



Ansbach Middle High School

Cougar News

March 7th, 2025



Principal's Post

Dear Cougar Families,

As we welcome the start of Spring Sports, we are thrilled to see our students embracing the beautiful sunshine and the opportunities it brings. The fields are alive with energy and enthusiasm as our athletes train and get ready to compete, while showcasing their dedication and teamwork. The blooming crocuses around the area are a delightful reminder of the season's renewal and the vibrant spirit of our community.

With Spring Break just a few weeks away, we encourage everyone to maintain a positive outlook and finish this quarter strong. Only then can we use this break time to recharge and come back ready for a successful and productive push towards the end of the school year. Together, we can achieve great things and make the most of the remaining months.

Respectfully
David T. Popielski

AFTERNOON ACTIVITY PICK UP

Due to safety concerns, please consult the diagram on the next page for areas designated for drop off/pick up of students before and after afternoon activities. Please note that POVs are not allowed in the activity loading bus area. Thank you!

UPCOMING EVENTS at AMHS

- **Now - March 28th** Registration Open enrollment SY25/26
- **March 6** Course Carnival (*Grade 8-11*)
- **March 13** Course Carnival (*Grade 6&7*)
- **March 14** Trivia Night

Activities

Pick Up/Drop Off Areas





Ansbach Middle High School

Cougar News

February 28, 2025



SCHOOL CONTACTS

Attendance CIV: 0611-143-545-2158
DSN: 314-545-2158

***Please report absences and tardies from 0800-1000 on the day of the incident.*


Principal david.popielski@dodea.edu


Assistant Principal


elizabeth.schmitz@dodea.edu

Main Office CIV: 0611-143-545-2158
DSN: 314-545-2158

SCHOOL POLICY REMINDERS

 cell phones powered off in lockers from 0800-1500 daily

 Attendance – parents excuse absences by calling main office between 0800 and 1000 daily on the day of the incident.

 Tardy Policy – *resets each quarter; does not include excused tardies (i.e., late bus or parent-provided reason).*

- 3 tardies = 1 detention
- 4 tardies = 2 detentions
- 5 tardies = double detentions; parent conference
- 6+ tardies = potential consequences include SST behavior contract, loss of privileges, additional detentions, and/or suspension

****See the school handbook for more details!**

OUR SCHOOL HANDBOOK IS ONLINE!

Check out our [school handbook](#) online! Keep up with DoDEA and AMHS guidelines and policies, with school-specific info at the end of the page. Please click the “Confirm” icon to let us know you’ve reviewed it.



MS Bulletin COUGAR BYTES

Dear Middle School Students and Parents, AMHS sends out a daily link to the homework bulletin, the Cougar Byte. This message goes out to all 6th, 7th, and 8th grade students using their student email account. Parents and guardians listed as the first contact at the time of registration also receive this email.

If you are not receiving this and would like to, or would like to add an additional email address, please contact Ms. Dameron at deborah.dameron@dodea.edu



KEEP SCROLLING FOR...

- 25/26SY Registration
- JROTC Drill Team
- Course Carnival
- Trivia Night
- Model Senate Information
- Lunch Menu
- High School Test Dates
- Notes from the Nurse
- Notes from the Registrar
- Notes from the Counselor
- Cold and Flu Season
- Volunteer Coaches Needed



ANSBACH MIDDLE HIGH SCHOOL

AnsbachMHS.Registrar@dodea.edu

jessica.keele@dodea.edu

0611-143-545-2158 ext. 4104



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

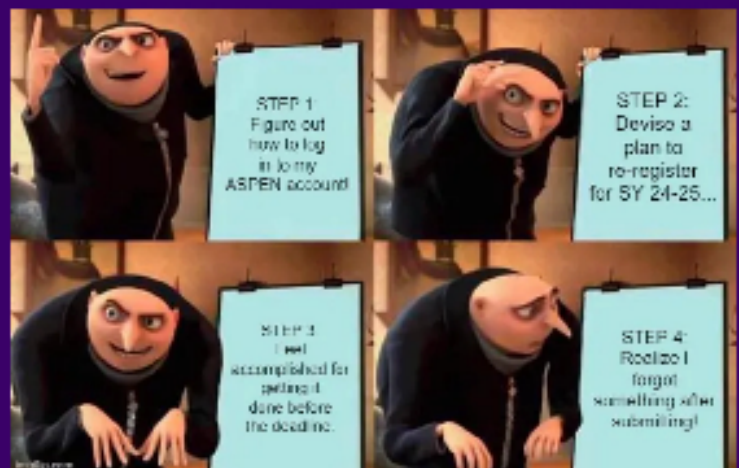
2025 - 2026

REGISTRATION IS NOW OPEN!

