

Weekly Stamped Newsletter

EULESS JUNIOR HIGH

Week of August 19--23



STALLIONS

EST 1962

Eules Junior High

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[SEPTEMBER IS NATIONAL SUICIDE AWARENESS AND PREVENTION MONTH.](#)

Next week, Eules Junior High will educate scholars on suicide awareness and prevention and will allow students to participate in dress up days and activities. This year's theme is, "Changing the Narrative on Suicide-Start the Conversation," focusing on shifting the perception of suicide from one of stigma and silence to one of understanding and support. Please see attachments. Thanks for your support!



NATIONAL
SUICIDE
PREVENTION
MONTH
SEPTEMBER

SOCIAL EMOTIONAL WELLNESS

CRISIS INTERVENTION PREVENTION TEAM
SEPTEMBER 2024

CURIOUS QUESTIONS

THE 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](#)

What goes through your mind the most these days?

What makes you really happy?

Can you tell me about a time with our family that really sticks out in your mind?

Is there anything you've been wondering about lately? Big or small?

Is there anything that worries you or makes you feel stressed?

When we're together what do you think about the most?

SUICIDE WARNING SIGNS

- Talking about wanting to die
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Extreme mood swings
- Giving away belongings

HOW CAN YOU HELP?

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings.
- Be non-judgmental.
- Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Take action. Remove means, like weapons or pills.
- Get help from people or agencies specializing in crisis intervention and suicide prevention.
- Offer hope that alternatives are available but do not offer glib reassurance.

GET HELP NOW



In crisis?
Text HELLO
to 741741.



EMERGENCY ASSESSMENTS

If someone you know is struggling with suicidal thoughts they can receive a suicidal risk assessment at any of the following locations:

Cook Children's Behavioral Health

(Ages 3-17)
801 7th Ave Fort Worth, TX
(682) 885-3917

Mesa Springs Hospital (Ages 6 & Up thru Adult)

Ft Worth (Timberland) Office: (682) 345-0425
Ft. Worth (Camp Bowie) Office: (682) 593-6001
Arlington Office: (682) 273-4194

Texas Health Behavioral Health Center Arlington

(Ages 13 & Up thru Adult)
800 W Randol Mill Rd. Arlington, TX 76012
(682) 549-7916

JPS - Trinity Springs (Ages 13-17 & 18 Up)

1500 S. Main St. Fort Worth, TX 76104
(817) 702-3636

Millwood Hospital (6 & Up)

1011 North Cooper Street Arlington, TX 76011
(817) 859-7074

or your local hospital Emergency Room

RISK FACTORS

People of all genders, ages, and ethnicities can be at risk. Suicidal behavior is complex, and there is no single cause. The main risk factors for suicide are:

- Depression, other mental disorders, or substance use disorder
- Chronic pain
- Personal history of suicide attempts
- Family history of a mental disorder or substance use
- Family history of suicide
- Exposure to family violence, including physical or sexual abuse
- Presence of guns or other firearms in the home

Direct or indirect exposure to others' suicidal behavior—such as that of family members, peers, or celebrities—can increase risk for people with suicidal thoughts.

SAFETY PLANS

A safety plan is something mental health professionals use when a child or adolescent says or does something that suggests they are at risk of doing something harmful. It's usually triggered by talk of suicidal feelings, but it could also be thoughts of self-injury or harming someone else.

The safety plan is a series of steps the child or teen agrees to take to cope with their feelings without doing something harmful. It usually involves things they can do to calm down, distract themselves from painful feelings, and reach out for support. And it involves things both the teen and their parents will do to make their environment safer, by removing things they could use to hurt themselves.



Prioritizing Mental Health



Understanding Suicidal Ideation



Misconceptions of Suicide

Suicide

Awareness

Week Schedule

SEPTEMBER 9TH - SEPTEMBER 13TH

CHANGE THE NARRATIVE ON SUICIDE



WEAR PURPLE AND TEAL, THE COLORS OF
SUICIDE PREVENTION AND AWARENESS MONTH



LIVE LIFE WILD AND FREE!

WEAR SAFARI OR ANIMAL PRINT



UNITED WE SHINE!

WEAR YOUR ALL-AMERICAN GEAR
OR RED, WHITE, AND BLUE



YOU'RE A WORK OF ART!

WEAR TIE-DYE OR RAINBOW COLORS



SUPPORT AND SMILE, IT MAKES LIFE WORTHWHILE!

