

# BACK TO School

Clarendon/Hedley  
*Supply Lists*

*School Calendars*

Bronco & Owl  
*Football Schedules*

## **Making Home Work**

How to create a great study  
environment at home

## **Sales Tax Holiday**

Save money on school spending





# Stock up on **School Supplies**

## Save Time!

### READY TO GO:

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Classes at reasonable prices!*

We have everything your child needs  
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- 4** How to help students choose an extracurricular activity
- 6** Save on back-to-school expenses during the Sales Tax Holiday
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- 15** Unique ways to use newspapers in the classroom



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**School  
Days are Days  
to Remember!**

# registration information

**CLARENDON** Registration for students already enrolled in Clarendon CISD will be on Monday and Tuesday, August 15 & 16, from 6:00 - 8:00 p.m. in the Cafeteria. **Registration for students new to the district** will be on Wednesday, August 17, in each school campus office from 8:00 a.m. - 12:00 p.m. and 1:00 - 3:30 p.m. **Clarendon classes begin August 22.**

**HEDLEY** Hedley CISD will have registration on Monday, August 15, 2016, 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. **Hedley classes begin August 22.**

## 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 • Walt Thompson

## HEDLEY CISD CONTACT INFO

Hedley School 856-5323

**www.HedleyISD.net**

**Hedley CISD Board of Trustees**

Dana Bell, President  
Carole Ward • Billy Hall  
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# How to help students choose an extracurricular activity

Extracurricular activities can benefit students in various ways. Academic clubs, sports and volunteer organizations provide students with opportunities to grow as people and make new friends while also teaching kids skills they will use for the rest of their lives.

Many parents are aware that extracurricular activities can help students improve their chances of gaining admission to college. But students who choose the right extracurricular activities will benefit in greater ways than simply strengthening their college applications. The following are a handful

of ways parents can help their sons and daughters choose extracurricular activities they can benefit from for years to come.

**Ask kids to jot down their interests.**

Students are more likely to enjoy and excel at extracurricular activities that align with their existing interests. Ask kids to jot down a list of their interests or anything they might want to try. Youngsters might want to learn a musical instrument even if they have never before taken a course on music. Once kids have listed their interests, look for activities that allow them to further explore those interests. Chances are there is

a school-sponsored or community-based club or organization that will align with at least one thing on your child's list.

**Encourage kids to have fun.**

Kids are more likely to enjoy and fully commit to an activity if they find it fun. While extracurricular activities can help kids grow as people and improve their image in the eyes of college admissions officers, kids will get even more out of an activity if they enjoy doing it.

**Look for something that won't interfere with schoolwork.**

Extracurricular activities can look great on a college application, but that benefit is lost if the



activity interferes with a student's academic performance. Some activities, including sports, demand more of students' time than others, but make sure kids know that school always comes first.

**Ask around.** Ask neighbors or school officials for recommendations to

help kids who have tried but failed to find the right fit with regard to extracurricular activities. Sometimes it takes a little trial and error before a child finds an activity he or she is comfortable with. Fellow parents can make great resources, and school officials likely know of a host of clubs and organizations that kids may be interested in.

**Sign up with your kids.** If kids are hesitant to sign up for an activity because they are shy, sign up with them. Volunteer organizations are typically family-friendly, and kids might be more likely to come out of their shells if they sign up with their parents or siblings. As kids grow more comfortable, they will get more involved.



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## **Academic & General Education**

**ASSOCIATE DEGREES**

**SMALL CLASS SIZES**

**LOW TUITION & FEES**



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 Glenn Hegar 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. 5-7.**

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](http://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/duffel/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



## Your Back-To-School Supply Center

Pencils, notebooks,  
crayons, and more.  
We've got what you  
need to start the  
school year right.



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## How to ease the transition to junior high

A child's school years are filled with many different lessons and experiences. While in school, kids have the opportunity to broaden their horizons and meet new people.

Many students will attend various schools before moving on to college, and therefore they must learn how to adjust to new schools. While many students attend elementary school together for years, students may not know their classmates once they make it to middle school, which tends to boast larger student bodies than elementary schools. That's because many middle schools' student bodies are a combination of several elementary schools. Making the transition from elementary school to middle school or junior high can spark anxiety in students, but that does not have to be.

