# STALLION STAMPEDE

The latest news and updates from Euless Junior High



#### **AMAYA REPRESENTS EULESS WELL**

Great job to EJH Freshman Amaya C. who competed at regionals this past weekend for Trinity High School Varsity Track & Field! Her coach said that she competed hard, had a great time, and represented us well! Way to be Stallion Strong, Amaya! We are so proud of you.

#### **IMPORTANT DATES:**

SATURDAY, MAY 6: SPRING CHOIR CONCERT 3:30 PM @ THS

TUESDAY, MAY 9: STAAR MATH 7TH-8TH, EOC ALGEBRA 1 9TH (CAMPUS SHUTDOWN)

FRIDAY, MAY 12: NRH2O BAND CONTEST & WATERPARK TRIP

WEDNESDAY, MAY 17: CREAM OF THE CROP AWARDS @ 6:30

FRIDAY, MAY 19: 9TH GRADE YEARBOOK SIGNING PARTY, THS NIGHT OF DRUMMING 7-9

SATURDAY, MAY 20: 9TH GRADE AWARDS AT 5:30 PM THEN 9TH GRADE DANCE

WEDNESDAY, MAY 24: 5TH-7TH PERIOD FINAL EXAMS

THURSDAY, MAY 25: 1ST-4TH PERIOD FINAL EXAMS, LAST DAY OF SCHOOL, EARLY RELEASE AT 12:30

SEE MORE
IMPORTANT DATES
ON THE CALENDAR
ON OUR WEBSITE

#### **TEACHER APPRECIATION NEXT WEEK**

We are celebrating Teacher Appreciation Week next week (May 8th-12th)!

Donations are welcome! Thank you to the parents, local businesses, etc. that want to help us celebrate our teachers and all they do for our students and school on a consistent basis.



# WHAT TO DO ON TESTING DAYS



Check with one of your teachers if you are unsure.







#### GOOD SNACKS

- Chex Mix
- nuts
- beef jerky
- animal crackers
- stuff that won't stain/is not messy

#### DRINKS

Bottled Water - no colored drinks that includes Gatorade/Powerade



#### GET ENOUGH SLEEP

By getting enough sleep you won't feel sluggish and have a lot of energy in the morning

## WHAT CANIDO \* AFTER THE TEST?

- Read!!!!!
- Sit silently
- Go to sleep

No you may not work on stuff for other classes, draw, get out binders, textbook, or be on your Chromebook.



#### EAT A GOOD BREAKFAST

- It's hard to think when you are hungry.
- A good breakfast has protein.
- Do NOT fill up on sugar!!



## **CELL PHONES & SMART WATCHES**

You will have to turn them in to the teacher.

Don't worry!! You will get it back after testing.



#### **JWAC LEARNS ABOUT RWANDA GENOCIDE**

On April 27th 2023, the Euless JH Junior World Affairs Council met for a Leadership presentation over the Rwanda genocide. The students learned about the grim events that took place over three months and how the country has tried to move forward from the genocide politically, economically, and socially.



#### **SCHOOL LUNCH HERO DAY**

Thank you to these heroes who work hard starting early every day to make sure our kids are well fed and have the energy they need!





#### **BANDS SOUND AMAZING IN SPRING CONCERT**

All three bands sounded amazing in their spring concert. **Click here** or on one of the photos below to watch some video clips of them performing on Thursday evening.







## **EJH Gymnastics**



#### **Boys and Girls Competition Team**

Tryouts week of May 8th-11th (Sign up on the gymnastics website)

OR

#### \*New: Boys and Girls Gymnastics Class!

No Tryout required; Email your counselor to add to your schedule!

Check out the EJH Gymnastics Website for more information!

# EJH Gymnastics DONUT FRIDAY'S!

\*\*Donuts must be eaten prior to coming into the building\*\*

# EUREKA!

## RECRUITING CURRENT 7TH - 10TH GRADE GIRLS!



Eureka! is a five year science, technology, engineering, and mathematics (STEM) based program that builds confidence to pursue post-secondary education and careers in STEM fields.



The program also incorporates personal development, physical fitness, and college and career readiness.



#### Ready to Learn More?

Contact Maria Torres at: mtorres@girlsinctarrant.org





**Apply Today!** 



**CONTACT US:** 

304 E. Vickery Blvd Fort Worth, Texas

817-259-1050 girlsinctarrant.com





## Mobile Food Pantry

For 14 years, 6 Stones' New Hope Center has served the HEB Community with emergency food, clothing, and many other resources. We are dedicated to continuing to serve our community for many years to come. We are in the process of constructing a new building that will allow us to serve more neighbors and offer a "neighbor choice" food pantry. We hope to open this new facility in early 2024.