WEAR A WHITE SHIRT AND BRING A MARKER
TO SCHOOL. WRITE ENCOURAGING NOTES ON
EACH OTHER'S SHIRTS.

FOOD DRIVE

It is once again time for our annual Black and Blue Food Drive. Items will be accepted during their advisory class. Monetary donations can be given as well in the upper office.

To give online click this link, and enter your information, select Black and Blue Food Drive from the drop down menu, and include your school name in the comments section so that our school gets the credit.

You can print out the receipt and leave at the front desk in the upper office. You can also donate in cash. Happy Can Counting!!!

stones
BLACK & BLUE SHOWDOWN

MONETARY DONATIONS COUNT DOUBLE!
SEPTEMBER 9 - OCTOBER 4

SUPPORT YOUR COMMUNITY & HELP YOUR SCHOOL WIN \$1,000

BRING FOOD DONATIONS TO YOUR SCHOOL SEPTEMBER 9 - 27 | WINNING SCHOOLS PRESENTATION AT BELL VS TRINITY GAME ON NOVEMBER 7

6STONES.ORG/BLACK-BLUE | 817.868.7400

SPONSORED BY: Frost, Spring Creek Barbeque, Kona Ice

QR CODE | DONATE NOW!

stones
a Catalyst of Hope.

AWARDS

A \$1,000 award is given to the high school, junior high & elementary school that brings the most food. The overall winning "side" will also receive an additional \$1,000!

SUGGESTED FOOD ITEMS

Canned Meats* (Tuna, Chicken, Spam)	Crackers	Cranberry Sauce
Canned Fruit	Chili	Hamburger Helper
Canned Vegetables	Cereal	Mac & Cheese
Spaghetti	Rice	Dried Pinto Beans
Tomatoes (Canned or Sauce)	Pancake Mix	Jelly* (No Glass)
Peanut Butter*	Pancake Syrup	Canned Pasta*
Oatmeal	Canned Chicken Broth	
	Canned Soups	

*These items count double for your school!

WHO YOUR DONATION HELPS

stones
new hope center

Providing emergency assistance with food, clothing, and other resources to families in HEB. 6STONES.ORG/NEWHOPE

Would your business or organization like to hold a food drive to donate to Trinity or Bell? Please contact rhoenich@6stones.org for information.

6STONES.ORG | 817.868.7400

f o in

AFTER school Club

Has already started



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



Starting September 5th

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 rewarding!

COME JOIN
CHEER CLUB

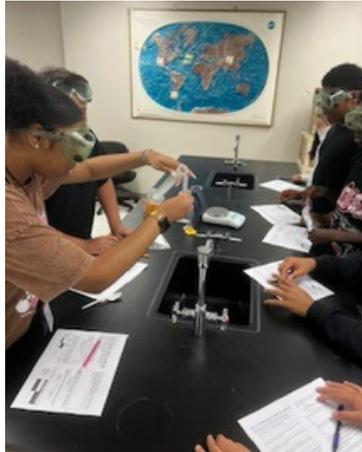
Learn skills and cheers!
Open to all grades!

SEPTEMBER 18
7AM IN THE SMALL GYM

Questions? Email
rebekahrodriguez@hebisd.edu

Amazing things happening at EJH in our classrooms and after school clubs

"Science in Action" Mr. Ketcham's scientists are discovering the Law of Conservation of Mass through lab investigations



First Jigsaw Puzzle Club meeting 09/05/24 - Every Thursday, come to Senora Soto's Class after school



Ms. Melton's Class - Principles of Human Services students decorated their affirmation bags



**TEAM
PTA**

*HEB ISD Council of PTAs
has a BIG membership goal to advocate for
EVERY child*

**Will you
join us?**

JOINPTA.ORG



WHY SHOULD YOU JOIN PTA?

ENHANCE YOUR CHILD'S EDUCATION

Contribute to improve the learning environment and educational opportunities for students.

SUPPORT TEACHERS AND STAFF

Help provide resources, recognize their efforts, and create a more supportive school community.

STAY INFORMED

Gain insights into school activities, challenges, and achievements through regular updates and meetings.

ADVOCACY

Give a voice in advocating for improvements in school funding, curriculum, and educational standards.



Would you like to join multiple PTA in HEB?

