Dear Cougar Families,

As we embrace the vibrant colors of autumn, I am filled with gratitude and excitement for the wonderful community we have here at Ansbach Middle High School. Our Homecoming celebrations are just around the corner, and I look forward to seeing the school spirit and camaraderie that make our school so special. This is a time for us to come together, celebrate our achievements, and create lasting memories.

With the end of the quarter approaching in a few weeks, I encourage all students to stay focused and continue putting forth their best efforts. This is a great opportunity to reflect on your progress and set goals for the remainder of the semester. Remember, our dedicated teachers and staff are here to support you every step of the way.

As the weather changes and the days grow cooler, let's also take a moment to appreciate the beauty of our surroundings and the warmth of our community. Whether it's participating in school events, cheering on our sports teams, or simply enjoying the crisp autumn air, there are many ways to stay engaged and connected.

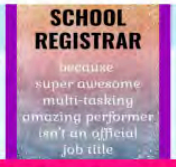
Thank you for your continued support and involvement in our school. Together, we can make this a successful and enriching year for all our students.

Go Cougars!

David T. Popielski
Principal, AMHS

JESSICA KEELE

Registrar/Attendance AMHS
Email: Jessica.Keele@DoDEA.edu
AnsbachMHSRegistrar@DoDEA.edu
CIV: 0611-143-545-2158 ext 4104
DSN: 314-545-2158 ext 4104
Fax: +49-9802-1496
Calling From US: 011-49-6111-4354-52158
Fax From US: 011-49-9802-1496



Missing School TODAY?

Please report via email at AMHS.Attendance@dodea.edu or phone call by 9:00 am

Trouble logging in? I can help!

https://dodeasis.myfollett.com/aspen/logon.do

To access the DoDEA SIS Family Portal/ASPEN accounts, please use the separate emails associated with the sponsor and the spouse. Please do not create additional accounts; instead, call the registrar for assistance. Should you forget your password, or if you are setting up your SIS account, please note that auto-generated emails will come from ASPEN. Use your exact contact information to access accounts; if not, this may lock you out and will need to be reset.

Is your student going to be absent for three + days?

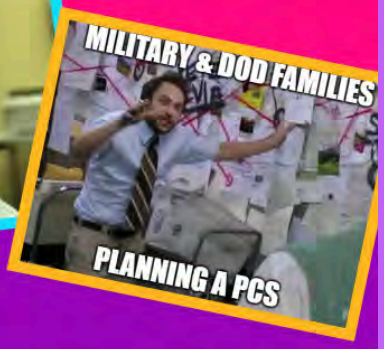
If your student will be out of school for more than three consecutive days, parents must contact the front office to request an Education Plan. The Education Plan is a document to mitigate the impact of a student's extended absence. The Plan details that students are required to complete all missed assignments during their leave, and the work will be provided to the teacher upon return to school.

ARE YOU MOVING or PCSing?

If you are PCSing soon, please inform us of your plans. We need four to two weeks' notice before the student's final day of school to prepare records.

If your PCS falls during the school year, you may be eligible for the Accelerated Withdrawal Process. To apply, the student must be in school through the close of business/end of the school day on May 7th and should stay as long as possible after that date. Orders will need to be provided to show the report date occurs before the end of this school year. The student will be responsible for schoolwork needed to demonstrate mastery of concepts through the end of the school year. Please reach out to obtain the necessary forms.

Once any withdrawal process is complete, records will be available the following business day or up to 24 hours later.



PLEASE VERIFY THAT YOU HAVE ACCESS TO YOUR PORTAL ACCOUNT! If you do not have access when report cards are published, you will be unable to see that report. Report cards only publish to accounts that are active at the time of publishing.

Accelerated Withdrawal Date S1

12.05

COB: close of business

0611 143 545 2158

FOR MORE INFO VISIT

https://ansbachmhs.dodea.edu/school-registration

Welcome

Welcome to Ansbach Middle High School! My name is Carrie Vales, the school's nurse who will be responsible for providing care for your child when needed. My office is located down the hall from the school's main office, room number 110.

