

# BHS Y-LINE

## THE PANTHER EXPRESS

Issue 1/14-18

### Key Club for the Holidays!



Key Club was busy this past holiday season with a coat drive to benefit FISH, Inc, a local non-profit providing help to the needy of Williamsburg. They also assisted with the Kiwanis Holiday Family Support Shopping at Wal-Mart.

## PTSA News:

Happy New Year Bruton families!! We are planning events for the 2<sup>nd</sup> half of the year and we will need your help and ideas. If anyone has ideas for events that benefit the teachers or students please let us know.

We currently have a fundraiser through GoFundMe. We are hoping to use this to raise fund for the rest this year and into next year. If you visit [www.gofundme.com/bruton-high-school-pta-support](http://www.gofundme.com/bruton-high-school-pta-support) you will be able to make a donation. Please feel free to share this with friends and family!!

If you don't want to use GoFundMe but still want to donate feel free to send in a check made out to **BHS PTSA** to the front office in an envelope marked PTSA and they will make sure it ends up in our mailbox at the school. Every little bit helps!

After Prom planning is beginning and we will need your help. The leads for After Prom will be meeting soon and will need help. PTSA will put out the date and time for any meetings on our Facebook page. Please let me know if you want to help with planning and executing the After Prom event!

PTSA Communication:

Website - [brutonhigh.my-pta.org](http://brutonhigh.my-pta.org) (register to receive emails about events)

Facebook - search Bruton High School PTSA

Twitter - search and follow @BrutonPtsa

## CURRENT EVENTS

### BRUTON Calendar January 14-20

#### MONDAY January 14<sup>th</sup>

- B Day
- Scholastic Bowl @ Poquoson 5:00pm
- Boys BB AWAY @ New Kent 5:30/7:00pm

#### TUESDAY January 15<sup>th</sup>

- Indoor Track Bay Rivers Meet @BooPlex 3:30pm
- GBB AWAY @ Warhill 6:00pm

#### WEDNESDAY January 16<sup>th</sup>

- Swimming vs New Kent @WISC 7:00pm
- Boys BB HOME vs Warhill 5:30/7:00pm
- Wrestling @ Grafton 5:00pm

#### THURSDAY January 17<sup>th</sup>

- Girls BB HOME vs Layatte 6:00pm
- Boys BB AWAY vs Lafayette 5:30/7:30pm

#### FRIDAY January 18<sup>th</sup>

- Indoor Track Atlantic Coast Winter Classic @BooPlex 2:30pm
- Wrestling Ram Rumble @ Lafayette HS 3:30pm

#### SATURDAY January 19<sup>th</sup>

- Wrestling Ram Rumble @ Lafayette HS 8:00am
- Indoor Track Atlantic Coast Winter Classic @BooPlex 9:00am

**15 BHS artists** were selected to compete in the **High school Invitational Art Competition**  
At the Williamsburg Contemporary Art Center.

Micah Hicks	Camryn Keyes	Arianna Low	Lindsay Kinneer	Mikaela Good
Amiah Brown	Ashley Ellison	Emma McNeil	Robyn Troutman	Derek Doelling
Addison Belott	Anya Spara	Shiann Turner	George Wheeling	Allyssa J Haynes

The exhibit will run from **January 15** to **February 15, 2019**

Please stop by the Center to see these works! **Free admission** All are welcomed!

110 Westover Avenue  
Williamsburg, VA 23185

(in the Williamsburg Arts District)

Tuesday through Saturday-  
11:00 a.m. to 3:00 p.m.  
Sunday- Noon to 4 p.m.  
Monday- Closed

# CLUB ROW

Spectrum has their next meeting on Wednesday, Jan 16<sup>th</sup> in room 108 afterschool. Join the Remind to get texts from the club about meetings. See Sra. Feigenbaum for the code.

## Spectrum Club

## Anime Club

Anime and Gaming Club has moved back to room 108 (Sra. Feigenbaum).

Interested in Spanish Honor Society? See Sra. Feigenbaum in Room 108 to get on the remind and fill out an application

## Spanish Honor Society

## Art Club

Art Club meets every WEDNESDAY after school 2:10-3:10.

