



DRAGON DISPATCH

KUBASAKI HIGH SCHOOL

WEEKLY NEWSLETTER

MARCH 19, 2021 ISSUE 29

Important Information

See the **Attachments on Page 2** for Information on the following:

SCHOOL INFORMATION

- KBHS SY20-21 CALENDAR
- STUDENT BUS TRANSPORTATION - **MARCH 2021 NEWSLETTER**
- SCHOOL MEAL PROGRAM & NEXT WEEK'S LUNCH MENU

PROGRAMS & PARTNERS

- MFLC CONTACTS - See information from MS. TREJO & MR. DONOVAN
- EXCHANGE: YOU MADE THE GRADE
- **CELEBRATE YOUR SENIOR!** GRAD TABS FOR STARS & STRIPES

CLUBS & ACTIVITIES

- CYBERPATRIOTS
- NHS TUTOR & APPLICATION INFORMATION
- OTHER DRAGON CLUBS & ACTIVITIES

Don't forget to also see The Counselors Corner that accompanies the Dragon Dispatch every week for information on testing, Choices360, scholarships, and more!

Important Dates

Wednesday, March 24

Quarter 3 Ends
Course Selection Submissions Due
Senior Picnic in the Courtyard

Thursday, March 25

NO SCHOOL; Teacher Workday

Friday, March 26 - Friday April 2

NO SCHOOL - SPRING BREAK

Monday, April 5

Quarter 4 Begins

Friday, April 16

NO SCHOOL; QTR 4 CCR Training

**Click to view the
SY20-21 Calendar**

STRAIT TALKIN'



On Campus, in the IC

Every Monday @ 1400

Office Hours
Registration Office Hours
Office Phone Numbers

7:00 AM - 3:00 PM
8:00 AM - 3:00 PM
Cell: 098-970-6888
DSN: 645-6888



DRAGON DISPATCH

ATTACHMENT QUICK LINKS

Dragon Dispatch

Please click on the links below for important school information and any additional attachments for this Dragon Dispatch Issue.

SCHOOL INFORMATION

- [KBHS School Calendar](#)
- [KBHS A/B Day Schedule](#)
- [DoDEA Attendance Policy](#)
- [School Meal Program](#)
- [Student Bus Transportation News-MARCH 2021](#)
- MFLAC - [Ms. Trejo](#), [Mr. Donovan](#)
- [GradeSpeed](#)
- [Spring Sports Schedules](#) (as of 3/12)

LUNCH MENU

Mar 22 - Mar 24

- [Lunch Menu](#)

EXTRACURRICULAR ACTIVITIES & CLUBS

- [CyberPatriot](#)
- [NHS Tutoring & Application Process](#)
- [Dragon Clubs & Activities](#)

SPECIAL

- [Exchange - You Made the Grade Rewards](#)
- [Learn more about AVID!](#)
- [CELEBRATE YOUR SENIOR!](#) Submit your Grad Tab to be printed in the *Stars and Stripes* special publication dedicated to the DoDDS Graduation Class of 2021. This special issue will be published on May 27th; *submissions are due May 7th.*





NURSE'S NOTES

Dragon Dispatch

How much sleep does a teenager need?

Most teens need about 8 to 10 hours of sleep each night.

Why don't teens get enough sleep?

Teen sleep patterns are different from those of adults and younger kids. Teens circadian rhythm tells them to fall asleep and wake later. This is due to the brain hormone, melatonin, which is released later in teens. Stress of school, sports, activities, and social relationships also play a role.

Why is sleep important?

Adequate sleep helps teens to:

- Pay attention and learn in school
- Improve athletic performance

- Grow and develop normally
- Be healthy

Am I getting enough sleep?

- Have a hard time waking up
- Trouble concentrating
- Falling asleep in class
- Feel irritable, moody, sad, depressed

How can I get more sleep?

