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'BEAR TRACKS'
Sep./Oct. 2018
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Clovis Unified School District
1450 Herndon Avenue
Clovis, CA 93611
Issue #1

BEAR Tracks

Principal's Message

Dear Buchanan Families,

The 2018/2019 school year is off to a great start! The energy and excitement from our students and staff is contagious. We are eager to welcome the community to **Back to School Night on Monday, September 17**. It is very important for parents to meet their student's teachers and counselor. We want to work in partnership to help support your child throughout the year. Additionally we have added many new faces to Bear Nation:

- Joe Avery will be joining our Instrumental Music Department with the Band Program. He previously worked at Clovis West and Clovis High Schools.
- Caroline Corgiat will be joining our Special Education Department. She comes to us from Clovis Elementary School.
- Connor Loggins will be joining our Special Education Department. This past year he worked in the Special Education Department at Clovis West High School.
- Noemi Ortiz will be joining our Special Education Department. She comes to us from Visalia Unified School District.
- Hillary Perry will be joining our Social Science Department. She previously worked in Central Unified School District.
- Barbara Shinaver will be joining our Instrumental Music Department as our new Jazz Director. She comes to us from Bullard High School.
- Elise Souza is our new administrative assistant in the Counseling Center. She previously worked in the main office at Alta Sierra Intermediate.

The Clovis Unified School District theme for the year is, "Better Together." The Buchanan High School staff wants to work together to be the difference for your child and help them reach their full potential. We are looking forward to a great year in Bear Nation.

Sincerely,
Joe Aiello



Joe Aiello



Buchanan High School
Back-to-School Night
 Monday, September 17th, 2018
 6:30pm-8:00pm

Counseling Center News

Get information directly from the BHS Counseling Center

Parents and students can keep up with upcoming events sponsored through the BHS Counseling Center by visiting the Counseling Center website from the Buchanan High School main page at: <http://bhs.cusd.com/> and then click on the choices while hovering over Counseling Center on the Navigation bar.

The BHS Counseling Center has a Remind page for each grade level

Please join us on Remind using the following information

For the Class of 2022

Text to 81010

Message should read @bhsc2022

For the Class of 2021

Text to 81010

Message should read @bhsc2021

For the Class of 2020

Text to 81010

Message should read @bhsc2020

For the Class of 2019

Text to 81010

Message should read @bhsc2019

Senior Parent Night- Monday, September 10th at 6:00 PM in the BHS MPR

To allow Senior parents more time to reflect and gather information the Counseling Department has moved Senior Parent Night to the Monday, September 10th. During this meeting parents will obtain information regarding Graduation Requirements, both 2-year and 4-year College Information, Testing Information, NCAA Information, etc. Counselors as well as various college representatives will be on hand to answer questions prior to and after the presentation.

Testing Dates

SAT Test Date	Registration Deadline	Late Registration (extra \$29 fee)
August 25, 2018	July 27, 2018	August 15, 2018
October 6, 2018	September 7, 2018	September 26, 2018
November 3, 2018	October 5, 2018	October 24, 2018
December 1, 2018	November 2, 2018	November 20, 2018
March 9, 2019	February 8, 2019	February 27, 2019
May 4, 2019	April 5, 2019	April 24, 2019
June 1, 2019	May 3, 2019	May 22, 2019

Buchanan's Clothes Closet

Providing gently used clothing and shoes for families in the district at no cost.

Starting September 15th we will be open the 3rd Saturday of Every Month 9AM – Noon
 Located in Room 804 on Buchanan's Campus
 (Near the basketball courts on Minnewawa.)

Students and families are invited to "shop."
 There is absolutely No Cost and no requirements.
 We also accept gently used clothing donations.

A project of Buchanan's Service Based Leadership class.
 The Buchanan Clothes Closet aims to provide clothing for CUSD families in need.

For more information, please contact Christine Tessler at christinetessler@cusd.com or 327-3000.

Bear Stage Presents



**September 27, 28, 29 &
 October 4, 5, 6, 2018**

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Who: High school juniors and seniors. Parents welcome!

When: November 8-9, 2018 **Cost:** \$25

Register at **ExperienceFPU.com/visit**



Health Notes from our Nurse

Bedtime Texting May Be Hazardous to Teen's Health

Many American teens text in bed, leading to lost sleep, daytime drowsiness and poorer school performance, a new study says.

Researchers from New Jersey looked at nearly 3,200 middle and high school students in the state. They found that nearly 62 percent of the kids used their smartphones in some capacity after bedtime; nearly 57 percent texted, tweeted or messaged in bed; and nearly 21 percent awoke to texts. "Our study confirms that many teenagers are texting late at night when they should be sleeping. This behavior is more common among older teenagers, especially those in high school, and among girls," said study co-author Vincent DeBari. He is director of research at the Seton Hall University School of Health and Medical Sciences, in South Orange.

