



Back to

SCHOOL

July 2018 | A Supplement to
THE CLARENDON ENTERPRISE

Clarendon/Hedley
Supply Lists

School Calendars


Bronco & Owl
Football Schedules

Cyber Security

Keep your kids safe
from online threats

Seeing Straight

Eye exams help
students succeed



WHERE THE GOOD TIMES GROW!

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

The Donley County Gin

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From the First Day to the Last...

we wish every student a happy & successful year!

MORROW

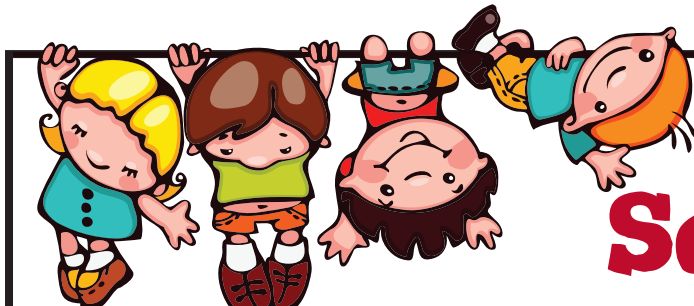
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4 Motivating students to get the new school year started right.

6 Save on back-to-school expenses during the Sales Tax Holiday

7 How to identify and stop cyberbullying

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14 Cyber security precautions for today's students and parents.

15 'Tis the season for going back to school and guarding against lice.

love it! BACK TO SCHOOL

GOOD LUCK!

Perfect DAY

FIRST DAY OF SCHOOL

always

Enjoy the Moment

Country Bloomers Flowers & Gifts

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registration information

CLARENDON Clarendon CISD will have registration on Monday, August 6, and Tuesday, August 7, in the Cafeteria. Registration times on those dates will be 6 to 8 p.m. New students may register on August 8 from 8 a.m. to noon and 1:00 to 3:30 p.m. **Clarendon classes begin August 16.**

HEDLEY Hedley CISD will have registration on Monday, August 6, 2018, from 5:00 p.m. until 8:00 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 16.**

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
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Chuck Robertson • Weldon Sears • Will Thompson

HEDLEY CISD CONTACT INFO

Hedley School 856-5323

www.HedleyISD.net

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Strategies to motivate students

Students may need some time to adjust at the beginning of a new school year. Summer vacations typically lack the structure of the school year, and it might be unfair to expect kids to seamlessly slip back into their more regimented lives as students.

While some early school year sluggishness might be normal, that should wear off pretty quickly. If not, and students appear to be struggling to get motivated for their schoolwork, parents can try various strategies that should help reignite youngsters' passions for learning.

- Make your home more school-friendly. Summer is a relaxing time of year when parents have a tendency to relax rules around the house. But come the school year, parents must make sure their homes are as conducive to studying as possible. Resist the urge to turn the television on each night so students are not distracted from their studies. Keep the home quiet so students are motivated to focus on their studies.

- Encourage participation in extracurricular activities. Various studies have examined the relationship between extracurricular activities and academic performance. A 2002 study published in the journal *Sociology of Education* found that participation in extracurricular activities is associated with improved grade point average, increased college attendance and reduced absenteeism. The link between participation in extracurricular activities and improved academic performance is still in need of study, but

such participation may help children acclimate to the structure of the school year more quickly than they might if they do not participate in such activities.

- Encourage curious youngsters. Kids are curious, and fostering that curiosity can be a great way for parents to get their kids excited about learning. Whether it's during the school year and part of their curriculum or on summer break, encourage kids to engage in subjects that interest them. As kids learn more about the topics

and subjects that interest them, they may develop a passion for learning that they can then take with them to the classroom.

- Express an interest in the subjects children are studying. Another way to motivate students at the dawn of a new school year is to express an interest in the subjects they're studying. Ask questions about their studies and encourage them to share their thoughts and opinions. Engaging students about the subjects they're studying can

motivate them to explore those subjects more deeply than they otherwise might.

Motivating kids to be excited about their schoolwork at the dawn of a new school year can sometimes be difficult. But parents can employ various strategies that can help their children readjust to life in the classroom and motivate them to perform to the best of their abilities.



