

PANTHER EXPRESS

January 17th -23rd

The latest news and updates from Bruton High School

THIS WEEK AT BHS

MONDAY January 17th

No School

Martin Luther King, Jr Holiday

TUESDAY January 18th

A Day

Scholastic Bowl at Jamestown

GBB HOME vs Smithfield

Wrestling AWAY at New Kent

WEDNESDAY January 19th

B Day

BBB AWAY at Smithfield

THURSDAY January 20th

A Day

Wrestling AWAY at Windsor

GBB AWAY at Jamestown

FRIDAY January 21st

B Day

BBB HOME vs Jamestown

Indoor Track at Suffolk Invite

SATURDAY January 22nd

Swimming vs BRD

BBB AWAY at Nansemond River

Indoor Track at Suffolk Invite

Keep reading for specific
details and locations 😊

HIGHLIGHTS:

Pg 2 Announcements

Pg 3 Athletics

Pg 4 EL Culture Club/Tutoring

Pg 5-7 PTSA

Pg 8 Film Class

COVID-19 Masking Update

On Saturday, Governor Youngkin issued an executive order related to schools and masking. It is important to note that this order does not go into effect until **Monday, January 24**. Therefore, all this week, students and staff will continue to be required to wear masks in schools and on school buses in accordance with the protocols we have had in place this school year.

Executive Order 2 has implications that affect the operations of all school divisions in the Commonwealth, and we anticipate receiving additional guidance from the state in the coming days.

As masks are one layer of the division's mitigation strategies to reduce the spread of COVID-19, we will provide an update regarding mitigation strategies and policies prior to Monday, January 24. Our priority, as always, continues to be the safety and well-being of our students and staff.

COVID-19 Weekly Update: The YCSD COVID-19 Case Dashboard has been updated with information related to Active and New Positive Cases. This information is updated daily on the division's COVID-19 Dashboard. [Click here to view the dashboard.](#) Staff members have notified all individuals who were identified as close contacts, as defined by the Virginia Department of Health, to follow quarantine protocols. If you have not been contacted personally, your children were not considered close contacts. Information regarding contact tracing and quarantine requirements is available in the division's Safe Return Plan.

All families are asked to continue conducting the Daily Health Screening each morning and to keep children home when they are sick, until they are fever free for 24 hours without the use of fever-reducing medication. If you have questions regarding the division's COVID-19 response plans, please contact Principal Dockery at 757-220-4050.

ACTIVITY & CLUB PICTURES

Have be rescheduled for **Friday, Jan 21st**.

PLEASE see your activity/club SPONSOR for your picture time and to get a pass!!!

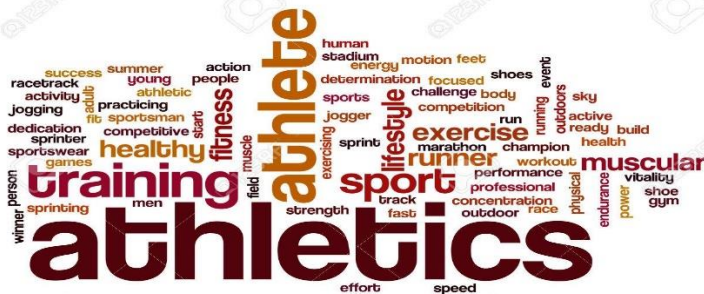
Bruton Athletes and Parents

Dear 2022-2023 Athletes & Parents,

Please consider joining our team to help support our student athletes. BHS Athletic Booster Club help to fund athletic gear, equipment, senior awards and so much more. Come see what all the fun is about. We need NEW parents to take over so our athletes don't go without.

Next Meeting is Monday Feb 7 @ 5:30 in the school cafeteria.

You can also join us on our Facebook page at: Bruton High School Athletics Booster Club



BRUTON COMMUNICATION

As a reminder, please verify that you are receiving phone calls and emails from YCSD and Bruton High School. As we enter the winter months, these communications by phone and email are vital forms of communication during emergency situations as well as when school is delayed or cancelled. If you or someone you know is not receiving these communications from YCSD and Bruton High School, please contact our office at 757-220-4050 to "opt in" to our message system. When you "opt out of future calls or messages", you will no longer receive any messages from Bruton High School or YCSD.