You can reach me at:
Phone: CIV: 0611-143-545-2158 ext. 4117 DSN: 545-2158 ext. 4117
Email: carrie.vales@dodea.edu

Updated Phone Numbers:

Please make sure any changes to your home phone, cell phone, and local emergency contact numbers are updated with the main office throughout the year.

Medication at School

Administration of all prescription and over-the-counter medications requires a medication authorization form that must be completed by your child's health care provider and signed by a parent or guardian.

Medication must be unexpired, in its original container and labeled with the student's name.

Illnesses

If a student becomes ill, he/she should notify the teacher in charge, get a corridor pass from the teacher and report directly to the nurse for care. If the nurse is temporarily out, students are to report to the main office. The school nurse will call parents if she feels the student should go home. It is the parent's responsibility to pick students up at the school. Neither the nurse nor any staff member is allowed to drive the student home. No student will be dismissed because of illness unless the parent or command sponsor will pick up the student or assume responsibility for the student's safety.

Sports Physicals

Before students can participate in any of DoDEA-Europe sports programs or marksmanship, a current physical must be on file with the school nurse. Physicals are valid for 365 days from the date of examination and must be valid throughout the ENTIRE season. If you would like me to check the expiration date of your student's current physical, please reach out to me via email.

DAILY HYGIENE & SELF CARE

To maintain the wellness of all students at AMHS, parents should encourage their children to practice good daily hygiene and self-care. Learning the importance of personal hygiene for teens is essential to help them maintain good health. Personal hygiene is a set of practices used to keep one's body clean, promote good health, and avoid disease. In addition to hand hygiene, this should include showering and wearing deodorant daily. This could boost a teen's confidence, self-esteem, and motivates them to lead a healthy lifestyle. It also helps them adjust to the social norms of adulthood, where hygiene is a part of one's personality.

EAT BREAKFAST & HYDRATE

To avoid headaches, stomachaches, and fatigue please serve your child breakfast or have them eat breakfast at the school. If you are running late, keep something handy in the car so that they can eat on the way. Fuel your body and brain at breakfast to feel well and ready to learn. Studies have shown students who eat breakfast have increased improvement in grades, attention span, and positive behavior. Likewise, bring a water bottle and refill at the school refilling stations to hydrate throughout the day!

FLU SEASON

The FY2024-2025 Influenza Season is quickly approaching. The Ansbach Clinic on Urlas will provide additional information when the flu vaccine has arrived. It will not be held at the schools; however, there will be several days available, to include some after school hours. IMPORTANT: Your student must be registered in the PAD office by October 1, 2024. If they have never been seen at Ansbach Clinic or it's been a year or more, please stop by the PAD Office for assistance. As a reminder, DoDEA requires the influenza vaccination every school year and the deadline to receive the vaccine is December 1st, 2024. This date helps to provide a level of immunity as students move into the winter school break when families travel and congregate with others increasing the potential for encountering disease-causing organisms and illness. It also decreases the likelihood they will return to school with influenza.

See the required DoDEA vaccinations below:

IMMUNIZATION	MINIMUM DODEA REQUIREMENT FOR SCHOOL ENTRY / ATTENDANCE
Diphtheria, Tetanus, Pertussis ++	* DTaP series (5 doses) completed or on schedule for completion. The 5th dose is due at 4th birthday, however, if the 4th dose was off-schedule and administered at age 4 or older and at least 6 months after dose 3, dose 5 is not required for school entry.
Tdap	* Tdap due at 11th birthday.
Hepatitis A ++	* Series (2 doses) completed prior to initial entry into school or on schedule for completion.
Hepatitis B ++	* Series (3 doses) completed prior to initial entry into school or on schedule for completion.
Measles, Mumps, Rubella ++	* Series (2 doses), dose 2 due at 4th birthday or on schedule for completion.
Meningococcal ACWY	* First dose is due at 11th birthday. The 2nd dose is due at 16th birthday. (Bahrain, use local Ministry of Health Schedule)
Polio	* IPV series (4 doses), dose 4 due at 4th birthday, however, if the 3rd dose was off-schedule and administered at age 4 or older and at least 6 months after dose 2, dose 4 is not required for school attendance.
Varicella ++	* Series (2 doses), dose 2 due at 4th birthday, however, if the 1st dose was administered before the 1st birthday, a 3rd dose is required for school attendance.
Hib ++	* Any previously unvaccinated child age 15-59 months should receive a single dose.
Tuberculosis	* Routine TB testing is no longer routinely required unless risk factors are identified, as determined by the local medical command.
Influenza	* Annually, in the fall season beginning in August with a **December 1 deadline**.