Welcome Back, Students!

2,4,6,8, who do we appreciate?
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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. 10-12, 2018.**

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



GOOD LUCK, STUDENTS

NEW & USED TIRES



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- **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

- **Masquerading:** Masquerading occurs when bullies create fake profiles so they can harass someone anonymously. The bully is likely someone the person being targeted

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.

**GOOD LUCK,
STUDENTS!**

Clarendon Insurance Agency



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CLARENDON CALENDAR

2018/2019 Calendar

Aug 2018

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
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Sep 2018

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Oct 2018

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Nov 2018

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Jan 2019

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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 16 to Sep 28 31 days/13,920 min
Oct 1 to Nov 2 24 days/10,770 min
Nov 5 to Dec 19 30 days/13,290 min
85 days/37,980 min

Jan 7 to Feb 15 29 days/13,020 min
Feb 19 to Apr 5 29 days/13,020 min
Apr 8 to May 23 31 days/13,590 min
89 days/39,630 min

Student Instruction 174 days/77,610 min
2,010 min banked
Req'd Instruction 75,600 min/school yr

Registration

Registration-Aug ???
New Student Registration-Aug ???

Beginning/Ending Days

1st Day of School - Aug 16
Last Day of School - May 23
Graduation - May 24

Teacher Work/Comp Days

New Staff Inservice - Aug 7
Prof. Development - Aug 8-15, May 24
Comp Days - Dec 20, Apr 19
Total Days - 183

Early Release Days

Sept 28 Feb 15
Nov 2 Apr 5
Dec 18 & 19 May 22 & 23

Bad Weather Days

May 10 and May 17

Feb 2019

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Apr 2019

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May 2019

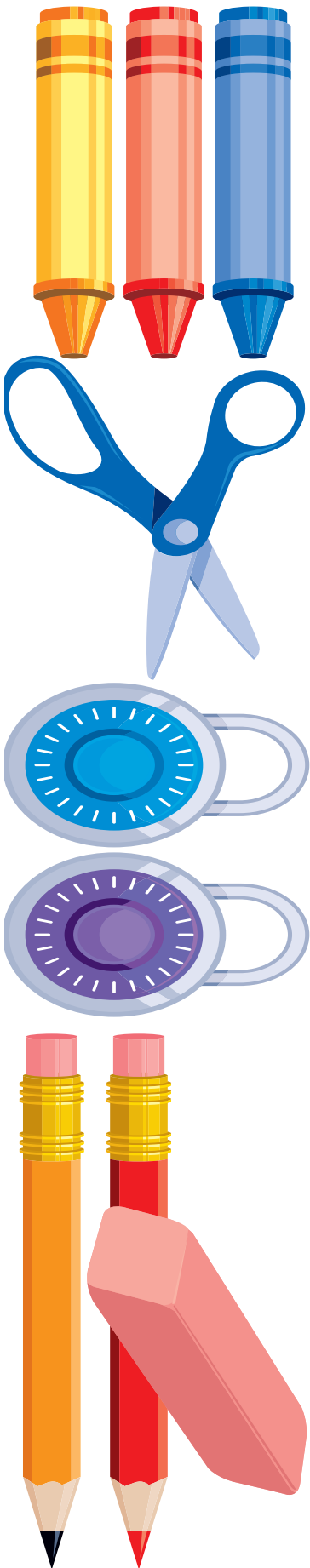
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Jun 2019

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Jul 2019

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HEDLEY CALENDAR



2018-2019 School Calendar Hedlev Independent School District



July 2018						
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August 2018						
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September 2018						
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October 2018						
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November 2018						
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December 2018						
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January 2019						
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February 2019						
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March 2019						
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April 2019						
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May 2019						
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June 2019						
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{ }	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	12/20 - 1/2	
Spring Break	3/11 - 3/15	
Early Release Days-9/28, 11/9,12/19, 2/15, 3/8, 4/5, 5/21		
Bad Weather days- 4/1, 4/26		
	Student	Staff
Six Week Periods	Total Minutes	Total days
1st six weeks	14,190	31
2nd six weeks	13,260	29
3rd six weeks	10,470	23
4th six weeks	14,190	31
5th six weeks	12,105	27
6th six weeks	13,725	30
Total Number of Minutes/Days	77,940	171
Total Number Staff Inservice/Workdays		12
TOTAL Number of Days		183
State Required Minimum Minutes		75,600
Graduation-May 25, 2019		