Panther Athletics

MONDAY 1/17

TUESDAY 1/18

Scholastic Bowl vs BRD at Jamestown @4:00pm

Girls' BB HOME vs Smithfield @6:00pm

Wrestling AWAY at New Kent @5:00pm

WEDNESDAY 1/19

Boys' BB AWAY vs Smithfield @7:00pm

THURSDAY 1/20

Wrestling AWAY at Windsor @ 6:00pm

Girls' BB AWAY at Jamestown @5:30/7:00pm

FRIDAY 1/21

Boys' BB HOME vs Jamestown @5:30/7:00pm

Indoor Track at Suffolk Invite at Booplex @5:00pm

SATURDAY 1/22

Swimming vs BRD at Ft. Eustis @ 12:30pm

Boys' BB AWAY at Nansemond River

@3:00/5:00pm

Indoor Track at Suffolk Invite at Booplex



If you want to make new friends, increase your knowledge of the English Language, learn about other cultures, and do after school fun activities, join our club.

First Meeting will be:

Date: January 19, 2022
Time: 2:15-3:15 pm
Place: Room 302A

EL
Academic Support
Starts on
January 18th, 2022
Every Tuesday &
Wednesday
2:15-3:45

Contact Mrs. Rivera with any questions and to sign up for the support in room 302A



Use QR Code to sign up or Click on the link below.

<https://forms.office.com/r/wWQ1xnTngm>



Healthy Minds Overview

The BHS PTSA received a Healthy Minds grant. This overview was written by the National PTA.

Life is full of ups and downs. It is normal for our emotional state to change on a day-to-day basis and in periods throughout our lives. Many difficult situations, like the death of a loved one or the COVID-19 pandemic, are unavoidable. When our minds are healthy and strong, we are more resilient to life's challenges, able to use healthy coping methods, have better relationships, maintain our overall health and well-being, and prevent chronic illnesses. That's why it is important to be proactive about our mental health!

What is Mental Health?

Mental health is defined as a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and feel able to contribute to their community.

What is Mental Illness?

Mental illness is defined as having a mental, behavioral or emotional disorder. In the U.S., more than [20% of adults](#) and have a mental health disorder and one in six children ([17.4%](#)) between the ages of two and eight in the United States have been diagnosed with one. Mental illness is treatable. The severity and impact of mental illness on day-to-day function vary from person to person.

The Mind/Body Connection

There is a strong link between our physical and our mental well-being, often referred to as the mind/body connection. When we take good care of our bodies, we can avoid chronic disease, increase energy, sleep better, produce "feel good" chemicals and give our mind the nutrients it needs to stay healthy. When we take good care of our mental health, we can reduce aches, pains and digestive issues, which helps us feel better physically.



The Whole Child Approach

Whole Child development includes all areas of children's development and learning—from social, emotional and cognitive skills to literacy, math and science. Supporting the whole child is a shared responsibility of families, schools and the community. Together, we can ensure that every child is healthy, safe, engaged, supported and challenged.

A key piece of considering all aspects of your child's well-being is helping them build social and emotional skills. Social and emotional learning (SEL) is the process through which all young people (and adults!) gain the knowledge, skills and attitudes necessary to develop healthy identities, manage emotions, achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. While SEL can be implemented in schools, it can also be taught in your home.

The Importance of Family Engagement

Relationships strongly impact our physical and mental health, starting at an early age. When a child is provided with strong social, emotional and physical support through family engagement in their daily life, they are more likely to reach their full potential academically and socially, and experience better overall health outcomes in adulthood.

Learn More

Check out this infographic by NAMI: [You Are Not Alone](#). And access National PTA's Healthy Minds resources at [PTA.org/HealthyMinds](https://pta.org/HealthyMinds).