DEADLINE MARCH 28TH

It's time for Spring Registration at AMHS for School Year 2025-2026. Even if you are withdrawing, PCSing, or moving, re-registration still needs to be completed to indicate changes in your student's enrollment status.

LEARNING BEGINS WITH REGISTRATION



In ASPEN during your re-registration, you will have two options: one to indicate withdrawal and the other to remain enrolled at AMHS.

MUST HAVES

- Updated Orders/Documentation
- CMR/PCS Mailbox Address
- Physical/Home Address
- Phone Numbers
- 2 Local Emergency Contacts
- 1 Stateside/Permanent Emergency Contact
- Different Email Addresses for Sponsor & Spouse (updated if necessary)



ENROLL NOW!

Don't hesitate to reach out via email or phone if you need any assistance

Join Ansbach MHS

DRILL TEAM

SHOW OFF YOUR MOVES & COME JOIN THE TEAM



OPEN TO ALL STUDENTS GRADE 8-12TH
8th graders - JV, 9-12th - Varsity

PRATICE STARTS FEBRUARY 24TH
AND ENDS IN EARLY MAY

FOR MORE INFORMATION SEE MSG(R) BUCHANAN IN
THE JROTC CLASSROOM OR EMAIL HIM AT
CHRISTOPHER.BUCHANAN@DODEA.EDU

ANSBACH MHS PRESENTS

COURSE
GARNIVAL

★ ALL PARENTS ARE WELCOME AND ENCOURAGED TO COME JOIN THEIR STUDENT FOR LUNCH AND TO MAKE COURSE SELECTIONS FOR SY 25-26 (NOTE: LUNCH IS THE FIRST 30 MINUTES OF THE SCHEDULED TIMES BELOW) ★

★ GRADES 8-11 STUDENTS/PARENTS -
MARCH 6th @ 1212-1345 ★

★ GRADES 6 & 7 STUDENTS/PARENTS -
MARCH 13th @ 1053-1242 ★

ARE YOU SMARTER
THAN A 5TH GRADER?

AMHS PTSO FAMILY FUN NIGHT

TRIVIA NIGHT

\$5 PER PTSO MEMBER FAMILIES

\$8 PER NON PTSO MEMBER FAMILIES

Friday,
March 14th
6-8pm

AMHS CAFETERIA

NACHO
BAR!

PRIZES AWAIT OUR WINNERS!
SIGN-UP Online or Pay At Door!

MODEL SENATE

@Wiesbaden March 10-14, 2025

AVENGERS ASSEMBLE NOW!

UNLEASH YOUR INNER HERO!

MODEL SENATE: THE ULTIMATE TEAM.

Meets the 1st Friday and 4th Wednesday of the month during HS lunch in Dr. Surinak's room

Ansbach Middle High School Breakfast and Lunch Menu

March 10 – March 14

	Breakfast Main Entree	Breakfast Sides	Lunch Main Entrée	Lunch Sides
Monday	Choice 1: Ham and Cheese Slider Choice 2: Smoothie, Assorted	Choice of Fruit Juice Milk	Choice 1: BBQ Wings Choice 2: BBQ Joe Sandwich Choice 3: Broccoli Cheese Soup Grain: Confetti Rice	Seasoned Green Beans Savory Sweet Potato Fries Choice of Fruit Choice of Milk
Tuesday	Choice 1: Egg and Cheese Slider Choice 2: Cereal, Assorted	Choice of Fruit Juice Milk	Choice 1: Cheese Pizza (V) 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: Donut w/Powdered Sugar	Choice of Fruit Juice Milk	Choice 1: Spaghetti & Meatballs Choice 2: Spaghetti Marinara (V) Choice 3: Chicken and Veggie Dumplings Grain: Garlic Baguette (Large)	Honey Glazed Carrots Cucumber Coins Choice of Fruit Choice of Milk
Thursday	Choice 1: Muffin and Scrambled Egg Choice 2: Cinnamon Roll Sliders	Choice of Fruit Juice Milk	Choice 1: Cheeseburger Choice 2: Hamburger Choice 3: Gourmet Grilled Cheese Choice 4: Southwestern Salad (V) Grain: Garlic Baguette (Large)	Ranch Fries Carrot Dippers Choice of Fruit Choice of Milk
Friday	Choice 1: Cereal, Assorted Choice 2: Open-faced Ham and Cheese Bagel	Choice of Fruit Juice Milk	Choice 1: Chicken Tacos Choice 2: Beef Tacos Choice 3: Three Bean Chili Grain: Large Dinner Roll	Dark Green Side Salad Seasoned Corn Choice of Fruit Choice of Milk