In the meantime, we will continue distributing food and providing resources at the following locations.

Beginning March 21: Every Tuesday 4 - 6 PM 544 W Pipeline Rd Hurst,TX Beginning in April The Second Saturday of each month 10 AM - 12 PM Central Junior High Parking Lot 3191 W Pipeline Rd Euless, TX Beginning in April
The Fourth Saturday of each month
10 AM - 12 PM
Cross City Church
(back parking lot)
1000 Airport Frwy
Euless. TX

Please don't hesitate to call our office for further assistance.

#### Please visit the following locations for clothing...

Project Awareness 364 E Pipeline Rd Hurst, TX



#### For children ages 0-5

Help Me Grow North Texas provides an information line that connects a family or provider to child development services and other community-based resources within your area.

You will be connected to an experienced child development specialist, a family navigator, who can provide education, resources and information on developmental screenings to meet the families specific needs.

Call 844-NTX-KIDS to get connected with a family navigator today.

www.HelpMeGrowNorthTexas.org





For youth ages 6-17

Help Me Thrive is connecting all families with our family navigators. We partner caregivers with their community resources that go hand in hand with families' needs.

The goal is to provide the best possible resources for all families with youth ages 6-18 to address the needs of the family and their children, at no cost to them.

Call 844-NTX-TEEN to get connected.

www.HelpMeThriveNorthTexas.org





Para niños de 0 a 5 años

Help Me Grow North Texas proporciona una línea de información que conecta a una familia o a un proveedor con servicios de desarrollo infantil y con otros recursos dentro de su área.

Se le conectará con un especialista en desarrollo infantil con experiencia, llamados navegadores familiares. Estos navegadores pueden proporcionar educación, recursos e información sobre exámenes del desarrollo para satisfacer las necesidades específicas de cada familia.

Llame al 844-NTX-KIDS para conectarse con un navegador familiar hoy.

www.HelpMeGrowNorthTexas.org





#### Para jovenes de 6 a 17 años

Help Me Thrive esta conectando a todas las familias con nuestros navegadores. Nosotros unimos a los cuidadores con los recursos en su comunidad, esto para satisfacer las necesidades de las familias.

El objetivo es proporcionar los mejores recursos posibles para todas las familias con jovenes de 6 a 18 años, para asi atender las necesidades de las familias y sus hijos, sin costo alguno para ellos.

Llama al 844-NTX-TEEN para conectarse

www.HelpMeThriveNorthTexas.org



#### Developmental Groups Ages 0-6

Developmental Groups were designed to focus on all areas of a child's developmental milestones. Groups target gross and fine motor, language development, cognitive and socialization skills. During each group, we demonstrate to families how to incorporate any techniques that may have been gained through the coaching and modeling approach. Our groups are targeted for children ages 0-6.

We invite you to join one of our many different groups! We hope to see you there!

Scan the QR code below to see all of our developmental groups.



#### #WoWTalk Café Ages 11-17

#WoWTalk Carés are free! It gives teens a chance to get together with their peers and talk about ways to be strong-minded, make social connections, and a chance to obtain support and resources.

Scan the QR code below to see when our nex





#### Why Register?

Registering helps us to know how many participants to expect. Some of our groups have food and childcare. We want to ensure that everyone is fed and that adequate childcare is provided.

#### **Parent Groups**

Parent Education groups were designed to focus on encouraging and empowering individuals with different parenting skills. In our Parent Education groups, we target many areas of social-emotional development, psychosocial support, and how past parenting has affected today's parenting. All groups focus on addressing different parenting styles that center around the needs of parenting. The Parent Education groups allow individuals to learn from others' experiences in a group setting.

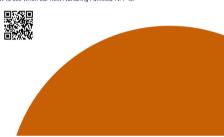
#### PARENT CAFÉ

Parent Cafés are based on the Strengthening Families Framework and the Five Protective Factors. Parent Cafés are FREE. At Cafés, participants have meaningful, guided conversations about what matters most in our families. Childcare and a warm meal is provided. Scan the Qr code below to see when our next Parent café is.



#### NURTURING FAMILIES/ NPP

Nurturing Families NPP is designed for any family member to attend. The purpose of this group is to learn strategies that can lead to building nurturing relationships with those around you. Participants will be able to connect with others about the highs and lows of raising children, gain new mindfulness strategies, and receive program incentives. Childcrae and a warm meal is provided. Scan the QR code below to see when our next Nurturing Families/ NPP is.