++ May be administered in combination vaccines. (**Hib - Not required for children 60 months or older**).

HEALTH SCREENINGS FOR 7th and 10th GRADERS

Health screenings to include height/weight, vision, and hearing began this week and will continue until mid-October. If your student wears glasses, please make sure they have them at school every day. Routine checks, such as vision and hearing screenings, ensure that students can see teachers' presentations and understand what teachers are saying during class. Improvement in vision and hearing conditions can immediately affect students' overall grades and performance in school.

If your student is not in those grade levels and you have concerns, please email me at carrie.vales@dodea.edu and I would be happy to screen your son or daughter.

Dear Middle School Students and Parents,

AMHS sends out a daily link to the daily homework bulletin, The Cougar Byte. This message goes out to all 6th, 7th, and 8th grade students. If you are not receiving this and would like to, please send an email to

deborah.dameron@dodea.edu

Please contact me if you have any questions.

Sincerely,

Deborah Dameron

INDIVIDUALIZED TUTORING CLUB

P.A.W.S
PUSHING AHEAD WITH SUCCESS

WHO - Open to ALL students!

WHAT- Offering homework help, study skills, making up tests/missed assignments, organization. Students are welcome to bring a snack!

WHERE - Ansbach MHS Library

WHEN - Tuesdays & Wednesdays from 1500-1715. Activity buses are available to some locations.

Please reach out to transportaion to confirm activity buses are available

QUESTIONS: Email Daniel.Freedman@dodea.edu

Made with PosterMyWall.com

WELCOME to the 2024-2025 School Year!

I'm very excited to get this year going. I love being your school counselor. I follow our school counseling annual plan to help me focus on providing the best possible service to you. This plan follows ASCA standards. There are standards for counselors and also for students. See below for more information:

The ASCA Student Standards: Mindsets & Behaviors for Student Success describe the knowledge, attitudes and skills students need to achieve academic success, college and career readiness and social/emotional development. The standards are based on a survey of research and best practices in student achievement from a wide array of educational standards and efforts. ASCA Student Standards: Mindsets & Behaviors for Student Success K-12 College-, Career- and Life-Readiness Standards for Every Student Each of the following standards can be applied to the academic, career and social/emotional domains.

Mindset Standards: School counselors encourage the following mindsets for all students.

- **M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being**
- **M 2. Sense of acceptance, respect, support and inclusion for self and others in the school environment**
- **M 3. Positive attitude toward work and learning**
- **M 4. Self-confidence in ability to succeed**
- **M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes**
- **M 6. Understanding that postsecondary education and lifelong learning are necessary for long-term success**

Career and College Readiness:
Get yourself college ready by taking the October 5 SAT. Sign up and pay with your collegeboard.org account. Registration closes in early September. Stay tuned for information on sign up party at the school where we will offer tech support to help you get through the process.

Other Saturday SAT Dates this school year: December 7 and June 3

PARENTS did you accept your student's invite to join Schoolinks platform? If you student attended AMHS last year, check your email to see if you may have accidentally missed this invite to be a part of your student's career and college planning. For example, every student 7-11th grade selected a career of interest. Our goal is 100% participation from parents. More info on Schoolinks coming soon including invitation for parents of new students to join.

High School Student Schedule Needs a Change:
We made every effort to schedule each student into classes the needed and wanted. If student has no class listed for a period or is taking a class they have already completed they should see school counselor ASAP. All other changes should follow the Drop/ Add Procedures.

