

# Weekly Stampede Newsletter

EULESS JUNIOR HIGH

Week of November 18th-- November 22nd



# STALLIONS

EST 1962

## Euless Junior High

### Upcoming Calendar of Events

- 11/22 Progress Reports in HAC
- 12/2 Classes Resume
- 12/3 Student Council - Winter Wonderland 3:45-5pm
- 12/4 Interim Assessment - Math/Algebra 7th-9th  
\*Campus closed for visitors\*
- 12/5 Winter Choir \*All Choir Student\* at Trinity HS  
7:00 – 8:30pm
- 12/6 Staff vs Student Volleyball Game @2:45pm
- 12/11 Winter Band Concert 6pm -7:30pm at Trinity HS
- 12/12 Spelling Bee 3:45pm - 4:45pm
- 12/17 Solo & Ensemble in Class \*Selected Students
- 12/18 Solo & Ensemble in EJH Lib. \*JH Varsity Choir\*
- 12/17 Gymnastics Meet 6pm-7:30pm @FEW
- 12/18 Harmony Winter Tour 11:00am - 1:00pm
- 12/20 Early Dismissal 12:30pm
- 12/23- 1/6 Winter Break

### Upcoming Games for athletics.

- 12/3 7th Girls Bball vs Smithfield M at EJH B Team: 5pm/ A Team:6:15pm
- 12/4 7th Boys Bball vs Smithfield MS at Smithfield MS B Team: 5pm/ A Team:6:15pm
- 12/5 8th Boys Bball vs Smithfield MS at EJH B Team: 5pm/ A Team:6:15pm
- 12/5 8th Girls Bball vs. Smithfield MS at Smithfield MS B Team: 5pm/ A Team:6:15pm
- 12/9 7th Boys Basketball vs Central JH at Central B Team: 5pm/ A Team:6:15pm
- 12/9 7th Girls Basketball vs Central JH at EJH B Team: 5pm/ A Team:6:15pm
- 12/10 Big 12 MEET at Meadow Park Athletic Complex 4pm-6pm
- 12/12 8th Girls Basketball vs. Central JH at Central B Team: 5pm/ A Team:6:15pm
- 12/12 8th Boys Basketball vs Central JH at EJH B Team: 5pm/ A Team:6:15pm
- 12/13-12/14 7th B Team Boys Team Tournament TBA
- 12/13-12/14 7th B Team Girls Tournament TBA

## November Headlines

Thank you to Chris B from Horace Mann for giving the Donors Choose Horace Mann to Ms. Plater





# ANNOUNCEMENTS



## FAMILIAS SALUDABLES

### Feria de Salud

Sábado, Nov. 23

¡NO TE LO PIERDAS!

VACUNAS Y SERVICIOS DE SALUD GRATIS

Regístrate con el código QR para participar en sorteo y ganar docenas de premios. ¡Debes asistir para ganar!

Tarrant County College - Trinity River Campus

300 Trinity Campus Cir,

Fort Worth, TX

11 a.m. to 2 p.m.



Escanee para nuestra rifa!



## HEALTHY FAMILIES

### Health Fair

Saturday, Nov. 23

DON'T MISS OUT!

VACCINES AND OTHER FREE HEALTH SERVICES.

Sign up for a chance to win amazing prizes!

Enter raffle by using QR code—you must be present to claim prize!

Tarrant County College - Trinity River Campus

300 Trinity Campus Cir,

Fort Worth, TX

11 a.m. to 2 p.m.



Scan to join our raffle!

REMINDER

# THANKS GIVING BREAK

NEXT WEEK

MON. 11/25 – FRI 11/29

CLASSES RESUME DEC. 2ND

TRINITY TROJANS

# ROUND 2

VS MIDLAND LEGACY | 11/23 | 2:00 PM | MIDLAND, TEXAS



10 - 1



6 - 5

PURCHASE  
TICKETS  
HERE



STUDENTS \$3  
ADULTS \$8  
AT THE GATE \$10

[WWW.MIDLANDISD.NET/TICKETS](http://WWW.MIDLANDISD.NET/TICKETS)

2-6A PASSES  
4-6A PASSES  
THSCA PASSES





# ANNOUNCEMENTS

## REMINDER Wednesday 12/4 MATH/ALGEBRA TESTING Grades 7-9



Make sure you arrive on time



Ensure to have a good breakfast



Please have your chrome books 100% charged and bring your charger



Get a good night rest



Students may bring to their testing room a snack of pretzels or crackers, and a bottle of water.