Clarendon Supply Lists

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)
- 1- box of quart ziplock bags
- 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

- 1- small plastic school box
- 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- pack of 3 x 5 notecards (blank)
- 1- box of zip-lock bags (boys – gallon, girls – quart)
- 1- 4 pk dry erase markers, black pull-top water bottle
- water color set
- large towel for resting (no mats please)
- 4- glue sticks
- 1- large pink eraser
- 1- large box of tissue
- 1- wide-ruled Composition book
- 1- 16oz bottle of hand sanitizer
- \$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- school box
- 2- spiral notebooks (70-80 page, 10 1/2" x 8")
- 1- pair scissors (Fiskars brand for kids)
- paint shirt
- water bottle (pull-top)
- backpack
- 1- box zip lock bags (gallon 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
- 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 Ziplock bags (girls-quart, boys-gallon)
- 1- Expo Markers, black (4-pack)
- 1- Clorox/ Lysol wipes
- 1- zippered pencil pouch
- 1- 1 1/2" black 3 ring binder with plastic sleeve on front
- 1- ruler
- 1- 28 oz Germ-X
- \$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)
- ***No mechanical pencils
- 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 box of quart size baggies (girls)
- 1 box of gallon size baggies (boys)
- \$1.50 for AR folder
- Draw string bag
- *No Big Binders

FOURTH GRADE

- Please put child's name on each item
- 1- three-ring zipper binder
- 1- pkg. loose leaf notebook paper
- 4- folders with pockets & holes for inserting in binder
- 4- composition notebooks
- 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
- 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
- 30- #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- headphones (to use with chrome books)
- 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 each) Expo dry erase markers
- 1- large pencil bag
- \$1.50 for AR folder
- Optional: drawstring bag

JUNIOR HIGH

- 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



Your
Back-To-School
Supply Center

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



US 287 WEST • CLARENDON, TEXAS

Hedley Lists

ALL GRADES NEED TO BRING GYM SHOES

PRE-KINDER- GARTEN

1-Sleeping mat
3 boxes of Kleenex
1 Oversized T-shirt for painting
3 Lg. packages of wet wipes
3 boxes of ziplock bags (1 gallon size; 1 quart; 1 pint) please make sure they have the zip on them
1 small school box
3 boxes 8 count Crayola Crayons
1 box 24 count Crayola Crayons
1 box #2 pencils, 24 count
1 box large markers
2 plastic folders with pockets, no brads
1 spiral notebook
16 small glue sticks
Extra set of clothing including: Underwear & socks in a ziplock bag with their name on it.

KINDERGARTEN

2 boxes Kleenex
2 boxes Ziplock bags (1 gallon, 1 pint)
1 small school box
2 boxes 8 count Crayola Crayons
2 boxes 24 count Crayola Crayons
1 box #2 pencils, 24 count
2 folders with pockets, no brads
1 pair scissors (Fiskars)
8 small glue sticks
1 spiral notebook
1 package of pink erasers
\$5.00 for Weekly Readers

FIRST GRADE

24 #2 pencils
8 - glue sticks
1 bottle - glue
2 box- 24 ct crayons
1 packages - dry erase markers

Earbuds
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
2 plastic pocket 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
Earbuds

3RD 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 1 Inch Binder
1 Folder
2 Package Pencil Tip Erasers
1 Pink Eraser
1 set Ear Buds
2 Large Boxes of Kleenex
2 Package Wide Rule Notebook Paper

4TH GRADE

Notebook Paper (Wide Rule)
6 Pocket Folders with Brads
1 Spiral Notebook
12 - #2 Pencils
3 Red Grading Pens
2 or 3 Highlighters (Any color)
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
Ear buds