The National Education Association says a common element of a successful middle school experience is a smooth and positive transition from elementary

school. The following are a few ways students can handle their transition to middle school.

**Participate in a school-based transition program.** Middle schools frequently host open houses for elementary school students, who can take tours of the campus. Parents can take part in these events with their children. If your schedule does not allow you to attend, then schedule a private tour with the middle school principal or a faculty member. Middle school guidance counselors or guest speakers also may make the rounds, visiting elementary schools directly. Be sure your student attends such information sessions so he or she can get an idea of what to expect during middle school.

**Dispel any myths your youngster might have heard about middle school.** Youngsters hear lots of things about middle schools, and much of what kids hear might be untrue. Ask kids what they have heard about the

schools they will be moving on to, and then do your best to dispel any myths.

**Find a middle school buddy.** Ask an older sibling or invite someone who is currently enrolled in the school to speak with your child and answer any questions he or she may have. Hearing directly from a fellow student may make your child feel more comfortable about what to expect.

**Talk about any other fears.** Engage in an open dialogue with your son or daughter about any additional fears he or she may have. If students are worried about academics, spend some time over the summer going over the curriculum. If the potential for peer pressure is a cause for concern, reinforce advice on how to react to peer pressure.

Parents and their children can take several steps to make students' transitions to middle school as smooth as possible.

# WHAT'S FOR LUNCH?

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Ice Cream  
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Hour**  
**4-8 pm**

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**a Buffalo  
Burger**

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# CLARENDON CALENDAR

Aug 2016						
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Sep 2016						
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Nov 2016						
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Jan 2017						
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Legend

New Staff Inservice

Staff Development

Staff Preparation

Staff Development/Waiver Day

Bad Weather Day

School Holiday

1/2 Day

Beginning/End Six Weeks

STAAR/EOC tests

EOC Testing Window

Optional Extended Year

Six Week Periods

School Day 8AM–3:30PM; 1/2 Day 8AM–12:30PM  
Full Day 450 minutes; Half Day 270 minutes

Aug 22 to Sep 30 29 days/12,870 min  
Oct 3 to Nov 4 24 days/10,620 min  
Nov 7 to Dec 16 27 days/11,790 min  
80 days/35,280 min  
Jan 2 to Feb 10 29 days/12,870 min  
Feb 13 to Apr 7 34 days/15,120 min  
Apr 10 to May 26 32 days/14,040 min  
95 days/42,030 min  
Student Instruction 175 days/77,310 min  
Req'd Instruction 75,600 min/school yr

Registration

Registration–Aug 15–16  
New Student Registration–Aug 17

Beginning/Ending Days

1st Day of School – Aug 22  
Last Day of School/Graduation – May 26

School Holidays

Labor Day – Sept 5  
Thanksgiving – Nov 23–25  
Christmas Break – Dec 19–30  
Martin Luther King Birthday – Jan 16  
Spring Break – Mar 13–17

Teacher Work/Waiver Days

New Staff Inservice – Aug 9  
Professional Development – Aug 10–18  
Preparation Days – Aug 19, May 27  
Waiver Days – Oct 10, Mar 20, April 14  
Total Days – 187

Early Release Days

End of 6 weeks – Sep 30, Nov 4  
1st Semester Finals – Dec 15 and 16  
End of 6 weeks – Feb 10, Apr 7  
2nd Semester Finals – May 25 and 26