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

## Will you join us?

[JOINPTA.ORG](http://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>

HEB ISD LIBRARIANS  
PRESENT

## FALL INTO READING

CODE:  
HEBFALL

READ 300 MINUTES AND GET A DISTRICT PRIZE!  
DOUBLE IT AND GET A MYSTERY PRIZE!

[HTTPS://HURSTEULESSBEDFORD.BEANSTACK.ORG/READER365](https://HURSTEULESSBEDFORD.BEANSTACK.ORG/READER365)

USE BEANSTACK APP TO TRACK YOUR MINUTES!

October 7 - December 19

## Camp Connect

Architecture and Construction  
Arts, Audio/Video Technology  
Business, Marketing & Finance  
Education & Training  
Health Science  
Hospitality and Tourism  
Human Services  
Information Technology  
Law and Public Service  
Manufacturing  
Welding  
Science, Technology, Engineering, and Math  
Transportation, Distribution, and Logistics



## REGISTER NOW

\*Camp Connect is free but space is limited.  
Register Now!

**When:** December 5th, February 27, or  
April 10  
6:00-8:00pm

**For Who:** Any HEB ISD 8th grade student  
and a parent.

**Where:** Buinger CTE Academy  
1849 Central Drive Bldg E  
Bedford TX

**What to Expect:** Hands on activities for  
parents and students. Next steps for your  
educational journey.



# AFTER School Club

## Typing Club



Improve  
typing skills

JOIN

DON'T  
MISS OUT!



THURSDAYS

3:50-4:20

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 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



Want to learn how to play chess? Already love playing chess?  
All are welcome😊

## EJH CHESS CLUB

Mondays from 3:45 to 4:30  
Room D6 Mrs. Langwell





# 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.



# DID YOU KNOW?

**95% of Websites Selling Prescription Medicine Online are Unsafe and Unlicensed\***

## Help Your Patients Choose Safety Over Shortcuts

When purchasing medicine online, encourage patients to make safer choices. Share the signs of a safe online pharmacy.

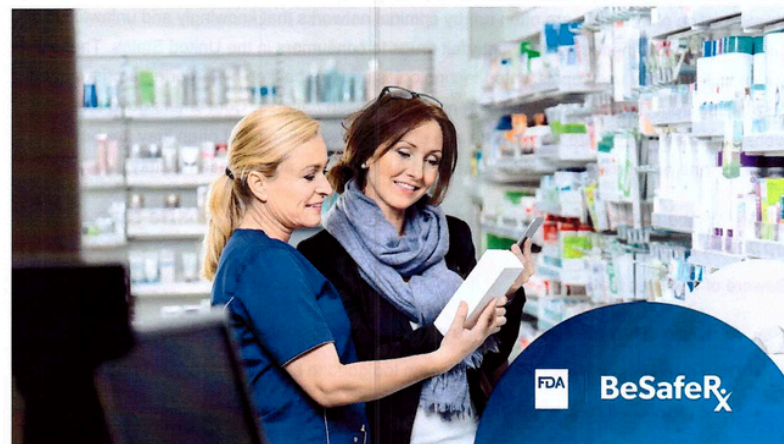
An Online Pharmacy is Likely Safe if it:



**BeSafeRx**

For more information and resources for locating a licensed online pharmacy, go to [www.FDA.gov/BeSafeRx](http://www.FDA.gov/BeSafeRx)

## BeSafeRx: Frequently Asked Questions (FAQs)



### 1. What are the potential risks of purchasing from an online pharmacy?

Some websites appear to be pharmacies but sell medicines that can be dangerous, or even deadly. Consumers who buy medicine from an unsafe website may be putting their health at risk. The products sold, while being passed off as authentic, may contain the wrong ingredients, contain too little, too much, or no active ingredient at all, or contain other harmful ingredients. These medicines may have unexpected side effects or cause serious harm.

In addition to health risks, purchasing medicine online from unsafe websites may put your personal and financial information at risk. Some unsafe online pharmacies intentionally misuse the information you provide. These sites may infect your computer with viruses, and they may sell your personal information to other illegal websites and Internet scams.

### 2. Are online pharmacies safe?

At any given time, there are roughly 35,000 active online pharmacies, and according to the National Association of Boards of Pharmacy, approximately five percent of those websites comply with U.S. pharmacy laws and practice standards.

