

July 2017 | A Supplement to  
**THE CLARENDON ENTERPRISE**

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# Back to School

Clarendon/Hedley  
**Supply Lists**

School Calendars

Bronco & Owl  
**Football Schedules**

**Cyberbullying**

How to identify and  
stop cyberbullying

**Healthy Lunches**

Treat kids to lunches  
that meet all needs



## Tech Talk

Today's tech options for students

# Stock up on School Supplies

## Save Time!

**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.

Call ahead and our friendly associates will make you a  
bag with everything your child needs for school.

Keep kids healthy with variety of  
vitamins & probiotics.

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Any Size Fountain Drink

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6 a.m. to 10 p.m. EVERYDAY  
**PHARMACY: 874-5202**



- 4** Avoid acting like a helicopter parent.
- 6** Save on back-to-school expenses during the Sales Tax Holiday
- 7** How to identify and stop cyberbullying
- 8-9** Clarendon & Hedley School Calendars
- 10-11** Clarendon & Hedley School Supply Lists
- 12-13** Clarendon & Hedley Football Schedules
- 14** Navigating tech choices for school use
- 15** Reduce kids' risk of getting colds at school



## School Days are Days to Remember!



Joey & Brenda Lee  
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806.874.2130



# registration information

**CLARENDON** Clarendon CISD will have registration on Monday, August 7, and Tuesday August 8, in the Cafeteria. Registration times will be announced soon. **Clarendon classes begin August 17.**

**HEDLEY** Hedley CISD will have registration on Monday, August 7, 2017, from 6:00 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 21.**

## 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](http://www.ClarendonISD.net)

### Clarendon CISD Board of Trustees

Wayne Hardin, President  
Renee Mott • Robin Ellis • Wes Hatley  
Chuck Robertson • Weldon Sears • Will Thompson

## HEDLEY CISD CONTACT INFO

Hedley School 856-5323

[www.HedleyISD.net](http://www.HedleyISD.net)

### Hedley CISD Board of Trustees

Dana Bell, President  
Carole Ward • Billy Hall  
Michael Metcalf • Cindy Lambert



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# Avoid acting like a helicopter parent

The term "helicopter parent" was first coined in 1969 by teenagers who were quoted in Dr. Haim Ginott's book "Parents & Teenagers." Helicopter parent describes an overbearing parent who would "hover over kids like a helicopter." Nearly 50 years later, the term has persisted, and we even included as a dictionary entry in 2011.

Helicopter parenting, sometimes called "lawnmower parenting" or "bulldoze parenting," refers to a style of parenting in which parents are overly focused on the lives of their children, taking extreme responsibility for their children's experiences.

As discovered during the study "Helicopter Parents: Examining the Impact of Highly Involved Parents on Student Engagement and Educational Outcomes," by Rick Shoup, Robert M. Gonyea, and George D. Kuh, 38 percent of freshmen and 29 percent of seniors in the United States said their parents intervened on their behalf to solve problems either "very often" or "sometimes."

Helicopter parenting may seem like parents are simply being overprotective, but such an approach might have a serious impact. Many therapists say that parents need to get over being overly involved; otherwise, they risk potential psychological damage to their children.

According to Chris Meno, an Indiana University psychologist, helicopter parenting can take a serious toll on the psychological well-being of children into adulthood. Those who

have been overparented may have difficulty knowing when to ask for help versus when to make their own decisions. Being overly focused on their children can be problematic for adults, too - potentially making their lives more about their kids and less about their own lives. This may lead to unnecessary anxiety.

parenting can start with shadowing a toddler, ensuring a child has a certain teacher in elementary school and providing an unhealthy amount of assistance to youngsters when arranging school schedules or helping with homework.

Adults who are helicopter parents



According to Ann Dunnewold, Ph.D., a licensed psychologist and author of "Even June Cleaver Would Forget the Juice Box," helicopter

may have good intentions, but they may end up hurting their kids' decision-making ability and self-esteem. Finding the right balance between offering

assistance and hovering can be challenging. Adults can first recognize the following signs of potential helicopter parenting and then take strides to give children more breathing room:

- Paying adult children's bills or offering extensive financial assistance.
- Doing chores for children that are age-appropriate and fully within kids' abilities to handle.
- Calling teachers or professors to negotiate grades.
- Texting or calling a child constantly for updates on his or her day.
- Using mobile phone technology or social media to "spy" or keep close tabs on kids' interactions at all times.
- Failing to let children make their own mistakes, including getting poor grades or missing assignments.

