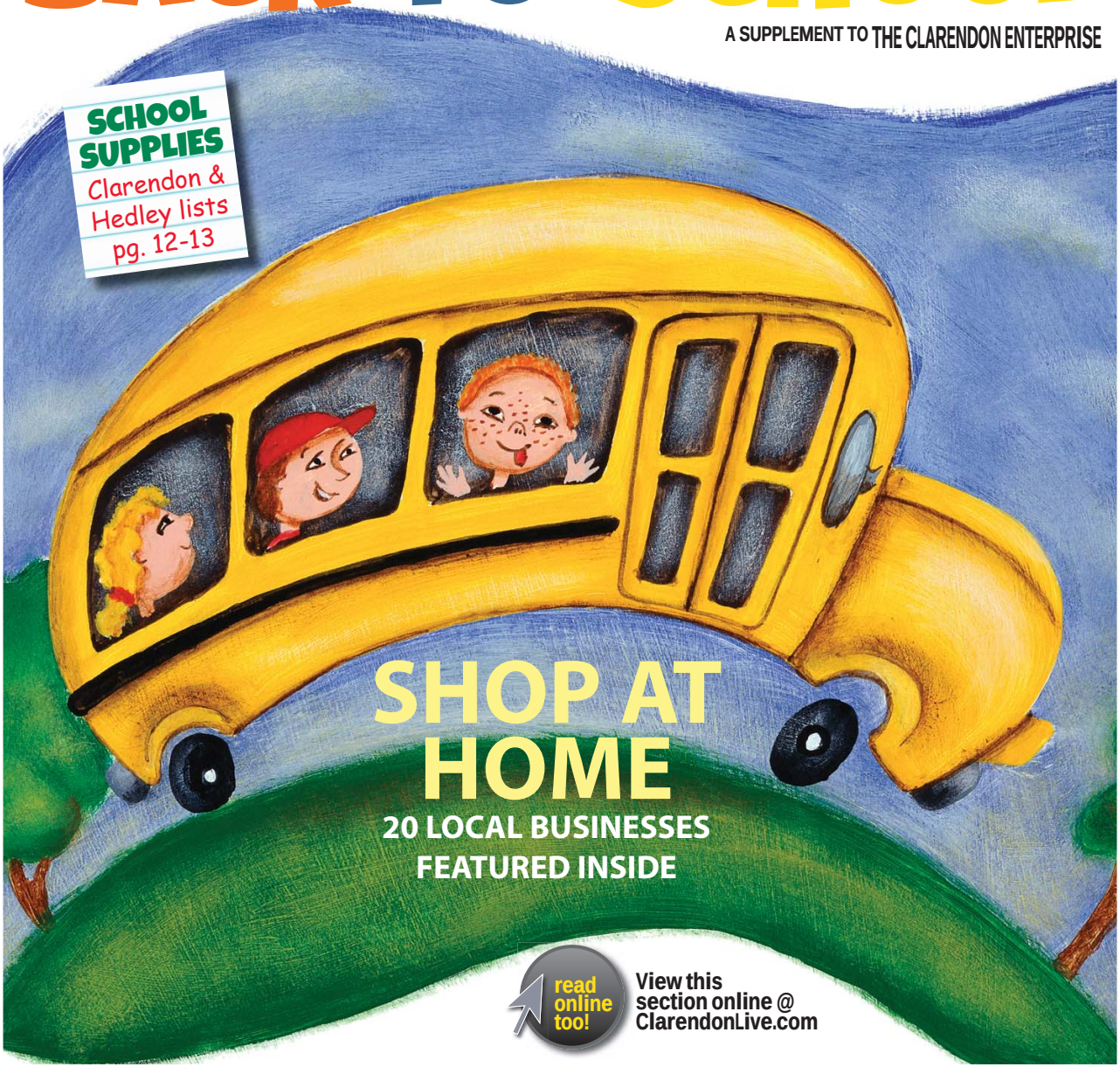
JULY 2014

BACK-TO-SCHOOL

A SUPPLEMENT TO THE CLARENDON ENTERPRISE



SCHOOL SUPPLIES
Clarendon & Hedley lists
pg. 12-13

SHOP AT HOME

20 LOCAL BUSINESSES FEATURED INSIDE

read online too!

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Bronco & Owl Schedules **School Calendars** **Sales Tax Holiday** **Tips To Improve Testing**

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School Supplies

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READY TO GO:
Pre-Packaged School Supplies for Clarendon Elementary Classes at reasonable prices!

We have everything your child needs for school supplies. We checked teachers lists...twice.
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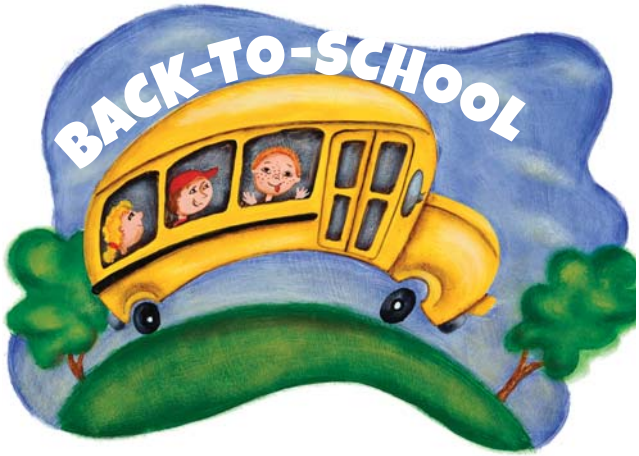
STORE HOURS:
6 a.m. to 10 p.m. EVERYDAY
PHARMACY: *874-5202*



4 Transitioning back to the classroom
6 Save Big During Sales Tax Holiday
7 Getting ready for Kindergarten
8 Helping kids make new friends
9 Common symptoms of dyslexia
10-11 Clarendon/Hedley School Calendars
12-13 SCHOOL SUPPLY LISTS
14-15 Bronco & Owl Football Schedules
16 Making school more affordable
17 Helping kids who get distracted
18 The importance of where you sit
19 The right amount of homework