Healthy Minds: What Families Can Do

Our mental health is constantly impacted by what happens around us, in both good and bad ways. The more proactive we are about addressing our mental health, the more resilient we can be at navigating difficult situations throughout our lives. Help your family maintain a healthy mind and build resiliency by:

Being Aware

Knowing about current events in your child's life and any big changes they are going through socially, academically, emotionally or physically can help you be more engaged in supporting their mental health and addressing mental health challenges as they arise.

Talking to Your Child

To make mental health a priority and a normal part of your family's daily life, be sure to have regular family conversations about it. You can talk through your children's feelings or concerns, things happening at school or with friends, or how current events are impacting them. You can also try to share your own feelings, challenges and what is happening in your life. These conversations help you learn how your child is doing emotionally, build their ability to cope with life's stresses, and provide them with additional help if and when they need it. Talking about mental health with your kids shows them that their feelings matter, that they are not alone, and that they are loved and supported. It also helps you build trust, allow your child to know you better, and shows them that you are a relatable person who sometimes struggles too.

When you have these mental health discussions, make sure they're focused, distraction-free and routinely scheduled.

Prioritizing Healthy Lifestyles

Living a healthy lifestyle helps maintain good mental health and improves overall well-being. Small changes can make a big difference. It is never too late to commit to having a healthy mind and body! Maintain your family's mental health and well-being by:

- **Eating meals together.** Try to practice a healthy diet consisting of a lot of fruits, vegetables, beans and lean protein. Limit foods high in trans-fat and added sugars.
- **Exercising regularly.** A fun family challenge could be to see who can get the recommended 150 minutes of physical activity a week.
- **Limiting screen time.** Decide as a family how much time a day is OK for everyone, including parents, to be on their devices outside of work or school.
- **Getting the recommended amount of sleep each night.** Kids ages six to 12 need nine to 12 hours of sleep, teenagers need eight to 10 hours, and adults need seven to nine hours a night. As a family, agree to establish a consistent bedtime. Remove all devices from the bedrooms.
- **Managing your stress.** Start by identifying what in your life is causing you stress and trying to figure out healthy ways to manage it.
- **Finding which relaxation techniques work for your family and practice them together.** There are many free online videos and apps to teach your family popular techniques like deep breathing, meditation or yoga. Listening to music, drawing, journaling or going for a walk outside can also be helpful.

Modeling Good Mental Health Behavior

Children learn from watching their parents. If they see you prioritizing your mental and physical health, maintaining healthy, meaningful relationships, and practicing healthy coping strategies every day, they are more likely to do it too.

Speaking Up for Your Child

You can make sure that your child is safe and supported at home. But it's also important that your child's environment outside of your home supports their good mental health. You can speak up for your child by going to your PTA, your school leadership and your school- or community-based organizations to make sure...

- **Your child's school is welcoming, safe and connected.** You can ask your child's teacher or Principal what the school is doing to foster social-emotional learning (SEL) for all children or, if needed, advocate for in-school mental health resources.
- **Your child's healthcare team routinely screens for mental health and wellness,** listens to your child and to you, and communicates openly and effectively. This could include out-of-school or in-school doctors or medical professionals.
- **Clubs, sports teams and activities outside of school are inclusive of everyone.** Gather other engaged parents and speak up to create a welcoming environment.



Students, Families, Faculty, Staff **Join the BHS PTSA**

In 2020-2021, the PTSA awarded senior scholarships, hosted After Prom, provided monthly teacher/staff appreciation breaks, and held student snack moments, including the inaugural "Fun in the Sun" break.

Join us for the 2021-22 school year in doing more now that we are in the school building together.

Now is a great time to renew your BHS PTSA membership
(\$5 students, \$7 parent, guardian, teacher, staff) at

<https://bhs-ptsa.memberhub.com/store>

PTSA Requests Amazon Wish List:

https://www.amazon.com/hz/wishlist/ls/1V06PO0324UXI?ref_=wl_share

Find us on Facebook: Bruton High School PTSA

Release Date 1/16/2022

ELECTIVE

Popcorn is optional!