Helicopter parenting may actually lead to a strained relationship between parents and children. A 2015 study published in Social Development found that toddlers who are given space to explore and interact with their surroundings on their own have a better relationship with their parents. The experts say parents should be available for their children, but let the kids take the initiative to seek their parents out.

Altering helicopter parenting behaviors can take time, but it is possible, and kids can benefit greatly from such changes.

love it ↓

# BACK TO SCHOOL

happy day

Perfect DAY

## GOOD LUCK!

Enjoy the Moment

FIRST DAY OF SCHOOL

always

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**CDL CERTIFICATION**

**COSMETOLOGY**

**RANCH & FEEDLOT OPERATIONS**

**WELDING**

**INDUSTRIAL MAINTENANCE**

## Academic & General Education

**ASSOCIATE DEGREES**

**SMALL CLASS SIZES**

**LOW TUITION & FEES**



Texas' sales 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. 11-13, 2017.**

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/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



*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 identify and stop cyberbullying

Today's students have many new things to contend with as they navigate the school year. As a greater number of schools transition to providing lessons, homework and tests on digital devices, students spend much more time online. This connectivity can have many positive results. However, the same availability also opens up students of all ages to various dangers.

One of these dangers is a more invasive form of bullying called "cyberbullying." The global organization DoSomething.org says nearly half of kids have been bullied online, with one in four saying it has happened more than once.

Cyberbullying has grown as access to computers and devices that offer an online connection has grown. Bullying is now just as likely to occur online as it is on the playground. Cyberbullies may bully classmates through email, social media, instant messaging, and other social applications. Since cyberbullying tends to target emotions and mental well-being, and reaches beyond the school campus into a student's home, its impact can be even more serious.

According to the Megan Meier Foundation, which campaigns against bullying, peer victimization during adolescence is associated with higher rates of depression, suicide ideation and suicide attempts. In the United States, suicide is the second leading cause of death for individuals between the ages of 15 and 24, according to data compiled from the Centers for Disease Control and Prevention, the Center for Behavioral Health Statistics, and the Substance Abuse and Mental Health Services Administration.

Cyberbullying occurs in many different forms. Here are some types of cyberbullying educators and parents can look for if they suspect their students or children are being bullied.

• **Flaming:** This is a type of bullying that occurs in an online forum or group conversation. It's achieved by sending angry or insulting messages directly to the person. Flaming is similar to harassment, but harassment usually

involves privately sent messages.

• **Outing:** This type of bullying is a sharing of personal and private information about a person publicly. When information has been disseminated throughout the internet, one has been "outed."

• **Fraping:** Fraping occurs when someone logs into another's social media account and impersonates him or her. This could be a child or an adult impersonating the person and posting inappropriate content in his or her name. Sometimes this type of bullying is also called "posing" or "catfishing."

• **Masquerading:** Masquerading occurs when bullies create fake profiles so they can harass someone anonymously. The bully is likely

someone the person being targeted knows well.

• **Exclusion:** Sometimes direct targeting is not necessary. Students can be bullied simply by being deliberately left out, such as not being invited to parties or encouraged to participate online conversations.

Securing privacy online is one way to prevent cyberbullying attacks. Students also can be selective about who they share personal information with or whose social media friendships they accept. Thinking before posting and paying attention to language and tone can help curb cyberbullying as well. Students should stick together and report instances of cyberbullying if it becomes an issue.



Children, adolescents and young adults can be the victims of a pervasive type of abuse called cyberbullying.

## WHAT'S FOR LUNCH?

### BUILD YOUR OWN BURGER

11 am - 2 pm

GET A BURGER,  
32oz DRINK, &  
YOUR CHOICE OF  
POTATO WEDGES  
OR CHIPS FOR

# \$8.00

## Yogurt/Ice Cream Bar

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and Sunday, 8 a.m. to 8 p.m.