"One of the most worrisome aspects of our findings is that in addition to affecting the quality and amount of sleep teenagers are getting, bedtime smartphone use seems to be having a negative impact on their level of alertness during the day and on their grades in school" DeBari said in a university news release.

His study co-author, Dr. Peter Polos, added that teens whose sleep is disrupted by incoming texts may feel compelled to respond to those texts immediately. These exchanges can go on for hours.

"This leads to excessive stimulation at night. Light from electronic devices can suppress the secretion of melatonin, a hormone that promotes sleep. All of these factors combine to make sleep difficult in the face of excessive smartphone use at night," said Polos, a member of the sleep medicine division of the JFK Neuroscience Institute in Edison, N.J.

The researchers also found that smartphone use just before or after bedtime may worsen teens' tendency to go to bed much later and sleep until late morning. This behavior has been linked with depression, anxiety and attention-deficit hyperactivity disorder, the study authors said.

"Repeatedly, studies have shown that today's adolescent students are seriously sleep-deprived, and that it affects their health, their mood and their safety behind the wheel. Our study shows that the unrestricted use of smartphones at night may be a major contributing factor," Dr. Sushanth Bhat, an assistant professor of neuroscience at Seton Hall, said in the news release.

"Since getting the proper amount of sleep is very important for brain development and learning in the teenage years, our study should prompt parents and guardians to consider placing reasonable limitations on adolescent smartphone usage at night," Bhat concluded.

The study findings appear in the October issue of the Journal of Adolescence.

More information

The National Sleep Foundation has more about teens and sleep.

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The Buchanan Foundation 2018-2019

Membership Drive

Membership Levels

\$30 - Bear Member

- Senior Scholarship Eligibility

\$100 - Blue Foundation Member

- One Adult Athletic Pass
- Senior Scholarship Eligibility

\$150 - Red Foundation Member

- Two Adult Athletic Passes
- Senior Scholarship Eligibility

\$250 - Red & Blue Foundation Member

- Two Reserved Seat Football Season Tickets
- One Parking Pass
- Two Adult Athletic Passes
- Senior Scholarship Eligibility

\$500 - Diamond Foundation Member

- Four Reserved Seat Football Season Tickets
- Two Parking Passes
- Two Athletic Passes
- Senior Scholarship Eligibility

Adult Pass includes entry into BHS home athletic events (excluding playoffs).



The Buchanan Foundation Executive Board Members

Pat Ruth – President

Julie Lundholm - Vice President

Lisa Hancock – Recording Secretary

Shannon Barsotti – Corresponding Secretary

Tammy Jett – Financial Secretary

Dave Newberry – Hospitality

Kathy Zamora – Parliamentarian

Kelly Baker – Volunteer Coordinator

Petula Veatch – Fundraising Coordinator

Joe Aiello – Principal

Kia Yang – Deputy Principal

Get Involved!

The Buchanan Foundation, much like a Parent/Teacher Club, is a partnership to provide financial support for important campus activities which include:

- Academic teams & scholarships
- Special student events & programs
- Teacher and staff support

Last year, your much-needed support funded:

- Over \$5,000 in scholarships
- Teacher grants
- Staff appreciation events
- Support for History Day, Academic Decathlon, Science Olympiad, Destination Imagination and Robotics
- Sober Graduation
- Student Laptops and Carts
- Annual Bear Bash

Please consider becoming a member.

Your donation will help support, teachers and staff enrich the educational experience for all high school students. Contact the main office for a Membership form. Questions or for additional information call Tammy Jett @ 327-3076.