Registration Information

CLARENDON

Registration for students already enrolled in Clarendon CISD will be on Monday and Tuesday, August 11 & 12, from 6:00 - 9:00 p.m. in the Cafeteria.
Registration for students new to the district will be on Wednesday, August 13, in each school campus office from 8:00 a.m. - 12:00 p.m. and 1:00 - 4:00 p.m. **Clarendon classes begin August 25.**

HEDLEY

Hedley CISD will have pre-registration and a back to school picnic serving hotdogs, chips and a drink on Monday, August 11, 2014, from 5:30 p.m. until 7:30 p.m. at the school cafeteria. Bring your children's immunizations, birth certificate, social security cards, and necessary paperwork with you that night. Those unable to attend August 11, can attend **registration** August 12, 13, or 14 from 8:00 a.m. until 3:30 p.m. **Hedley classes begin August 25.**

CLARENDON CISD CONTACT INFO

Administration	874-2062
High School	874-2181
Junior High	874-3232
Elementary	874-3855
Band Hall	874-2562, Ext. 237
Field House	874-2562, Ext. 240

www.ClarendonISD.net

Clarendon CISD Board of Trustees
Wayne Hardin, President
Reneé Betts • Robin Ellis • Wes Hatley
Chuck Robertson • Weldon Sears • Jim Shelton

HEDLEY CISD CONTACT INFO

Hedley School 856-5323

www.HedleyISD.net

Hedley CISD Board of Trustees
Dana Bell, President
Aaron Harper • Mark Howard • Lana Ritchie
Troy Monroe • Ted Wright • Holly McCleskey

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NIGHTS
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Johnny Floyd, Owner
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Clarendon, Tx 79226

PARTS PLUS

HOW TO help kids transition back to the classroom

As a new school year draws nearer, parents can employ several strategies to help their kids readjust to the rigors of the classroom.

The dawn of a new school year is an exciting time. Kids may not want to say goodbye to days spent lounging by the pool, but such disappointment is often tempered by the prospect of returning to school with friends.

For parents, getting kids ready for a new school year is about more than updating their wardrobe or organizing carpools with fellow parents. Reacclimating kids to the routine of school after a relaxing summer is a significant undertaking, and the following are a handful of ways for parents to get a head start as the school year draws closer.

* Establish a routine over the last few weeks of summer. Summer vacations typically lack the structure of the school year, and that lack of structure can help kids unwind and make the most of the freedom that summer vacation provides. But as summer starts to wind down, parents can begin to reintroduce some structure into their kids' lives to make the transition back to school go more smoothly. Plan morning activities so kids can readjust to waking up early each day. In addition, serve breakfast, lunch and dinner at the same time you typically serve it during the school year so kids' bodies can begin to readjust as well.

* Take kids along when shopping for school supplies. If you plan to buy your child a new computer or other supplies for the upcoming school year, take him or her along on your shopping trips. Kids who get to choose their supplies might be more excited about returning to school than those youngsters who are given what they need without offering their input.

* Monitor or assign summer reading. Many students are given summer reading lists to keep their minds sharp over the summer and prepare them for upcoming coursework. Parents should monitor kids' progress on such reading lists and even discuss the books with their kids when possible. Read the books along with them if you think it will help engage them. If kids were not assigned summer reading lists at the end of the school year, assign your own books, rewarding kids when they finish a new book. Kids who read throughout the summer may be more likely to start the school year off on the right foot than those who don't crack a book all summer.

* Encourage kids to sign up for extracurricular activities. Many school-aged athletes get a head start on the new school year by trying out for sports teams. Such tryouts often commence a week or two before a school year is scheduled to begin, and this can help kids ease their way back into the school year. But even nonathletes can begin pursuing extracurricular activities before the first school bell of the year rings. Theater programs may begin auditions or encourage interested youngsters to attend orientation meetings before the dawn of the school year, and such sessions can be a great and pressure-free way for kids to ready themselves for a new school year.

The arrival of a new school year can be both exciting and daunting. But parents can help their youngsters readjust to school in various ways after a relaxing summer.

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This year, shoppers will save an estimated $82.7 million in state and local sales taxes during the Sales Tax Holiday.The tax holiday weekend has been an annual event since 1999.

HOW TO save big during Texas' sales tax holiday

Texas Comptroller Susan Combs reminds shoppers they can save money on certain items priced under $100 during the state's annual sales tax holiday. This year, the sales tax holiday is scheduled for **Friday, Saturday, and Sunday, Aug. 8 -10**.

The law exempts most clothing, footwear, school supplies and backpacks priced under $100 from sales tax, which could save shoppers about $8 on every $100 they spend during the weekend.

"Families gearing up for the new school year will not pay any sales tax for many back-to-school items ranging from pens to blue jeans," Combs said. "When the back-to-school list is long and the money is short, it can be difficult for Texas families. We hope this tax break will help ease that burden."

Lists of apparel and school supplies that may be purchased tax free can be found on the Comptroller's website at www.TexasTaxHoliday.org.

CLOTHING & FOOTWEAR

Retailers will not be required to collect state and local sales or use tax on most footwear and clothing that are sold for less than $100 during the holiday. The exemption applies to each eligible item that sells for less than $100, regardless of how many items are sold on the same invoice to a customer. For example, if a customer purchases two shirts for $80 each, then both items qualify for the exemption, even though the customer's total purchase price ($160) exceeds $99.99.

The exemption does not apply to the first $99.99 of an otherwise eligible item that sells for more than $99.99. For example, if a customer purchases a pair of pants that costs $110, then sales tax is due on the entire $110.

The exemption also does not apply to sales of special clothing or footwear that the manufacturer primarily designed for athletic activity or protective use and that is not normally worn except when used for the athletic activity or protective use for which the manufacturer designed the article. For example, golf cleats and football pads are primarily designed for athletic activity or protective use and are not normally worn except for those purposes; they do not qualify for the exemption. Tennis shoes, jogging suits and swimsuits, however, are commonly worn for purposes other than athletic activity and thus qualify for the exemption.

Additionally, tax is due on sales of accessories, including jewelry, handbags, purses, briefcases, luggage, umbrellas, wallets, watches and similar items.

The sales tax holiday exemption does not extend to rental of clothing or footwear; nor does it apply to alteration or cleaning services performed on clothes and shoes. These items continue to be subject to state and local sales or use tax.