Call it in at  
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# CLARENDON CALENDAR

## Aug 2017

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
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## Sep 2017

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## Oct 2017

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## Nov 2017

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## Dec 2017

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## Jan 2018

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| 28 | 29 | 30 | 31 |    |    |    |

### Legend

- New Staff Inservice
- Staff Development
- Staff Development/Comp 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;  
6 Early Release Waiver Days 420 minutes

|                  |                    |
|------------------|--------------------|
| Aug 17 to Sep 29 | 31 days/13,920 min |
| Oct 2 to Nov 3   | 24 days/10,770 min |
| Nov 6 to Dec 20  | 30 days/13,440 min |
|                  | 85 days/38,130 min |

|                 |                    |
|-----------------|--------------------|
| Jan 8 to Feb 16 | 29 days/13,020 min |
| Feb 20 to Apr 6 | 28 days/12,570 min |
| Apr 9 to May 24 | 31 days/13,590 min |
|                 | 88 days/39,180 min |

|                     |                      |
|---------------------|----------------------|
| Student Instruction | 173 days/77,310 min  |
|                     | 1,710 min banked     |
| Req'd Instruction   | 75,600 min/school yr |

### Registration

Registration-Aug 7, 8  
New Student Registration-Aug 9

### Beginning/Ending Days

1st Day of School - Aug 17  
Last Day of School - May 24  
Graduation - May 25

### Teacher Work/Comp Days

New Staff Inservice - Aug 8  
Prof. Development - Aug 9-16, May 25  
Comp Days - Dec 21, Apr 20  
Total Days - 182

### Early Release Days

|            |            |
|------------|------------|
| Sept 29    | Feb 16     |
| Nov 3      | Apr 6      |
| Dec 19, 20 | May 23, 24 |

### Bad Weather Days

May 11 and May 18

## Feb 2018

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## Mar 2018

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## Apr 2018

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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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## May 2018

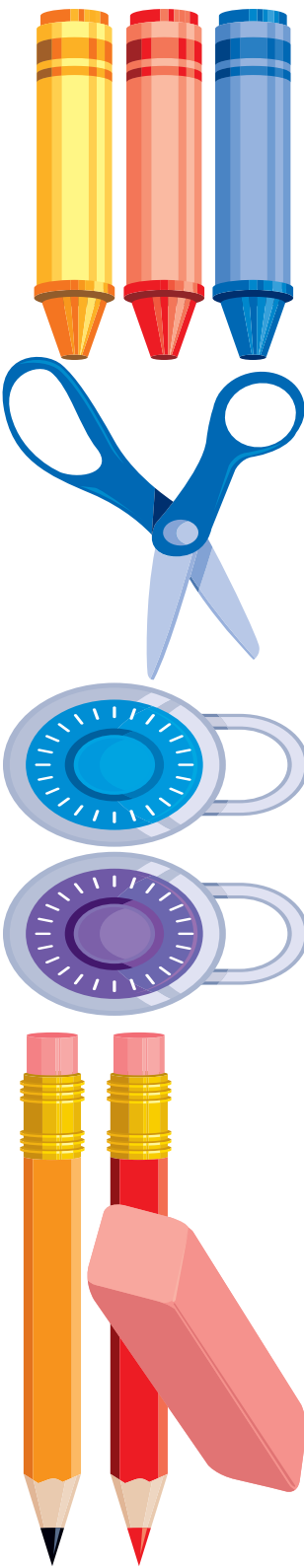
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## Jun 2018

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## Jul 2018

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| 29 | 30 | 31 |    |    |    |    |





# HEDLEY CALENDAR

## 2017-2018 School Calendar 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   |
| ●   | Student Early Release / Teacher Afternoon Inservice Day |
| ■   | First Day of School                                     |
| 🎓   | Graduation  |
| Winter Break- 12/23-1/7                               |   |
| Spring Break- 3/10-3/18                               |   |
| Early Release Days-12/22, 1/12, 3/9, 3/30, 4/20, 5/18 |   |
| Bad Weather days- 4/2, 5/11                           |   |

| Six Week Periods                      | Total Minutes | Total days |
|---------------------------------------|---------------|------------|
| 1st six weeks                         | 13,485        | 29         |
| 2nd six weeks                         | 13,485        | 29         |
| 3rd six weeks                         | 11,420        | 25         |
| 4th six weeks                         | 13,745        | 30         |
| 5th six weeks                         | 12,610        | 28         |
| 6th six weeks                         | 13,075        | 29         |
| Total Number of Minutes/Days          | 77,820        | 170        |
| Total Number Staff Inservice/Workdays |               | 12         |
| TOTAL Number of Days                  |               | 182        |
| State Required Minimum Minutes        |               | 75,600     |