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4th Annual Bear Nation Bash



**Saturday
October 6, 2018
5:00 pm**

Smittcamp Ranch – Nees & Minnewawa Avenues

Dinner with Live & Silent Auction

Must be 21 or older to attend

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Athletic Calendar

Date	Event	Location	Date	Event	Location
9/4	GVB vs Stockdale	Buchanan	9/27	Girls Golf @ Clovis High	Sunnyside Country Club
9/5	GWP vs Clovis West	Buchanan	9/27	Girls Tennis @ Clovis West	Clovis West
9/5	BWP vs Clovis West	Buchanan	9/27	Gymnastics Clovis North Host	Clovis Academy
9/6	Girls Tennis @ Clovis High	Clovis High	9/27	Girls Tennis @ Clovis West	Clovis West
9/7	Football @ Liberty (Bakersfield)	Bakersfield	9/28	Football @ Central	Deran Koligian Stadium
9/7-9/8	GWP Central Cal JV Champs	Sanger	9/28-9/29	GVB @ TP CA Challenge	San Diego
9/7-9/8	BWP @ Roche Tournament	Bay Area	9/28-9/29	GWP BHS Invite	Buchanan & Alta Sierra
9/7-9/8	Girls Tennis CA High School Tennis Classic	TBA	9/29	BWP @ Menlo	Menlo
9/8	X Country @ Kingsburg	Kingsburg	10/1	Girls Golf @ 9 Hole Tournament	Fort Washington Country Club
9/10	Girls Golf @ 9 Hole Tournament	Fig Garden Golf Course	10/2	Girls Tennis vs Central	Buchanan
9/11	Girls Tennis vs Clovis West	Buchanan	10/2	GVB vs Clovis North (Pink Game)	Buchanan
9/12	GWP vs Central	Buchanan	10/2	GWP vs Clovis North	Buchanan
9/12	BWP vs Central	Buchanan	10/2	BWP vs Clovis North	Buchanan
9/13	Girls Golf @ Central	Sunnyside Country Club	10/2	Girls Tennis vs Central	Buchanan
9/13	Girls Tennis @ Central	Central	10/3	Unified Soccer vs Clovis East	Clovis West
9/13	GVB vs Sanger	Buchanan	10/4	Girls Golf @ Clovis East	Sunnyside CC
9/13	Girls Tennis @ Central	Central	10/4	Girls Tennis vs Clovis East	Buchanan
9/14	GWP @ Sierra Shootout	Roseville	10/4	GVB vs Clovis (Military Night)	Buchanan
9/14-9/15	GWP Central Cal JV Championships	Sanger	10/4	GWP @ Clovis West	Clovis West
9/14-9/15	BWP @ CCS/NCS	Bay Area	10/4	Gymnastics Buchanan Host Clovis West	Clovis Academy
9/15-9/16	X Country @ Woodbridge Invitational	Silver Lakes Park	10/4	BWP @ Clovis West	Clovis West
9/18	Girls Golf @ 9 Hole Tournament	Sunnyside Country Club	10/4	Girls Tennis vs Clovis East	Buchanan
9/18	Girls Tennis @ Clovis East	Clovis East	10/5	Football @ Clovis West	Buchanan/Veterans Stadium
9/18	GVB @ Clovis	Clovis High	10/5	GWP @ Sunnyside Tournament	Sunnyside
9/18	Girls Tennis @ Clovis East	Clovis East	10/6	X Country @ Clovis Invitational	Woodward Park
9/19	GWP @ Clovis	Clovis High	10/9	Girls Golf @ 9 Hole Tournament	Belmont Country Club
9/19	BWP @ Clovis	Clovis High	10/9	Girls Tennis @ Clovis North	Clovis North
9/20	Girls Golf @ Clovis West	Dragonfly Golf Course	10/9	GVB @ Clovis West	Clovis West
9/20	Girls Tennis vs Clovis North	Buchanan	10/9	GWP @ Central	Central
9/20	GVB vs Clovis West (Spirit Night)	Buchanan	10/9	BWP @ Central	Central
9/20	Gymnastics Clovis High Host Clovis East & Buchanan	Clovis Academy	10/9	Girls Tennis @ Clovis North	Clovis North
9/20	Girls Tennis vs Clovis North	Clovis North	10/10	Unified Soccer @ Clovis West	Clovis High
9/21	Football vs De La Salle (Military Appreciation Night)	Buchanan/Veterans Stadium	10/11-10/12	Girls Tennis @ TRAC Championships	TBA
9/21	GWP @ Arroyo Grande Tournament	Arroyo Grande	10/11	GVB vs Central	Buchanan
9/21	X Country @ Mt. Whitney Invitational	Visalia	10/11	GWP vs Clovis	Buchanan
9/21	BWP @ AFC Tournament	San Diego	10/11	Gymnastics Madera Host Buchanan	Clovis Academy
9/24	Girls Golf @ 9 Hole Tournament	Dragonfly Golf Course	10/11	BWP vs Clovis	Clovis High
9/25	GVB @ Central	Central	10/11-10/12	Girls Tennis @ TRAC Championships	TBA
9/25	Girls Tennis vs Clovis	Buchanan	10/12	Football vs Clovis High (Pigskin for Pink & Spirit Night)	Buchanan/Veterans Stadium
9/26	GVB @ Clovis East	Clovis East	10/12-10/13	GWP Western States Tournament	Modesto
9/26	GWP @ Clovis East	Clovis East	10/12-10/13	X Country @ Bella Vista Invitational	Folsom
9/26	BWP @ Clovis East	Clovis East	10/16	Girls Golf @ 18 Hole Tournament	Belmont Country Club
9/26	Unified Soccer vs Central	Central	10/16	GVB vs Clovis East (Senior Night)	Buchanan
			10/17	Girls Golf @ 9 Hole Tournament	TBA

continued...