## Seniors-

**Counselors and teachers need two weeks prior to deadline to write letter of recommendation, and to complete their portion for the college application process. If you have any questions, please see your counselor.**

# CLASS ANNOUNCEMENTS

## SENIORS

Follow our class:

- Instagram @bruton19 &
- Twitter @Brutonclass2019

For Senior Class reminders:

- text @d6ege4f to 81010

## JUNIORS

Follow us on Instagram at

@bhs.juniors

## SOPHOMORES

- Join the Class of 2021 REMIND by texting @bruco21 to 810-101
- Follow us:  
Twitter: @bhssclass2021  
Instagram: @bhssophomores21

## FRESHMEN

Sign up for class of 2022 updates via:

- Remind text @panther22 to 81010
- Instagram - @brutonfreshmann22
- Twitter - @Brutonfreshman22
- Snapchat - brutonfreshman22

# YEARBOOK

Yearbook is searching for candid baby, childhood, and pet photos for the 2019 yearbook. If you have a great photo of a current Bruton High School student as a child, or would like to see your family pet featured in the book, submit your photo today! Additionally, any candid photos from school events are welcome. Send digital photos to [awalden@ycsd.york.va.us](mailto:awalden@ycsd.york.va.us) with a brief caption.

# REMINDERS

## Juniors and Sophomores-

New Horizon's Career and Technical Center is now taking applications for their career and technology programs. Student were given information of all their programs on November 28<sup>th</sup>.

Students can apply on line until March 27<sup>th</sup>. If you have further questions, please see your counselor.

**Martin Luther King, Jr Day**  
is a  
**school holiday**  
on  
**Monday, January 21<sup>st</sup>!!!**

## Exam Schedule begins

Tuesday, Jan. 22= 2AB Exam

Wednesday, Jan. 23=First Block Exams

Thursday, Jan. 24th=Third Block Exams

Friday, Jan. 25th= Fourth Block Exams

If you have not gotten your Parking Permit yet please do so now. You can get the forms in the main office.

# 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!

*Where: The Commons 1:50 -2:15*

*Room 216 2:15 – 3:30 (hours may vary)*

*When: Every B Day Monday –Thursday after school*

Cheese/Cheese & Bacon Quesadilla \$1.00

Hot Dog \$1.00

Snow Cones \$1.00 (While the weather is warm)

Drinks \$1.00

Brownies .50

Cookies .50

Chips .50

Popcorn .25

Water .50

\*\*\*\*\*As available



# DIETITIAN'S DIGEST

York County School Division's Monthly Nutrition Update

## Sugar-Sweetened Beverages & Our Youth

Sugar-sweetened beverages are drinks with added sugars including non-diet sodas, flavored juice drinks, sports drinks, sweetened tea, energy drinks, and electrolyte replacement drinks. Added sugars add no nutritional quality to the diet, and instead can have undesirable impacts on health. Numerous studies link the consumption of sugar-sweetened beverages to prevalence of dental caries, weight gain, type 2 diabetes, dyslipidemia, and nonalcoholic fatty liver disease.

While the National School Lunch Program requirements limit the sale of sugar-sweetened beverages in schools, many children and adolescents still consume them throughout the day. According to the Centers for Disease Control and Prevention (CDC), almost two-thirds of boys and girls consume at least one sugar-sweetened beverage on a given day, contributing roughly 7% of daily caloric intake. The 2015-2020 Dietary Guidelines for Americans recommend consuming less than 10% of calories from added sugars and choosing beverages with no added sugars.

Children ages 12-19 have the highest intakes of sugar-sweetened beverages, contributing nearly 9% of daily caloric intake. Therefore, middle and high schools students are the target for many "Rethink your Drink" campaigns. At home, the Virginia Foundation for Healthy Youth's Rev Your Bev campaign works extensively to provide resources and guidance to educators, parents, and students attempting to reduce the consumption of sugary drinks among adolescents.

So what can be done for York County? As always, knowledge is power. During the month of January, Sodexo Registered Dietitian Dana Henderson will be conducting a Sugar Sweetened Beverage display during lunches at all secondary schools demonstrating how much added sugar is in many popular beverages. Students will be able to sample infused water, take recipes, and discuss the importance of staying hydrated.