Bad Weather Days

May 12 and May 19

Feb 2017						
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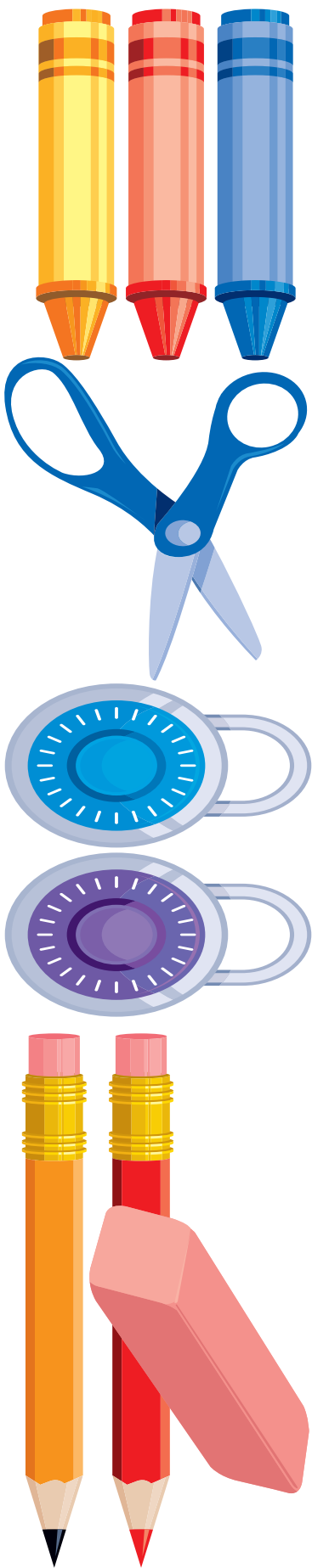
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Jun 2017						
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# HEDLEY CALENDAR



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December 2016						
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## Hedley Independent School District



{ }	Beginning/End of Semesters
[ ]	Beginning/End of Six Weeks
▲	Teacher Inservice
▶	Comp. Inservice for Staff - Student Holiday
◀	Early Release Day
☀	Holiday
☁	Weather Day
★	Testing
■	First Day of School

Winter Break- 12/21 - 1/2		
Spring Break- 3/13 - 3/17		
Early Release Days- 12/20, 1/13, 3/10, 4/14, 5/5, 5/19		
Bad Weather days- 4/17, 5/12		
Six Week Periods	Total Minutes	Total days
1st six weeks	13,485	29
2nd six weeks	11,160	24
3rd six weeks	12,360	27
4th six weeks	13,290	29
5th six weeks	15,615	34
6th six weeks	12,435	28
Number of Student Minutes/Days	78,345	171
Number Staff Inservice/Workdays		16
Total Number of Teacher Days		187
State Required Minimum Minutes	75,600	
Graduation		May 20th

January 2017						
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February 2017						
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April 2017						
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# SCHOOL SUPPLY LISTS

## CLARENDON PRE-KINDERGARTEN

- 1-pair scissors (Fiskars brand)
- 1-box of 8 large primary colored crayons
- 1-box of 10 primary color, washable markers
- 8-glue 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 colors
- 1-small backpack, no rollers please
- 1-container of wet wipes for cleaning 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-large cloth zippered pouch (no boxes)
- 1-box of 8 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)
- 1-spiral notebooks
- 6-plastic two-pocket folders

- 1-box of zip-lock bags (boys – gallon, girls – quart)
- 1-4pk dry erase markers, black
- 1-pull-top water bottle
- 1-water color set
- 1-large towel for resting (no mats please)
- 4-glue sticks
- 1-large box of tissue
- 1-wide-ruled Composition book
- \$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
- 1-Elmer's school glue
- 1-water color set
- 2-erasers
- 1-box of 8 washable markers (classic/basic colors)
- 5-folders with pockets
- 1-container Lysol wipes
- 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 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

- 20-#2 pencils, Ticonderoga brand
- 2-pink erasers
- 2-Elmer's school glue (white only)
- 8-glue sticks
- 1-box crayons (24 ct.)
- 1-pair scissors (Fiskar brand for kids)
- 1-school box (small only, large won't fit in desk)
- 3-boxes tissue
- 4-plastic folders with brads
- 4-spiral notebooks – single subject
- 1-box markers (broadline, primary colors)
- 1-box Ziplock bags (girls-quart, boys-gallon)
- 1-Expo Markers, black (4-pack)
- 1-Clorox wipes
- 1-zippered pencil pouch
- 1-1 1/2" black 3 ring binder with plastic sleeve on front
- 1-2" black 3 ring binder with plastic sleeve on front
- \$1.50 for AR folder

