



The Oberle Update

Trivia Time

Students in the Yearbook class developed questions and interviewed a few staff regarding 2016 and their plans for 2017. Can you match the correct staff to their answers? You can use a teacher more than once!

- What did you like most about 2016?

<input type="checkbox"/> Being with students	A. Mrs. Corbin
<input type="checkbox"/> Coming back to work	B. Ms. Fowler
<input type="checkbox"/> Daughter got her own apartment	C. Mrs. Dillow
<input type="checkbox"/> Her goddaughter was born	D. Mrs. Pickover
<input type="checkbox"/> The birth of her daughter in June	E. Ms. Tolosa
<input type="checkbox"/> I moved into a new house	F. Ms. Blankinship
<input type="checkbox"/> Love watching students grow into young adults	G. Mr. Elliot
<input type="checkbox"/> I like meeting new students	H. Mr. Manahan
- We all have things in our past we might want to change. What will you do differently in 2017 to have no regrets?

<input type="checkbox"/> Like to go back to college	A. Ms. Blankinship
<input type="checkbox"/> Face more of my fears	B. Ms. Fowler
<input type="checkbox"/> Manage time	C. Mr. Elliot
<input type="checkbox"/> Doesn't believe in regrets	D. Mrs. Pickover
<input type="checkbox"/> Eating healthier	E. Mrs. Dillow
- What are a few of your goals for 2017?

<input type="checkbox"/> Eat out less	A. Mrs. Staples
<input type="checkbox"/> Lose weight	B. Mrs. Dillow
<input type="checkbox"/> Be happy	C. Ms. Fowler
<input type="checkbox"/> Increase savings	D. Mrs. Pickover
<input type="checkbox"/> Be more computer savvy	E. Mr. Manahan
<input type="checkbox"/> Improve my singing and dancing	F. Mr. Elliot
<input type="checkbox"/> To find balance and appreciate the present	G. Mrs. Corbin
<input type="checkbox"/> Practice healthy habits	H. Ms. Blankinship
<input type="checkbox"/> Be more outgoing	I. Mr. Bryant
- What changes are you looking forward to seeing in the school?

<input type="checkbox"/> Student uniforms (hopefully!)	A. Ms. St. Clair
<input type="checkbox"/> More school buildings (gym)	B. Mr. Elliot
<input type="checkbox"/> Increasing class options	C. Mrs. Pickover
<input type="checkbox"/> Positive changes in students	D. Mrs. Dillow
<input type="checkbox"/> Increase number of students	E. Mr. Bryant
<input type="checkbox"/> Shorter blocks	F. Ms. Fowler
<input type="checkbox"/> Students getting more jobs	G. Ms. Blankinship
- Will you be traveling in the New Year? If yes, where?

<input type="checkbox"/> To a beach	A. Mrs. Dillow
<input type="checkbox"/> Tennessee	B. Ms. Fowler
<input type="checkbox"/> Hawaii	C. Mr. Manahan
<input type="checkbox"/> Florida and South Carolina	D. Mrs. Pickover
<input type="checkbox"/> Baltimore	E. Ms. Blankinship
<input type="checkbox"/> Music Festival	F. Ms. Fowler
<input type="checkbox"/> Downtown Fredericksburg	G. Mr. Elliot

Submit your answers to Ms. Tolosa to confirm accuracy. ☺ Good luck!

Counseling Column

Mental Health America of Virginia Warm Line:

Our Warm Line is a peer-run service for residents of Virginia. We offer this support line for individuals, family members and other concerned parties who would like someone to talk to, or who request community mental health resources, or who have specific questions about their recovery journey. The peers who answer our Warm Line listen with compassion and provide non-judgmental support.

The peers at MHAV are not licensed professionals, medical providers or legal advisors. The staff and volunteers at MHAV maintain strict confidentiality and do not divulge personally identifying information regarding a caller.

A Warm Line is not a Hotline, which is for individuals in need of emergency services. If you are in crisis, please call the National Crisis Hotlines 1-800-273-8255, or 911.

