

TEXAN TALES



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Calendar of Events

- 2/10 Daddy-daughter Ball
- 2/13 Banking Day.
- 2/14 Classroom Valentine Parties.
- 2/16 Mommy-son jump party.
- 2/26-27 First Grade field trips.
- 2/28 Turn in Box Tops.
- 3/6 Talent Show.
- 3/7 Sky Ranch 4th grade trip.
- 3/9 Early Release day.
- 3/12-16 Spring Break.
- 3/19 PTA Executive Board Meeting.
- 3/20 Spring Pictures. Banking Day.
- 3/26 General Assembly meeting. Book Fair Week.
- 3/29 Open House. Texan Tales deadline

President's Perspective

Spring is right around the corner and so are a lot of fun activities for your family! Hopefully you will enjoy participating in the Mommy/Son Jump party, another McDonald's Dining Out night and the annual Lone Star Sock Hop!

Thanks to everyone who participated in the coin drive for Casey's Kids during the holiday season! We raised \$395.00, which will support the less fortunate children in our community.

The Daddy Daughter Sweetheart Dance was a huge success and it seems that all the sweethearts had a wonderful time with each other. Thanks to all of you who helped make this a memorable evening!

Also, nominations for the 2007-2008 PTA Executive board are coming up, with voting taking place in April. The PTA has many opportunities to make a difference in a child's life, please consider being a board member. More information regarding nominations will be coming home within the next month.

Please contact me if you have any questions or concerns!

Melissa Dean

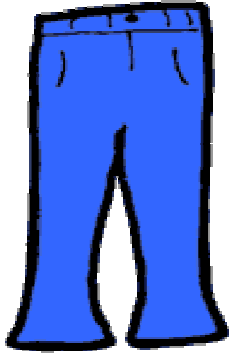
missymdean@yahoo.com



Box Tops News

Box Tops 4 education provides three easy ways to earn cash for our school to earn up to \$60,000 per year! That's as much as \$20,000 each from clipping Box Tops, shopping at the Box Tops MarketplaceSM and using the Box Tops Visa® card. You can also support our school by logging on to www.boxtops4education.com and signing up to enter LSE to win Bonus Box Tops. It's an easy and free way to support our school.

We will be announcing the Classroom with the most box tops collected thus far at Lone Star Elementary. The winner will receive an ice cream party for the whole class!



*the boy walks over to
Susie and whispers,
"You did that on
purpose, didn't you?"*

Wet Pants

Come with me to a third grade classroom..... There is a nine-year-old kid sitting at his desk and all of a sudden, there is a puddle between his feet and the front of his pants are wet. He thinks his heart is going to stop because he cannot possibly imagine how this has happened. It's never happened before, and he knows that when the boys find out he will never hear the end of it. When the girls find out, they'll never speak to him again as long as he lives. The boy believes his heart is going to stop; he puts his head down, and hopes "Oh, please this is an emergency! I need help now! Five minutes from now I'm dead meat." He looks up and here comes the teacher with a look in her eyes that says he has been discovered. As the teacher is walking toward him, a classmate named Susie is carrying a goldfish bowl that is filled with water. Susie trips in front of the teacher and inexplicably dumps the bowl of water in the boy's lap. The boy pretends to be angry, but all the while is saying to himself, "Thank you! Thank you!" Now all of a sudden, instead of being the object of ridicule, the boy is the object of sympathy. The teacher rushes him down the hall to the nurse, who gives him clean underwear and pants. All the other children are on their hands and knees cleaning up around his desk. The sympathy is wonderful. But as life would have it, the ridicule that should have been his has been transferred to someone else - Susie. Susie tries to help, but they tell her to Get away. You've done enough, you klutz!" Finally, at the end of the day, as they are waiting for their ride, the boy walks over to Susie and whispers, "You did that on purpose, didn't you?" Susie whispers back, "I wet my pants once too."

~borrowed from unknown author

Please see the opportunities that are always around us to do good deeds. If you have clothes that you can donate to the nurse's office, we are in need of boys and girls pant/jeans in sizes 7/8, 9/10, and especially 11/12 and 13/14.

Thank you!

Dena Weeks LVN

Safety at Lone Star

Unfortunately another child was hit by a car at another KISD elementary school campus. Let's make an effort to keep our children safe at LSE
Safety Officer Bill has a few reminders:

Please don't forget to attach the yellow sign with your child's name on your car window during the student's pick up. This will speed the pick up process.

Don't forget to use the crosswalks and talk to your children about being alert when walking to and from school.

SLOW DOWN around the school perimeter. Drive defensively. The kids are not always paying attention so it's up to you to look out for them.



We are safe at Lone Star Elementary



Recipe For Friendship

Fold two hands together
And express a dash of sorrow
Marinate it overnight
And work on it tomorrow

Chop one grudge in tiny pieces
Add several cups of love
Dredge with a large sized smile
Mix with the ingredients above

Dissolve the hate within you
By doing a good deed
Cut in and help your friend
If he should be in need

Stir in laughter, love, and kindness
From the heart it has to come
Toss with genuine forgiveness
And give your neighbor some

The amount of people served
Will depend on you
It can serve the whole wide world
If you really want it to



Keller ISD News - 2007-2008 School Start Times Announced

After reviewing consensus input of campus stakeholders, the administration of Keller ISD is announcing the start times for the 2007-2008 school year. The start times are as follows:

High School	8:25 a.m. (with optional 7:30 a.m. Zero Hour)
Middle School	8:30 a.m.
Intermediate School	7:45 a.m.
Elementary School	8:00 a.m.

