

Bulldog Bytes



We at AmeriSchools Academy are thrilled it's finally Fall as we readily approach Thanksgiving Break, the wonderful Holiday Season, and all of the exciting knowledge to be discovered!

Mark Your Calendar:

Please reference the **Important Dates** portion of this Newsletter so you are up to date on all of the seasonal happenings as well as school & community events.

Reminders:

Please get in your residency forms to Ms. Ireland ASAP

Make sure that all Sports & Activities Fees are due to the Front Office at your earliest convenience

Canned Food Drive

We will be starting a canned food drive benefiting St. Mary's Food Bank, a flyer will be sent home with more information.

The drive will take place during

Monday, November 25th to Tuesday, December 17th



Important Dates

Wednesday, 27th — 29th,
Thanksgiving Break



**ALL CHILDREN ARE
CAPABLE OF SUCCESS
NO EXCEPTIONS!!**

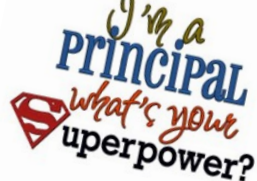
MISSION

Kids at Hope inspires, empowers and transforms schools, organizations serving youth and entire communities to create an environment and culture where all children experience success,
NO EXCEPTIONS!

Kids at Hope's vision is that every child is afforded the belief, guidance and encouragement that creates a sense of hope and optimism, supported by a course of action needed to experience success at life's four major destinations: Home & Family; Education & Career; Community & Service; and Hobbies & Recreation

Greetings...

What a perfect time of year to talk about something I love to talk about... BEING GRATEFUL AND GRATITUDE. One of my favorite topics to discuss is the concept of gratitude and learning how to be grateful. My mother used to always say... "be grateful for what you already have." As a child I was grateful for all I had... my toys, the TV, my brother and family, but as I have gotten older, my gratefulness has shifted to thankful appreciation for what I receive whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. As a result, gratitude helps people connect to something larger than themselves. Research shows that gratitude is consistently associated with greater happiness. Gratitude also helps people feel positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships. Gratitude helps people focus on what they have instead of what they don't have. So in a world where we always wish we had the next bigger and better thing, let's practice ways to be GRATEFUL and cultivate our GRATITUDE.



Here are 15 powerful ways to show gratitude to others:

- Write a letter to someone
- Give hugs
- Do a favor for someone
- Provide encouragement
- Give a genuine compliment
- Share your skills
- Celebrate their achievement
- Perform a random act of kindness
- Offer support
- Tip well for service
- Be FULLY PRESENT
- Be positive
- Invite them to do something you know they'll love
- Smile often

It's my hope that after reading these suggestions about how to be grateful this will help you and your family find different ways to incorporate gratitude into your daily life.

Gratitude is powerful!!

I would like to wish all AmeriSchools Academy Families a Happy Thanksgiving. It's a perfect time of year to talk about and teach gratitude. It's in the name...

THANKSGIVING = GIVING THANKS

All Children are capable of Success, No Exceptions!!

Best Always,

Lorie Eastep



BOX TOPS

AmeriSchools Camelback collects box tops throughout the school year. The proceeds help to supple-

of the Month

COMMON VIRAL AND BACTERIAL ILLNESSES

There are many illnesses common to children during the school year due to the closeness of students within a confined room. As parents and educators, we need to give children the tools necessary to prevent and treat many of these conditions. First and foremost, hand washing continues to be the best way to prevent the spread of a virus or bacterial infection. Education begins at home and is reinforced at school. Children should be instructed to wash thoroughly with soap and water for at least 20 seconds and use hand sanitizer if washing is not an option.

- **Coxsackie Virus** (hand, foot and mouth syndrome) is commonly seen in young school aged children. Symptoms may include fever, sore throat, stomach ache, diarrhea, and a rash of tiny blisters on the palms of the hands, the soles of the feet or in the mouth. It is spread by direct contact from the hands or the mouth and is discharged from the stool (fecal matter).
- **Fifth's Disease** (Erythema Infectiosum) is a mild rash that lives in the nose and throat and may be spread person to person. It may begin as a headache, sore throat, low grade fever or body aches for a few days and be followed in 2 weeks by a "slapped cheek appearance" and then a lacy red rash on the arms, legs and trunk.
- **Strep Throat** (Group A streptococcal Infection) is characterized by a very painful, red sore throat and often accompanied by fever, tender and swollen lymph nodes (glands), headache or stomach ache. There may also be cold symptoms such as a cough or runny nose. Treatment for strep infections is usually oral antibiotics.