Drop/Add Procedures: All change requests must be signed by teachers and parent and submitted to the front office NLT morning of August 30. Hard copies are available in the front office, from your teachers, and outside the counselor office. Changes made after September 3 will appear on student transcript as WP (pass) or WF (fail) depending on the student's grade at the time of the change.

Shape your future with us! Join **Vilseck High School** for **College and Career Night**. Navigate your path to higher education and successful careers.

ROAD MAP TO COLLEGE & CAREER

Vilseck Falcons

Please go see Counselor or Front Office for permission slip for this study trip

Our event caters to high school students planning for college, exploring career options, and parents seeking guidance. Get the info you need to make informed decisions.

- Meet college and university representatives
- Connect with professionals from diverse careers
- Access FAFSA and scholarship info

VILSECK HIGH SCHOOL

AVID Proven Achievement. Lifelong Advantage.

Vilseck High School
Südlager 1804
92249 Vilseck
Wednesday, October 30, 2024 5:30-7 PM

Parents and Students! Are you interested in changing the world? Explore the options of becoming a teacher! This AMHS club will find out more about these opportunities plus travel to Homburg for a week-long conference in February. The conference is focused on education and led by outstanding DoDEA educators and invited guests. There are competitions and activities scheduled throughout the conference. See Ms. Arcuni in Room 108 for more info, or chat with her in the hallway for more information!

EDUCATORS RISING

Junior Class Prom Committee
presents

HOCO PROPOSALS

Asking someone to hoco? Let us help! Check your email for more info and scan the QR code to fill out the form!

Prices (includes a poster & flower bouquet):

Small - $10

Medium - $15

Large - $20

QR Code with order form

Contact etol0537@student.dodea.edu if you have any questions.

Calling all AMHS parents, teachers, & students!

- Please share your AMHS event pictures in our Google Photo Album.
- Help the yearbook staff represent ALL awesome Cougars and make this the best yearbook ever!

Thank you!

Cougar Café

AMHS Morning Announcements

Want to hear what's happening at the school each week? Tune in to the AMHS Morning Announcements.! These student produced videos are available Mondays, Wednesdays, and Fridays on the Cougar News YouTube Channel @ https://www.youtube.com/@AMHSNews

GET READY FOR...

ANSBACH MIDDLE SCHOOL PICTURE DAY!

Who: 6th - 8th grade students

When: Monday, October 21, 2024

Where: AMHS Cafeteria

Cost: 35 Euro

What you get: Digital downloads - 4 poses

Contact
www.hollyhulse.com
holly@hollyhulse.com
+49 170 213 2342

GET READY FOR...

ANSBACH HIGH SCHOOL PICTURE DAY!

Who: 9th - 11th grade students

When: Tuesday, October 22, 2024

Where: AMHS Cafeteria

Cost: 35 Euro

What you get: Digital downloads - 4 poses

Contact
www.hollyhulse.com
holly@hollyhulse.com
+49 170 213 2342

Ansbach MS Pumpkin Dance

PUMPKIN CHUNKIN'

