

THE LATEST NEWS AND UPDATES FROM EULESS JUNIOR HIGH



STALLIONS

EST 1962

Eules Junior High

SPRING BREAK

March 11th-15th



Classes will resume on
Monday, March 18th



Upcoming Important Dates:

- 3/11 - 3/15
Spring Break!
- 3/20 Science DBA (7th)/
Interim (8th/9th) (Testing
Schedule)
- 3/23: HEB ISD Job Fair
- 3/26: 8th grade Soc.
Studies IA (Interim
Assessment)
- 3/27: Dell Tech Crew Club
Meetings
- 3/29: No School
- 4/1: No School

Trinity Athletics will host an informational parent meeting on Monday, March 25th for all current 8th parents who have students that anticipate competing for a Freshmen, Junior Varsity or Varsity team next year



**TRINITY
ATHLETICS**

CENTRAL JH
EULESS JH
HARWOOD JH

CURRENT

8TH GRADE PARENT MEETING

6:30 PM

MONDAY, MARCH 25TH

24-25 SCHEDULES

TRYOUTS

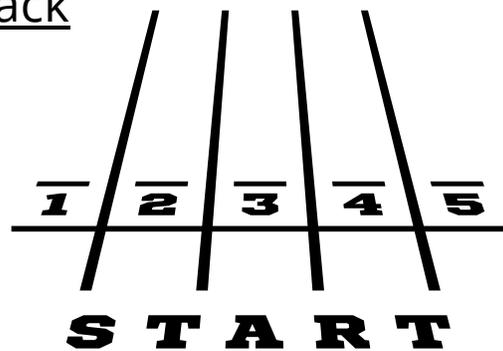
TRANSPORTATION

REQUIREMENTS

**LOCATION: TRINITY
MAIN GYM**

2024 Eules 7th & 8th Track

- Mar. 19th Quad Meet at Old Birdville Stadium 4:00pm
- Mar. 26th Quad at Old Birdville Stadium 4:00pm
- Apr. 2nd HEB Zone at Central Jr High 4:00pm
- Apr. 9th Big 12 District at Central Jr High 4:00pm



Liga HEB



- 3/13 NO MATCHES - Spring Break
- 3/20 PLAYOFFS
- 3/27 PLAYOFFS
- 4/3 **CHAMPIONS CUP FINALS** BRONZE MEDAL MATCH 5:00 PM/CHAMPIONS CUP FINAL 6:30 PM

Cheer



March 1st	Cheer application due on padlet.com/hebspirit by 4:30
March 22	<ul style="list-style-type: none"> • Current Physical Due: Turn in a current physical to Coach Rodriguez by 4:00 PM (<i>If you have one on file for athletics, email Coach IMMEDIATELY so I can verify.</i>) • Current Report Card Due: Turn in a current report card (from the December 15 grading period) by 4:00 PM
March 25-28	<p>Tryout Practices: Monday-Wednesday 3:45--4:45PM in E3</p> <p>Practice and Mock Tryouts: March 28th from 3:45-5:30</p>
March 28	<ul style="list-style-type: none"> • Tryouts: Warm-Up at 6:30PM at Harwood JH small gym; Tryouts begin at 7PM • Results: Posted at 9:00 PM at padlet.com/hebspirit
Email questions to rebekahrodriguez@hebsd.edu	



23



Yearbook is 23 yearbooks
away from hitting our
sales goal!

Support our class and secure your yearbook at
yearbookforever.com

SUBMIT AT
BIT.LY/EJH
YEARBOOK
CODE:
EJHYB2023

YEARBOOK NEEDS YOU!

WE NEED YOUR
PICTURES!

We are looking for...

- pictures of grade-level friend groups
- pictures of sports (specifically basketball, cross country, soccer, and 8th grade football)
- pictures of clubs

AND DON'T FORGET TO RESERVE A
YEARBOOK BEFORE IT'S TOO LATE AT
YEARBOOKFOREVER.COM



MARCH MADNESS CHESS CLUB TOURNAMENT



EMAIL LAURALANGWELL@HEBISD.EDU OR STOP BY ROOM D6 TO SIGN UP TO COMPETE!
THERE WILL BE PRIZES EACH WEEK FOR WINNERS!!

Join our
afterschool
clubs

Love to read True Crime Books - Join the: **TRUE CRIME LOVERS BOOK CLUB**

Dates:

Jan 16 & 23rd
Feb 6th & 20th
Mar 5th & 19th
April 9th,
May 7th & 14th



Room: E1-

Mrs. Darter

Shared fun!

It's relaxing!

Jigsaw Puzzle Club

Every THURSDAY

3:45 to 4:30

Sra. Soto's Room

E202

Exercise your mind!

It's fun and new



COME TO GAME CLUB!