## THIRD GRADE

Please put child's name on each item

- 1-box of 12 map pencils
- 24-#2 pencils, Ticonderoga brand (sharpened)
- 4-pens-blue ink only
- 2-pink eraser
- 4-folders with pockets (one folder with brads)
- 2-boxes Crayola brand crayons

- 4-black dry erase markers
- 1-pair Fiskar brand pointed school scissors
- 3-boxes tissue (large)
- 6-glue sticks, large
- 2-zippered pencil pouches
- 3-composition books
- \$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 brand for 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-standard protractor
- \$1.50 for AR folder

## FIFTH GRADE

- 3-pkg. loose leaf notebook paper
- 20-#2 pencils
- 1-box of 12 map pencils
- 6-highlighters, multi-colored
- 1-eraser
- 1-pair medium size scissors
- 12-glue sticks, large
- 1-12" ruler
- 4-large boxes of tissue
- 1-box colored markers
- 1-spiral notebook
- 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-pkg of 4 Expo dry erase markers
- \$1.50 for AR folder

## JUNIOR HIGH SCHOOL

- Box or Zipper bag-to be carried to each class
- 2- boxes pencils
- 1- pkg black pens
- 2- red pens
- 1- box of colored pencils
- 1- box of basic colored markers
- 4- expo markers
- 1- pair of scissors
- 2- highlighters
- 3- glue sticks
- eraser toppers/ erasers
- Science**
- 1-composition book; not spiral bound
- 1- 1 1/2"-2" 3-ring binder
- 1- pkg notebook paper
- 1- pkg 8 dividers

## Math

- 2- composition books
- 1- package of notebook

## Social Studies

- map colors
- folder with pockets
- spiral notebook
- notebook paper

## Reading

- 1- comp book
- 1- folder with pockets

## Writing

- 1- package of 3x5 white lined index cards
- 1- package of 3x5 assorted lined index cards
- 1- two-pocket folder with 3 brads
- 1- box of tissues
- 1- 70-page spiral notebook new students/6th graders only

## Technology

- 1 bottle of hand sanitizer or 1 box of tissues



# GOOD LUCK, STUDENTS!

Wishing you a great  
first day and a great year!

## Clarendon Insurance Agency



# Hooray for the First Day!

We're so excited about all the fun you'll be having!  
We look forward to seeing you throughout the school year!



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# SCHOOL SUPPLY LISTS



## HEDLEY

### FIRST GRADE

24 #2 pencils  
6 glue sticks  
1 bottle - glue  
1 bx- 24 ct crayons  
2 pks - dry erase markers  
Reusable Water bottle  
2 large pink erasers  
Scissors  
Pencil box  
3 boxes of Kleenex  
1 box of gallon baggies boys  
1 box of quart baggies girls  
2 wide rule single subject notebooks  
1 red plastic pocket- braided folder  
1 blue plastic pocket- braided folder  
1 green plastic pocket- braided folder

### SECOND GRADE

3 plastic/vinyl folders with brads and pockets  
1 small school box  
1 box of 24 count Crayola crayons  
1 package of Crayola markers  
1 pair scissors  
2 glue sticks  
1 bottle Elmer's glue  
24 #2 pencils  
3 boxes of Kleenex  
1 package of pencil tip erasers  
1 large container of disinfectant wipes  
1 box gallon size Ziploc bags  
1 box quart size Ziploc bags  
\$5.00 for Weekly Reader & Science Spin

### 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 cards 1-12  
1 1 inch binder  
2 packages pencil tip erasers  
1 package wide rule notebook paper  
2 large boxes Kleenex

### FOURTH GRADE

Notebook paper  
6-pocket folders with brads  
1-Spiral notebook  
12-#2 pencils  
3-red grading pens or pencils  
1-box map colors  
1-box crayons  
1-box makers  
Glue  
1-zippered school bag  
Scissors  
3-larger boxes of Kleenex  
\$5 for Time for Kids

### FIFTH GRADE

Scissors  
2 glue sticks  
1 small bottle school glue (Elmer's etc.)  
6 folders with pockets (various colors, patterns, if possible)  
1 box washable markers  
1 box colored pencils (long colored pencils)  
2 pkg. notebook paper (**WIDE RULE ONLY**)  
1 spiral notebook (approx 70 pages)  
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 preferred)  
Pencil box or pencil zipper bag  
1 small clear water bottle (optional)

big eraser  
pencil sharpener with cavity for shavings  
2 yellow or light colored highlighters