Graduation-May 19th

| July 2017 |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| S         | M  | T  | W  | T  | F  | S  |
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| August 2017 |    |    |    |    |    |    |
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| 13          | 14 | 15 | 16 | 17 | 18 | 19 |
| 20          | 21 | 22 | 23 | 24 | 25 | 26 |
| 27          | 28 | 29 | 30 | 31 |    |    |

| September 2017 |    |    |    |    |    |    |
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| 10             | 11 | 12 | 13 | 14 | 15 | 16 |
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| October 2017 |    |    |    |    |    |    |
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| 15           | 16 | 17 | 18 | 19 | 20 | 21 |
| 22           | 23 | 24 | 25 | 26 | 27 | 28 |
| 29           | 30 | 31 |    |    |    |    |

| November 2017 |    |    |    |    |    |    |
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| 19            | 20 | 21 | 22 | 23 | 24 | 25 |
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| December 2017 |    |    |    |    |    |    |
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| 17            | 18 | 19 | 20 | 21 | 22 | 23 |
| 24            | 25 | 26 | 27 | 28 | 29 | 30 |
| 31            |    |    |    |    |    |    |

| January 2018 |    |    |    |    |    |    |
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| 14           | 15 | 16 | 17 | 18 | 19 | 20 |
| 21           | 22 | 23 | 24 | 25 | 26 | 27 |
| 28           | 29 | 30 | 31 |    |    |    |

| February 2018 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| S             | M  | T  | W  | T  | F  | S  |
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| 11            | 12 | 13 | 14 | 15 | 16 | 17 |
| 18            | 19 | 20 | 21 | 22 | 23 | 24 |
| 25            | 26 | 27 | 28 |    |    |    |

| March 2018 |    |    |    |    |    |    |
|------------|----|----|----|----|----|----|
| S          | M  | T  | W  | T  | F  | S  |
|            |    |    |    | 1  | 2  | 3  |
| 4          | 5  | 6  | 7  | 8  | 9  | 10 |
| 11         | 12 | 13 | 14 | 15 | 16 | 17 |
| 18         | 19 | 20 | 21 | 22 | 23 | 24 |
| 25         | 26 | 27 | 28 | 29 | 30 | 31 |

| April 2018 |    |    |    |    |    |    |
|------------|----|----|----|----|----|----|
| S          | M  | T  | W  | T  | F  | S  |
| 1          | 2  | 3  | 4  | 5  | 6  | 7  |
| 8          | 9  | 10 | 11 | 12 | 13 | 14 |
| 15         | 16 | 17 | 18 | 19 | 20 | 21 |
| 22         | 23 | 24 | 25 | 26 | 27 | 28 |
| 29         | 30 |    |    |    |    |    |

| May 2018 |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | M  | T  | W  | T  | F  | S  |
|          |    | 1  | 2  | 3  | 4  | 5  |
| 6        | 7  | 8  | 9  | 10 | 11 | 12 |
| 13       | 14 | 15 | 16 | 17 | 18 | 19 |
| 20       | 21 | 22 | 23 | 24 | 25 | 26 |
| 27       | 28 | 29 | 30 | 31 |    |    |

| June 2018 |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| S         | M  | T  | W  | T  | F  | S  |
|           |    |    |    |    | 1  | 2  |
| 3         | 4  | 5  | 6  | 7  | 8  | 9  |
| 10        | 11 | 12 | 13 | 14 | 15 | 16 |
| 17        | 18 | 19 | 20 | 21 | 22 | 23 |
| 24        | 25 | 26 | 27 | 28 | 29 | 30 |



# 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, with pink
- 8- glue sticks
- 1- Elmer's white school glue
- 1- plastic box to hold supplies
- 1- spiral notebook
- 1- plastic folder (more durable and lasts longer)
- 2- boxes of Kleenex
- 1- water color set, primary colors
- 1- small backpack, no rollers please
- 1- container of wet wipes for hands and face
- 1- complete change of clothing including socks & underwear with student's name labeled on all items

### KINDERGARTEN

- 2-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 Ziploc bags (boys – gallon, girls – quart)
- 1-4 pk 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