BACKPACKS

Backpacks under $100 and used by elementary and secondary students are exempt. A backpack is a pack with straps one wears on the back. The exemption during the sales tax holiday includes backpacks with wheels, provided they can also be worn on the back like a traditional backpack, and messenger bags. The exemption does not include items that are reasonably defined as luggage, briefcases, athletic/duffle/gym bags, computer bags, purses or framed backpacks. Ten or fewer backpacks can be purchased tax-free at one time without providing an exemption certificate to the seller.

SCHOOL SUPPLIES

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
- Composition books
- Crayons
- Erasers
- Folders; expandable, pocket, plastic, and manila
- Glue, paste and paste sticks
- Highlighters
- Index cards
- Index card boxes

Legal pads

Lunch boxes

- Markers (including dry erase markers)
- Notebooks
- Paper; loose leaf ruled notebook paper, copy paper, graph paper, tracing paper, manila paper, colored paper, poster board, and construction paper
- Pencil boxes and other school supply boxes
- Pencil sharpeners
- Pencils
- Pens
- Protractors
- Rulers
- Scissors
- Writing tablets

No exemption certificate is required - with one exception. If the purchaser is buying the supplies under a business account, the retailer must obtain an exemption certificate from the purchaser certifying that the items are purchased for use by an elementary or secondary school student. "Under a business account" means the purchaser is using a business credit card or business check rather than a personal credit card or personal check; being billed under a business account maintained at the retailer; or is using a business membership at a retailer that is membership based.

IS YOUR CHILD ready for Kindergarten?

Age 5 is a big year in a child's life. In many school districts, children enroll in kindergarten shortly after their fifth birthdays. But age alone does not dictate if a child is ready to transition from a preschool environment to kindergarten, and parents may need to work with educators to determine if their children are ready to take the first big step of their academic careers.

Many developmental and education experts believe that numerous factors, in addition to age, determine school readiness, including physical, social and cognitive development. Many parents want their kids to begin kindergarten at the same time as other kids their age, but enrolling youngsters before they're ready could have repercussions for years to come. Students who begin kindergarten before they're ready may fall behind, resulting in frustration that turns them off from school.

With such significant stakes, parents may want to answer a few questions and look for these generalized kindergarten readiness clues before enrolling their youngsters in school.

* Does my child have solid oral-language skills? Language is more than drilling letters and sight words into a child's head through repetition. Language allows kids to share in new experiences and lessons that will expand their vocabularies. The more kids experience, the more their curiosity grows. This opens up opportunities for discussion about a variety of topics and introduces words and concepts that may be new and exciting to children. Research indicates one of the best predictors of eventual reading success is a well-developed oral vocabulary in kindergarten. Children will retain words if they hear them enough and if they're used in context and conversation.

* Can my child listen to and follow instructions? Kindergarten students will be introduced to many foreign things, and some kinds may be in a school environment for the very first time. Teachers will be issuing instructions and seeking cooperation from the class. To keep up with peers and lessons, kindergarteners will need to be able to remain quiet for extended periods of time, listen to instructions and then properly act on them.

* Is my son or daughter excited about learning? Some children cannot wait to go to kindergarten, especially those who are excited at the prospect of going to the same school as their older siblings. Enthusiasm about school and an eagerness to learn and discover new things are indicative of kindergarten readiness. A child does not need to have mastery over every skill just yet, but taking the initiative to try and ask questions is a good start to successful learning.

* Does my child want to be independent? The phrases "I'll do it myself" or "I'll try" can be music to a kindergarten teacher's ears. Parents may be in a rush and find it easier to dress kids or get them snacks. But doing everything for kids puts them at a disadvantage. Independent streaks can help kids adjust to school. Kindergarteners may have to go to the bathroom and wash up independently. They also may have to fasten buttons, open up lunches and hang up coats. Children who cannot handle such tasks may struggle to adjust to a school environment.

* Can my child recognize basic letters and numbers? Children entering kindergarten should know most letters by sight and be able to count to 10. Preparing for kindergarten can be fun and does not require flash cards or homework. Encourage kids to count objects in the world around them or do some preliminary reading by recognizing letters on signs at stores or places in the neighborhood.

Kindergarten readiness is determined by a variety of factors, including age, school assessment, enthusiasm about learning, and signs of independence.

WHAT'S FOR LUNCH?

$6.00 Menu

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1/3 pound Burger, Chips
20 oz drink

Tuesday
Grilled Ham &Cheese, French Fries
20 oz drink

Wednesday
1/3 pound Burger, Chips
20 oz drink

Thursday
2 slices of pizza,
20 oz drink

Friday
2 Catfish Fillets, French Fries
20 oz drink

*price subject to change

Outpost Deli

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Call it in at 874-5203

HOW TO help kids make new friends

Children who spend time with youngsters who share similar interests may be more likely to develop lasting friendships.

Students learn lessons each day. While many of these lessons pertain to their coursework, kids pick up much more than book smarts from school, where kids first learn to cultivate friendships and build lasting relationships.

In addition to a new curriculum, new teachers and new schedules, kids also might make new friends once a school year begins. While some familiar faces carry through from grade to grade, chances are youngsters will meet new students who will soon become good friends. While many kids find it easy to make new friends, others might need some assistance so they can make the most of opportunities to socialize and form friendships that might last a lifetime.

* Offer opportunities for socialization. Children should be given the opportunity to explore friendships outside of the classroom where peer pressure might not be so prevalent. Establish a carpool or invite a classmate over for a play date. Unstructured time to play or get to know each other is a great way to establish friendships. Invite new children over each time to see which friendships are the strongest, but make sure you are not pushing a friendship on your child.

* Discover common interests. One of the quickest ways to build friendships is through common interests, says Kirk Martin, a behavioral therapist and author. Encourage your child to join a club or sports group where he or she can meet other kids with similar interests. Sometimes finding reasons to talk other children is the most difficult step to making new friends. Sharing a common interest removes this barrier.