- Set regular sleep and wake times
- Exercise regularly
- Avoid caffeine, sports drinks, pre-workout powders
- Limit digital screens 1 hour before bed
- Don't nap more than 30 minutes
- Keeps lights low, soothing music, meditation
- Sleep in dark, cool room

**PRESCREEN FOR SIGNS
OF ILLNESS
BEFORE SCHOOL EVERY DAY**

***Fever, Cough, Sore Throat,
Difficulty Breathing, Headache,
Vomiting, Diarrhea***

**COVID
CARELINE**

**PEOPLE WITH ANY COVID-19 SYMPTOMS NEED TO STAY
HOME AND CALL THE COVID CARE LINE AT 098-971-9691
(FROM ON BASE-646-9691).**

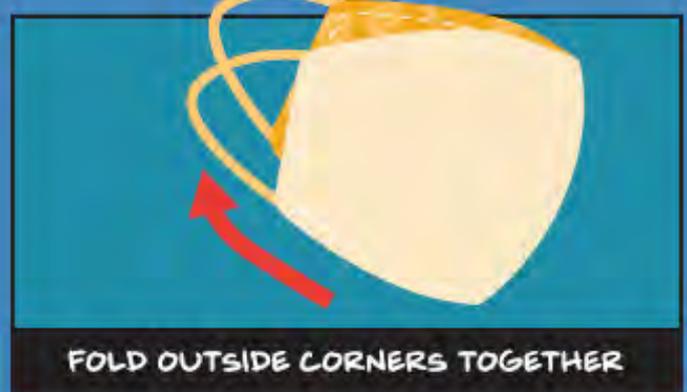
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html#>

Wear a Mask to Protect You and Your Friends

PUT ON



TAKE OFF



WASH YOUR HANDS OFTEN, WEAR A MASK, AND STAY 6 FEET FROM OTHERS.



cdc.gov/coronavirus

A Note from Your School Psychologist

MARCH 2021

Mental Health

Tips & Resources

CHECK HOW YOU'RE FEELING

One of the key steps to making sure you're keeping up with your mental health is self-monitoring and being honest with yourself about how you're feeling. Only **you** know what your normal behavior and feelings are, and what might be out of the ordinary for you personally. When you notice you're more unhappy, stressed or worried than usual, **don't be afraid to ask for help and to talk to someone about what you're feeling.** Know that everyone experiences stress differently, and that you might not be in the same place mentally as your friends, family or classmates. We all deal with our emotions in different ways, and that's OK.

DAILY LIVING; MAKE A ROUTINE

Prioritizing your physical health is an essential part of maintaining and bettering your mental health. Take care of yourself physically, and there's a good chance you'll notice an improvement in how you're feeling mentally. This includes but is not limited to: getting enough sleep, eating healthy, staying hydrated, and exercising. All of our bodies function differently, so listen to yours and figure out what balance of all these things work best for you. **A routine helps you establish a sense of normalcy and can help to take away some of the stress of the unknown.**

CONNECT WITH OTHERS

With social media, texting and video chatting, it's easier than ever to keep in touch with someone virtually. Make connecting with your friends, family and significant others part of your routine, even if it's just sending a simple text to ask how their day was. Remember that while you may be feeling physically isolated, **your loved ones are only a phone call or a video chat away.** Don't be afraid to reach out to people you haven't heard from in a while; this might be a good time to catch up!

BALANCE SOCIAL MEDIA WITH LIFE IRL

With the constant news cycle during a pandemic, social media can be a bit overwhelming. It's a habit for most of us to scroll through it often throughout the day, but what we don't tend to think about is how this nonstop intake of information can impact our mental health. **Take time to recharge and decompress by putting aside your phone, so you can spend some time outside, be mindful, or do a hobby that you enjoy.** This is especially important at night. Try to turn off all screens about an hour before you attempt to fall asleep.

Seek support; you are not alone.