<https://tinyurl.com/2425PTABTF>

joinpta

Daily Schedule

REGULAR BELL SCHEDULE

1st Period 8:20-9:13

2nd Period 9:17-10:10

3rd Period 10:14-11:07

- **Students with 1st (A) Lunch:**
Lunch 11:11- 11:38
4th 11:42-12:40
5th 12:44-1:41
- **Students with 2nd (B) Lunch:**
4th 11:11-11:38
Lunch: 11:42-12:09
4th 12:13-12:40
5th 12:44-1:41
- **Students with 3rd (C)Lunch:**
4th 11:11-12:09
Lunch: 12:13-12:40
5th 12:44-1:41
- **Students with 4th (D) Lunch:**
4th 11:11-12:09
5th 12:13-12:40
Lunch: 12:44-1:11
5th 1:15-1:41

6th Period 1:45-2:38

7th Period 2:42-3:35



ANNOUNCEMENTS

Eules Jr. High

STUDENT COUNCIL FALL SCHEDULE

The following are general Student Council meeting dates.
Other activity dates will be announced during meetings

Meetings Times - 7:45am-8am or 3:40pm-4pm

9/3 September Meeting - POP into STUCO

10/1 October Meeting - Spooky and Sweet

11/5 November Meeting- Thankful for YOU

12/3 December Meeting- Winter Wonderland



Remind Code: @76f8h8

ADVISOR: MS.MELTON ALLISONMELTON@HEBISD.EDU ROOM # - F2



COLLEGE & CAREER FAIR

2024

Where Your Future Begins!



FREE
EVENT

OPEN TO ALL
STUDENTS

MONDAY
SEPTEMBER 16TH

Hurst Conference Center
6:00 p.m.-8:00 p.m.

Representatives from colleges, universities,
technical schools, businesses and the military
will be there.

REGISTER HERE:

bit.ly/HEBcollegefairbarcode

- CREATE ACCOUNT
- CHOOSE REGION: DALLAS II
- SELECT HURST EULESS BEDFORD
ISD COLLEGE FAIR

Free financial aid
seminars at 6:15 p.m. and
7:15 p.m.



HURST-EULESS-BEDFORD ISD BAND BASH

SEPTEMBER 25TH, 2024
7:00 PM
PENNINGTON FIELD





Tutoring Available (Varies per Teacher)

Subject	7th Grade Tutorials				
	Monday	Tuesday	Wednesday	Thursday	Friday
ELA	Schedule w/Teacher as needed				
	Schedule w/Teacher as needed				
Math					
	3:35-4:15 Rooms D6,D8,or D9				
Science	Schedule w/ Teacher as needed				
	Schedule w/ Teacher as needed				
Texas History	Schedule w/Teacher as needed				
	Schedule w/Teacher as needed				

Subject	8th Grade Tutorials				
	Monday	Tuesday	Wednesday	Thursday	Friday
ELA	S. Lardge 3:45-4:15	S. Lardge 3:45-4:15	J. Johnson 3:45-4:15	C. Lawless 3:45-4:15	No Tutoring Today
Math				B. Peeler - AM/PM as needed	
US History	No Morning Tutorials	Schneider - 7:45 to 8:05 by appointment			
	Reilly/Ramon PM by appointment	Reilly/Ramon PM by appointment	Reilly/Ramon PM by appointment	Reilly/Ramon PM by appointment	Reilly/Ramon PM by appointment
Science	Ketcham - AM / PM As Needed	Ketcham - AM / PM As Needed	Ketcham - AM / PM As Needed	Ketcham - AM / PM As Needed	Ketcham - AM / PM As Needed

Subject	9th Grade Tutorials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Algebra	Schedule with Watson as needed A8	Murphy PM by Appointment	Murphy PM by Appointment	Murphy PM by Appointment	Schedule with Watson as needed A8
Biology					
English	7:45 to 8:05 by appointment	7:45 to 8:05 by appointment	7:45 to 8:05 by appointment	7:45 to 8:05 by appointment	7:45 to 8:05 by appointment
	Schedule w/Teacher as needed	Schedule w/Teacher as needed	Schedule w/Teacher as needed	Schedule w/Teacher as needed	Schedule w/Teacher as needed
World Geography	Hollowell: 3:45 - 4:15 PM	Hollowell: 3:45 - 4:15 PM	Hollowell: 3:45 - 4:15 PM	Hollowell: 3:45 - 4:15 PM	Hollowell: 3:45 - 4:15 PM
	Weiss: 3:45 - 4:15 PM	Weiss: 3:45 - 4:15 PM	Weiss: 3:45 - 4:15 PM	Weiss: 3:45 - 4:15 PM	Weiss: 3:45 - 4:15 PM

