

# the Harrold



Week of December 3-8, 2018

## Interesting Facts for the Week

According to researchers, you can reset your biological clock and more if you go camping for a week. When you're camping, you don't have to worry about man-made lights interfering with your biological clock. One study shows that if you camp outdoors for a whole week, you can sync your melatonin hormones as well with the rising and setting of the sun.

If you've ever been accused of being too chatty, and you're a woman, a study might explain why. Louann Brizendine, the founder of the University of California's San Francisco's Women's Mood and Hormone Clinic, published the study "The Female Brain," which suggests that women speak about 20,000 words per day versus men, who only speak 7,000 words on a daily basis.

## this week

### After School Detention

Thweatt

- ⊙ Since we have a shortened six weeks, Progress Reports will be due on Tuesday (4<sup>th</sup>) to Mrs. Dhane by 12 noon.
- ⊙ December 6<sup>th</sup>—UIL District Elementary/JH Academic Contest at Munday.

## this week cont.

- ⊙ **Reminder**—some of you might have Christmas decorations in your room. If they happen to be connected to the school's electricity, be sure and turn them off before you leave for the evening.

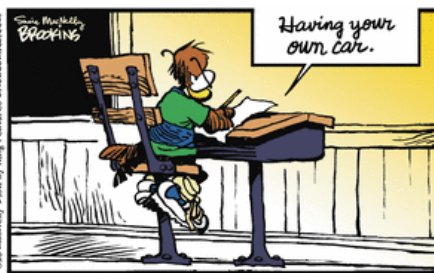
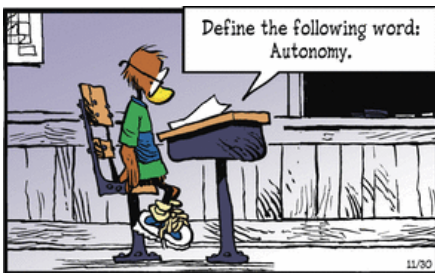
## the future

### December 10-15

### After School Detention

Cruz

- ⊙ The **Christmas Music Concert** is scheduled for Thursday, December 13<sup>th</sup> @ 7:00.
- ⊙ Next board meeting—Thursday, December 20<sup>th</sup> @ 6:30.



"Hand over all the cash or he starts playing."

## two week overview

3 5:00—JH BB vs Knox City @ Home Gate: Thweatt	4	5	6 UIL District Elementary/JH Academic Contest at Munday HS BB Vernon Tournament	7 HS BB Vernon Tournament	8 HS BB Vernon Tournament
10 5:00—JH BB vs Benjamin @ Home Gate: Mrs. Ramsey	11 6:00—HS Girl's BB vs Crowell @ Home Gate: Mr. Ramsey	12	13  7:00—Christmas Band and Elementary Music Concert	14 6:00—HS Girl's BB @ Chillicothe	15