Children are excluded from school for at least a full 24 hours after the beginning of treatment for Streptococcal Infections, not after the administration of 3 doses of antibiotics as some parents are led to believe by their primary physician.



CHRISTABEL

Christabel Faith Gloria is our 8th Grade Newsletter Correspondent,

National Junior Honor Society & Student Council

Election Time! On Thursday
November 7, 2019...

Middle School elected their new student body officers! Get ready for more events in the future!

President:

Christabel Gloria (8th Grade)

Vice President:

Elyse Tallabas (8th Grade)

Secretary:

Cherish Greer (8th Grade)

Treasurer:

Sasha Manriquez (8th Grade)

Historian:

Noah Derbaum (8th Grade)

Event Coordinator:

Aryanna Valdez (8th Grade)

6th Grade Representative:

Matt Manion
Isaac Valdez

5th & 4th announced soon!

A huge thanks to everyone who

for the students, by the students

November

November is indeed a filled month and we are excited to share it with all of you! We are trying to get everyone involved as much as possible.

Visit the Amerischools Facebook page to be more informed of what's happening around the school!

Sports Update:

- Volleyball: Let's Go Girls! 5 wins, 1 loss! Keep it up, let's make it to the playoffs and WIN!
- Football: Let's go Boys! 4 Wins, 3 Losses! We are cheering you on, we are proud of you! Keep it up! Let's make it to the playoffs and WIN!

Let's Go Bulldogs This Year Is Ours!

Testing:

Click...Click...Click... All of our students have been hard at work to finish Galileo Testing! Benchmark Test #1 is coming to an end and I am happy to say all the grades are growing exponentially! Keep up the good work Bulldogs!

We are arriving into the new Trimester! Be Ready.

CIMI (Catalina Island Marine Institute)

Adventure, Memories, Learning Life! To all the parents who don't know what this is, CIMI is a yearly trip for selected Middle School students, it's located in California. We leave at midnight and get to the docks in the early morning to ride a ferry to the island. This is a one week trip, we learn about the marine life, this is good for team building, fun experiences, and to explore the mysterious ocean. All middle school students have a chance to try out, this year we are taking 25 students and 5 alternates. Ms. Eastep sent out a paper for the requirements to go, you will need to work for this trip. I promise you all the work you do will pay off in the long run. Take a Chance and Try Out!

Have a Good Day!

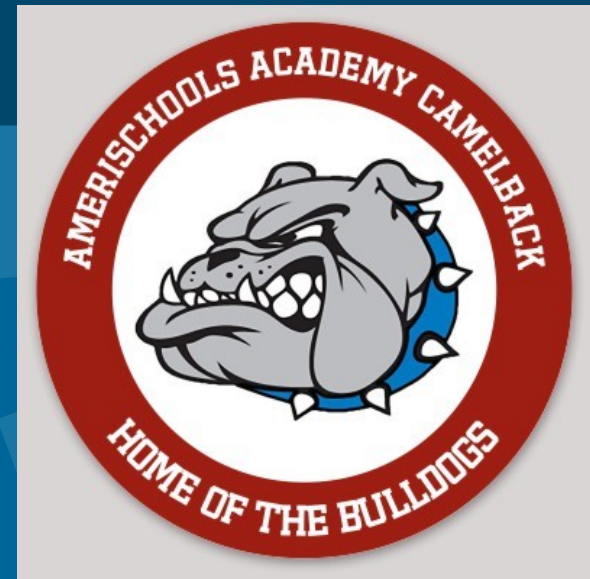
Sticker Sale

Sold by NJHS &
Student Council

\$3 per
sticker

Limited Supply!
SOLD AFTERSCHOOL
IN FRONT OFFICE

Starts Monday Nov. 18



We will be selling for one week, if supplies last we
will continue sales and release sale dates.