We provide free groups for the community ages 0-17!



#### **Questions?**

Contact Name: Natasha Todd Email: Natasha.Todd@mhmrtc.org

Contact Name: Arrenia Thomas Email: Arrenia.Thomas@mhmrtc.org





#### Grupos de Desarrollo 0 a 6 años

Los Grupos de Desarrollo fueron diseñados para enfocarse en todas las áreas de los hitos del desarrollo de un niño. Los grupos se enfocan en la motricidad gruesa y fina, el desarrollo del lenguaje, las habilidades cognitivas y de socialización. Durante cada grupo, demostramos a las familias como incorporar cualquier técnica que se haya obtenido a través del enfoque de entrenamiento y modelado. Nuestros grupas están dirigidos a niños de 0 a 6 años.

¡Te invitamos a unirte a uno de nuestros muchos grupos diferentes! ¡Esperamos verte ahí!

Escanee el código QR a continuación para ver



#### Los Café #WoWTalk 11 a 17 años





#### ¿Por qué registrarse?

El registro nos ayuda a saber cuantos participantes esperar. Algunos de nuestros grupos tienen comida y cuidado de niños. Queremos asegurarnos de que todos estén alimentados y que se brinde cuidado infantil adecuado.

#### Grupos de **Padres**

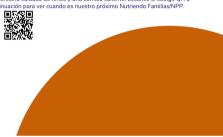
Los grupos de educación para padres se diseñaron para centrarse en alentar y empoderar a las personas con diferentes habilidades de crianza. En nuestros grupos de Educación para padres, nos enfocamos en muchas áreas de desarrollo socioemocional, apoyo psicosocial y como la paternidad pasada ha afectado la paternidad actual. Todos los grupos se enfocan en abordar diferentes estilos de crianza que se centran en las necesidades de la crianza. Los grupos de educación para padres permiten que las personas aprendan de las experiencias de otros en un entorno grupal.

LATE DE PAUNES

Los Cafés de Padres se basan en el Marco de Fortalecimiento de las Familias y los Cinco Factores de Protección. Los cafés para Padres son GRATIS. En los cafés, los participantes tienen conversaciones guidads significativas sobre lo que mas importa en nuestras familias. Se proporciona cuidado de niños y una comida caliente. Escanee el código QR a continuación para ver cuando es nuestro próximo café para padres. 

#### NUTRIENDO FAMILIAS/NPP

Nutriendo Familias NPP está diseñado para que asista cualquier miembro de la familia. El propósito de este grupo es aprender estrategias que pueden conducir a construir relaciones enriquecedoras con quienes lo rodean. Los participantes podrán conectarse con otros sobre los altibajos de la cinanza de los niños, adquirir nuevas estrategias de atendión plena y recibir incentivos del programa. Se proporciona cuidado de niños y una comida caliente. Escanee el código QR a continuación para ver cuando es nuestro próximo Nutriendo Familias/NPP.





¡Ofrecemos grupos gratuitos para la comunidad de 0 a 17 años!



#### ¿Preguntas?

Nombre de Contacto: Natasha Todd Correo Electrónico: Natasha.Todd@mhmrtc.org

Nombre de Contacto: Arrenia Thomas Correo Electrónico:

Arrenia.Thomas@mhmrtc.org









#### **Currently enrolled HEB ISD students:**

Are **you** interested in learning Arabic or Chinese language?

Would **you** like to experience hands-on learning through food, music, and more?

Apply for this free 6-day summer academy offered in HEB ISD!



#### **Camp Site**

Central Junior High

3191 W Pipeline Euless TX 76040

Transportation not provided by HEB ISD

#### Camp Days

May 31 - June 1 and June 5 - June 8

9:00 am - 12:00 pm

#### Class Levels

Novice: Open to 6th - 7th graders (Fall 2023)

Intermediate: Open to 7th - 9th graders (Fall 2023)

Student Registration Form https://bit.ly/23CampCall



Teacher Recommendation Form https://bit.ly/23TeacherRec



Registration Deadline: Monday, May 8,



## 2023 SATURDAY IMUNIZATION CLINICS



The following information is on the upcoming immunization clinic dates and location
May 13, 2023 MAIN 1101 S. Main St Ft.Worth 817-920-5752

June 10, 2023 Watauga 6601 Watauga Rd Watauga 817-321-4740

July 8, 2023 Southwest 6651 Granbury Rd Ft.Worth 817-370-4530

Clinic hours: 8:00am – 2:00pm Clients will be seen on a walk-in basis until clinic reaches capacity.