ATHLETIC EVENTS

You can also find more information on our link below

[Eules Girls Athletics Website](#)

Eules 7th Grade Girls Volleyball 2024-2025

DAY	DATE	OPPONENT	PLACE	B Team Time	A Team Time
THURSDAY	8/29	Smithfield MS	Smithfield MS	5	6:15
THURSDAY	9/5	Central JH	Central JH	5	6:15
THURSDAY	9/12	North Ridge MS	Eules	5	6:15
THURSDAY	9/19	Hurst JH	Eules	5	6:15
THURSDAY	9/26	Richland MS	Eules	5	6:15
FRI-SAT	9/27-28	7B Team Tournament	Eules	TBA	
THURSDAY	10/3	Harwood JH	Harwood	5	6:15
FRI-SAT	10/4-5	7A Team Tournament	Richland MS		TBA
THURSDAY	10/10	North Richland MS	Eules	5	6:15
THURSDAY	10/17	Bedford JH	Bedford	5	6:15
MONDAY	10/21	Haltom MS	Haltom MS	5	6:15
FRI-SAT	10/25-26	Big 12 Tournament	TBA		TBA
Coach Mwamba		makaylamwamba@hebisd.edu		Courtney Lamkin(Tice)	Girls Coordinator
				817-399-3840 Ext. 6741	courtneytice@hebisd.edu



8th Grade Volleyball Schedule 2024

<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Thurs. Aug. 29	Smithfield MS	Eules JH	B-5:00pm/A-6:15pm
Thurs. Sept. 5	Central JH N.	Eules JH N.	B-5:00pm/A-6:15pm
Thurs. Sept. 12	Ridge Hurst JH	Ridge MS	B-5:00pm/A-6:15pm
Thurs. Sept. 19	Richland MS B-	Hurst JH	B-5:00pm/A-6:15pm
Thurs. Sept. 26	Team Tourney	Richland MS	B-5:00pm/A-6:15pm
Fri.&Sat. Sept. 27-28 Thurs.	Harwood JH "A" Team Tourney	Hurst JH Eules JH	TBA B-5:00pm/A-6:15pm
Oct. 3 Fri-Sat.	N. Richland MS	Haltom MS N.	TBA
Oct. 4-5 Thurs.	Bedford JH	Richland MS	B-5:00pm/6:15pm
Oct. 10 Thurs.	Haltom MS "A"	Eules JH	B-5:00pm/A-6:15pm
Oct. 17 Mon. Oct. 21 Fri.-Sat. Oct. 25-26	Team Big 12 District Tourney	Eules JH TBA	B-5:00pm/A-6:15pm TBA

Coach Lamkin courtneytice@hebisd.edu

Phone number: 817-399-3840 ext. 6741



Eules 7th Grade National 1/2 Football 2024

<u>Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Time</u>
Sept. 4 th (WED)	@Central	LD Bell HS	6:00/7:15
Sept. 9 th	North Ridge	Trinity HS	6:00/7:15
Sept. 16 th	Hurst	Trinity HS	6:00/7:15
Sept. 23 rd	Richland	Trinity HS	6:00/7:15
Sept. 30 th	@Harwood	Pennington	5:00/6:15
Oct. 7 th	North Richland	Pennington	5:00/6:15
Oct. 16 th (WED)	@Bedford	Pennington	5:00/6:15
Oct. 21 st	@Haltom MS	Haltom HS	5:15/6:30
Oct. 28 th	@Smithfield	Birdville HS	5:15/6:30

Coach Grant
Coach Kirk
Coach Brown

National 1 game will be played first

Eules 8th Grade Football 2024

<u>Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Trinity</u>	<u>Time</u>
Sept. 3 rd	Central	HS Richland		A-6:00/B-7:15
Sept. 10 th	@North Ridge	HS Hurst	JH	A-5:15/B-6:30
Sept. 17 th	@Hurst	Birdville Stadium		A-4:30/B-5:45
Sept. 24 th	@Richland	Pennington		A-5:15/B-6:30
Oct. 1 st	Harwood	Richland HS		A-5:00/B-6:15
Oct. 8 th	@North Richland	Trinity HS		A-5:15/B-6:30
Oct. 15 th	Bedford	Pennington		A-6:00/B-7:15
Oct 22 nd	Haltom	TBA		A-5:00/B-6:15
Oct 29 th	Playoffs			TBA

Coaches: Coach Reynolds

Coach Grant
Coach Brown
Coach Kirk

Personal Electronic Device Policy

Public / Student-Facing Policy

Personal Electronic Device (PED) use is permitted before 8:05 am, during lunches (with permission), and after 3:35 pm.