* Teach proper manners. Children who are polite, well-mannered and know how to follow direction are better equipped to attract friends. Children who misbehave may be shunned by other kids and their parents who do not want the hassle of an unruly youngster coming over to play. Respectful children who are honest, trustworthy and capable of sustaining eye contact and making small talk may find it easy to make friends.

* Take the friendship lead. As parents, you can improve your child's chances of making friends by getting friendly with their classmates' parents. You do not have to become bosom buddies with everyone, but making connections with fellow parents can reinforce the value of friendship to your children. Socializing as families also presents other opportunities to get together and solidify relationships.

* Boost confidence levels. As a parent you can talk to your children about their strengths and positive attributes. Emphasizing kids' best traits will increase their self-esteem, and that sense of self-worth can make it easier for them to make friends. A child who is shy and insecure may retreat when meeting new people, but a child who can proudly stand behind his achievements may attract friends easily.

School is about more than just hitting the books. It's also a prime opportunity for kids to develop their personal skills and make new friends.

HOW TO identify dyslexia

Reading different types of texts, including newspapers, comics and books, can help children with dyslexia overcome some of their symptoms.

Children begin learning to read early in their education. Very often some children seem to excel at reading and writing, while others may struggle. The obstacles kids struggle with may disappear as they age and grow more accustomed to reading, but no such relief comes for kids struggling with dyslexia.

The Mayo Clinic defines dyslexia as a learning disorder characterized by difficulty reading. It is a common condition and does not mean a child has subpar vision or intelligence. Dyslexia often goes undiagnosed, and many kids reach adulthood before realizing they are dyslexic. According to Dyslexia Health, 70 to 80 percent of people with poor reading skills are likely to be dyslexic, and dyslexia is the most common cause of difficulties with reading, spelling and writing.

Dyslexia affects people in various ways. While some may experience only minor symptoms, others may have greater difficulties, including problems with grammar, recognizing left from right and trouble with complex language skills. Without help, children with dyslexia can easily grow discouraged with their studies. However, with therapy, many kids can learn to work around their dyslexia.

CAUSES OF DYSLEXIA

Dyslexia has been linked to improper genetic development in the brain. It tends to run in families and affects the parts of the brain responsible for language development. There are no surefire ways to predict if a person will have dyslexia. However, in families with high rates of the condition, there is a greater risk.

SYMPTOMS

Very often it is difficult to recognize dyslexia before a child enters school. There may be some early clues, but these are not always definitive. Potential clues include learning to talk late, having difficulty learning new words and exhibiting difficulty rhyming words.

School-aged children may have trouble with sequences, following commands in order, reading at the recommended level, processing and understanding, and/or seeing or writing letters or words in reverse.

As children with dyslexia age, they may have difficulty summarizing stories, managing time or learning a foreign language.

TREATMENT

There are no medications to correct the underlying brain abnormality that doctors feel causes dyslexia, but there are various treatment methods. Practice and repetition are some of the hallmarks of dyslexia therapy. Rather than standard lessons, individuals with dyslexia may need multi-sensory lessons that combine sight, touch and sounds when introducing new concepts. Screen readers and audio books can also help children learn how to read more effectively.

In the classroom, children may need more time to complete assignments. Teachers should be made aware of a dyslexia diagnosis so they can work with students and parents to develop a learning system that works. Practicing reading different types of texts also can help.

Dyslexia is a common learning disability that affects many children and adults. But therapy and emotional support can help people with dyslexia overcome their disabilities.

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CLARENDON CALENDAR

CLARENDON C.I.S.D. CALENDAR
2014-2015

SIX-WEEK PERIODS

August 25 - October 3	30 days
October 6 - November 7	25 days
November 10 - December 19	28 days
January 5 - February 13	30 days
February 17 - April 10	33 days
April 13 - May 29	34 days
	180 days

Registration - August 11, 12
New Student Registration - August 13
Early Release Dates: December 18, 19; May 28 ,29

- New Staff Inservice
- Staff Development/Preparation Day
- School Holiday; / Over Date = Early Out
- Bad Weather Day
- Staff Development Waiver Day
- STAAR or TAKS Tests
- < > EOC Testing Window
- Optional Extended Year

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March 2015

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June 2015

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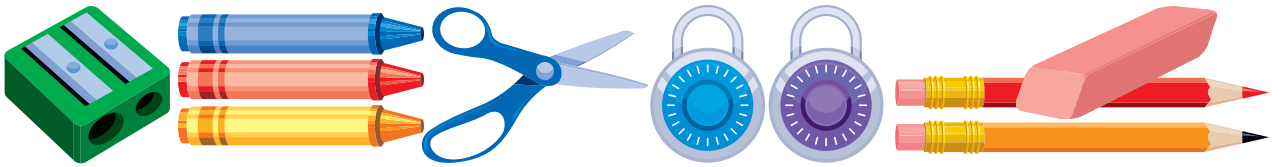
Board Approved 1/221/14 - Revised for Testing 3/17/14



HEDLEY CALENDAR

2014-2015 School Calendar

Hedley Independent School District

July 2014

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December 2014

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28	29	30	31			

{ }	Beginning/End of Semesters
[ ]	Beginning/End of Six Weeks
	Mandatory Attendance for Staff-Student Holiday
	Comp. InService for Staff - Student Holiday
	Early Release Day
	Holiday
	Weather Day
★	Testing

Winter Break-	12/19-1/2
Spring Break-	3/9-3/13

Early Release Days- 10/3, 12/19, 1/9, 3/6, 4/3, 5/29

Bad Weather days- 4/6 & 5/22

Six Week Periods		Total days
1st six weeks	*8/25-9/26*	25
2nd six weeks	*9/29-11/7*	29
3rd six weeks	*11/10-12/19*	25
4th six weeks	*1/5-2/20*	35
5th six weeks	*2/23-4/10*	29
6th six weeks	*4/13-5/29*	34
Total Number of Days		**177**
Total Number Staff Inservice/Workdays		**10**
TOTAL		**187**

***Calendar based on receiving waiver for three additional training days.**

Graduation- May 30th

January 2015

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February 2015

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15	16	17	18	19	20]	21
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March 2015

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April 2015

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May 2015

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June 2015

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21	22	★23	★24	25	★26	27
28	29	30				

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-glue sticks
1-Elmer's school glue, small
1-plastic box for supplies
1-spiral notebook
1-plastic folder (more durable and last longer)
1-box of Kleenex
1-watercolor set, primary colors
1-small backpack, no rollers
1-container of wet wipes for hands/face/bottoms
1-bottle of hand sanitizer
1- box Ziploc bags (Boys-gallon, girls-quart)
1-complete change of clothing including socks & underwear
All supplies with student's name labeled on them.