#### August 14 - 19 Monday - Friday, 9 a.m. - 6 p.m. Saturday 9 a.m. - 2 p.m.

#### Ridgmar Mall - Food Court Entrance

1888 Green Oaks Blvd. Fort Worth, TX 76116

#### Southwest Public Health Center

6551 Granbury Rd. Fort Worth, TX 76133

August 21 - 26 Monday - Friday, 9 a.m. - 6 p.m. Saturday 9 a.m. - 2 p.m.

#### Ridgmar Mall - Food Court Entrance

1888 Green Oaks Blvd. Fort Worth, TX 76116

Watauga Public Health Center

6601 Watauga Rd. Suite 122 Watauga, TX 76148

#### PLEASE BRING VACCINATION RECORDS

#### Costs:

Children 0-18 years old - \$8 per shot

Adult Safety Net vaccines for those 19 years & older with no insurance - \$15 per shot

Only cash, check, CHIP or Medicaid accepted.

Credit card and debit card payments will not be accepted.

No one will be turned away for inability to pay.

If your child has private insurance that pays for needed vaccines, see your child's doctor.

For additional health questions, physicals or exams, follow up with your doctor.

Recommended immunization schedule

Questions?Text: 817-776-5574
or visit the Immunization Collaboration of Tarrant County website

## 2023 BACK TO SCHOOL VACCINATION CLINICS

Tarrant County - Home > Public Health > Clinical Services > Immunizations > Back To School Vaccination Clinics

## 2023 BACK-TO-SCHOOL IMMUNIZATIONS WILL TAKE PLACE AT THE FOLLOWING LOCATIONS:

July 31 - August 12 Monday - Friday, 9 a.m. - 6 p.m. Saturday 9 a.m. - 2 p.m.

**AISD Arlington Athletic Center \*** 

1001 E. Division St. Arlington, TX 76011

**Diamond Hill Jarvis High School** 

1411 Maydell Fort Worth, TX 76106

\* No vaccination services will be available at this location on Tuesday, Aug. 8.

August 4 9 a.m. - 1 p.m.

Back to School Round Up\*\*

5301 Campus Dr. Fort Worth, TX 76107

\*\*pre-registration required for this event.

August 5 9 a.m. - 1 p.m.

Hispanic Wellness Coalition
North Texas Wellness Fair

Forest Hill Civic & Convention Center 6901 Wichita St., Forest Hill, TX 76140

#### TROJAN CREW TRYOUTS





## TRYOUTS ARE AFTERSCHOOL MAY 11 AND 12 AT THE FIELD BEHIND THE MAC



You must fill out the google form, email kellypowe@hebisd.edu for any questions!

## Who's Next





Junior High Soccer at Trinity HS



Tryout Information



## Euless Junior High Waterbottles



ONLY

\$2

COME GET YOURS
IN THE FRONT
OFFICE





THURSDAYS 6:30 PM



1st Thursday of the month



2nd Thursday of the month



3rd Thursday of the month



4th Thursday of the month

#### HAVE QUESTIONS ABOUT A PROGRAM?

Email Miss Amber at aalvarez@eulesstx.gov

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## **EULESS LIBRARY**





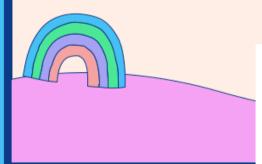
Individuals with disabilities are invited to request reasonable accommodations to participate in library classes and events, or utilize library services. To request an accommodation, contact Connie Scott, ADA Coordinator, at 817-685-1439.

## ookeed a brain breakt

Visit the EJH Library's Digital Calm Corner.

A digital space for mindfulness. Visit the website or scan the code below:

https://bit.ly/EJHCalmCorner







#### **HELPFUL LINKS**















**EJH Facebook** 

**EJH Twitter** 

**EJH Website** 

**EJH Sports & Athletics** 

**EJH Choir** 

EJH Band

**EJH Counseling** 

SEE IMPORTANT
DATES ON THE
CALENDAR
ON OUR WEBSITE

#### WANT TO INSURE YOUR CHILD'S DEVICE?

Want to sign up to be an observer on your student's Canvas account? Click here for directions how to set it up.

This will allow you to see assignment due dates, announcements, and other course content.

The Stallion Stampede is published by Marilynn Biggers, the Campus Receptionist at EJH.

If you have any questions, comments, or feedback, please email me at marilynnbiggers@hebisd.edu or call the main number at (817) 399-3820