Film STUDIES

- WATCH FILMS FROM DIFFERENT TIME PERIODS AND GENRES
- LEARN HOW TO MAKE FILMS
- LEARN THE BUSINESS OF FILMMAKING
- PARTICIPATE IN FILM COMPETITIONS
- NO TESTS OR QUIZZES
- HANDS-ON FILMING EXPERIENCES
- SIGN UP FOR THIS COURSE FOR THE UPCOMING SCHOOL YEAR WITH YOUR COUNSELOR.

JUNIOR/SENIOR ELECTIVE





THE GOVERNOR'S SCHOOL for SCIENCE AND TECHNOLOGY

Take a virtual tour

<https://247virtualtours.com/509-governors-school-for-science-technology-tour>

Applications are NOW available!

How to apply:

<https://nhrec.org/gsst/home/how-to-apply/>

Link to application

<https://registration.powerschool.com/family/Login?ReturnUrl=http%3A%2F%2Fregistration.powerschool.com%2Ffamily%2Fdirectaction&AutoLogOut=False>

Prospective Student Pipeline (9th-10th grade)

There are no qualifications necessary to join the PSP: all families are welcome. If you would like to stay apprised of what's happening at The Governor's School and receive notifications of informational events and admissions deadlines, simply provide your contact information below. You can unsubscribe at any time, so please join us.

<https://nhrec.org/gsst/prospective-student-pipeline/>



**CAREER &
TECHNICAL**
EDUCATION CENTER

Apply now by visiting:

<https://sites.google.com/nhrec.org/cterecruiting/home>

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Traditional High School Class Rings



NEW for 2021

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LIZ JAMES DESIGNS



Go to [balfour.com](https://www.balfour.com) or click on the link below to access

Bruton High's ring selection and pricing

<https://www.balfour.com/virginia/williamsburg/bruton-high-school>

Need assistance with your ring order? Contact your Balfour Team...

Lori Osgood

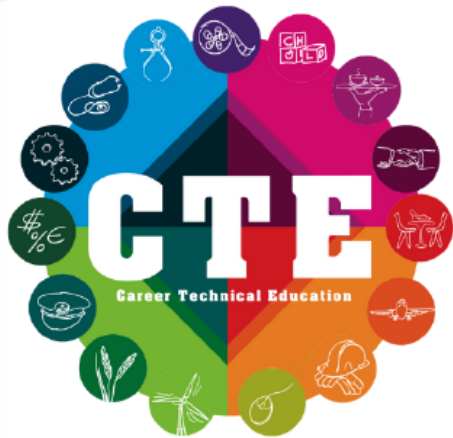
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SCAN ME

STEP 1 >

STEP 2 >

STEP 3 >

New Horizons
REGIONAL EDUCATION CENTERS

APPLY ONLINE FOR 2022-2023

APPLY TODAY!

It only takes 10 minutes
www.nhrec.org/apply

High School Counselor
Completes Application

New Horizons reviews
applications & notifies
student acceptance
(June-Aug)

VISIT [HTTPS://NHREC.ORG/CTEC/](https://nhrec.org/ctec/) FOR MORE INFORMATION
(WOODSIDE LANE CAMPUS) 757-874-4444 | (BUTLER FARM CAMPUS) 757-766-1100

Panther's Pride

Snacks to Tie You Over



If you need a little something to tie you over until you get home, swing by. We have food and drinks!

When/Where:

**The Commons 1:50 -2:15 after 4B except Fridays*

**Room 216 2:15 – 3:00 (hours may vary) Monday-Thursday*

Quesadillas - Cheese/Cheese & Bacon/Cheese & Pepperoni \$1.00

Hot Dog .50

Drinks \$1.00

Brownies .50

Cookies 1.00 (pack of two)

Chips .50

Popcorn .25

Snow Cones - Closed for the winter ☹️

*****While Supplies Last





Get your Yearbook!

The 2022 edition of The Brutonian is on sale now! Go to the site below to order. Limited quantities are available. See Ms. Walden in room 201 with any questions.