KINDERGARTEN

1-small school box (8" x 6")
1-box of 16 crayons (basic colors, standard size)
1-pair scissors (Fiskars brand)
1-Elmer's school glue white only
1-box of #2 standard pencils (yellow, sharpened)
1-box of 8 large markers (broad line, classic colors)
2-spiral notebooks
4-plastic two-pocket folders
1-box of zip-lock bags (boys – gallon, girls – quart)
1-4 pk dry erase markers
1-pull-top water bottle
1-water color set
1-large towel for resting (no mats please)
10-glue sticks
$1.50 for AR folder

FIRST GRADE

2-large box tissues
12-six-sided #2 pencils (yellow)
1-box of 24 crayons
10-glue sticks
2-Elmer's school glue
1-pkgs dry erase markers, 4 colors / pkg
1-watercolor set
2-erasers
1-box of 8 washable markers (classic/basic colors)
5-folders with pockets
1-school box
2-spiral notebooks (70-80 page, 10 1/2" x 8")
1-pair scissors (Fiskars for kids)
1-paint shirt
1-water bottle (pull-top)
1-backpack
1-box Ziploc bags (quart or gallon)
1-ruler with inch and centimeter markings
$1.50 for AR folder

SECOND GRADE

Please write student's name on all supplies
12-#2 pencils
1-box colored pencils
1-set of watercolors
2-pink erasers
12-Elmer's glue (white only)
4-glue sticks
1-box crayons (24 ct.)
1-pair scissors (Fiskars kids)
1-school box (small only, large won't fit in desk)
3-boxes tissue
3-folders with pockets (no brads, plain and inexpensive)
3-spiral notebooks – single subject
1-box markers (broadline, primary colors)
4-red pencils
1-box quart or gallon Ziplock bags
$1.50 for AR folder
Please do not send 3-ring binders/notebooks

THIRD GRADE

Please put child's name on each item
1- box of 12 map pencils
2-pkg. #2 pencils
1- pink eraser
1-pkg. notebook paper (regular width lines)
4-folders with pockets
1-box Crayola brand crayons
1-box Crayola brand markers
1-pair Fiskar brand pointed school scissors
3-boxes tissue (large)
1-ruler (with inch and centimeter markings)
6-glue sticks
1-school supply box (small)
1-3-ring Trapper Keeper with zipper (notebook)
1-pouch to be kept in 3-ring binder
3-one subject spiral notebooks
$1.50 for AR folder

FOURTH GRADE

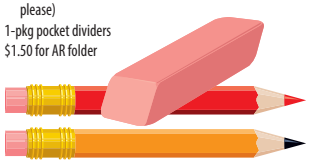
Please put child's name on each item
1-three-ring binder, no larger than 2"
1-pkg. loose leaf notebook paper
4-folders with pockets & holes for inserting in binder
1-spiral notebook
8-#2 pencils (no mechanical)
1-pair scissors (Fiskars kids)
1-Elmer's school glue
1-large glue stick
1-box crayons
1-12" wooden ruler with metric markings
2-red pencils
1-pencil bag with zipper & holes for inserting in binder
2-boxes of tissue
1-box markers
1-box colored pencils
1-eraser
$1.50 for AR folder

FIFTH GRADE

3-pkg. loose leaf notebook paper
20-#2 pencils
1- box of 12 map pencils
6-highlighters, multicolored
1-eraser
1-pair medium size scissors
12-glue sticks, large
1-12" ruler
2-boxes of tissue
1-box colored markers
2-spiral notebooks
1-folders with pockets and fasteners
3-100 sheet/200 page wide ruled composition books
1- 1" binder (no big binders please)
1-pkg pocket dividers
$1.50 for AR folder

JUNIOR HIGH SCHOOL

Dry Erase Markers
3 Composition Books – 200 pages, 100 sheets
3 pkgs of pencils
Glue
2 folders w/pockets
Pens
Red pens
Notebook paper
Scissors
2 Boxes of Kleenex
Markers or Colored Pencils
Map colors
1 pkg 3/5 white ruled index cards
70-page spiral (6th grade only)



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SCHOOL SUPPLY LISTS

HEDLEY

PRE-KINDERGARTEN
2 box of Kleenex
1 box Ziplock bags
1 small school box
2 box 8 count Crayola Crayons
1 box 24 count Crayola Crayons
1 box #2 pencils, 24 count
2 plastic folders with pockets (no brads)
1 spiral notebook
8 small glue sticks
$5.00 for Clifford Magazine

KINDERGARTEN
2 boxes of Kleenex
1 box Ziploc bags
1 small school box
2 box 8 count Crayola Crayons
2 box 24 count Crayola Crayons
1 box of #2 pencils, 24 count
2 folders with pockets, no brads
1 pair scissors, Fiskars
8 small glue sticks
1 spiral notebook
$5.00 for Weekly Readers

FIRST GRADE
1 small school box
2 boxes of No. 2 Pencils/ 12 ct.
2 boxes of 24 count crayons
2 glue sticks
1 5" blunt (Fiskars) scissors
1 plastic ruler
1 package of pencil top erasers
3 wide ruled spirals/one subject
8 green pocket folders with brads
2 boxes of Kleenex

SECOND GRADE
3 pocket folders with brads
1 small school box
1 box of 24 count crayons
1 package of markers
1 (Fiskar) scissors
2 glue sticks
1 bottle Elmer's glue
24 #2 pencils
3 boxes of Kleenex
1 package of pencil tip erasers
1 package wide ruled notebook paper
1 box gallon Ziploc bags
1 box quart size Ziploc bags
1 large container disinfectant wipes
$5.00 for Weekly Reader