COSTUME CONTEST

DANCE OFF

OCTOBER 24TH

7 P.M. – 9 P.M.

ANSBACH MS CAFETERIA

HOSTED BY PTSO

$5 FOR MEMBER, $8 NON MEMBERS

PURCHASE TICKETS ON CHEDDAR

AMHS PTSO PRESENTS

AMHS HOCO Bonfire

HOCO COURT
SENIOR RECOGNITIONS
GAMES
HOT CHOCOLATE/CIDER
S'MORE TREATS
AND MORE

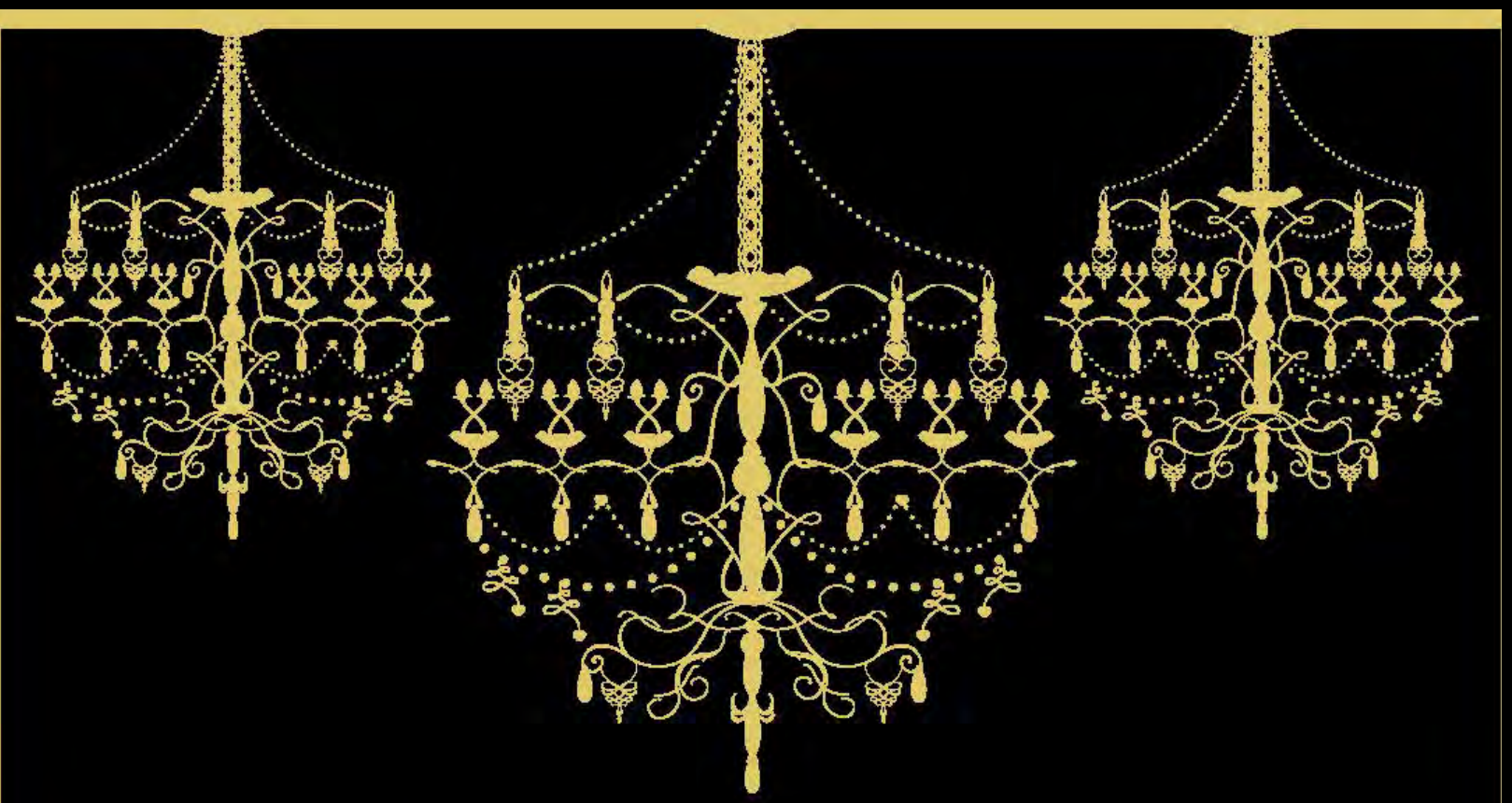
Thursday,
October
17th

Activities begin at 6:00 pm
at the
football field with the fire
lighting behind the field at
7:00 pm

6-9pm

let's celebrate our amazing students

For more information:
Email: amhspst@gmail.com



Please join High School Student Government for a night of

OLD HOLLYWOOD

Saturday October 19th • 7 pm - 10 pm

AMHS Cafeteria

Tickets are $20 and will be sold during HS Lunch

Please join AMHS Student Government for *Homecoming Court!*

October 17th, 2024
1830-1900

Prior to PTSO Bonfire
@AMHS Stadium

Ansbach Cougars

2024

Fall Sports Schedule

Cross Country

7	Sep.	at	**Stuttgart**
14	Sep.	at	**Vilseck**
21	Sep.	at	**Black Forest Academy**
28	Sep.	at	**Brussels**
5	Oct.	at	**Vilseck**
19	Oct.	at	**Vilseck**
26	Oct.	**Baumholder**	*Championships*