- 1-pkg. of dry erase markers
- 2-large box tissues
- 12-#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 Ziploc bags (quart size)
- 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-box markers (broadline, primary colors)
- 1-water color set
- 1-pair scissors (Fiskars brand for kids)
- 1-school box (small only, large won't fit in desk)
- 3-boxes tissue
- 4-plastic folders with brads
- 3-spiral notebooks – single subject
- 1-box Ziploc bags (girls-quart, boys-gallon)
- 1-Expo Markers, black (4-pack)
- 1-Clorox/ Lysol wipes
- 1-zippered pencil pouch
- 2-1 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)
- 2 pink erasers
- 1 highlighter
- 4 folders with pockets (one folder with brads)
- 2 boxes Crayola brand crayons
- 4 black dry erase markers
- 1 pair Fiskars brand pointed school scissors
- 3 boxes tissue (large)
- 6 glue sticks, large

- 2 large zippered pencil pouches
- 3 composition books
- 1 pair of earbuds
- 2 packages of 12x18 manilla construction paper
- \$1.50 for AR folder
- \*No Big Binders

### 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

- 2-pkg. loose leaf notebook paper
- 20-#2 pencils
- 1-box of 12 map pencils
- 12-highlighters, multicolored, large size
- 1-eraser
- 1-pair medium size scissors
- 6-glue sticks, large
- 4-large boxes of tissue
- 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

- 2-pkg. of 4 Expo dry erase markers
- 1-large pencil bag
- \$1.50 for AR folder
- Optional: drawstring bag

### JUNIOR HIGH SCHOOL

- Box or Zipper bag-to be carried to each class EVERYDAY
- 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; no

- spirals; 200 page only
- 1-package of notebook paper
- 2-expo markers

### Social Studies

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

### Reading

- 1 comp book-no spirals!
- 1 folder with pockets
- 1 box Kleenex

### Writing

- 1 package of 3x5 white lined index cards
- 1 package of 3x5 assorted colored lined index cards
- 1 two-pocket folder with 3 brads (6th graders and new students only)
- 1 box of tissues

### Technology

- 1 box of pencils or 1 box of tissues



**GOOD LUCK,  
STUDENTS!**

Wishing you a great  
first day and a great year!

**Clarendon Insurance  
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**Hooray for the  
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We're so excited about all the fun you'll be having!  
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# SCHOOL SUPPLY LISTS

## HEDLEY

### PRE-KINDERGARTEN & KINDERGARTEN

1 small plastic crayon box  
1 package of #2 yellow pencils (24 count)  
2 packages of 8 count Crayola crayons  
2 packages of 24 count Crayola crayons  
1 package of washable markers  
2 pocket folders (no brads)  
2 spiral notebooks  
2 large erasers (pink pearl only)  
12 Elmer's glue sticks  
1 pair of Fiskar scissors with rounded blades  
1 box of quart size Ziploc bags  
1 box of gallon Ziploc bags  
4 boxes of Kleenex  
\$ 5.00 for Weekly Reader

### FIRST GRADE

24 pencils  
12 glue sticks  
1 bottle Elmer's glue

1 school box  
2 folders with pockets  
2 composition books  
1 1 inch binder  
washable markers  
2 boxes crayons  
2 boxes Kleenex  
scissors

### SECOND GRADE

3 plastic/vinyl folders with brads and pockets  
1 small school box  
1 Composition notebook  
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

Backpack  
Small School Box  
24 #2 Pencils  
1 Box Crayons  
1 Box Washable Markers  
12 Box Map Colors  
Scissors  
4 Glue Sticks  
1 Box Multiplication Flash Cards  
1 One-Inch Binder  
1 Folder  
2 Package Pencil Tip Erasers  
2 Large Boxes of Kleenex  
1 Package Wide Rule Notebook Paper

### 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  
Reusable Water Bottle

### 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 (appx. 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

Please do not put names on things we will do that at school.  
Red Pens  
High lighters slender ones several  
Pencil Top Erasers  
4 pkgs. of 24 count No. 2 Pencils  
Two 1-inch binders one Blue and one Red  
Two Paper folders with brads- one Blue and one Yellow  
Two boxes of Kleenex ( Large Boxes)  
Glue Sticks  
Scissors small pointed  
Wide Ruled Paper (several packages needed throughout the year/ Student can bring as needed)  
3 x 5 ruled index cards that are

spiraled bound 50 count ( can be colored ones or white)  
Protractor  
Ruler with inches and cm.  
Map Colors

### JUNIOR HIGH & HIGH SCHOOL

1 Composition notebook- 100 sheets/200 pages for Math class  
2 Spiral notebooks  
Pencils  
Pens  
Red pens  
Notebook paper  
1 Two-inch 3-ring binder with pockets for Geometry & Algebra II  
1 pair of ear buds/headphones for Technology class  
2 boxes Kleenex

### Art

List will be given to them at beginning of school for first project and then they will be told supplies before next project.