Any student found to be using a PED at an unauthorized time or place is subject to having that device taken up.

Refusal to turn in a device when prompted will result in an immediate office referral and In-School Suspension being assigned.

What is a Personal Electronic Device?

Cell Phones

Earbuds

Headphones

iPads/Tablets

Video Game Devices

Smart Watches



Nurse's Corner



HEALTH CARE THINGS TO KNOW

General Information

*Students should not call or text parents to pick them up for illness.
The procedure is to go through the clinic for evaluation.
Parents will then be called when necessary.*

MEDICATION

- All medication (prescription and non-prescription) given at school requires a Request for Administration of Medication signed by a parent and physician. Information to be included is student's name, name of medication, dosage, time and route of administration. Form may be downloaded and printed from the [EJH Nurse website](#).
- All medication must be in a properly labeled prescription container. Nonprescription medication must be in an original container.
- Temporary prescription medications (to be given at school for less than 10 days) may be given with a parent signed Request to Administer medication and the medication in a labeled medication bottle or discharge instructions from the prescribing physician.
- Inhalers and Epinephrine delivery systems may be carried by the student, especially in athletics, but documentation as described above is required.
- Students **MAY NOT** bring medication to school for self administration. ALL medication is to be brought to the EJH Clinic with appropriate documentation to be administered by the nurse. No medication will be returned to a student. This includes OTC medication and cough drops.

Attendance / Report an Absence

If your child is absent, please call the EJH attendance secretary at 817-399-3822 to report the absence. If you leave a voicemail message, please include this information:

- Your child's name, grade, and ID
- The reason of the absence
- Your Name/Phone Number

It is a parent's responsibility to report the student's absence **within 72 hours**. If the absence is not reported within the time specified, it will be considered an unexcused absence regardless of the reason for the absence.

If your child has been absent more than 10% of the school days enrolled, then a doctor's note will be required for each absence recorded.

Tardy / Late to school

The Tardy bell rings at 8:20 AM. A student is considered tardy if he/she is not in their classroom and ready to learn when the bell rings to begin each class period. Excessive tardiness will result in a Truancy notice.

Doctor's Notes

When your child visits the doctor, dentist, or any other health professional during the school day, make sure to get a signed note from their office stating the appointment date and time. A copy of the note should be turned in to the office as soon as your child returns to school. If it is requested that your child remain out of school for an extended period of time, those exact dates must be noted on the excuse. You may also email doctor's notes to rebeccaarnold@hebisd.edu

Verification of Enrollment (VOE) Forms

If your student is getting a driver's permit or license, they will need to have a VOE form issued by the school. To request one, contact Mrs. Arnold either in person, by phone at (817) 399-3822, or by email at rebeccaarnold@hebisd.edu and please give at least 24 hours notice. Students will be able to come before or after school to the attendance office to retrieve and sign their VOE form. The student will need to be in compliance with the Texas education code #25.092 and have more than 90% of attendance to be able to get this document. Please note that this form is only valid for 30 days. The document will be valid throughout the summer if it is issued in the last week of school.



CHILD NUTRITION
SERVICES (CNS)

IT'S TIME TO APPLY ONLINE!

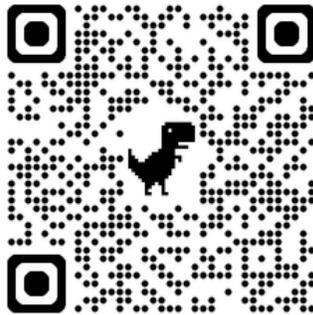
USE OUR ONLINE SYSTEM TO APPLY FOR YOUR FREE & REDUCED MEAL BENEFITS INSTEAD OF THE OLD PAPER APPLICATION!



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

QR Code for Lunch



WANT TO INSURE YOUR CHILD'S DEVICE?

[Lunch Menu](#)

[2024-2025 School Calendar](#)