THIRD GRADE
Small school box
24 #2 pencils
4 red grading pens
1 box crayons
1 box markers
1 box map colors
Scissors
4 glue sticks
1 box multiplication flash cards 1-12
1 1 inch binder
2 package pencil tip erasers
1 package wide rule notebook paper
2 large boxes of Kleenex

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

FIFTH GRADE
Scissors
2 glue sticks
1 small bottle of Elmer's school glue
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)
2 spiral notebook (appx. 70 pages each)
2 red pens
2 pens (black or blue)
12 #2 pencils
3 large boxes of Kleenex
1 12" ruler with inches & centimeters (wooden or hard plastic)
1 pencil box or pencil zipper bag
1 small clear water bottle (optional)
1 big eraser
1 pencil sharpener with cavity for shavings
2 yellow or light colored highlighters
$5.00 for Time for Kids subscription

SIXTH GRADE
6 paper folder with brads and pockets in these colors: 2 blue, 1 yellow, 1 orange, 1 green, 1 red
2 1-inch 3 ring binders
protractor
colored pencils
scissors
ruler with inched and centimeters
1 pkg. of small different colored highlighters
3 pkgs. of 24 count #2 pencils
2 pkgs. of pencil top erasers
3 boxes of Kleenex
2 glue sticks
1 Elmer's glue

School Costs Adding Up?

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CLARENDON NOTES:

BRONCOS TO ISSUE EQUIPMENT

Athletic Director and head football coach Gary Jack has announced Saturday, August 2, as the day football equipment will be handed out to those interested in playing football for the 2014-2015 school year.

Two-a-days will begin on Monday, August 4, at 7:30 a.m. All football athletes need to be on time, clean shaven, with a good, short haircut. All athletes will be expected to attend all practices and team meetings. Jack is excited about this upcoming season.

All athletes interested in playing football need to be at the field house in Bronco Stadium on Saturday, August 2 at 9:00 a.m. to receive football equipment. They will begin with the seniors and end with the freshmen. Those athletes wanting to run cross-country will need to be at the Bronco Gym on Monday, August 4, at 8:00 a.m. ready to run. According to Jack, all girl athletes are highly encouraged to participate in cross-country. Athletes will receive paper work at that time.

"All incoming 7th, 9th, and 11th grade students have to have a doctor's physical prior to practice," Jack said. "The forms will be at the Medical Center Clinic and that is where you will need to go to get your physical."

Jack and the CHS coaches' expectations for the 2014-2015 year are high for all Bronco and Lady Bronco teams.

"I'm excited about all of our teams for the upcoming year," Jack said. "Those of you who have not been able to work out still have a little time before practice starts. If you want the team to get better, you have to get better."

BRONCO SEASON TICKETS

Clarendon CISD will begin selling 2014 reserved seating/season football tickets to the public at 8:30 a.m. on Monday, August 18, 2014. 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 $30. This price allows admission into five regular season home games and reserves your seat in the prime viewing location.

LITTLE MISS CHEERLEADERS

Little Miss Cheerleader will be held on Saturday, August 23, with registration starting at 9:45 a.m. The camp will run from 10:00 a.m. to 2:30 p.m. with a parent performance at 2:45 p.m.

Little Miss Cheerleaders is for girls in Kindergarten through sixth grade, and the cost is $40 per girl and includes lunch and a T-shirt. They will learn a cheer, a chant, and a dance. For more information about this program, contact Teri Luna by email at Luna.Terri@clarendonisd.net.

CLARENDON BRONCOS FOOTBALL 2014

Aug. 15	Bovina-(scr)	5:00	HOME
Aug. 22	Electra-(scr)	6:00	AWAY
Aug. 29	Tulia	7:30	AWAY
Sept. 5	S-EARTH***	7:30	HOME
Sept. 12	Highland-Park	7:30	HOME
Sept. 19	Gruver	7:30	AWAY
Sept. 26	Booker	7:30	AWAY
Oct. 3	OPEN		
Oct. 10	Lockney*	7:00	HOME
Oct. 17	Quanah*	7:00	AWAY
Oct. 24	Crosbyton*	7:00	HOME
Oct. 31	Ralls*	7:00	HOME
Nov. 7	Memphis*	7:00	AWAY

*District ***Homecoming

CLARENDON JV & JR. HIGH FOOTBALL 2014

Aug. 28	Tulia	JV	6:00	HOME
Sept. 4	S-Earth	JV	6:00	AWAY
Sept. 11	H-Park	JH-JV	5:00	AWAY
Sept. 18	Gruver	JH-JV	5:00	HOME
Sept. 26	Booker	JH-JV	5:00	HOME
Oct. 2	OPEN			
Oct. 9	Lockney	JH-JV	5:00	AWAY
Oct. 16	Quanah	JH-JV	5:00	HOME
Oct. 23	Crosbyton	JH-JV	5:00	AWAY
Oct. 30	Ralls	JH-JV	5:00	AWAY
Nov. 6	Memphis	JH-JV	5:00	HOME

HEDLEY OWLS FOOTBALL 2014

Aug. 15	Lefors-(scr)	Away	TBD
Aug. 21	Kress-(scr)	Away	6:00
Aug. 29	Higgins	Home	7:30
Sept. 5	Lefors	Away	7:30
Sept. 12	Vernon Northside	Away	7:30
Sept. 19	Valley JV	Home	7:30
Sept. 26	Lazbuddie	Away	7:30
Oct. 3	Harrold	Home	7:30
Oct. 10	Ft.Elliott	Away	7:30
Oct. 17	OPEN		
Oct. 24	McLean*	Home	7:30
Oct. 31	Groom*	Home	7:30
Nov. 7	Silverton*	Away	7:30

***Homecoming TBA

HEDLEY JR HIGH FOOTBALL 2014

Sept. 4	OPEN	Annual Hedley Chicken Dinner	
Sept. 11	Happy	Away	4:00
Sept. 18	TBD		
Sept. 25	Lazbuddie	Home	5:00
Oct. 3	Harrold	Home	4:00
Oct. 9	Ft. Elliott	Home	5:00
Oct. 16	Lefors	Home	5:00
Oct. 24	McLean	Away	5:00
Oct. 30	Groom	Away	5:00
Nov. 6	Silverton	Home	5:00

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HOW TO prevent injuries in school-aged athletes

The dawn of a new school year is an exciting for school-aged youngsters. Though many kids may not look forward to homework or getting up early, a new school year is often exciting for young athletes who long to get back on the playing fields and compete with their teammates.