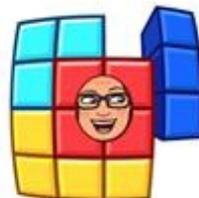
MONOPOLY

What: Play card and board games with your friends!

When: Wednesday after school from 3:40-4:30

Where: Ms. Rowlands room - D2

**Dont miss out,
come and join**



DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR

EULESS JR. HIGH STUDENT COUNCIL

33% OF EVENT SALES GET DONATED TO THE CAUSE

TUESDAY, MARCH 19TH | 4-8PM
2100 AIRPORT FWY STE 100, BEDFORD, TX, 76022

ORDER ONLINE FOR PICKUP USING CODE **2WAVT9Y**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

HAZ EL BIEN CON CHIPOTLE



RECAUDACIÓN DE FONDOS PARA

EULESS JR. HIGH STUDENT COUNCIL

33% DE LAS VENTAS DEL EVENTO SERÁN DONADAS A LA CAUSA

MARTES, MARZO 19º | 4-8PM
2100 AIRPORT FWY STE 100, BEDFORD, TX, 76022

ORDENA EN LÍNEA PARA RECOGER USANDO EL CÓDIGO **2WAVT9Y**
O MUESTRA ESTE VOLANTE EN EL RESTAURANTE



Para que las órdenes en línea se tengan en cuenta para el evento de recaudación de fondos, deberán ser del mismo lugar del evento y realizarse durante las horas del mismo. Las órdenes con servicio de entrega y las realizadas con una tarjeta de regalo no cuentan para el evento. Se requiere un mínimo de \$150 dólares de ventas para recibir cualquier donación.

1ST ANNUAL

CLOTHES CLOSET

GOLF

CLASSIC CHARITY EVENT

Contest prizes:

\$10,000

Phantom X Putter

Yeti Hard Cooler

Apple iPad 128GB

MONDAY

APRIL 8TH, 2024

BEAR CREEK GOLF CLUB

3500 BEAR CREEK CT,
DALLAS, TX 75261



<https://clothes-closet-1st-annual-golf-classic.perfectgolfevent.com/>



BOBBY BRAGAN



YOUTH FOUNDATION

WHO?

8th graders

* Charlotte Machen *

* Aahil Ajani *

WHAT?

Selected as Euless JH's finalists for
the Bobby Bragan Essay contest

WHY?

Outstanding character, academics
and essay writing

CONGRATULATIONS!!!

WHEN?

Winners
to be
announced
March 2024



CHANCE TO
EARN \$2500
FOR COLLEGE



Competing
against
300+ area
students
from over
150 schools

Reminder on deliveries:

The school will not accept the delivery of flowers, arrangements, candy, balloons or food service delivery to students.
any food deliveries must come from their own parent/guardian



7:45 am - 4 pm

CELL PHONE PICK UP

The office is open for cell phone pickup between the hours of 7:45 am and 4 pm. Students can pick up their own devices the first time it is taken up at school, but on the second offense and every time after, parents/guardians are required to pick them up.



Taking care of yourself (self-care) is key to feeling good and tackling family demands. So how do you stay energized? Here are two great tips from the article, "Why Self-Care :

