

# BRONTE SCHOOL NEWS



**The Lady Longhorns Win Again!** The Bronte Lady Horns won the Bronze Division in the San Angelo Volleyball Tournament this past weekend. They defeated Canyon, Uvalde, and Water Valley in two matches to win the championship. Bronte will be hosting their "A" Showdown Volleyball Tournament this weekend (August 26 & 27) and we wish the Lady Horns good luck. There will be about 16 teams visiting Bronte for this tournament and attending the first home football game at 7:30 pm against Junction. We wish our Longhorn Football team the best in the start of their pre-season.

## Lady Horns begin successful season

The Bronte Lady Longhorn Volleyball Team started the season on August 1st.

In the first week, the teams

competed in 2 scrimmages.

In week 2, the Varsity captured the Albany Tournament 1st Place title. Also in the Albany Tournament, Harly Wallace, Mackenzie Gibbs, and Jill Scott were named All-Tournament along with Kimber Lee being named the Tournament Most Valuable Player.

The Junior Varsity also competed in the Albany Tournament in which they earned 4th Place.

This past weekend, the Varsity competed in the Nita Vannoy Memorial Tournament in San Angelo where they captured 1st Place of the Bronze Division by defeating district rival Water Valley.

This week the Lady Longhorns are hosting the 11th Annual "A" Showdown. The competition begins on Friday morning at 9 a.m. and lasts through Saturday afternoon. The tournament will display some of the best

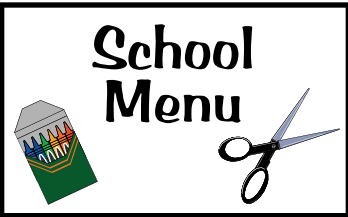
Class 1A teams in the State of Texas. Come out to support your Lady Longhorns!

## Scholarship Search Site available

Students in grades 9-12 at Bronte High School have access to a free online scholarship search site at [www.collegeguidanceconsultants.com](http://www.collegeguidanceconsultants.com). This site constantly updates scholarships throughout the year and no registration on the part of the student is required. This site is easy to use and search. A password and user name is required.

BHS students and parents may call the BHS counselor's office or high school office to obtain the password and user name.

For more information on scholarships, please contact BHS counselor, Mrs. Timmerman, or visit the Counselor's Corner web page at [www.bronteisd.net](http://www.bronteisd.net) and click on "Scholarship Information".



### Breakfast

**Monday, August 29**

Cereal or sausage rolls, assorted juice, fruit, milk

**Tuesday, August 30**

Cereal or breakfast pizza, assorted juice, fruit, milk

**Wednesday, August 31**

Cereal or pancake on a stick, assorted juice, fruit, milk

**Thursday, September 1**

Cereal or Breakfast burrito, assorted juice, fruit, milk

**Friday, September 2**

Cereal or Sausage patty w/biscuit, assorted juice, milk

### Lunch

**Monday, August 29**

Corn dogs, pinto beans, celery & carrot dippers, apples, pudding cup, milk

**Tuesday, August 30**

Chicken strips, mash potatoes, gravy, green beans, hot rolls, fruity gelatin, milk

**Wednesday, August 31**

Spud day, baby carrot dippers, fruit cup, Texas toast, milk

**Thursday, September 1**

Nachos grande, Spanish rice, lettuce & tomatoes, orange slices, cookies, milk

**Friday, September 2**

Pizza, corn on the cob, broccoli salad, rosy applesauce, pink panther cake, milk



## TIPS ON PACKING A SAFE LUNCH

**Always keep it clean.** Make sure your hands, food preparation surfaces and utensils are clean. Use hot, soapy water to effectively get rid of Bacteria. Teach your children to wash their hands before they eat. Also wash fruits and vegetables before packing them in your child's lunch.

Be sure to keep hot foods such as soup, chili or stew hot by using an insulated bottle. "Preheating" the insulated bottle prior to filling it with the food will help maintain the food's

temperature. Fill the bottle with boiling water and let it stand for a few minutes. Empty the bottle and then fill it with piping hot food. Keep the bottle closed until lunchtime.

Cold foods should stay cold, so invest in a freezer gel pack (available in supermarkets and kitchen supply stores) and an insulated lunch box. Freezer gel packs will keep foods cold until lunchtime, but are not recommended for all-day storage. Any perishable food (i.e. meat, poultry, or egg sandwiches) not eaten at lunch should be discarded.

If your child chooses a brown paper bag to carry lunch, it's especially important to include a cold source. A freezer gel pack or a frozen sandwich works well. Because brown paper bags tend to become soggy or leak as cold foods thaw, be sure to use an extra paper

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