

A Note from Dr. McCormick...

Dear Parents,

We are in the throes of the winter season now, and it is normal in schools for people to struggle a bit more socially, academically, and just feeling positive about themselves. I gave our student body several messages to this effect during Thursday's Morning Meeting. They were as follows:

This is the time period in all schools where everyone has school fatigue. One way to combat this is to get out of our own heads and look to help/lift others. Ways **not** to help include messing with people's ability to be students, which includes pulling pranks like hiding backpacks or tampering with personal possessions. We take these behaviors very seriously and do not tolerate them! We need to lock our valuables in our lockers and under no circumstances should we be investigating someone else's locker. Additionally, no one owns particular seats in the dining hall or classes - we all may sit wherever we choose and seats should not be saved. That is not the type of behavior conducive to the open and welcoming community which we aspire to be.

Thank you to the seventh grade boys who did an awesome job serving their younger "brothers" during this past Tuesday's fifth grade visit!

On another note, we need to up our level of citizenship. There is too much trash being left around the building, and chocolate chip muffin day was particularly bad. We need to at least be second class citizens who take care of our own mess, and looking to clean up after others (first-class citizenship) should be a goal.

While we expect to make mistakes in our community - what really impresses me about many students is your willingness to be accountable. Recently, some of our eighth graders came forward to admit a mistake and accept the consequences, and we are so proud of them for it. Adults in our community want and need to be able to trust you, and when you own your mistakes this bond is cemented (consequences are typically less, too!).

Chuck McCormick

Head of Middle School

MS Calendar

[MS Calendar](#)

Upcoming Events:

Friday, February 15-18

- Mid-Winter Break, No School

Wild Game Dinner - Chef Spotlight: A Tale of Two Roberts: Roberts Lee and Robert Bateman

The next two teams present a Tale of Two Roberts: Robert Bateman and Roberts Lee.

Robert Bateman is dad to senior Will and eighth grader John Robert. He will be making an old family chili recipe, which is a compilation of slow-simmered, select cuts of both venison and wild hog, along with hand-picked tomatoes, onions, peppers, and an amalgamation of herbs and spices.

Team "Little Rock LeRoux" will be headed up by Roberts Lee, who is dad to eighth grader Gray and fifth grader Cash. His crew includes Jeff Utecht, dad to eighth grader Ryan, and Tony Gary, dad to eighth grader Grant and sixth grader Ella. They will be making pheasant, duck, wild hog, and alligator gumbo, along with Roberts' world famous black eyed peas.

You don't want to miss this, [buy tickets here!](#)

A Note from Nurse Hopkins...

The Flu Season has arrived. Please heed the advice below!

*Signs and symptoms of the flu are abrupt: **HEADACHE, followed by fever, fatigue, cough, muscle or bone aches, nausea, vomiting and diarrhea.*** You can have a few or all the symptoms.

What if my child is sick with flu-like symptoms or has been diagnosed with the flu? When can my child return to school?

- Are you still having flu-like symptoms? If you are, please stay at home.
- Are you still coughing and sneezing, but have been fever free? You can return to school but remember that you can still share the virus through droplets. Droplets are expelled into the air when you sneeze and cough for up to two weeks. The droplets from a sneeze can reach up to six feet away. Protect others by sneezing and coughing in your sleeve, not your hands.
- The CDC recommends that patients diagnosed with the flu stay at home until they have been **fever free for at least 24 hours** without the aid of medication for reducing fever. This is usually between 5 to 7 days if you didn't have the flu vaccine.
- Taking or not taking anti-viral medication like Tamiflu or homeopathic remedies like Oscillococinum is irrelevant to returning to school. **It is all about the symptoms.**

What is Episcopal doing to help? We are taking precautions at school by practicing good hygiene. We are washing our hands more frequently, with soap and water, encouraging everyone to cough/sneeze in their sleeves, not in their hands, and we are wiping down tables, door handles, handrails, computer keyboards, and faucets during the day with Clorox wipes. There are hand sanitizer stations located in each building and in both dining halls. We are reminding students to not share food, drinks, or put their fingers in their mouths. We are taking every precaution on behalf of your children.