## Considering an Online Pharmacy?

Purchasing medicine online may offer convenience, cost savings and privacy, but many websites selling medicine are unsafe and unlicensed.

Before ordering prescription medicine online, check that your online pharmacy is safe.

### Safe Signs

Your online pharmacy is likely safe if it:



Requires a doctor's prescription



Has a licensed pharmacist on staff



Has a physical address in the U.S.



Is licensed by the state pharmacy board

### Warning Signs

Beware of purchasing medicine from a website that:



Does not require a doctor's prescription



Does not have a U.S. address



Does not have a pharmacist on staff



Is not licensed by the state pharmacy board



Provides medication that is expired, damaged, looks different or has no expiration date



Offers deep discounts or prices too good to be true



**BeSafeRx**  
[www.FDA.gov/BeSafeRx](http://www.FDA.gov/BeSafeRx)



**Your Source for Online Pharmacy Information**

While there are online pharmacies that operate legally and offer convenience, privacy and safeguards for purchasing medicines, there are many unsafe online pharmacies operating illegally. They sell medicines at deeply discounted prices, often without requiring a prescription or adhering to other safeguards followed by pharmacies licensed by a state in the United States. Unsafe online pharmacies are often run by criminal networks that knowingly and unlawfully sell potentially unsafe, ineffective or counterfeit drugs to consumers in the United States. These criminals frequently use sophisticated technologies and are backed by larger enterprises intent on profiting from illegal drugs at the expense of American patients. Consumers go to these websites believing they are buying safe and effective medications, but often they are being deceived and put at risk by individuals who put financial gain above patient safety.



### **3. What are some of the warning signs of an unsafe website that appears to be a pharmacy?**

Beware of websites that:

- Allow you to buy medicine without a prescription from your doctor
- Offer discounts or cheap prices that seem too good to be true
- Send unsolicited mail, email or other spam offering cheap medicine
- State that the medicine will be shipped from a foreign country
- Are located outside of the United States
- Are not licensed by a state board of pharmacy in the United States (or equivalent state health authority)

### **4. What are some tips to identify safe online pharmacies?**

Make sure that the online pharmacy:

- Requires a prescription from a licensed healthcare professional
- Provides a physical address in the United States
- Is licensed by the state board of pharmacy in your state and the state where the pharmacy is operating
- Has a state-licensed pharmacist available to answer your questions

### **5. Is it okay to buy prescription medicine online from other countries?**

FDA does not have regulatory oversight of prescription medicine from outside the legitimate U.S. drug supply chain; therefore, FDA cannot guarantee the safety or effectiveness of those medications. Medicines approved in other countries may have different ingredients that may not provide the help you need with your health condition or could result in a misdiagnosis by your doctor. You could experience harmful interactions with other medicines you are taking, unexpected side effects, or other serious health consequences. Additionally, many unsafe pharmacies use fake “storefronts” to make consumers think the medicine comes from countries with equivalent safety standards, but the medicines could have been made anywhere, with little to no regard for safety and effectiveness.

### **6. Is it obvious which online pharmacies are safe, and which are not?**

No. It may be difficult to spot an unsafe online pharmacy. Many unsafe online pharmacies use fake “storefronts” to make you think they are licensed pharmacies. These unsafe sellers run online pharmacy scams to exploit American consumers by pretending to be safe pharmacies offering FDA-approved or equivalent to FDA-approved prescription medicines for sale. However, the products they provide may be fake, expired or otherwise unsafe.

### **7. Why are consumers turning to online pharmacies for their medicines?**

The internet provides consumers with instant access to information and services, including online pharmacies for prescription medicines. Consumers may look for cost savings from online pharmacies to afford their medicines. In addition, many consumers value the convenience and privacy of purchasing their medicines online. Consumers who may be considering purchasing from online sources that are not associated with health insurance plans or local pharmacies need to know the potential risks of buying medicine online.

## **Attendance / Report an Absence**

If your child is absent, please call the EJC 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](mailto: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](mailto: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](http://WWW.SCHOOLLUNCHAPP.COM)**

**HEB ISD Child Nutrition Services department website**

**Home Access Center (HAC)**

## HELPFUL LINKS



EJH Facebook



EJH Website



EJH Sports & Athletics



EJH Choir



EJH Band



EJH Counseling