

Middle School Guidance



Personal Hygiene

May 2006

Volume 3, Issue 10

With the weather breaking the past few weeks, it is safe to assume that warmer weather is on the way. With the arrival of warmer weather, personal hygiene needs to become the focal point for students attending school or other social functions. Maintaining personal hygiene enhances an individual's physical and emotional wellbeing. Washing with water is the most common example of hygienic behavior. Washing is usually done with soap or detergent which helps to remove oils and break dirt particles so they may be washed away.

Daily Hygiene Practices

To maintain good personal hygiene, one should practice daily hygienic practices which would include the following: Daily washing of the

body and the hair on one's head, more frequent washing of hands and face, brushing and flossing one's teeth two or three times daily or after eating (if possible), regular daily bathing in a bathtub or shower, the use of deodorant on a daily basis, proper laundering and daily changing of clothes and general cleaning of the living area in a home.

The Goal of Personal Hygiene

What's the big deal? The intent is two-fold - (1) keeping your body clean is an important part of keeping healthy and (2) helping you feel good about yourself. Drawing unwanted negative attention to yourself because of body odor can be very embarrassing. Let's be honest, kids can be cruel and will begin bullying/harassing

the student by calling him/her names and social isolation. This type of attention is detrimental to the development of the individual being teased. The bottom line is very simple - practicing good personal daily hygiene.

Quote of the month

"Achievement starts from within...if you don't believe in your own abilities how can you expect others to?"

(Unknown Author)



**HAPPY MOTHER'S
DAY**

Points of Interest:

- ✓ - Absent from school? Check out the teacher lesson plans by logging in to the Logic House Parent Portal.
- ✓ - Excuses are due the day students return to school. A grace period of three days is allowed before becoming illegal.
- ✓ - Bullying information can be found at: <http://www.bbsd.com/bullying>

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Important Upcoming Events

The following are a listing of important dates to remember:

May 6, 2006 - "Adios Amigos Fiesta" (6:00 - 9:00)

May 11, 2006 - Fifth Six Week Grading Mid-Term.

May 14, 2006 - Happy Mother's Day. Thank you mom for everything!

May 18, 2006 - Middle School Honor Banquet. (6:30 start)

May 25, 2006 - Middle School Awards Assembly. (1:30 - 3:00)

May 26, 2006 - Teachers versus eighth grade basketball game. (1:45 - 3:10)

May 29, 2006 - Memorial Day.

June 2, 2006 - Last student day for the 2005 - 2006 school year.

June 11, 2006 - Flag day. Display the American Flag proudly.

June 18, 2006 - Happy Father's Day. Thank you dad for everything!

July 4, 2006 - Independence Day.

August 14, 2006 - New student registration for the 2006 - 2007 school year. (9:00 - 2:00)

August 29, 2006 - First student day for the 2006 - 2007 school year.