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# CLARENDON NOTES:

## BRONCOS TO ISSUE EQUIPMENT AUG. 7, BEGIN PRACTICE AUG. 7

**A**thletic Director Clint Conkin has announced that Monday, August 7, will be the day to hand out equipment to freshmen through seniors for the 2017 football season.

The event will begin at 10:00 a.m. sharp in the Bronco field house on the CHS campus. Two-a-day practices will begin on Monday, August 7, at 7:30 p.m.

All athletes are expected to be on time, clean shaven with a good short haircut. 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 7, with girls practice starting at 7:00 p.m. and boys starting at 8:00 a.m. All girl athletes playing basketball are highly encouraged to participate in cross-country. All athletes will get their paperwork on Monday, August 7.

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

**C**larendon CISD will begin selling 2017 reserved seating/season football tickets to the public at 8:30 a.m. on Monday, August 14, 2017.

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

**L**ittle Miss Cheerleader will be held on Saturday, August 19, 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 2:50 p.m. sharp.

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 2017

|           |               |      |      |
|-----------|---------------|------|------|
| Aug. 18   | Bovina-(scr)  | 5:00 | AWAY |
| Aug. 24   | Electra-(scr) | 6:00 | HOME |
| Sept. 1   | Shamrock      | 7:30 | HOME |
| Sept. 8   | S-EARTH       | 7:30 | AWAY |
| Sept. 15  | Wheeler       | 7:30 | AWAY |
| Sept. 22  | Gruver***     | 7:30 | HOME |
| Sept. 29  | Booker        | 7:30 | AWAY |
| Oct. 6    | OPEN          |      |      |
| Oct. 13   | Lockney*      | 7:00 | HOME |
| Oct. 20   | Crosbyton*    | 7:00 | AWAY |
| Oct. 27   | Ralls*        | 7:00 | HOME |
| Nov. 3    | Memphis*      | 7:00 | HOME |
| Nov. 10   | Wellington*   | 7:00 | AWAY |
| *District | ***Homecoming |      |      |

## CLARENDON JV & JR. HIGH FOOTBALL 2017

|          |             |       |      |      |
|----------|-------------|-------|------|------|
| Aug. 31  | TBA         | JV    | 6:00 | AWAY |
| Sept. 7  | Vega        | JV    | 5:00 | HOME |
| Sept. 14 | Wheeler     | JH-JV | 5:00 | HOME |
| Sept. 21 | Gruver      | JH-JV | 5:00 | AWAY |
| Sept. 28 | Booker      | JH-JV | 5:00 | HOME |
| Oct. 5   | OPEN        |       |      |      |
| Oct. 12  | Lockney*    | JH-JV | 5:00 | AWAY |
| Oct. 19  | Crosbyton*  | JH-JV | 5:00 | HOME |
| Oct. 26  | Ralls*      | JH-JV | 5:00 | AWAY |
| Nov. 2   | Memphis*    | JH-JV | 5:00 | AWAY |
| Nov. 9   | Wellington* | JH-JV | 5:00 | HOME |



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## HEDLEY OWLS FOOTBALL 2017

|           |                   |               |      |
|-----------|-------------------|---------------|------|
| Aug. 18   | Chillicothe       | Away          | TBA  |
| Aug. 25   | Miami             | Away          | TBA  |
| Sept. 1   | McLean            | Home          | 7:30 |
| Sept. 8   | Lefors            | Home          | 7:30 |
| Sept. 15  | Harrold           | Away          | 7:30 |
| Sept. 22  | Higgins           | Away          | 2:30 |
| Sept. 29  | Lazbuddie***      | Home          | 7:30 |
| Oct. 6    | Miami             | Home          | 7:30 |
| Oct. 13   | OPEN              |               |      |
| Oct. 20   | Wichita Christian | Home          | 7:30 |
| Oct. 27   | Groom*            | Home          | 7:30 |
| Nov. 3    | Silverton*#       | Home          | 7:30 |
| Nov. 10   | Valley*           | Away          | 7:30 |
| *District | ***Homecoming     | #Senior Night |      |