Monday - Friday 9 am - 5 pm
1-866-400-MHAV (6428)

Screening Tools

Our national affiliate Mental Health America offers free, anonymous and confidential mental health screening tools. Taking a screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Greater Richmond SCAN (Stop Child Abuse Now) is pleased to announce a screening of Resilience.

Resilience chronicles the birth of a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease. The film portrays a dynamic group of individuals who are proving that cycles of disease and adversity can be broken.

What: Free screening of RESILIENCE, followed by a short discussion.

When: Tuesday, January 17, 2017

8:30am - 10:30am

Where: Robinson Theater Community Arts Center

2903 Q St, Richmond, VA 23223

Admission: No Cost

Word of the Month: HONESTY

January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatball Sub Peas Potato Chips	3 Chicken Pita Roasted Potatoes	4 Ham Sub Black Eyed Peas Kale Chips	5 Bistro Plate Turkey & Cheese Veggies	6 Pizza Salad Hot Fudge Pudding Cake
9 Barley Beef Soup Rolls	10 Yassa Chicken Jollof Rice	11 Italian Sub Popcorn	12 Ravioli Spinach	13 Pizza Salad Apple Tart
16 CLOSED	17 Chix Salad Sandwich Fries Cucumber Salad	18 Tomato Soup Grilled Cheese Sandwich	19 Tuna Sandwich Chips Veggies	20 Pizza Salad Heavenly Milkshake
23 Nigerian Meat Pie Lentil Stew	24 Orange Chix Rice Broccoli	25 Cauliflower Soup Turkey Sandwich	26 Corn Dogs Pretzels Three Bean Salad	27 Pizza Salad Chocolate Cake Pudding
30 Cheeseburgr Fries	31 Moroccan Chix Carrots Cous-Cous			

Important Dates:

January 2: School Resumes
 January 4: Clubs/Interim Reports
 January 7: Inclement Weather Make Up Day
 January 11: Reward Day- TBD
 January 16: No School-MLK, Jr. Day
 January 18: Clubs
 January 20: 4th Block Award Recognition
 January 21: Inclement Weather Make Up Day
 January 23: Exams/Early Dismissal
 January 24: Exams/End of Grading Period/Early Dismissal
 January 25: Second Semester Begins
 January 28: Inclement Weather Make Up Day
 January 31: Report Cards
 February 1: Clubs
 February 4: Inclement Weather Make Up Day
 February 9: Job Corps Assembly @ 10am
 February 11: Inclement Weather Make Up Day
 February 15: Clubs
 February 20: No School- President's Day
 February 21: Interim Reports
 February 24: 1st Block Award Recognition

Reminders to Students:

1. Show your Bulldog PRIDE to earn all of your points. Be prepared to learn, respectful of yourself and others, work towards independence, follow directions, and put forth your best effort.
2. Cell phone privileges may be revoked for continued misuse. Don't let this be you!
3. The first semester concludes at the end of the month. New classes will begin on January 25th.
4. Keep moving forward! You are capable of more than you know!

Reminders to Parents:

1. If your child is absent from school please notify Mrs. Sharp at X 127 or send in a note with your child upon their return.
2. An Open House will be scheduled for February/March to allow parents and guardians an opportunity to meet your child's new teachers. More information will follow.
3. Open door policy—feel free to call or stop by anytime!

Bulldog Barks

Happy Birthday!

Jan.1 - Sean

Jan. 8 - Dalton

Jan. 14 - Donovan

Jan. 18 - Sam

Jan. 23 - Michael

Thank you Chatham Construction Company for your generous donation of \$250.00. We are so thankful for your support!

Be on the look-out for our Adopt-a-Trail signs which will mark two segments of the bike path behind the school. For the past two years the Interact Club has maintained an area of the path stretching from the corner of Cobblestone & Willis to Blue & Gray Parkway!



Visit us online: www.eri-va.com

HOME OF THE BULLDOGS