### SIXTH GRADE MATH & READING

2 boxes of Kleenex  
2 1 1/2 in. ring binder notebooks ( 1-red, 1-blue)  
1 paper folder with brads ( Blue in color)  
1 lg. spiraled ringed note card booklet  
4 pkgs. of 24 count No. 2 pencils  
2 glue sticks  
2 red pens  
1 set of med. size highlighters

### SEVENTH GRADE READING

1 1 1/2in. ring binder notebook  
1 set of med. size highlighters  
1 box of Kleenex

## From the First Day to the Last...

we wish every student a happy and successful 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.

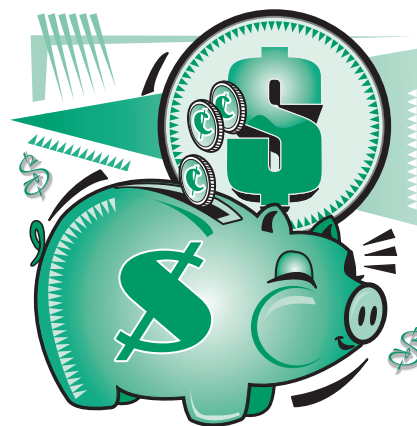


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# CLARENDON NOTES:

## BRONCOS TO ISSUE EQUIPMENT

### JULY 30, BEGIN PRACTICE AUG. 1

Athletic Director Gary Jack has announced that Saturday, July 30, will be the day to hand out equipment to freshmen through seniors for the 2016 football season.

The event will begin at 9:00 a.m. sharp in the Bronco field house on the CHS campus. Two-a-day practices will begin on Monday, August 1, at 7:30 a.m.

“All athletes are expected to be on time, clean shaven with a good short haircut,” Jack said. “Also, athletes need to be at all practices and meetings.”

Girls and boys cross-country athletes in grades 9-12 need to report to the Bronco gym on Monday, August 1, at 7:30 a.m. All girl athletes playing basketball are highly encouraged to participate in cross-country. All athletes will get their paperwork on Monday, August 1.

Jack also noted that all incoming 7th, 9th, and 11th grade students must have a doctor’s physical prior to practice. Physical forms are available at Clarendon Family Medical Center.

## SEASON TICKETS ON SALE SOON; SENIOR PASSES ALSO AVAILABLE

Clarendon CISD will begin selling 2016 reserved seating/season football tickets to the public at 8:30 a.m. on Monday, August 15, 2016.

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.

Also, Bronco fans over the age of 65 can get a Senior Citizen Pass from the Administration Building. The pass will allow senior citizens into any school sponsored home athletic event. If you currently have a pass, you do not need a new one unless it becomes no longer legible.

## LITTLE MISS CHEERLEADERS

Little Miss Cheerleader will be held on Saturday, August 20, with registration starting at 9:45 a.m. The camp will run from 10:00 a.m. to 3:00 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 \$45 per girl and includes lunch, snacks and a t-shirt. Each camper will receive a photo with Sparky. They will learn a cheer, a chant, and a dance.

For more information about this program, contact Terri Luna by email at Luna.Terri@clarendonisd.net.

# CLARENDON BRONCOS FOOTBALL 2016

Aug. 12	Bovina-(scr)	5:00	HOME
Aug. 18	Electra-(scr)	6:00	AWAY
Aug. 26	Shamrock	7:30	AWAY
Sept. 2	S-EARTH	7:30	HOME
Sept. 9	Wheeler	7:30	HOME
Sept. 16	Gruver	7:30	AWAY
Sept. 23	Booker***	7:30	HOME
Sept. 30	OPEN		
Oct. 7	Lockney*	7:00	AWAY
Oct. 14	Crosbyton*	7:00	HOME
Oct. 21	Ralls*	7:00	AWAY
Oct. 28	Memphis*	7:00	AWAY
Nov. 4	Wellington*	7:00	HOME