There is no shame in asking for help. You are welcome to contact your school psychologist at Jennifer.greubel@dodea.edu for support and for information about local community resources that support positive mental health for students and families.

Kubasaki Weekly Staff Spotlight

Is a STEM class on your horizon?
You might have one (or both!) of the Eastmans leading the way!

“ THE EASTMANS

Chris and I met in 10th grade world history, many years ago in a Kadena High School classroom. Yep, we graduated 3 years later as Panthers and Far East Soccer Champs.

After high school, we both went to college in Washington State, where I earned a bachelor's in Biology and Chris a degree in math/computer science. Both DoDDS kids, it was our goal to get back to our tropical paradise in Okinawa.

After a quick stint in Germany with our first DoDEA gig, we were transferred to Okinawa and where I have been a Dragon since 2007 (and Chris joined me after spending his first years at KMS). We are now parents to two daughters, Reina (12) & Kaiya (9). We hope they follow in our footsteps and become outdoor lovers, environmentalists, soccer enthusiasts and live their lives to the fullest. ”



#thankfulthursday

Spring Sports

BOYS

GIRLS

VARSITY
MR. EASTMAN
RM. 211

VARSITY
MR. McCONNELL

JUNIOR VARSITY
MR. THIBERT
RM. 222

JUNIOR VARSITY
MR. ALVARADO
RM. 210



CONTACT THE COACHES FOR MORE INFORMATION;
CLICK ON THEIR NAME TO SEND THEM AN EMAIL!

UPCOMING GAMES



Softball

DATE	TIME	LOCATION
MAR. 24	1700	Foster Field 2
APR. 7	1700	RYMS
APR. 9	1700	Foster Field 2



Baseball

DATE	TIME	LOCATION
MAR. 23	1700	Field 1
APR. 6	1630	4 Diamonds
APR. 8	1630	4 Diamonds



Track and Field

DATE	TIME	LOCATION
MAR. 25	0900	Mike Petty Stadium
APR. 9	1500	Mike Petty Stadium
APR. 17	0900	Mike Petty Stadium

View the sports schedule:

https://calendar.google.com/calendar/embed?src=student.dodea.edu_jeka9s0o0nu0f0jj41s58imi8k%40group.calendar.google.com&ctz=Asia%2FTokyo

SENIOR NEWS

CAP & GOWN ORDERS

Caps and gowns should be arriving by next week.
They will be distributed before Spring Break.



See Ms. White in
Room 604 for more
information!



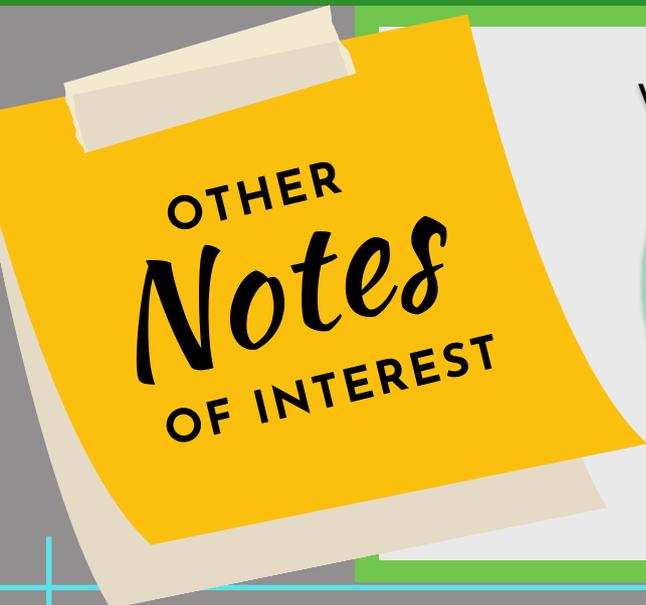
SENIOR DECISION DAY & RECOGNITION [Post-Secondary Plans Survey]

We want to recognize your FIRE!

