



Braves Beat

A Reminder from Mrs. Molina

Students interested in doing Science fair this year will meet every Thursday in Mrs. Gallegos' room after school. We can meet at other times if needed. We have supplies and can help you get things for your experiment. Have fun learning and showing what you have learned by joining Science Fair!!!

MAPS testing will begin November 30 - January 20, please make sure that your students eat a good breakfast!

Final exams will be the week of the December 12th.

Monday - Reading and writing

Tuesday - Math

Wednesday - Science

Thursday - Social Studies

Friday - Make -ups

Please have a fun and safe Thanksgiving break!

**Please check
Lost &
Found...it is
filling up!!**

Middle School Students Still Need After-School Supervision

When kids reach middle school, parent may feel they no longer need to be supervised after school. But studies show that kids with too much time on their hands may be at risk of substance abuse.

One study found that eighth graders who were unsupervised for 11 hours a week were twice as likely to use drugs and alcohol as those under some form of adult supervision.

Where can parents find the after-school supervision that kids need? Here are some suggestions:

- **School activities.** Whether your child stays after school to play in the band, work on his jump shot or attend a club meeting, he's involved with positive activities.
- **Community centers.** If your community does not have a preteen program, perhaps a group of volunteers could start one.
- **Volunteering.** Your child can gain job skills while making the world a better place.
- **Youth organizations.** Scouting, 4-H and many other student organizations have programs designed for middle school students.

THANKSGIVING CRAFTS

Materials

- Scissors
- Medium-sized brown bag
- Newspaper
- Glue
- Googly eyes
- Red balloon
- Two large grocery bags
- Large rubber band



Instructions

1. To make the head, stuff the bottom of the medium-sized bag with balled-up newspaper. Twist the top of the bag to form a long, skinny neck.
2. Glue the googly eyes and the balloon wattle onto the face
3. For the turkey's body, use one large bag. Snip a hole through the front of the bag an inch from the bottom and fit the neck into it. Then, stuff the body two thirds full with newspaper. Close the top of the bag with the rubber band.
4. To make tail feathers, cut four large half-circles from the remaining bag and then glue them in layers to the back of the body

HEALTHY EATING ON A BUDGET

- 1 can (10 3/4 ounces) Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
- 1 cup water
- 3/4 cup **uncooked** regular long-grain white rice
- 1/4 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 1 1/4 pounds skinless chicken breast

Stir the soup, water, rice, paprika and black pepper in a 2-quart shallow baking dish. Top with the chicken. Season with additional paprika and black pepper. Cover the baking dish.

Bake at 375°F. for 45 minutes or until the chicken is cooked through and the rice is tender.



Chicken & Rice

Q: Why do turkeys always go, "gobble, gobble"?

A: Because they never learned good table manners

A poem from a SMS Student

I see the leaves changing ,the children frolicking outside, while I sip my cocoa and remember the year that just went by.
 I recall that I had a few
 laughs, a few tears, some
 events that I will remember
 for the rest of theses years. I
 see the lights pull up the drive
 way, announcing they are here .I wipe the
 frost off the window, and bound down the
 steps to spread the Thanksgiving cheer!



By: Shania Hazen

Basketball

7th Grade Girls

Audriana Carrillo
 Kristy Briones
 Kalynn Darras
 Aurelia Chavez
 Samantha Lucero Montes
 Faith Padilla
 Andrianna Saavedra
 Courtney Lorenz
 Clarissa Willie
 Deekota Chavez
 Ariana Garcia
 Destiney Vergara

8th Grade Girls

Desirae Jojola
 Justeen Martinez
 Amanda Padilla
 Hope Moses
 Aracely Alderete
 Cathryn Wellborn
 Brianna Garcia
 Mariah Willie
 K'Lynn Crespin
 Savannah Rivera
 Antoinette Lopez
 Marissa Gonzales
 Natamra Paz

7th Grade Boys

Michael Armijo
 Ryan Botko
 Wesley Mauldin
 Cristain Bustamante
 Luke Saiz
 Josh Chavez
 Deyon Martinez
 Brett Anaya
 Estephan Romero
 Vicente Vega
 Gabriel MInitrez

8th Grade Boys

Sean Moore
 Dennis Woods
 Jo Silva
 Ricky Silva
 Isaiah Anaya
 Levi Romero
 Brice Rosales
 Billy Apodaca
 Ivan Jordison
 Garrett Rodriguez
 Alex Chavez
 Zach Anaya
 Dominic Montoya
 Jonah Maudlin
 Johnny Joe Jaramillo