\*District

\*\*\*Homecoming

## CLARENDON JV & JR. HIGH FOOTBALL 2016

Aug. 25	TBA	JV	6:00	AWAY
Sept. 1	Vega	JV	5:00	AWAY
Sept. 8	Wheeler	JH-JV	5:00	AWAY
Sept. 15	Gruver	JH-JV	5:00	HOME
Sept. 22	Booker	JH	5:00	AWAY
Sept. 22	TBA	JV	5:00	AWAY
Sept. 29	OPEN			
Oct. 6	Lockney*	JH-JV	5:00	HOME
Oct. 13	Crosbyton*	JH-JV	5:00	AWAY
Oct. 20	Ralls*	JH-JV	5:00	HOME
Oct. 27	Memphis*	JH-JV	5:00	HOME
Nov. 3	Wellington*	JH-JV	5:00	AWAY



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# HEDLEY OWLS FOOTBALL 2016

Aug. 12	TBA-(scr)		
Aug. 19	Miami-(scr)	Away	5:30
Aug. 26	McLean	Away	7:30
Sept. 2	Lefors	Away	7:30
Sept. 09	Harrold***	Home	7:30
Sept. 17	Higgins	Home	2:30
Sept. 23	Lazbuddie	Away	7:30
Sept. 30	Miami	Away	7:30
Oct. 7	OPEN		
Oct. 13	Ft. Elliott	Away	7:30
Oct. 21	Groom	Away	7:30
Oct. 28	Silverton	Away	7:30
Nov. 4	Valley	Home	7:30
***Homecoming			

## HEDLEY JR HIGH FOOTBALL 2016

Sept. 9	Lazbuddie	Home	5:00
Sept. 17	Higgins	Home	1:00
Sept. 23	Lazbuddie	Away	5:00
Sept. 30	Miami	Away	5:00
Oct. 7	BYE		
Oct. 13	Ft. Elliott	Away	5:00
Oct. 21	Groom	Away	5:00
Oct. 28	Sliverton	Away	5:00
Nov. 3	Valley	Away	5:00

# Seven ways to make mornings less hectic

Many families find the rush is on to make it to school and work on time each morning. Feeling rushed in the morning is a recipe for added stress. Rushing through things is a poor way to begin a day, and those feelings of uneasiness can put a damper on the rest of the day ahead.

Making mornings less hectic involves a few different strategies that parents and kids can easily incorporate into their daily routines.

• **Wake up slightly earlier.** Getting up earlier than normal, even if it's just 15 to 20 minutes before you're accustomed to getting out of bed, can help reduce morning stress. Resist the temptation to hit the snooze button over and over again. A few extra minutes each morning can make you feel more relaxed and make for a smooth, stress-free start to the day.

• **Get some work done the night before.** Prepare lunches the night before and have them ready in the refrigerator. In addition, lay your clothes for the following day out each night. This saves time and takes a couple more things off your morning to-do list.

• **Ease back into a routine.** As a new school year dawns or a long vacation comes to an end, begin going to bed earlier and start waking up earlier as well. This can make the

transition from carefree mornings to busy mornings go more smoothly.

• **Prep backpacks in the evening.** Look through folders, sign paperwork, check assignments, and do whatever is you need to do the night before to save your family from having to scramble in the morning. This ensures those permission slips get signed and items make it back into school bags.

• **Opt for school lunch a few times.** Look ahead on the school lunch menu and speak with children about which meals they enjoy. Let kids purchase school lunch on those days to give yourself a day off from lunch detail.

• **Have quick breakfast foods available.** Smoothies, cereal bars, oatmeal, and whole-grain cereals are fast and nutritious ways to start the day.

• **Carpool whenever possible.** Busy families can save themselves extra work by proposing a neighborhood carpool. Sharing school dropoff detail frees time up for parents once or twice a week, and kids may enjoy traveling to school with their friends.

Mornings can be tricky when family members are getting ready for school and work at the same time. By practicing a few daily rituals, it's possible to curb the rush and start the day happier and more relaxed.



Make school and work mornings less harried with some easy tips to add to routines.

Welcome Back,  
Students!  
Have a Great  
School Year!