What can you do to help at home? Encourage your children to remove their shoes and wash their hands with soap and water, as soon as they get home. It is also important to have your children shower each evening to wash off the day's germs. Make sure that they are getting plenty of rest and keep them home when they are sick.

*Thank you,
Nurse Hopkins*

Little Rock Marathon Aid Station

Little Rock Marathon Episcopal Aid Station - WE NEED YOU!

T-minus 24 days until the BIG DAY! We are in need of volunteers to help out with this event. It really is a win-win for all runners and volunteers involved.

- A great way to represent our school in a spirited and positive way. The more people the better! We will be right in front of Episcopal, and it is a great way to promote our school.
- **COMMUNITY SERVICE HOURS! COMMUNITY SERVICE HOURS! COMMUNITY SERVICE HOURS!** It's fun, it's outdoors, and lunch and event t-shirts will be provided. Stress-free!!

Our goal is to have 50 Episcopal volunteers! Currently, we are at 15. We need your help! Sign up TODAY!

Make sure to pick the Episcopal Collegiate Aid Station on the volunteer application

Must sign-up through the Little Rock Marathon website:

<https://littlerockmarathon.com/volunteers/>

Box Tops for Education

It's time to turn in your Box Tops! Please have your Box Tops turned in by Friday, February 15. There are collection boxes at each school office and the Braunfisch - Stella Boyle Smith Lower School Library. If you have any questions, please contact Meredith Flanagin at 501-247-3956 or mmflanagin@gmail.com. Thank you to everyone for clipping and collecting!

MS Eighth Grade Over the Top Awards

Physical Science - Mrs. Waters - Madelyn Odle is a scientist at heart! She asks thoughtful and thought-provoking questions, and she performs extremely well on every challenge presented to her.

Owen May is a dedicated and talented student of the sciences! He has a keen understanding of underlying concepts and uses creativity in his approach to project design.

English - Mrs. Wood - These folks are "behind-the-scenes" type people who worked really, really hard in the month of January. Additionally, Charlie Moore has evolved into being a master annotator and literary analyst, and Belle Marsh recently achieved a personal best on an assessment. Congratulations you two!

Math - Mr. McHan - Julia Hall has excelled at going beyond formulas to recognizing patterns around different mathematical concepts (which has been really exciting). Additionally, Tru Waymack has a tremendous growth mindset and always greets me with a firm handshake and a "good day!"

Social Studies - Dr. Lien - Has anyone ever exceeded this student's, Leslie Jo Sullivan's, desire to learn about the inner workings of our government? I don't think so.

Cassie Smith's passion for history as the study of humanity - caring for people and recognizing their strengths - has been laudable.

Latin - Mr. Webb - An individual who has been very attentive in class and gave exemplary effort preparing for the National Latin Exam was Ava Harrelson. Another student who consistently volunteers in class sessions and diligently prepared for the National Latin Exam was Anna Lien. Congratulations to you both!

MS Seventh Grade Big Brothers

The following seventh grade boys volunteered to serve as ambassadors or "Big Brothers" to their fifth grade counterparts in the Lower School this past Tuesday. Grayson Wood, Carter Huff, Andrew Jones, Quinn Clark, Jakeb Tritt, Jack Schuhmacher, Christian Brown, Luke Beck, Oliver Crank, Jaxon Coleman, and Jackson McLaughlin. Boys played team-building games with their younger siblings, toured them around campus, and introduced them to the MS Dining Hall and had lunch! Great job, guys!

US/MS London Trip

The weather is cold and dreary. Poet Christina Rossetti expressed it best in 1872 when she wrote “In the bleak midwinter, frosty wind made moan, / Earth stood hard as iron, water like a stone;” Nevertheless, before we know it, spring will arrive and then summer vacation. Now is the time to plan those summer trips!

The English and History Departments still have slots available for travelers who are interested in a summer tour of England June 24 - July 3. All current 8th - 12th graders are eligible to attend. Register by going online to www.passports.com. The Group Leader is Vivian Blair, and the Group ID is VBLAIR2019. FINAL DEADLINE to sign up is March 5.

For more information, contact Ms. Blair, Mrs. Conyer, or Mrs. Campbell.