



## LUTHER BURBANK MIDDLE SCHOOL

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### BURBANK BULLETIN

November 28, 2016

#### A MESSAGE FROM THE PRINCIPAL

I hope that everyone was able to enjoy friends and family over the Thanksgiving holiday. This year, Thanksgiving in the Friend household was no different than years past – filled with lots of food, football dominating the t.v., and the requisite family bickering interspersed throughout. What's Thanksgiving without family, right? Despite the hustle and bustle, or maybe *because* of all of the hustle and bustle, I took some time to stop and reflect on the month of November this weekend and all that there is to be thankful for, especially within our Lancaster community. From our talented faculty and staff, to our supportive parents and guardians, to the tremendous students who make us smile each day, the list of reasons to be thankful are just too numerous to count.

And, this thankful list extends beyond the parameters of our school community. This year, with the assistance of our community partners, we were able to help 15 families by providing them with a Thanksgiving basket. Thanks to Drs. Garofoli, Heffernan, and Bruneau Family Dentistry, D'Ambrosio Eye Care, Lancaster Girl Scout Troop 30772, Silver Insurance, Hometown Bank, Rob Bouchard Honda, St. Jude Medical (Westford), Corrective Chiropractic, and Nashoba Football for their generosity.

Thankful, indeed!

*Laura J. Friend*

#### **DATES TO REMEMBER**

- November 28-29 – Basketball Tryouts
- November 30 – SOS Video Preview (for parents/guardians), 6:00 p.m., LBMS Media Center
- December 2 – Trimester 1 Grades Close
- December 9 – Early Release – 11:30 a.m. Dismissal
- December 15 – Winter Concert
- December 16 – Report cards issued
- December 23-January 2 – Winter Break (school resumes, January 3)

## **ANNOUNCEMENTS**

### Luther Burbank Middle School Basketball Season About to Begin!

Tryouts for our boys' and girls' basketball teams are right around the corner. Two day tryouts will be on Monday, 11/28, and Tuesday, 11/29, in the Burbank gymnasium. The boys' tryouts will be held from 2:15-4:00 p.m. and the girls' tryouts will be held from 4:00-5:30 p.m. All interested students must have registered online and have a current physical on file with the nurse prior to trying out. Please click [here](#) to access the online registration.

We are pleased to announce a new addition to our coaching staff this year, Greg McClintock. A former Nashoba alumnus and Hall of Fame inductee, Coach McClintock brings experience, commitment, and passion to the position as both an athlete and coach. Coach McClintock will coach our boy Lancers. Coaching our girl Lancers this year will be Coach David Dillon. After having served as our boys' coach for many years, Mr. Dillon is looking forward to his new role as coach of our girls' team. We are fortunate to have both Coach McClintock and Coach Dillon at the helm. It's going to be a tremendous season.

Please show your school spirit and join us to cheer on our teams. Look for our basketball game schedules online.

### LBMS Drama

Our LBMS Drama Club held auditions last week and student roles for this spring's musical have been cast. Mark your calendars for our spring performance of "You Ain't Nothing But a Werewolf" on March 31st and April 1st.

Questions can be sent to [lbmsdramaclub@gmail.com](mailto:lbmsdramaclub@gmail.com)

### SOS Program – November 30

REMINDER: Mark your calendar for Wednesday, November 30th! We will be previewing the SOS video that all 7th grade students will see on Friday, December 2nd. The SOS program addresses youth depression in an age appropriate manner encouraging students to ACT by Acknowledging a person's feelings and Caring enough to Tell an adult about your concern. The presentation will be held from 6-7 pm in the Luther Burbank Media Center. All parents and guardians are welcome to attend.

### FROM THE NURSE, MRS. PERKINS

**Get Smart About Antibiotics** Week (11/14-20) is an annual observance to raise awareness of antibiotic resistance and the importance of appropriate antibiotic use. Although the actual week has passed, this seems like a good topic to discuss with cold and flu season upon us.

While antibiotics are life-saving drugs, they are not without risks. Each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die as a direct result of these infections. This is why it is so important to use antibiotics only when needed, and if needed, to use the **right drug at the right dose and for the right amount of time**. Overuse and misuse of antibiotics has led to development of resistant bacteria.

Antibiotics are not effective against viruses. This includes colds, flu, runny nose and sore throats. There is no quick fix but taking acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) help to reduce fever and body aches. Saline spray or drops, plenty of liquids and lots of rest all help to put you on the road to recovery.

You will need to be treated with antibiotics, if the doctor determines that you have a strep infection, pertussis or a urinary tract infection. Remember to take the antibiotics exactly as prescribed. Do not skip doses or discontinue taking them when you feel better unless your physician instructs you to do so. Never save antibiotics for future illnesses, take antibiotics prescribed for others, or share antibiotics with others.

The best way to avoid needing antibiotics is to stay healthy! Of course, frequent and good handwashing is essential! So is a healthy diet and plenty of rest. In addition, keeping up with vaccinations is also important even for adults. Vaccinations help prevent infections that may require antibiotics and helps to prevent the spread of infection. To learn more about using antibiotics wisely, visit [cdc.gov/getsmart](http://cdc.gov/getsmart).

One final note:

Mrs. Perkins is in need of your help! PLEASE empty your voice mail message boxes. Mrs. Perkins is frequently unable to leave a message regarding your child's visit to the health office because of full voice mail boxes. These communications are important since we are partners in maintaining your child's health. Thank you for your help with this!

**PICTURE OF THE WEEK**



Our 6<sup>th</sup> graders participating in a science-related Breakout EDU Challenge. Collaboration, problem-solving, and perseverance all at work.