Football

Friday Games Start at 19:00, Saturday Games Start at 13:00

7	Sep.	Jamboree	at **International School of Brussels** (12:00)
13	Sep.	at	**AFNORTH,** Netherlands (17:00)
20	Sep.	BYE	no Game
27	Sep.	**Home**	vs. **Spangdahlem**
4	Oct.	at	**International School of Brussels**
18	Oct.	**Homecoming**	vs. **SHAPE**
~~26~~	~~Oct.~~	~~TBD~~	~~Semifinal: #1 hosts #4, #2 hosts #3~~
~~2~~	~~Nov.~~	~~TBD~~	~~*9 Player Football Championship*~~

Tennis

All Matches Start at 10:00

7	Sep.	at	**Spangdahlem**
14	Sep.	at	**Wiesbaden**
21	Sep.	at	**AFNORTH,** Netherlands (13:00)
28	Sep.	at	**Hohenfels**
5	Oct.	at	**Kaiserslautern**
19	Oct.	**Homecoming**	vs. **Hohenfels**
24 to 26	Oct.	**Wiesbaden**	*Championship Tournament*

Volleyball

All Matches Start at 10:00

7	Sep.	**HOME**	**Jamboree** (5 Schools)
14	Sep.	at	**Wiesbaden**
21	Sep.	at	**Spangdahlem**
28	Sep.	at	**AFNORTH,** Netherlands (12:00)
5	Oct.	at	**Vilseck**
19	Oct.	**Homecoming**	vs. **Baumholder** & **AFNORTH**
26	Oct.	**HOME**	vs. **Hohenfels** & **Baumholder**
31 Oct. to 2	Nov.	**Kaiserslautern**	*Championship Tournament*

Updated: 08/29/2024

GO COUGARS!!!

Ansbach Middle High School Breakfast and Lunch Menu
October 7 - October 11

	Breakfast Main Entree	Breakfast Sides	Lunch Main Entrée	Lunch Sides
Monday	**Choice 1: Pancakes w/ Sausage** **Choice 2: Smoothies**	Choice of Fruit Juice Milk	**Choice 1: BBQ Wings** **Choice 2: BBQ Joe Sandwich** **Choice 3: Broccoli Cheese Soup** **Grain: Confetti Rice, Garlic Baguette**	Green Apple Slaw Seasoned Green Beans Choice of Fruit Choice of Milk
Tuesday	**Choice 1: Egg Cheese Slider BF** **Choice 2: Cereal, Assorted**	Choice of Fruit Juice Milk	**Choice 1: Cheese pizza** **Choice 2: Pepperoni Pizza** **Choice 3: Mini Chicken Corn Dogs**	Cherry Tomato Bowl Seasoned Broccoli Choice of Fruit Choice of Milk
Wednesday	**Choice 1: Toast & Jam w/String Cheese** **Choice 2: Waffle & Sausage Sandwich**	Choice of Fruit Juice Milk	**Choice 1: Spaghetti & Meatballs** **Choice 2: Spaghetti Marinara (V)** **Choice 3: Chicken Veggie Dumplings** **Grain: Large Dinner Roll**	Honey Glazed Carrots Cucumber Coins Choice of Fruit Choice of Milk
Thursday	**Choice 1: Muffin and Scrambled Egg** **Choice 2: Cereal, Assorted**	Choice of Fruit Juice Milk	**Choice 1: Cheeseburger** **Choice 2: Hamburger** **Choice 3: Gourmet Grilled Cheese** **Choice 4: Southwester Salad (V) w/ Cornbread**	Ranch Fries Carrot Dippers Choice of Fruit Choice of Milk
Friday	**NO SCHOOL**		**NO SCHOOL**	

Menu Subject to Change

This Institution is an Equal Opportunity Provider.

If you have any questions regarding the menu, please contact the Supervisor, Hector at 09802-954834 or by email at lopezrodriguezh@aafes.com or howellsab@aafes.com