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Athletic Calendar ...continued

Date	Event	Location
10/17	GWP vs Clovis East (Senior Night)	Buchanan
10/17	BWP vs Clovis East	Clovis East
10/17	Unified Soccer @ Clovis High	Clovis North
10/18	Girls Tennis @ CIF Team Playoffs	TBA
10/18	GVB @ Clovis North	Clovis North
10/19	Football vs Clovis High (Homecoming)	Buchanan/Veterans Stadium
10/19	Gymnastics JV Champ. Host Madera	Clovis Academy
10/19	Gymnastics V Leag Champ. Host Clovis West	Clovis Academy
10/19-10/20	BWP @ Memorial Cup	San Jose
10/22	Girls Golf @ North Area Championships	TBA
10/23	Girls Tennis @ CIF Team Playoffs	TBA
10/24	GWP @ Clovis North	Clovis North
10/24	BWP @ Clovis North	Clovis North
10/25	GVB @ Central Section	TBA
10/25	Football @ Clovis North	Buchanan/Veterans Stadium
10/24	Unified Soccer @ Clovis North	Clovis East
10/26-10/27	Girls Tennis @ Area Tournament	TBA
10/27	X Country @ John Seaman	Kingsburg Gun Club
10/27	CUSD Hall of Fame	Clovis North/PAC
10/29	Girls Golf @ Team/Ind. Championships	TBA
10/30	Girls Golf @ Paso Robles Tournament	Paso Robles Golf Course
10/30	GVB @ Central Section	TBA
10/31	GWP Playoffs	TBA
10/31	BWP @ CIF Section First Round	TBA
10/31	Girls Tennis @ CIF Team Playoffs	TBA



ATHLETICS

Buchanan Football

Come out and support the Buchanan Bears at our home field!

Day	Date	Opponent	Time
Friday	9/21	Se La Salle <i>Military Appreciation Night</i>	JV @ 4:30, V @ 7:00
Friday	10/5	@ Clovis West	JV @ 4:30, V @ 7:00
Friday	10/12	Clovis Pigskin for Pink & Spirit Night	JV @ 4:30, V @ 7:00
Friday	10/19	Clovis East <i>Homecoming</i>	JV @ 4:30, V @ 7:00
Friday	10/26	@ Clovis North	JV @ 4:30, V @ 7:00

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Important Dates

Date	Event	Location
9/3/18	Labor Day Holiday	Holiday
9/5/18	ASI & BHS SART Meeting	Room 853
9/10/18	Senior Parent Night	MPR
9/10/18	Picture Day	East Gym (REC)
9/11/18	9/11 Memorial	
9/12/18	CUSD Board Meeting	District Office / PDB
9/15/18	Forensics @ Novice Speech	Lemoore
9/17/18	Back to School Night	Buchanan
9/22/18	Forensics @ Novice Debate	TBA
9/26/18	CUSD Board Meeting	District Office / PDB
9/27 - 9/29	Drama Presents- <i>Into the Woods</i>	Mercedes Edwards Theater (MET)
9/28/18	Grading Period, Progress Report	
9/29/18	Marching Band Family Night	Buchanan Veterans Stadium
10/1/18	Robotics Post Season Tournament - Capital City Classic	Sacramento, CA
10/1/18	Robotics - FLL Scrimmage	Buchanan, MPR
10/2/18	Area SART Meeting	Buchanan, Room 853
10/3/18	ASI & BHS SART Meeting	Buchanan, Room 853
10/4 - 10/6	Drama Presents - <i>Into the Woods</i>	Mercedes Edwards Theater (MET)
10/6/18	Foundation 4th Annual Bear Bash	Smittcamp Ranch
10/6/18	Forensics - Speech #1	Clovis High
10/8/18	Community Outreach Meeting	Buchanan, MPR
10/10/18	CUSD Board Meeting	District Office / PDB
10/13/18	WBA Washington Union Band Competition	
10/18/18	Choir Fall Concert	Performing Arts Center (PAC)

Date	Event	Location
10/20/18	BOA Nor Cal Marching Band Competition	TBD
10/22/18	Picture Retakes	MPR
10/22/18	Orchestras Fall Concert	Performing Arts Center (PAC)
10/24/18	CUSD Board Meeting	District Office / PDB
10/25/18	Academic Decathlon	Madera
10/27/18	Sadies Dance	East Gym (REC)
10/27/18	CUSD Hall of Fame	Performing Arts Center (PAC)
10/27/18	WBA Golden State Tournament of Bands	Buchanan, Veterans Stadium
10/27/18	CIF Cheer & Dance Invitational	TBA
10/29/18	Staff Development Day/No School For Students	