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 lopezrodriguez@aaafes.com or howellsab@aaafes.com



High School TEST DATES



Digital Test

- School Day test March 5 2025 (Grade 11 only no registration or payment needed)
- June 7, 2025 *
- October 4, 2025*
- December 6, 2025*
- June 6, 2025*



Digital Test

- April 5
- TBD*



Digital Test

- April 9 (10th and up, no fee, permission needed)

* Deadlines to register are usually more than a month in advance of the test. Students will register online through Collegeboard.org (SAT) or ACT.org. Once you begin registration you have 20 minutes to complete and pay or you have to start over. Those wanting to take ACT should see me for international fee waiver which will significantly discount that test.

Contact School Counselor for more information

Ladye.Daniels@doea.edu

THERE ARE MANY WAYS TO BE SUCCESSFUL

To figure out where to find career satisfaction, you need all the facts about your skills and interests, the world of work, and your post-secondary options to make informed decisions.



Take the Assessments



Explore Your Options



Build Your Plan

Notes From the School Nurse

Sports Physicals



Before students can participate in any of DoDEA-Europe sports programs or drill (including managers), 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 at carrie.vales@dodea.edu

Protocol for Illnesses During School

If a student becomes ill, he/she should notify their teacher, 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.



Immunization Compliance



After initial enrollment, once a student is due for the next series of an immunization, you will be notified that you have 10 calendar days to have any missing immunization(s) administered and to provide proof to the school. If your student is still in a "delinquent" status after 10 days has passed, an exclusion letter will be sent home stating your student will be required to stay home. until an updated immunization record is presented to the school showing compliance. Thank you for understanding!

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
Calling From US: 011-49-6111-4354-52158
Fax From US: 011-49-9802-1496

SCHOOL REGISTRAR

because
super awesome
multi-tasking
amazing performer
isn't an official
job title



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.



0611 143 545 2158

FOR MORE INFO VISIT

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

Accelerated
Withdrawal
Date S2

05.08

COB: close of business



Thank you to all who appreciated me during National School Counseling Week. I am honored to be your school counselor.

Professional school counselors collaborate with administrators, teachers, staff, families, and the community to ensure all students have the opportunity to design a rigorous and relevant academic and career program. Professional school counselors design and implement a comprehensive school counseling program that includes educational and career planning activities for all students designed to assist students in reaching academic, career and personal/social goals.

Academic and college and career planning provides all students with the opportunity to identify strengths, areas in need of improvement and areas of interest early on so students and their families can set post-secondary goals and make informed choices to support students in reaching the desired outcome. The focus of academic and career planning is threefold: to help students acquire the skills to achieve academic success, to make connections between school and life experiences and to acquire knowledge and skills to be college and career ready upon high school graduation.



Professional School Counselor's Role in College and Career Planning

Professional school counselors understand national, state, and local requirements and programs that may affect future opportunities for college and career readiness and therefore play a critical role in academic and career planning. The professional school counselor takes a proactive role in assisting students, families, and staff as they assess student strengths and interests and encourage the selection of a rigorous and relevant educational program supporting all students' college and career goals. Professional school counselors provide all students the opportunity to:

- Demonstrate skills needed for school success.
- Demonstrate the connection between coursework and life experiences.
- Make course selections that allow them the opportunity to choose from a wide range of postsecondary options.
- Explore interests and abilities in relation to knowledge of self and the world of work.
- Identify and apply strategies to achieve future academic and career success.
- Demonstrate the skills for successful goal setting and attainment.