5TH GRADE

Scissors
4 glue sticks
1 box washable markers
1 package of colored pencils
2 packages of wide rule notebook paper
2 red pens
2 blue pens
2 packages of #2 pencils
3 large highlighters
1 eraser
1 package of eraser tips
4 to 6 full size dry erase markers (assorted colors are fine)
3 boxes of Kleenex
1 pencil box or zipper bag
1 water bottle
1 pair of headphones
Download the Class-Dojo app, open app and select 'Parent', Enter this code: PNWDE5VGB
pair of shoes for PE
6 pocket folders (non-brad) (red, blue, green, yellow, orange and purple) Do not label folders with student names

6TH GRADE

3 Wide Ruled Composition books
1 single subject Wide-ruled spiral notebook

Package of highlighters
Wide-ruled notebook paper
1 package colored pencils
1" ring binder
1 package of expo markers
1 package glue sticks
Pencils
2 boxes Kleenex
Package of index cards
Ear buds

7TH GRADE

2" 3-ring binder (no smaller than 2 inch)
Notebook paper zipper pencil pouch with 3 holes
Pencils
2 black pens
2 red pens
2 dry erase markers
Kleenex
Earbuds

8TH GRADE

1 wide-ruled Composition book
1 composition book-100 sheets/200 pages—math
Wide rule notebook paper
Pencils
1 Folder with pockets
1 package glue sticks
1" ring binder
1 package dividers
1 box Kleenex
Highlighters
1 pkg. colored pencils
Earbuds

HIGH SCHOOL

Composition notebook
100sheets/200pages—Algebra I
2 inch—3 ring binder with pockets—Algebra II
Pencils
Pens
Notebook paper
One set of Earbuds with mouth piece—Spanish class
1 box Kleenex

Long list to do?

Got you covered!

- *Save gas and time by shopping locally for your school supplies.*
- *Visit the Pharmacy for vitamins and probiotics for a healthy school year.*
- *Plus, enjoy great food from our Diner or beat the summer heat with a cool, refreshing fountain drink!*

The Clarendon
OUTPOST
619 W. 2nd St. Clarendon, Texas

CLARENDON NOTES:

BRONCOS TO ISSUE EQUIPMENT AUG. 3, BEGIN PRACTICE AUG. 6

Athletic Director Clint Conkin has announced that Friday, August 3, will be the day to hand out equipment to freshmen through seniors for the 2018 football season.

The event will begin at 10:00 a.m. sharp in the Bronco field house on the CHS campus, starting with seniors, then juniors, sophomores, and freshmen.

Two-a-day practices will begin on Monday, August 6, at 8 a.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 6, 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 6.

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 2018 reserved seating/season football tickets to the public at 8:30 a.m. on Monday, August 6, 2018.

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 four 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 18, 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.

LOCAL ORGANIZATIONS PLAN TO DISTRIBUTE SCHOOL SUPPLIES

Three local groups have teamed up to ensure no kid goes without the tools they need to succeed this school year.

The Lila Kate & Kylie Monroe Memorial Fund, the First United Methodist Church, and Christ's Kids Outreach Ministries will offer free basic school supplies Friday, August 10, at the Christ's Kids Ministry Center 416 S. Kearney, from 3:00 to 6:00 p.m.

Donations to support this effort can be mailed to PO Box 45, Clarendon, TX 79226.

CLARENDON BRONCOS FOOTBALL 2018

Aug. 17	Shamrock-(scr)	5:00	AWAY
Aug. 24	Sunray-(scr)	5:00	HOME
Aug. 31	Lockney	7:00	AWAY
Sept. 7	Highland Park	7:00	HOME
Sept. 14	Wheeler***	7:00	HOME
Sept. 21	Open		
Sept. 28	Memphis	7:00	AWAY
Oct. 5	Plains	7:00	Littlefield
Oct. 12	Stratford*	7:00	AWAY
Oct. 19	Claude*	7:00	HOME
Oct. 26	Booker*	7:00	AWAY
Nov. 2	Gruver*	7:00	HOME
Nov. 9	Vega*	7:00	AWAY
*District	***Homecoming		