Seniors, please submit an initial response by **Friday, April 2nd**.
View the survey at the following link:

<https://docs.google.com/forms/d/e/1FAIpQLSeITodR08VXa1W1jJL0T7ReLh-AWgHkaAyT74rajI444zLwxA/viewform>

Please stop by Counseling if you have any questions!



WE HAVE OPENINGS FOR:



- PRESIDENT
- VICE PRESIDENT
- TREASURER
- SECRETARY

PTSO EXECUTIVE
BOARD MEMBERS
NEEDED

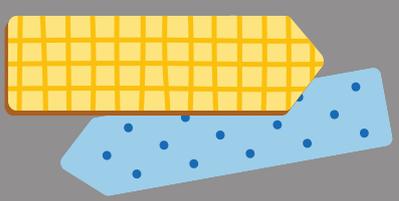
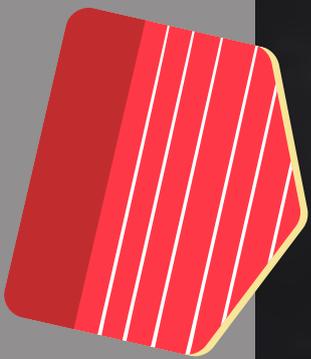
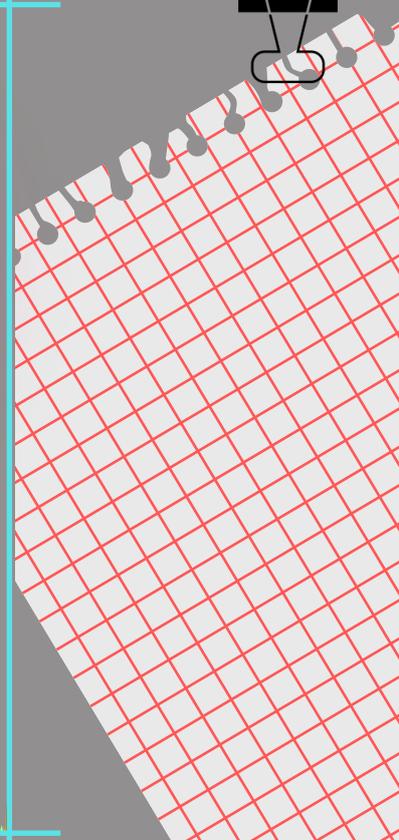
SUBMIT YOUR NAME, EMAIL ADDRESS,
AND POSITION TO:
PTSODRAGONS@GMAIL.COM

FIRE
PRIDE

on
AFN

Tune in to AFN Wave 89.1 to hear about the amazing things our Dragons are up to in-class and after school! Watch this space to see when we will be riding the wave next on the Afternoon Tide Show.

Listen in the car or online at:
<https://www.afnpacific.net/Local-Stations/Okinawa/>



**BUY YOUR 20-21
YEARBOOK **TODAY!****

KUBASAKI HIGH SCHOOL PRESENTS

A Night in the Ryukyu Gardens

PROM 2021

FRIDAY, APRIL 30TH
6:00PM - 10:00PM

MORE
INFORMATION
COMING
SOON!

THINGS TO KNOW:

- THIS WILL BE AN INDOOR/OUTDOOR EVENT
- ATTIRE: FORMAL DRESS
- DINNER & DESSERT WILL BE PROVIDED
- LIMITED TO SENIORS AND JUNIORS ONLY; SIGNUPS WILL BE ANNOUNCED

FORMALWEAR ALERT!
THE MARINE THRIFT SHOP IS HAVING
A PROM SALE THIS SATURDAY:

WHAT: PROM SALE
WHERE: THE MARINE THRIFT SHOP
(LOCATED ON CAMP FOSTER,
BLDG 5691)
WHEN: 10:00AM - 3:00PM,
SAT., MARCH 20TH



DRAGONS HAVE FIRE!