### HEDLEY JR HIGH FOOTBALL 2017

|          |           |      |      |
|----------|-----------|------|------|
| Sept. 15 | Harrold   | Away | 5:00 |
| Sept. 22 | Higgins   | Away | 5:00 |
| Sept. 29 | Lazbuddie | Home | 5:00 |
| Oct. 6   | Miami     | Home | 5:00 |
| Oct. 13  | OPEN      |      |      |
| Oct. 20  | OPEN      |      |      |
| Oct. 27  | Groom     | Home | 5:00 |
| Nov. 3   | Silverton | Home | 5:00 |
| Nov. 9   | Valley    | Home | 5:00 |

## Treat kids to lunches that meet all needs



Picky eaters may return again and again to familiar comfort foods. As long as the child is getting enough vitamins and growing, there should be little issue in letting him and her eat the same foods day in and day out. Because parents cannot police what their children eat at school, it's better to devote time to introducing new foods during breakfast or dinner.

Involve kids in some of the food decisions, especially since they are the ones eating the lunch at school. Certain foods may not keep well or become less appealing after sitting in backpacks until lunchtime. Respect kids' input and try to make some changes accordingly.

### Restrictions

Researchers have estimated that food allergies affect one in every 13 children under the age of 18 in the United States alone. That equates to two in every classroom. The group Food Allergy Research & Education says eight foods account for the majority of all reactions: peanuts, tree nuts, soy, milk, eggs, wheat, fish and shellfish. Parents should be cognizant of common food allergies and be considerate of other kids in the classroom who may have allergies by limiting some of the most common allergy-associated foods in their children's lunches.

### Packaging

The way foods are presented can improve the dining experience. Just ask professional chefs who go to great lengths on creative "plating" in restaurants. Children who are fussy about foods touching might enjoy one of the economical (and eco-friendly) designs of reusable bento boxes, which separate foods into different sections. They also help parents pack perfect portion sizes for healthier eating habits.

Snack and food containers now come in colorful and clever designs that appeal to the toy-lover in most kids. Also, lunch gear manufacturers are thinking outside the sandwich to offer pouches and baggies that are leak-proof so that smoothies, soups and yogurts can be enjoyed during lunch, too.

School lunch may seem like a relatively easy concept for parents to master. However, day in and day out, enterprising moms and dads grow anxious over what to put into kids' lunch boxes or bags.

Parents have foods they want their kids to eat, and then there are foods their grade-schoolers will actually consider. Schools may also place limitations on what kids can bring to school due to allergies or school rules on sweets versus healthy foods. Then there's the packaging itself. Parents may weigh the benefits of everything from clever accessories to eco-friendly materials. Removing school lunch stress is easy.

The school lunches parents enjoyed are being replaced with fresh ideas that accommodate today's kids and schools.

Once these steps are conquered, sending children off to school with acceptable meals becomes that much easier.

### Foods

Keep a running list of must-have foods to stock the pantry. This will make it easier when it's time to go shopping.

**Welcome Back,  
Students!  
Have a Great  
School Year!**

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# Navigating tech choices for school use

Technology is essential in the daily lives of students. Whether it's kids learning their ABC's or graduate students pursuing advanced degrees, technology has transformed the way lessons are taught and learned.

Statistics support the notion that technology in the classroom is irreplaceable. According to data from the tutoring resource PracTutor, Houghton Mifflin Harcourt and various colleges, 98 percent of schools have one or more computers in the classroom. In addition, 77 percent of teachers use the internet for instruction, while 40 percent of teachers report students use computers during instructional time in the classroom.

Many instructors now assign homework that must be completed online. The Organization for Economic Cooperation and Development looked at computer usage among 15-year-olds across 31 nations and regions. Many students in high-performing

nations reported spending between one and two hours a day on a computer outside of school. Because computers are so necessary in and out of the classroom, families and students may want to revisit their options before buying new devices.