Girls Basketball

Lady Braves Basketball

Boys Basket ball

Date	Opponent	Site	Time	Depart	Date	Opponent	Site	Time	Depart
Tue.Nov.22	Hot springs	Home	4:00 p.m.		Tue.Nov.22	Hot springs	Away	4:00p.m.	2:00p.m.
Sat.Dec.3	La Plata	Home	11:00a..m		Sat.Dec.3	La Plata (silver)	Away	11:00a.m.	6:30a.m.
Tue.Dec.6	Magdalena	Away	4:00a.m.	2:30 p.m	Tue.Dec.6	Magdalena	Home	4:00p.m.	
Thu. Dec.8	Snell Cobre	away	4:00P:M	11:30A:M	Thu. Dec.8	Snell (cobre)	Home	4:00p.m.	
Sat.Dec.10	La Plata Silver	Away	11:00a.m.	6:30a.m.	Sat.Dec.10	La Plata (silver)	Home	11:00a.m.	
Tue.Dec.13	Snell (cobre)	Home	4:00 p.m.		Tue.Dec.13	Snell (cobre)	Away	4:00p.m.	11:30a.m.
Thu.Dec.15	Hatch	Home	4:00p.m.		Thu.Dec.15	Hatch	Away	4:00p.m.	1:00p.m.
Thu.Jan.5	Magdalena	Home	4:00p.m.		Thu.Jan.5	Magdalena	Away	4:00p.m.	2:30p.m.
Thu. Jan.12	Hatch	Away	4:00p.m.	1:00p.m.	Thu.Jan.12	Hatch	Home	4:00p.m.	
Thu. Jan 19	Hot Springs	Away	4:00p.m	2:00p.m	Thu.Jan.19	Hot springs	Home	4:00	
Sat.Jan.28	7th & 8th Tourn.@la plata Silver	Away	TBA	TBA	Sat.Jan.28	7th & 8th tourn.@snell cobre	Away	TBA	TBa



Nurses Notes



Winter Skin Care: 5 tips for Dry, Chapped Skin

Children are already coming in this month with dry, chapped skin and lips. These simple winter skin care tips can help you prevent and treat dry, chapped skin.

Winter skin care tip 1: Shorten Those Showers

Long, steamy showers will dehydrate you. Hot water removes the skin's natural oils more quickly than warm or cold water. The skin care solution? Take shorter showers and baths and use warm water instead of steamy hot. When you're done, pat dry, don't rub.

Winter skin care tip 2: Mild Soaps

Your favorite antibacterial or deodorant soap may be doing more harm than good, stripping your skin of essential oils. That's why skin care pros recommend sticking with mild soaps, preferably unscented or lightly scented.

Winter skin care tip 3: Moisturize

A great way to soothe or prevent chapped skin: moisturize. And you don't need expensive elixirs from the cosmetics counter to keep skin dewy. Petroleum jelly, mineral oil, even hair conditioner can help you trap in moisture as you step from the shower or bath. And remember to drink up-moisturizing from the inside out.

Winter skin care tip 4: Slather on Sunscreen

Up to 80% of the sun's rays can penetrate light clouds, and snow. Over time that exposure can lead to moles, wrinkles, and skin cancers. Reach for a sunscreen with a sun protection factor (SPF) of at least 15, with UVA and UVB protection.

Winter skin care tip 5: Soothing Chapped Lips

Lips don't have oil glands, so they can dry out especially easily. Suggestions from the American Academy of Dermatology include:

Don't lick. The cycle of wetting and drying that occurs when you lick your lips quickly causes them to chap.

Cover up. On cold or windy days protect your kisser behind a scarf.

Boost moisture. Keep the air in your house moist with a humidifier.

Lip balm. Sun exposure can make chapped lips even worse, so spread on plenty of lip balm with a sunscreen of SF 15 or more in it. These quick skin care tips should help keep your skin happy all year long. But if you find you still have dry skin, or your skin gets worse, give a dermatologist a call.



BRAVES SPIRIT

There are lots of ways that Students and Staff show school spirit! Last week was a fun and interesting way to show off our Brave Pride!



We've got SPIRIT, yes we do... We've got SPIRIT how about you!

Prizes were awarded daily to the best dressed!

- *Pajama Day
- *Crazy Hat/Hair Day
- *Super Hero/Famous Person
- *Clash/Backwards/Inside-Out Day
- *Blue and White

*Sponsored by Renaissance