As valuable and exciting as participating in team sports can be, they can just as easily prove dangerous for athletes who aren't prepared for the rigors of physical activity. A summer spent lounging poolside might be just what kids need after a long school year, but that relaxation can put youngsters in jeopardy of suffering an injury when they return to team sports in the fall. Many a young athlete has pulled a hamstring or suffered a shin splint when returning to athletic competition after a long layoff. But such injuries are largely preventable, and the following tips can help school-aged athletes ensure their return to competition is as painless as it is pleasurable.

* Condition your muscles in the weeks heading up to tryouts or the start of the school year. Many fall sports feature tryouts near the end of summer or at the very beginning of the school year. That means athletes must start conditioning their muscles early. A properly conditioned athlete has a much lesser risk of injury than one who is not. Your offseason conditioning program should begin slowly and gradually grow more challenging as you draw closer to the school year.

* Stretch, stretch, stretch. Always stretch your muscles before any strenuous activities, whether it's an offseason conditioning program or an in-season competition. Stretching significantly reduces your risk of injury and can improve your performance on the field.

* Get geared up. The right gear is essential for young athletes looking to avoid injury. Though summer might seem tailor-made for flip-flops, such footwear should never be worn when exercising and preparing for the coming sports season. Athletic shoes specific to your sport are made to provide the support you will need as you train and compete. The same goes for the clothing you should wear when getting ready for the season. Wear the appropriate athletic attire to reduce your risk of injury.

* Weight train in the presence of your coaches or parents. Many athletes begin weight training for the first time when they are in high school. Weight training can be beneficial to young athletes, but such athletes should never lift weights unsupervised. Parents, trainers and coaches can explain the equipment to young athletes while ensuring they don't overdo it in the weight room. Lifting too much weight or having bad form when weightlifting can cause serious injury that can sideline youngsters for the coming season, if not longer. So young athletes should always weight train in the presence of an adult and always work with a spotter to help them should they struggle to finish a repetition.

* Take a break. Even if you rested for most of summer, you still will need to rest when you begin getting ready for the upcoming athletic season. Take at least one day off per week to allow your body to recover and recharge. Your body needs that recovery time to reduce its risk of injury.

School-aged athletes often look forward to a new year as a chance to get back on the playing fields. But such athletes should emphasize safe training as the season draws closer.

HOW TO make school more affordable

Few expenses worry parents as much as the rising cost of education. Whether a child has just entered a preschool program or is about to enroll in college, the cost of that education figures to be considerable.

School expenses vary depending on the school, but parents who enroll their children in private schools can expect to pay several hundred dollars per month for their youngsters' education. When those kids are ready to head off to college, those expenses will rise considerably.

Although public education is less expensive, it is not without expenditures. Supplies and fees associated with extracurricular programs may stretch parents' budgets even further. Parents commonly look for ways to mitigate education costs, and the following are a few ways to do just that.

NEED- AND MERIT-BASED AID

Education costs can be staggering, but the sticker price is not necessarily what families will have to pay out of pocket. Many students receive financial aid, which may come in the form of grants, scholarships or low-interest loans. Students who want to be considered for financial aid will have to apply and provide information about the family's finances.

Scholarships are typically awarded for academic achievement and are not exclusive to those people with limited financial means. Schools may offer scholarships directly, or students may need to apply through private organizations. Certain groups may sponsor education grants that help students who meet certain criteria finance their educations.

WORK AHEAD

High school students may be eligible for advanced placement, or AP, courses that count for college credit. That means being able to take college-level classes in high school without having to pay college-level costs. AP courses may be more challenging, but students who qualify for AP courses can save time and money.

Students transferring into college after military training or directly from the workforce may be able to earn college credits for such experience. The more credits a student earns through such opportunities the less that student has to pay to earn his or her degree.

BUDGET IN ADVANCE

It's never too early for parents to begin saving for their children's educations. Ask friends and family members to contribute to college funds when giving holiday or birthday gifts instead of providing toys or other material items. Establish tax-deferred or tax-free educational savings accounts that will accrue through the years and make schooling costs more affordable. For example, 529 plans in the United States allow relatives to set aside money to help children or grandchildren save for college.

Parents should consult with financial planners to determine the best ways to create educational savings accounts. Financial experts will understand tax loopholes and programs that make it easier for parents to save money for their kids' educations.

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HOW TO help distracted students

Today's students have more gadgets at their disposal than ever before. As technology like tablets and smartphones have become more prevalent in the lives of adults, such devices also have become more commonplace in the classroom. Some kids thrive when teachers utilize technology to enhance lesson plans, while others may be distracted by access to technology.

According to the National Institute of Mental Health, attention deficit hyperactivity disorder, or ADHD, is one of the most common childhood disorders. ADHD can make it difficult for kids to maintain focus in the classroom, and that focus may be enhanced or further compromised by technology that's capable of serving many different functions. Kids who use the technology to their advantage may find it improves their ability to grasp lessons, but some kids may be distracted by devices or even other items in the classroom that make it difficult for them to absorb lessons. Parents concerned about their kids' ability to cope with distractions in the classroom and at home can take the following steps in an effort to help youngsters improve their academic performance.

* Speak to your child's teacher about seating assignments. Students who find it difficult to focus in the classroom may benefit from new seating assignments. Windows or high-traffic areas of the classroom, such as doorways, can compromise a student's ability to focus. In addition, the back of the classroom is not the ideal spot for youngsters who find it difficult to focus on the teacher, as teachers may not notice kids in the back of the class as readily as they might with students sitting in the front of the room.

* Encourage participation. Many teachers recognize the value of active participation in the classroom, but kids who are struggling to focus may shy away from participating because they are worried about embarrassing themselves in front of their classmates.

Parents and teachers can work with students to encourage them to participate, reassuring them that they don't need to be experts on a given subject to contribute to lessons. Even if students' participation is limited to asking questions rather than answering them, encouraging kids to raise their hands and participate in class may help them focus more on the lessons being discussed.

