

A Note from Mr. Urquhart...

I know that many members of our Upper School community have been battling illnesses this week, so I hope that the weekend affords everyone a chance for rest and recovery. If you've been absent this week, please make sure to talk to your teachers as you return to school. I know that everyone here is eager to welcome you back and to work with you to make up anything that you've missed while you've been out. If you've missed a substantial amount of work because of illness, please talk with your advisor about the support that we can offer you as you return to classes.

Troy Urquhart

Head of Upper School

US Calendar

[US Calendar](#)

Upcoming Events:

Monday, February 11

- Junior Class Pancake Supper, 5:30 p.m.

Tuesday, February 12

- College Visit - Baylor University, 1:25 p.m.

Thursday, February 14

- Senior Valentine's Lunch, 12:00 p.m.

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 Oscillococcinum 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!

US ECTV

Find the most recent version of [ECTV here!](#)

US Quiz Bowl Team Earns First Place at AGQBA Tournament

Recently the Upper School Quiz Bowl team participated in the AGQBA Invitational Tournament held at Russellville High School. The team consisted of Ethan Strauss, Logan Carney, Caleb Dworkin, and Jed Johnson. After three morning games, all of which the team won while scoring in the mid-300s, the tournament ended early due to weather. That did not stop the Wildcats from bringing home the 1st place trophy in the 1A-4A division. Congratulations to all participants!

US Scholastic Art & Writing Awards

Congratulations to Catherine Kwon '21 for winning Honorable Mention and two Silver Key Awards in the Scholastic Art & Writing Awards!

Check out her artwork at this link [CatherineKwonScholasticArtAwards.pdf!](#)

US Arkansas Young Artist Competition

The Arkansas Young Artist Competition will be an all-day even held on Wednesday, April 10, 2019 at the Statehouse Convention Center.

- Only 30 students- approved by Ms. Schultz
- Maximum of 5 pieces Minimum 3 pieces
- [See link for categories here](#) -1 work per category

US College Visit

Tuesday, February 12

- Baylor University - 1:25 p.m. in the College Counseling Office

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.