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# How to create a great study environment

A student's academic performance is influenced by a host of factors, including the learning environment both inside the classroom and at home. While students may have only limited control over the environment in their classrooms, they and their parents can do much to create home study environments that are conducive to learning.

**Create a «distraction-free» zone.** Today's students are inundated with distractions. Whereas students were once most distracted by radios, televisions and the great outdoors when studying at home, nowadays kids must also find time to focus on their studies with their tablets and smartphones just a stone's throw away. When choosing a study area at home, parents can designate a "distraction-free" zone where no televisions, radios, tablets and smartphones are allowed. Children are increasingly dependent on their smartphones and tablets, and while such devices can

sometimes prove useful to students, that benefit is often outweighed by the distraction they present. When kids study at night, be sure they turn off their smartphones and only use their tablets as study aids.

**Emphasize organization.** Various organization techniques can help kids be more efficient when studying. Encourage kids to separate their learning materials by subject, and keep a calendar or daily planner at home listing when their assignments are due and which days they will be tested. Encourage youngsters to keep their home study areas tidy as well, as unorganized areas can make it harder to focus or force kids to spend some of their study time cleaning up.

**Establish quiet hours at home.** Quiet hours at home while kids are studying can help them better absorb their coursework, and that may lead to improved performance in the classroom. While it's important that a kids'

study areas remain distraction-free, it can also help if distractions outside those areas are minimized. Keep televisions and other potentially noisy distractions turned off while kids are studying. If you want to catch up on a favorite television show or watch a movie, do so on your tablet instead of the television, connecting earphones so kids are not overhearing anything while they're trying to study.

**Keep healthy snacks on hand.** Hunger can be just as distracting as electronics or noisy housemates, so keep healthy snacks on hand. In lieu of unhealthy fare like potato chips or empty calories like pretzels, keep your home stocked with fruits and vegetables and protein-rich snacks like Greek yogurt. Such snacks will quell kids' hunger pangs while also providing a boost of energy.

A strong home study environment can help students do their best in the classroom.



love it ↓

# BACK TO SCHOOL

happy day

Perfect DAY

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FIRST DAY OF SCHOOL

always

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# Unique ways to use newspapers in class

Today's students have numerous devices at their disposal that can make learning more fun. Teachers may rely on such devices to engage students, but one more traditional teaching tool can still be an asset in the classroom.

Newspapers have changed considerably over the last decade-plus, but they still can serve teachers and students alike. The following are a handful of ways for teachers to incorporate newspapers into their lesson plans.

**Use newspapers to teach geography.** Whether they're local, national or international periodicals, newspapers contain stories from all over the globe. Teachers tasked with teaching students about world geography can assign each student an article about a newsworthy event taking place in a given country. Kids can then write a report about that country, including information about its location in the world, its citizens and its history.

**Use newspapers to teach vocabulary.** Perhaps no resource is more valuable than newspapers when teaching vocabulary. Assign each student a story or stories from the newspaper, instructing them to underline or jot down between five and 10 words they are unfamiliar with as they read. Once they have finished reading their assigned articles, students can then look up and write down the meaning of each word, ultimately handing in their list of words and/or sharing those words and their meanings

with their classmates.

**Use newspapers to teach mathematics.** While newspapers are often touted as great tools to teach reading comprehension and vocabulary, they also can be used to teach math lessons. For example, newspaper classified sections typically list dozens, if not hundreds, of items for sale. Assign each student 10 vehicles listed in the classified section and ask them to calculate the average asking prices of these vehicles. Another potential lesson is to ask kids to determine the percentage breakdown of each section of the newspaper. You can then explore the reasons why certain sections may be given more ink than others.

**Use newspapers to teach current events.** The world is an interesting place, and newspapers are great resources for people looking to keep up with all that is going on in the world. While current events can sometimes be confusing for young students, newspaper reporters aim to convey complicated topics in ways that readers of all ages and backgrounds can understand. By assigning newspaper articles as part of their students' current events assignments, teachers can help students gain a better understanding of what's going on in their world.

While newspapers may have changed considerably over the last several years, they still make great teaching tools that can benefit instructors and students alike.





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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.
- 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!**



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