

# **BMSN Announcements**

January 31 – February 4



# **Sharing Similarities Celebrating Differences**

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“What we have to do... is to find a way to celebrate our diversity and debate our differences without fracturing our communities.”  
Hilary Clinton



# HAPPY BIRTHDAY

Steven Spoor 1/30

Sharon Talbert 1/30

Becca Shudak 2/3

Earl Little 2/4

# Basketball Intramurals



Monday

Kruse vs. Johnson (if Johnson wins on Friday)



Tuesday:

None



Wednesday:

None



Thursday:

None



Friday:

None





# 2011-2012 BHS Cheerleading Try-Outs



Cheerleading Tryout Information Meeting  
Thursday, February 10<sup>th</sup>  
at 6:00 pm  
in the BHS library

*You may not participate in “tryouts week” unless you attend this informational meeting.*

*Questions?*

*Contact Mrs. Majetich at Boerne High School.*

# Give a rose or carnation to your Valentine.

🌹 Carnations \$1

🌹 Roses \$3

🌹 FCCLA will be coming to  
activity classes Feb 7-11





# **NJHS**

## **Meeting**

Thursday, Feb. 17,

8:00 a.m.

Room C106

**All members must attend.**

3 hours of volunteer service credit  
must be earned before the end of  
the semester.

# BMSN Book Club!

.Book Club Meeting this Tuesday.

.See Mrs. Knief for a pass.

.Book Fair

.Read Across America

.Get Caught Reading

Book Club Tuesday

January 25

during Activity .







**District Academic UIL Meet  
Medina Valley Middle School  
Saturday  
Feb. 12**

# THE HOUND HUT

**Location: B102**

**Pencils.....10¢**

**Pens.....20¢**

**Paper (10 sheets)...25¢**

**Paper (20 sheets)...50¢**

**SPONSORED  
BY:  
BMSN  
LIFE SKILLS**



# Mark Your Calendar

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- **1/31 Grades due by 8:30 am**
- **2/1 Progress reports sent home**
- **2/1 TAKS training 4:05pm in library**
- **2/2 TAKS training 8am**
- **2/2 PTO mtg @ 9:00am**
- **2/2 PASS team Chili Cook-off**
- **2/2 No Zero Party**
- **2/3 PASS Team mtg 8:00am**
- **2/3 SBDM mtg @ 4:00pm**
- **2/4 GT Pullout program 7<sup>th</sup> grade A107 during activity**
- **2/8 Faculty mtg.**
- **2/9 7th grade Nat'l Guard presentation**
- **2/9 Dept. Head mtg. 4:00pm**
- **2/10 8th grade Nat'l Guard presentation**
- **2/11 School dance 7:30 – 10:00pm**
- **2/15-16 Spring Pictures**
- **2/16-17 7<sup>th</sup> grade Pre-registration**

Boerne Middle School North  
Students

It's time for the.....

**FAKS**

**Fitness Assessment of  
Knowledge and Skills**

# Instructions

- Each week you will be given four questions.
- You will need to provide your own answer sheet and writing utensil.
- You will be given only a few seconds to answer each question so read and think quickly.
- You will be responsible for grading yourself.
- If you choose to not participate or try and cheat, consequences could be fatal.....



# Question #1

An average 13 year old girl should consume how many calories a day?

- A. Under 1000
- B. Around 2000
- C. Around 3000
- D. More than 3000

Answer: B, depending on height and activity level an average 13 year old girl should consume approximately 2000 calories a day.

## Question #2

\_\_\_\_\_ is the leading cause of death among youth.

- A. Suicide
- B. Auto Accidents
- C. STDs
- D. Alcohol

Answer: D, alcohol is a leading cause of death among youth, particularly teenagers. It contributes substantially to adolescent motor vehicle crashes, other traumatic injuries, suicide, date rape, and family and school problems.

## Question #3

How many calories are in a 32 ounce Dr. Pepper?

- A. 100
- B. 200
- C. 300
- D. 400

Answer: D, there are 100 calories per 8 ounce of Dr. Pepper.

## Question #4

How much physical activity should you get daily?

- A. 45-60 minutes
- B. 30-45 minutes
- C. 15-30 minutes
- D. 10-15 minutes

Answer: A, you should get at least 60 minutes of physical activity most or all days

**So how did you do?**



# 4 out of 4?

## COMMENDED PERFORMANCE

Apply your knowledge and  
you will probably live a  
long and healthy life.



# 3 out of 4?



## RECOGNIZED

Your knowledge shows  
that you can make  
good choices that can  
help you stay physically  
fit.



# 2 out of 4?

## NOT ACCEPTABLE

Take time to visit [www.mypyramid.gov](http://www.mypyramid.gov) to educate yourself on what your body needs and get a personalized plan.



# 1 out of 4?

## FAILED TO MEET STANDARDS

Your health could be at risk. How do these sound?

- **Obesity**
- **Hypertension**
- **High Cholesterol and Heart Disease**
- **Diabetes**
- **Stroke**
- **Gout**
- **Cancer**



0 out of 4?



CLUELESS

Seek help immediately  
because you may not  
have much time  
left.....seriously.



# Bibliography

- Avoiding Adolescent Alcohol Abuse: Strengthening Strategies for Middle Schoolers Defense Against Drugs." *Suite101.com: Online Magazine and Writers' Network*. Web. 22 Jan. 2011. <<http://www.suite101.com/content/avoiding-adolescent-alcohol-abuse-a37731>>.
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- Diet, A. Poor. "Problems Of A Poor Diet | LIVESTRONG.COM." *LIVESTRONG.COM - Lose Weight & Get Fit with Diet, Nutrition & Fitness Tools*. Web. 22 Jan. 2011. <<http://www.livestrong.com/article/92191-problems-poor-diet/>>.
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