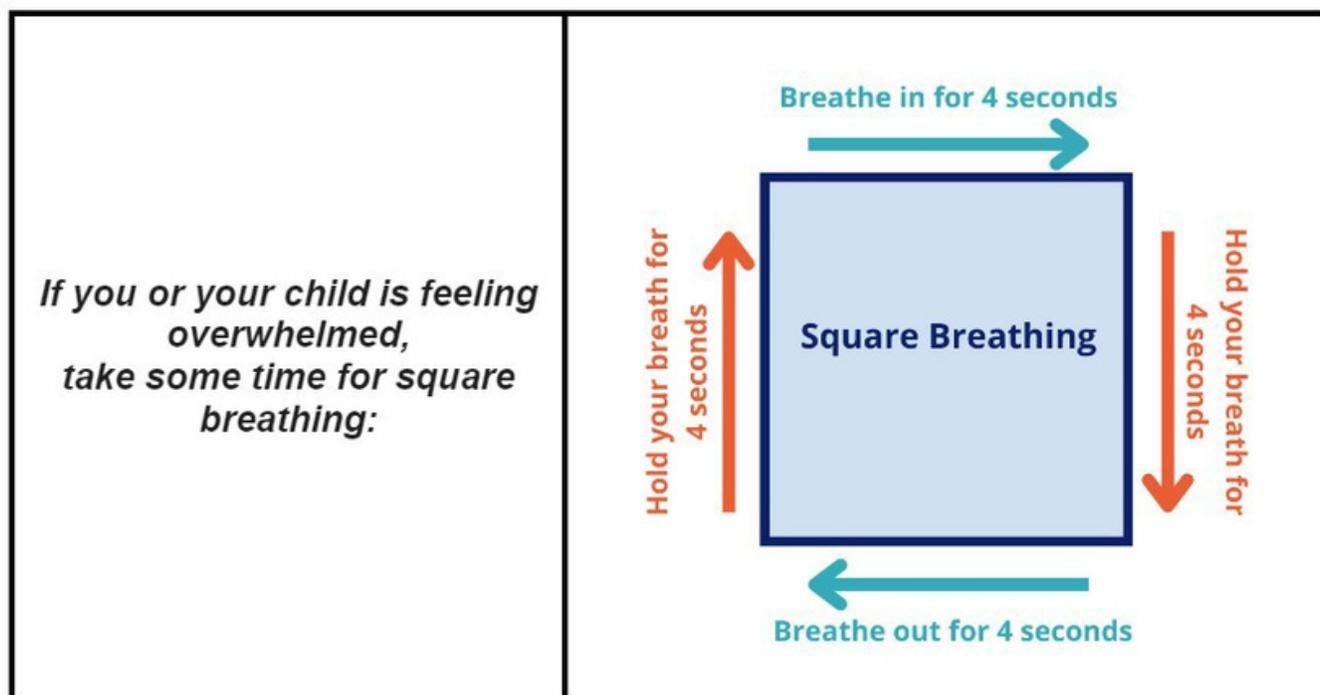


Taking care of yourself (self-care) is key to feeling good and tackling family demands. So how do you stay energized? Here are two great tips from the article, "Why Self-Care?" :

Eat healthy: Think fruits, veggies, grains, and low-fat dairy. Add in protein from seafood, lean meats, eggs, beans, nuts, and seeds for extra power.

Move your body: Regular walks and stretches will keep your energy levels up and you feeling great.

By fueling your body with good food and getting active, you'll be able to have more energy for both your family and yourself.



SOCIAL EMOTIONAL WELLNESS

February 2024
Created by:
HEBISO's Crisis Intervention &
Prevention Team

The team addresses mental health concerns to create a positive school environment for all students. You can submit a referral to our team by clicking [HERE](#)

DRUGS & ALCOHOL USE AMONG TEENAGERS IN TEXAS

- 177,000 OR 7.07% OF 12 TO 17 YEAR-OLDS REPORT USING DRUGS IN THE LAST MONTH.
- AMONG THEM, 83.62% REPORT USING MARIJUANA IN THE LAST MONTH.
- 10.82% OF ALL 12 TO 17 YEAR-OLDS REPORT USING MARIJUANA IN THE LAST YEAR.

TREATMENT RESOURCES

Recovery Resource Council

MHMR of Tarrant County

Children's Health Teen Recovery Program

Fort Behavioral Health

Grace Counseling Addiction Treatment

Living Healthy (Lena Pope)

click on the name of agency to be redirect to website

SIGNS OF ADDICTION

- STAYING OUT LATE
- CHANGE IN SOCIAL CIRCLES
- CHANGES IN SLEEP SCHEDULE
- SECRETIVE OR WITHDRAWN BEHAVIOR
- CHANGES IN HYGIENE OR GROOMING HABITS
- UNEXPLAINED WEIGHT CHANGE
- UNUSUALLY LARGE OR SMALL PUPILS
- HEALTH CHANGES (FEELING SICK AFTER STAYING OUT LATE)
- SUDDEN REDUCTION IN ABILITY TO MEET SCHOOL RESPONSIBILITIES
- BLOODSHOT EYES
- DRUG PARAPHERNALIA
- SEVERE MOOD SWINGS
- ANXIETY AND PARANOIA
- DECREASE IN ABILITY TO FOCUS
- FREQUENT UNEXPLAINED LETHARGY
- INCREASED AGGRESSION
- LOSS OF INTEREST IN HOBBIES OR EXTRACURRICULAR ACTIVITIES
- UNEXPLAINED AGITATION OR INCREASE IN ENERGY FOLLOWED BY A CRASH





AGE APPROPRIATE CONVERSATIONS ABOUT ALCOHOL & OTHER DRUGS

TIPS FOR TALKING TO PRESCHOOLERS:

Reinforce proper use of over the counter medications only from trusted adults like parents and caregivers. The early attitudes your children form help them make healthy decisions when they are older. Talk to them often and listen to what they say.

TIPS FOR TALKING TO ELEMENTARY SCHOOL STUDENTS:

Children this age are anxious to learn. You can talk to them about the consequences of using substances, such as how it can lead to misuse and a substance use disorder. You can continue to teach and encourage good choices around healthy living.

