

## **SPECIAL PARENT SYMPOSIUM FEBRUARY 5<sup>TH</sup>**

**Coordinated School Health  
Linda B. McGill  
Athens City Schools**

**Next Tuesday, February 5<sup>th</sup>, will be our annual " Build-a-Book Night "for parents and students. We will also be focusing on "Heart Health Night" as well. Come to City Park at 6 p.m. for fun, activities, fruit trays, and blood pressure counts.**

**January is going out with cold weather and precipitation! Students love snow days, but parents not so much! Moms get tired of wet clothes everywhere, kids snacking constantly, and boredom sets in after a day or two. Friday will bring in a new month, and don't forget the groundhog will be out looking for his shadow on February 2<sup>nd</sup>.**

**Athens City Middle School Cougars are competing in the Sectional Tournament in Sevierville this weekend. We wish them good luck. We're so proud of the hard work of our teams. Hopefully, they'll make it to the State Basketball Tournament in Smyrna, beginning Friday, Feb. 8<sup>th</sup>. Go, Cougars!**

**ACMS Volleyball has games scheduled for Tuesday, Feb. 5<sup>th</sup> here against Spring City. Game begins at 5:30. On Wednesday, they'll be in Cleveland for a game at 4:30. Come out and support this team.**

**Our Board of Education has a Work Session scheduled at the Administration Building on Wednesday, Jan. 30, at noon. They'll be reviewing the activities planned for the next months. We appreciate their willingness to be leaders in our system and our community.**

**Next week, February 11-15, families will be receiving our annual Family Engagement Survey for 2018-2019. This year, the survey has been shortened and will be easier to complete. The one page will have specific questions on the front, along with school/parent information. The back of this sheet will be available for personal comments. We always look forward to seeing how our system shapes up for families. The survey will be available online, as well as on paper. Don't forget to send yours in!**

**Remember, in case of inclement weather, school closings and/or delays are announced by School Cast, Facebook, Twitter, School websites, radio and TV as well. If your phone number has changed, let your child's school know.**

**With freezing weather, coupled with heavy winds, comes into our area, there are several small things you can do to help yourself survive:**

- **Opening the doors under your sinks will keep your pipes from freezing**
- **Let your faucets (at least a few) drip overnite to keep lines open**
- **Always have supplies on hand that you can eat, in case of power failures**
- **Make sure your cell phones are charged, in case of emergency**
- **Check on any elderly neighbors to make sure they're ok**
- **Know where candles or flashlights are located**

**Next week is National School Counseling Week. We are most fortunate that we have a guidance counselor in each of our five schools. These folks are dedicated to looking out for the mental, physical, and social needs of every child. Hats off to Carol Green at City Park; Jessica Miller at Ingleside; Tina Jenkins at North City; Buffy Wall at Westside, and Roxanne Dingess at ACMS.**

**As we move into February, let's take the lessons of love and kindness along with us. People may not remember what you said to them, but they always remember how you make them feel. Stay healthy!**

**1/30/19**