## Desktop computer

Desktop computers used to be the go-to for families and students, and there are still many reasons why desktops make sense. In addition to their relatively inexpensive sticker price, desktop computers allow students to customize their packages according to their needs and get a powerful operating system in the process. New and advanced processing speeds also mean that many desktop computers can be relied on for educational purposes while also being fast enough to handle recreational gaming.

One of the main disadvantages of desktop computers is their lack of portability. Desktops are not easily moved, and if repairs are necessary, it

can be a hassle to have them fixed.

## Laptop computers

Over the last decade, laptop computers have become more popular than desktop computers, largely because of their portability. Laptops are designed to be taken from place to place, so students can use them for note-taking in the classroom and then studying at home.

Although laptop processors have just about caught up to desktop processors, they may be lacking the processing pop unless consumers are willing to pay more for laptops with high performance. Another shortcoming of laptops is that they generally have smaller screens than desktop computers, which can make working on fine details more challenging.

## Tablets

Tablets offer the most in terms of portability. They're lightweight and small and offer a wealth of access in a compact package. Today's tablets offer much more than the first such devices to hit



the market. Some can run apps and equivalent programs that were once exclusive to desktop and laptop computers. Tablets also tend to be less expensive than desktops or laptops.

Where tablets may fall short is in the

peripherals. It's difficult to connect backup drives and other accessories to tablets. However, with advancements in cloud-based storage, this may not be an issue. Also, note-taking on virtual keyboards may be more challenging, and working on tablets' small

screens can be tiresome over time. Convertible tablet/laptops are now emerging to bridge these gaps. Shopping for a new computer can be complicated, but basing purchases on need rather than want can help guide the process.



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**GOOD LUCK**  
STUDENTS & TEACHERS!  
*Have A Great School Year!*





# Reduce kids' risk of getting colds at school

School-aged kids who catch colds or the flu from their classmates can quickly spread those colds to their family members, who then might spread the colds further when they go to work. Preventing the spread of colds and flu at school is a team effort that requires the assistance of not just parents, but also teachers and students. Still, parents might be the first line of defense when it comes to preventing the spread of cold and flu at school.

According to the U.S. Centers for Disease Control and Prevention, more than 38 million school days are lost to the flu each year. Those lost days can affect students who miss lesson plans, but also affect parents, who often must take days off from work to tend to their sick children.

While there's no way for parents to guarantee their children won't catch a cold or the flu this school year, they can take various preventive measures to increase kids' chances of staying healthy and achieving perfect attendance.

• **Make sure kids are immunized and that their immunizations are current.** Vaccinations bolster kids' immune systems. That's important, as kids' immune systems are naturally less mature than adults', making them more vulnerable to germs and viruses. The CDC recommends that adults and children receive their flu vaccinations in October while noting that such vaccinations can be administered as late as January and still prove effective. The CDC also recommends that adults and children receive flu vaccinations

each year. Additional vaccinations may not need to be administered as often, but parents should still ensure kids' are up-to-date with their shots.

• **Make sure kids regularly wash their hands.** Kids often catch colds by rubbing their hands that have been exposed to cold virus germs on their noses or eyes. To prevent that, parents can teach kids to wash their hands thoroughly, including scrubbing the backs of their hands, between their fingers and around their fingernails. Kids should know to wash their hands regularly, but especially after they use the bathroom and before they eat, drink or touch their mouths, noses or eyes.

• **Keep kids home when they are sick.** Parents don't want their children to miss school, but kids who are suffering from colds or flu should be kept home. This prevents the spread of colds and flu to classmates and teachers, and time to rest at home may help youngsters recover more quickly.

• **Teach kids to avoid common germ spots.** Germs can be lurking anywhere, but some spots seem to make more welcome homes for germs than others. Studies have shown that kids were most likely to encounter germs in schools on water fountain spigots and on plastic cafeteria trays. Teach kids to never put their mouths on fountains and to avoid eating any food that might fall onto their trays in the cafeteria.

School-aged children are susceptible to colds and flu when spending time in the classroom. But parents can reduce their youngsters' cold and flu risk in various ways.

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

we wish every student a happy & successful year!

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US 287 & Jefferson • Clarendon, Texas

## WHERE THE GOOD TIMES GROW!

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

**The Donley County Gin**

3900 US HWY 287 • LELIA LAKE, TX • (806) 874-2428



# 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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