Possible Reasons to Contact Your Child's School Counselor

- | | |
|--|---|
| <ul style="list-style-type: none"> ▪ Academic skills support ▪ Career preparation ▪ Post-secondary planning and college application process ▪ Support for parent deployment or pending PCS ▪ School transition/adjustment concerns ▪ Coping, problem-solving, decision-making concerns ▪ Organizational, study and test-taking skills ▪ Peer relationships and conflict resolution | <ul style="list-style-type: none"> ▪ Divorce, separation and family changes ▪ Experiencing loss, death and grief ▪ Substance abuse awareness ▪ School-based and community resources information or referrals ▪ Suicide intervention and prevention ▪ Bullying intervention and prevention |
|--|---|

Cold and flu season is upon us! Should you keep your son or daughter home? See the DoDEA guidelines below:

Do not send your child to school if he or she is ill. Staying home to get the proper rest, nutrition, and parental care is for your child's benefit as well as for the benefit of the other children in the school who may be unnecessarily exposed to a contagious illness. The following are examples of when a student should remain home:

1. A temperature greater than or equal to 100 degrees Fahrenheit. The student must be fever-free without the use of fever-reducing medication for 24 hours (a complete school day) before returning to school.
2. Actively vomiting or has diarrhea.
3. An illness which presents with contagious symptoms.
4. Other symptoms interfering with learning or participation, such as abdominal pain; earache; itchy, painful eyes; light-sensitivity; or profuse exudate from the eyes necessitating frequent wiping.
5. Severe uncontrolled coughing or wheezing, rapid or difficult breathing, and coughing lasting longer than five to seven days.
6. Episodes of vomiting in the past 24 hours. A student must remain home until vomiting resolves (no further vomiting for 24 hours).
7. Frequent, loose or watery stools compared to the student's normal pattern; not caused by diet or medication. A student must remain home if a) he/she looks or acts ill; b) he/she has diarrhea with temperature elevation of 100°F or greater; and c) he/she has diarrhea and vomiting.

Source: <https://ansbachmhs.dodea.edu/school-health-services>

Take everyday preventative actions to stop the spread of germs:



- Frequent hand washing is the BEST way to prevent and combat the spread of germs!
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Cover coughs and sneezes with a tissue or use an elbow or arm if no tissue is available.
- Do not share drinks, food, or unwashed utensils.
- Get plenty of rest, eat healthy foods, and drink plenty of water and healthy drinks.

- Wear a mask
- Disinfect surfaces that are prone to germs (ex. desks, keyboards, doorknobs).
- Receive a flu shot annually

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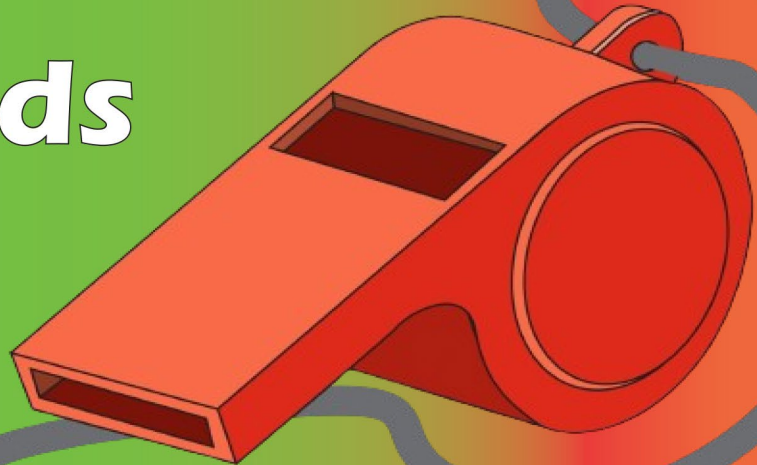


U.S. Army Garrison Ansbach

VOLUNTEER COACHES NEEDED

Make a Difference in the life of a child!

**Coach's Kids
Play for
FREE!**



Volunteer **Coaches**
receive Awards and
hours toward
Promotion Points

**SEASONAL
YOUTH COACHES
NEEDED!**

SIGN UP TODAY!

Contact Youth Sports
DSN: 587-2177
CIV: 0611-143-587-2177