<https://www.tinyurl.com/bhsyearbook22>



2021-22 Daily Health Screenings for Families and Staff

To protect the health and safety of others, all YCSD students and staff members are expected to perform the following daily health check before coming to school or work.

Symptoms

If you or your child are experiencing any of these symptoms, please **STAY HOME** until symptom-free for at least 24 hours without medication.

- | | |
|--|--|
| <input type="checkbox"/> Temperature 100.0 F or higher | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Cough/shortness of breath/difficulty breathing* | <input type="checkbox"/> Congestion |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Diarrhea, nausea or vomiting |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> New loss of taste or smell |
| <input type="checkbox"/> Muscle/Body aches | <input type="checkbox"/> Unusual rash |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Red or pink eyes not explained by allergies or injury |

* (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)

Potential COVID-19 Exposure/Close Contact

If you or your child have participated in any of the following activities, please take extra precautions (face coverings, frequent handwashing, etc.) and/or follow recommended isolation/quarantine measures in accordance with state and national guidance.

- Traveled to a level 4 risk area, as defined by the CDC
- Had close contact with an individual who has traveled to a high-risk state or country, as defined by the CDC
- Had close contact with a person with confirmed COVID-19

Exposure or close contact includes living in the same household, being within 6 feet of the person for 15 minutes or longer, or being in direct contact (e.g., sharing utensils, coughing, sneezing, kissing, etc.).

High-Risk Travel Areas - <https://www.vdh.virginia.gov/coronavirus/frequently-asked-questions/u-s-travelers/>

Pending or Positive COVID-19 Test Results

If you, your child, or a member of your immediate household, has been tested for COVID-19, please **STAY HOME** until test results have come back negative. If you or your child receives a positive COVID-19 test result, please notify your school nurse or building administrator immediately.

Tips for Returning to School & Work Safely



Allow time each morning to complete the screening checklist.



Use the same thermometer on the same spot each day for consistency. When using an oral thermometer, avoid food or drinks for at least 15 minutes prior.



Practice appropriate mask use. Make sure you know how to wear your mask and how to properly take one on and off.



Practice hand hygiene. Make proper handwashing a frequent part of the daily routine (at least 20 seconds ensuring the front, back and in-between fingers are washed).



Practice distancing. Consider ways to visualize a 3-foot distance.



Purchase reusable water bottles. Schools will only have water-refilling stations operating, not water fountains.

YCSD 2021-22 FACE COVERING GUIDE

All students and staff participating in in-person work/class MUST wear a face covering.

FACE COVERINGS

A cloth or paper disposable mask, gaiter, or religious face covering that covers the mouth and nose completely.

Any depiction(s) on a face covering must adhere to the YCSD dress code (images, patterns, phrases and words).

Masks or other items that include a valve, hole, gaps or openings to facilitate easier breathing, or are made of a material such as mesh, are not permitted.



FACE SHIELDS

A clear face shield that extends below the chin in the front, to the ears on the sides and with no gap between the forehead and the headpiece. These should be worn only in conjunction with a face covering as described above.



WEAR YOUR FACE COVERING CORRECTLY



FACE COVERINGS MUST BE WORN...

On division school buses, vans and vehicles when more than one person is in the vehicle.

Inside buildings when more than one person is in a classroom, office/cubicle, meeting room, or public space.

*Masks are also strongly encouraged in cubicles that open to other cubicle spaces when both spaces are occupied.

NOTE: Children who are under two years old are not required to wear a face covering.

FACE COVERINGS MAY BE TEMPORARILY REMOVED

When engaging in indoor physical activity (e.g., during indoor recess, after school sports, or when exercising in a gym) where the level of exertion makes wearing a face covering difficult, and during classes or activities held outdoors.*

To eat or drink, but care should be taken to maintain as much space as possible between people.

When a teacher directs an individual student to remove a mask to support an instructional lesson or that student's personal need.

During indoor practices or performances involving singing, acting, or playing musical instruments where face coverings are impractical to wear while playing the instrument.*

**NOTE: In such cases, distancing strategies of 6 feet or more must be in place to the greatest extent possible.*



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