CLARENDON JV & JR. HIGH FOOTBALL 2018

Aug. 30	Lockney	JV	6:00	HOME
Sept. 6	Highland Park	JV	6:00	AWAY
Sept. 13	Wheeler	JH-JV	5:00	AWAY
Sept. 20	OPEN			
Sept. 27	Memphis	JH-JV	5:00	HOME
Oct. 4	OPEN			
Oct. 11	Stratford*	JH-JV	5:00	HOME
Oct. 18	Claude*	JH	5:00	AWAY
Oct. 25	Booker*	JH	5:00	HOME
Oct. 25	Wellington*	JV	6:30	HOME
Nov. 1	Gruver*	JH-JV	5:00	AWAY
Nov. 8	Vega*	JH-JV	5:00	HOME

Welcome Back,
Students!
Have a Great
School Year!

116 S. 6th • Memphis, Texas



HEDLEY OWLS FOOTBALL 2018

Aug. 17	Chillicothe-(scr)	AWAY	6:00
Aug. 24	Miami-(scr)	AWAY	TBA
Aug. 31	Miami	HOME	7:30
Sept. 7	Kress	HOME	7:30
Sept. 14	Vernon N. Side	HOME	7:30
Sept. 21	Higgins	AWAY	2:30
Sept. 28	Lazbuddie	AWAY	7:30
Oct. 5	Miami	AWAY	7:30
Oct. 11	Higgins***	HOME	7:30
Oct. 19	Groom*	AWAY	7:30
Oct. 26	BYE*		
Nov. 1	Lefors*#	HOME	7:30
Nov. 8	Follett*	AWAY	7:30
*District	***Homecoming	#Senior Night	

HEDLEY JR HIGH FOOTBALL 2018

Sept. 14	Vernon	HOME	5:00
Sept. 21	Higgins	AWAY	5:00
Sept. 28	Lazbuddie	AWAY	5:00
Oct. 5	Miami	AWAY	5:00
Oct. 11	Higgins	HOME	5:30
Oct. 19	Groom	AWAY	5:30
Nov. 1	Lefors	HOME	5:30
Nov. 8	Follett	AWAY	5:30

Eye health important to success in school

Parents often go to great lengths to help their children succeed in the classroom. Offering homework help and/or hiring tutors can help kids achieve their academic potential, but parents should not overlook the effects their children's vision can have on their performance in the classroom.



The American Optometric Association notes that students perform visual tasks in the classroom throughout a typical school day. Kids rely on their vision when reading, writing or using computers. When that vision is not functioning properly, students' performance may suffer.

What are some warning signs that kids may be struggling with their vision?

The AOA notes that undeveloped or poorly developed visual skills can make it difficult or stressful for youngsters to learn. But children may not always inform their parents if they're struggling with their vision. Rather, the AOA says children with poor visual skills will typically avoid reading or other near visual work as much as possible. Students also may attempt to do their work, but do so with a lowered level of comprehension or efficiency. Discomfort, fatigue and shortened attention spans are other potential indicators of undeveloped or poorly developed visual skills. Children experiencing eye and vision problems also may suffer from frequent headaches, cover one eye, tilt their head to one side, lose their place when reading, see double, and/or hold reading materials close to their face.

Are poor visual skills always diagnosed?

Because undeveloped or poorly developed visual skills elicit many of the same symptoms associated with attention deficit hyperactivity disorder, some kids struggling with their vision may be misdiagnosed with ADHD. To ensure kids are accurately diagnosed, the AOA recommends that children receive routine eye examinations. This is especially important for school-aged children, as vision changes frequently during this period. Visual problems like myopia (nearsightedness) or refractive errors like farsightedness or astigmatisms can adversely affect students' academic performance.

When should kids receive eye exams?

The AOA recommends children receive annual eye examinations. More frequent examinations are recommended for children experiencing specific vision problems. School screenings are not sufficient, as the AOA notes that such screenings only test for distance visual acuity. Comprehensive optometric examinations are more thorough than school screenings and can reveal issues that can adversely affect students in the classroom.

Undeveloped or poorly developed visual skills can adversely affect kids' academic performance. But annual optometric examinations can detect vision problems that may otherwise go undiagnosed.