TIPS FOR TALKING TO MIDDLE SCHOOL STUDENTS:

If you began talking with your children about drugs and alcohol at a young age, they know how you feel and they have information. If you did not start earlier, this is a great time to begin. Your child may already be experiencing stressors that can lead to substance use.

Learn more at:
[A Parent's Guide to Substance Use Prevention](#)

12 THINGS PARENTS CAN DO TO PREVENT ADDICTION

1. Talk Early and Talk Often
 - a. This isn't a one-time chat, but an ongoing dialogue that will change over time.
2. Support Healthy Activities
 - a. Two key factors to reduce the risk of kids developing addictions are "healthy attachment" and "prosocial engagement".
3. Set Clear Expectations of No Use
4. Practice Refusal Skills
 - a. Practice responses with your kids that can help manage difficult social situations.
5. Establish Clear Consequences
 - a. Be clear, consistent and specific about what the immediate consequences of substance use are in your family.
6. It's Not Your Job to Be Cool
7. Do Not Provide Alcohol or Drugs to Your Teen
8. Pay Close Attention
9. Carve out Family Time
10. Prioritize Sleep
11. Help Your Teen with an Escape Plan
 - a. Start a conversation with your teen about peer pressure and difficult scenarios. Build together an escape plan, a secret code that they can text a parent or caregiver to be immediately picked up by an adult and exit the situation
12. Intervene Early

EXAMPLES OF REFUSAL SKILLS

Practice key messaging that your kids can use in risky situations. For example, a conversation with your kids about how to respond to offers from peers or others to drink or use drugs with specific responses can help prepare adolescents. Responses such as, "No thanks, I have a game," or "Nope, but I'll take a water," can help them manage difficult social situations. Even let them blame you. "My parents are strict, we've got to be really healthy."

Refusal Skills by Category

Category	Example
Simple	No, thanks.
Declarative	No, I don't drink. No, I don't do drugs.
Excuses	No, I'm the designated driver. No, I could get suspended from the team. Not tonight, I have a big game. No, my parents are strict. No, my parents drug test me. No, my coach is strict about that stuff.
Alternatives	No, but can I grab a water? No, but let's (insert alternative activity).
Reversal	No, why are you messing with that crap? No, I thought we were friends?

IMMUNIZATIONS

HOURS & LOCATIONS

Appointments are preferred. Walk-ins accepted, until capacity is met.

LOCATIONS

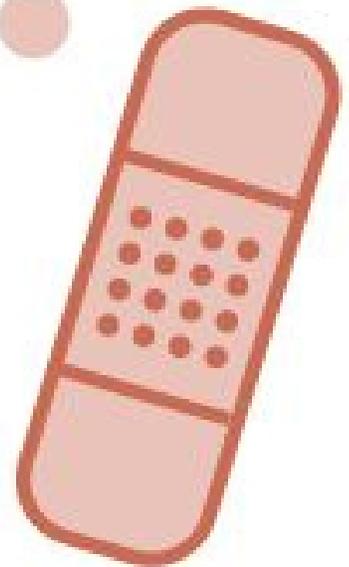
- TCPH - Arlington - Cooper Street
2920 S. Cooper St., Arlington, TX 76015
- TCPH - Lake Worth
3800 Adam Grubb Road, Lake Worth TX 76135
- TCPH - Fort Worth - Granbury Road
6551 Granbury Road, Fort Worth, TX 76133
- TCPH - Fort Worth - Main Campus
1101 S. Main St., Fort Worth, TX 76104
- TCPH - Fort Worth - Miller Avenue
3212 Miller Ave., Fort Worth, TX 76119
- TCPH - Watauga
6601 Watauga Road, Watauga, TX 76148

DATES & TIME

Monday - Friday
8 a.m. - Noon & 1 p.m. - 5 p.m.

APPOINTMENTS

Tarrant County Public Health Call Center
817-248-6299



IT'S TIME TO APPLY ONLINE!

USE OUR ONLINE SYSTEM TO APPLY FOR YOUR FREE & REDUCED MEAL BENEFITS INSTEAD OF THE OLD PAPER APPLICATION!



NOTE: IF YOU RECEIVED A DIRECT CERTIFICATION LETTER YOU *DO NOT* NEED TO APPLY FOR YOUR STUDENT TO RECEIVE THEIR MEAL BENEFITS

APPLY ONLINE AT: WWW.SCHOOLLUNCHAPP.COM

WANT TO INSURE YOUR CHILD'S DEVICE?

[Click here to check your student's grades in Home Access Center](#)



Did you know you can sign up as an observer on your student's Canvas pages to see assignment due dates, announcements, and other course content?

HELPFUL LINKS



EJH Facebook



EJH Website



EJH Sports & Athletics



EJH Choir



EJH Band



EJH Counseling

The Stallion Stampede is published by Mrs. Guadamuz the Campus Receptionist at EJH.

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