* Minimize distractions at home. Kids who have no trouble focusing in the classroom may find it's a whole different ballgame when they arrive home to study or do their homework. Mom and Dad no doubt have their own gadgets around the house, and such devices as well as television may be too difficult for youngsters to ignore. At home, parents can create a safe haven from distraction by designating a room or area of the house for schoolwork. Such areas should be clear of distractions like television, telephones, video game consoles, and other gadgets that can compromise a student's focus. Make such areas off limits to cellular phones and block social media websites from computers in such rooms so kids aren't tempted to spend study time chatting with friends online. If a child's study area is not in a separate room of the house, parents should avoid turning on the television until kids have finished their studies for the night.

* Consider playing games designed to improve attention and focus. Games designed to improve attention can be a fun way for parents to help their youngsters conquer their concentration issues. For example, the creators behind Lumosity.com collaborated with researchers from universities around the world in an effort to design games to improve visual attention in people of various ages and backgrounds. Few kids are not enamored with games, and games to improve focus and attention may help kids without making them feel as though they are back in a classroom. Parents can speak with their child's teacher to determine which games might be best suited for their youngsters.

DID YOU KNOW?

Seating impacts behavior

On the first day of school, students may be seated in alphabetical order, but over time seating assignments may change as the teacher quickly learns who is friends with whom, which students tend to be disruptive, which may need extra motivation, and which may need to hone their concentration skills. Many teachers find that seating charts make it easier to manage a classroom and facilitate the learning process.

But a seating assignment that makes things easier on a teacher does not always benefit the student. A 2007 study by Holly Heindselman, Rhemie Mentac and Kristina Wesler at Hanover College found ***classroom seating arrangement can affect the level of interaction between teacher and student, which may impact test scores and learning potential.*** In general, as students sit further away from the "action zone," an area of the classroom that comprises the center and the front rows, participation declines and absenteeism increases. Various older studies referenced in the Hanover College material illustrated that the distance between a student's seat and the teacher affected test scores.

Researchers at Montana State University found seating charts to be very effective in terms of the comfort, confidence and effectiveness of the teacher. But researchers discovered that teachers were more likely to feel unhappy and uncomfortable in classrooms in which students chose their own seats. Students who were not performing well in the classroom performed better on the Montana Criterion-Reference Test after they were carefully seated by teachers. The results showed that there was a huge attainment increase for those students with lower abilities. In addition, the arranged seating did not have an adverse effect on the high ability students.

But some students prefer to sit where they feel most comfortable. Comfort may play a role in classroom performance and assisting with students' ability to maintain their focus. But students who choose their own seats to be close to chatty friends or stare out the window are doing themselves a disservice.

Teachers need to weigh the pros and cons of seating charts to determine which method produces the best results.

HOW MUCH homework is enough?

Students spend roughly six hours in the classroom each day while their parents could put in eight hours at the office. When a family returns home in the evening, homework is probably the last thing they want to worry about. Still, homework is part of many families' daily routine, and chances are it is not going anywhere soon – no matter how much kids complain.

There's no denying homework can be a chore, but how much homework is assigned could make a difference in a student's overall academic performance.

IS HOMEWORK BENEFICIAL?

There are various points of view regarding the benefits of homework. The prevalent philosophy in education for decades has been that students learn better when lessons are reinforced through homework. Yet new findings indicate that homework may benefit certain age groups and grade levels more than others.

According to Harris Cooper, Ph.D., a psychology professor at the University of Missouri, the benefits of doing homework seem to depend on the student's grade level. After reviewing more than 100 studies on the effectiveness of homework, Cooper found high school students who do homework outperform those who do not on standardized tests, and those who do homework earn better grades. Homework is only half as effective for middle school students, while at the elementary school level, homework has no apparent measurable effect on achievement.

Still, some educators are reluctant to stop assigning homework. Some teachers assign homework, but only after fine tuning assignments to be as effective as possible, while others feel homework diminishes interest in learning, especially time-consuming or especially difficult assignments.

Ultimately, homework is a way for teachers to measure how well their students grasp lessons and concepts.

WHAT IS THE RIGHT AMOUNT OF HOMEWORK?

Homework assignments are on the rise, and that increase may be fueled by certain factors. Intense pressure on educators to meet national testing standards likely influences the number of worksheets and assignments teachers send home each night. If students do not get work finished in the classroom, they usually must complete it at home. In addition, the idea that excessive homework is synonymous with a rigorous education is common among some parents, who may feel that extra schoolwork will get their children into top colleges and universities.

According to Bruce Ravage, the executive director of Park City Prep in Bridgeport, Conn., homework is only given in his school to reinforce and review what students learned in the classroom. He says the charter school has been emphasizing the quality of homework assignments over the quantity.

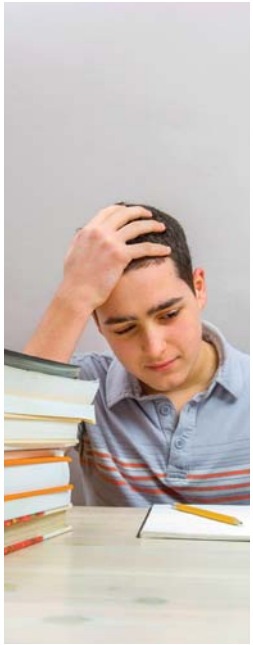
The National Education Association suggests 10 minutes of homework per night for first-graders is sufficient. This amount of homework should increase by 10 minutes per grade level, so second graders would be assigned 20 minutes per night, third graders 30 minutes, and so on. However, the NEA said there should be a cap on homework so that it does not exceed two hours per night.

PARENTAL ASSISTANCE

Parents should be available to provide guidance and help with homework when necessary. But parents also should be careful not to do the homework for their children, which only undermines the purpose of the assignments.

If homework appears burdensome or a consistent source of struggle for students, parents should speak with their children's teachers to discuss both the amount and type of homework given.

The homework debate figures to continue with each new crop of students entering school. Educators and family can continue to work together to help students make the most of their educations.



Many teachers feel homework is necessary, but differ on how much to assign.

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- Never walk behind the bus.
- Take five big steps in front of the bus when crossing, and look both ways before you cross.

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