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Cyber security precautions for students

Thanks to advancements in technology, students and educators are increasingly turning to birth, tablets and computers when working on daily assignments and classroom activities. Students rely on the internet for research and keeping in touch with teachers and other students, and work is even assigned and completed via digital platforms.

Despite the upside of technology, cyber crime is a potential pitfall of all that time spent online. The internet provides instant access, and that can put students at risk.

According to Verizon's 2016 Data Breach Investigations Report, the

education sector ranked sixth in the United States for the total number of reported "security incidents." Schools are data-rich, meaning they give hackers access to information like identification numbers, birthdates, email addresses, financial data, medical records, and more.

Students must understand cyber security risks when working and sharing data online. The following are some tips students can follow.

- **Protect passwords.** Students are urged to keep their passwords to themselves. This prevents others from using accounts maliciously or even in seemingly harmless ways that can put

you in trouble, such as searching for inappropriate content in school. Choose complicated passwords that can't be easily guessed, and opt for two-step authentication whenever offered.

- **Use secured WiFi networks.** Free or open WiFi connections are not encrypted, meaning they can be accessed by anyone. Many cyber criminals gain access to information through these channels. Schools should have encrypted systems in place.

- **Limit what you share on the internet.** Students are urged to be aware of what they share online. According to DataManagement, a computing service, information posted to social media is permanent, and deleted items aren't necessarily gone. Exercise caution on social media. Don't post unless it is something you would be comfortable sharing in public.

- **Watch out for phishing scams.** Phishing usually occurs through fraudulent email messages that mimic

the look of reputable solicitations. Scammers rely on these tactics to tempt people to click on links or download attachments that can put malware on a device and steal personal data. Exercise caution with all links and downloads.

- **Schedule routine backups.** Data can be lost if a device crashes, so routinely back up personal devices and home computers. Backups can be stored on external hard drives or with cloud services.

- **Exercise caution when filesharing.** UC Santa Cruz's information technology services says viruses and malware can be transmitted by filesharing software, and files offered by others may not be what they say they are. Only use school-approved filesharing options.

Cyber security is something students should prioritize this school year. The right security measures can protect students, their classmates and their schools.



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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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AND SERVICE**

874-3632

319 S. Kearney



Guard against age old problem of lice

As the school year begins anew, lice often becomes a subject of conversation among concerned parents. In certain areas, such as in classrooms and locker rooms, lice easily can be transferred from person to person. Understanding this common foe can help students avoid it and parents recognize it when it's present.

A louse is an ectoparasite, meaning it feeds on its host while living on the surface of the host's body. Although lice can affect various parts of the body, they are most notably present on the scalp.

Research indicates that head lice have been spreading among humans for millennia. Ancient Egyptian and Greek books of medicine make reference to lice, and they have even been found on prehistoric mummies. No one is quite sure just how lice originated, though it is suspected they once targeted another host species, but then adapted to living among humans.

Unlike lice that congregate on other parts of the body, head lice are not a vector for disease transmission. They are relatively innocuous, but can be quite a nuisance. The insects are adept at clinging to human hair and feeding on blood from the scalp.

Anyone can get lice, regardless of their personal hygiene or lack thereof. School-aged children between the

ages of four and 14 catch lice more frequently than adults. Although firm data on lice infestations is difficult to come by, estimates suggest that as many as 12 million infestations occur each year in the United States among children between the ages of three and 11. Head-to-head contact with an already-infested person is the most common way to get head lice, offers the U.S. Centers for Disease Control and Prevention. Head lice can be spread when people sit closely to one another, such as in a classroom or theater. It is very rare that lice are spread through shared belongings such as hats, combs or on furniture. Pets do not play a role in the spread of head lice.

Lice tend to congregate behind the ears and at the neckline at the back of the head. Sometimes, they can be found on the eyelashes or eyebrows.

Lice can be difficult to detect, and they may not produce symptoms. In some instances, itching and irritation may be so mild that it goes unnoticed. Plus, because eggs (nits) and even adult lice are so small, they can be difficult to identify.

Treating lice typically involves using specialized combs to remove nits and lice. Pesticide shampoos and lotions or nonpesticide treatments may be used to eradicate the lice. Limiting head-to-head exposure is the best way to avoid a lice outbreak.



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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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