At home and in the classroom, parents and educators can reinforce this information by modelling healthy hydration habits as well as ensuring water is always available. For more tips and tricks, refer to the CDC's "Rethink Your Drink" page. Together, we can all students rev their bev!

### What's new with Sodexo?

Sodexo is gearing up for the 2019 Future Chefs competition! Future Chefs is a culinary competition where students in grades 2 through 5 submit a recipe which may be selected for a Culinary "Cook-Off" event with the Sodexo staff. At this event, the selected students prepare their recipe and present it to several judges. The winner of the competition receives many prizes and the opportunity to compete in the national competition in April.

This year's theme is Fiesta Fit- Healthy Mexican Food. Please stay tuned for more information on how to submit and recipe. A video of last year's Future Chefs competition can be found [HERE](#).

### Upcoming events:

#### **Elementary Schools:**

**National Spaghetti Day** is Friday, January 4th! Celebrate by eating Spaghetti & Meat Sauce during lunch.

**Lucky Tray Day** is Wednesday, January 9th! Any student with a sticker on their lunch tray wins a special prize!

Dietitian Dana's **"Apple and Sunbutter Snack Pack"** complete with celery, a cheese stick, and Goldfish crackers will be available the week of January 29th - February 1st. Check the January Menu for more details!

#### **Middle and High Schools:**

Dietitian Dana will be conducting a **Sugar Sweetened Beverage Display** with infused water at all schools throughout the month.

**Recognition:** A special thank you to all students and staff who participated in "Tastes of the Seasons" with Dietitian Dana! It was a pleasure to sample BBQ Cauliflower and Candied Sweet Potatoes with everyone!

JANUARY 14-18

BRUTON HIGH

Additional nutrition information available upon request.

## THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF MEXICO.




### EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.


### FAST TAKES

**IN A HURRY,  
NO WORRY!**

#### OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese  Fresh Baked Bread Offered Daily with Salad

#### CHECK THIS OUT!

 Huevos rancheros salad or wrap with refried beans, diced eggs, salsa roja and cheddar cheese.

### DELI

#### EVERYDAY SELECTIONS


Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

**Toppings**  
Shredded Lettuce  
Sliced Tomatoes  
Sliced Red Onion  
Jalapeños  
Pickles

#### OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus

#### TRY THIS ONE!

 Huevos rancheros salad or wrap with refried beans, diced eggs, salsa roja and cheddar cheese.

### GRILL

#### EVERYDAY SELECTIONS

Classic Cheeseburger  
Crispy Chicken Sandwich

**Toppings**  
Shredded Lettuce  
Sliced Tomatoes  
Sliced Red Onion  
Jalapeños  
Pickles

**Monday** Crispy Fish Sandwich  
**Tuesday** Rib-B-Que  
**Wednesday** Toasted Cheese  
**Thursday** Chicken Tender Sandwich  
**Friday** Bacon Cheeseburger

Offered with Veggie Sticks or French Fries

### PIZZA


#### EVERYDAY SELECTIONS

Pepperoni Pizza  
Cheese Pizza


Offered with Toasted Garlic Caesar Salad

#### DAILY PASTA OPTIONS

Home-style Cheddar Mac

 Fresh Baked Bread Offered Daily with Pasta

#### SHAKE IT UP!

 Huevos rancheros pizza topped with refried beans, diced eggs and pico sauce.

# TASTE

by **sodexo**

#### KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

##### Cilantro Lime Creama

A blend of mayonnaise and creamy Greek yogurt infused with lime juice and freshly chopped cilantro.

##### Pico Sauce

Fresh house made salsa combined with diced tomatoes, lime juice, freshly chopped cilantro and Mexican seasonings.

##### Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

##### Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.

### This week in ADVENTURE



#### EVERYDAY

Toasted Cheese Sandwich

**Monday** Jersey Shore Grilled Cheese

**Tuesday** California Grilled Cheese

**Wednesday** Wisconsin Grilled Cheese

**Thursday** Southwest Grilled Cheese

**Friday** Caprese Grilled Cheese

**Add Your Choice of**  
Seasoned Potato Wedges,  
a Side Garden Salad  
or Hearty Tomato Soup

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