The change is a result of the district's move to a modified A/B block schedule and several months of evaluation, community and faculty input, and the district's desire to provide a schedule that will best meet the needs of Keller ISD students.

"This is the culmination of a community-wide effort to give our students the very best opportunities to succeed in the classroom," said Dr. James R. Veitenheimer, Keller ISD Superintendent. "While we know there will be a period of adjustment for some families, these new start times will best meet the needs of all stakeholders."

More information will follow in the coming weeks regarding student transportation, extra-curricular activities and scheduling of classes.



Getting Your Children to Eat Right

By Dr. Pam Popper

I get a steady stream of calls and emails from parents who are having difficulty getting their children to eat healthier foods. I know from personal experience that this is not easy, but it can be done. It does, however, take determination and effort.

Changing the family's diet begins with two realizations. The first is that teaching your children about good nutrition is as important as making sure they learn good manners, get good grades in school, get to bed on time, etc. Poorly fed children are sick more often, have increased risk of developing degenerative diseases at earlier ages, and tend to have weight problems sooner or later. Many children find it difficult to concentrate and learn as a result of poor nutrient status, too. I don't know a responsible parent that wants any of these things to happen, but the reality is that ignoring the importance of good nutrition will almost guarantee that one of these outcomes will occur sooner or later.

The second realization is that children can be very resistant to change and many times would rather do something other than what you want them to do. You must remember that you are the parent and that you make the decisions. There is a good reason why we don't send children out to get a job and to establish their own households at the age of seven! They need direction and structure, and your job is to provide it!

So, the first secret to getting your children to accept new foods is to make sure that they know that not eating healthy foods will not result in your recanting and allowing them to eat macaroni and cheese again. This takes time, and if you have tried to make changes before and ended up caving and letting them eat junk, it will take even longer.

Your plan of action should be to serve a healthy meal and if your child chooses not to eat it, don't make a scene, or replace it with another dinner. You're not running a cafeteria. If your child does not eat, however, do save the meal. If the child asks for food later, you can say, "No problem. I saved your dinner and we can warm it up right now!" In other words, skipping dinner can't result in getting hot dogs later in the evening.

Your child may go to bed hungry a few times, and that is fine. It may take a few hungry nights for him or her to figure out that this is a permanent change.

Another tip - get the bad food out of the house. It is hard for adults, let alone children, to resist eating chocolate cookies and opt for grapes or carrots instead, when the cookies are readily available. At snack time, offer two healthy choices - for example, an apple or a veggie wrap. If your child does not choose either one, that's fine, but candy can't be offered as an alternative. Over time, your child will learn that the only choices are healthy ones, and begin to eat them.

While you are making these changes, begin having a dialog about what you are doing and why. This does not mean turning every meal into a lecture, but rather involving your children. Take your child to a health food store and let him help you pick out some new things to try. Teach your child to read labels and ask her to select foods that do not contain certain ingredients. Let your child assist in choosing recipes and preparing foods. Kids are more likely to go along with your new program if they feel they have some input and participation.

Over time, your child will begin to understand that part of your family's culture involves eating healthy foods and making healthy lifestyle choices. They will reach this realization from continuous reinforcement from you, which is the way they have learned everything else. For example, if your child is polite, it is because you have constantly reinforced polite behavior.



Getting Your Children to Eat Right (cont.)

I do not ever recommend that parents try to restrict all candy, sweets and junk food. First, it doesn't work. And, it sends the wrong message. Healthful eating is not about deprivation. The better alternative is to teach children the difference between food and a treat, and to help them learn when it is appropriate to have treats. Treats are excellent for special occasions, holidays, birthdays, or for a celebration. They are not appropriate for lunch or after-school snacks. You can, however, restrict how much and how often they get these foods by talking with teachers, school personnel, daycare workers and parents of their friends. You may need to provide snacks, rewards and other foods for your child to consume in these places in order to reduce the amount of junk food in his diet.

I often get feedback from parents telling me that this is difficult, time consuming, etc. It is. But sick children are time consuming. Children who are tired, cranky, and have difficulty concentrating are time consuming as well.

Parents also express concern that this is difficult in view of the fact that other children don't eat this way. This is true. But, and again I speak from personal experience, good parenting involves making choices that are right for your children, regardless of the choices other parents are making for theirs. As your children get older, you may find out that your rules are much stricter about lots of things, such as curfews, than other parents' may be. Learning to have the courage of your convictions is important.

There is an added bonus to improving your child's diet - yours will get better too! Your energy will increase, you'll need less sleep, and, if you are overweight, you'll reduce. If you are suffering from a chronic condition, it will most likely improve. If not, you'll reduce your risk of developing one. And, you'll be a great example for your kids - they tend to observe and imitate what you do.

Our children are our most precious resource. And, they are going to be running our businesses and our government in a few short years. Let's make sure that they have a long, healthy life, and that our country's future can be bright under their leadership.

RECIPE OF THE MONTH

Corn Flake Chicken

By Brandi Gutches

2 cups corn flake crushed

¼ cup grated Parmesan cheese

1 tsp all purpose seasoning

¼ cup of non-milk

1 lb boneless, skinless chicken breast

1 tsp olive oil

Combine seasoning, Parmesan cheese and corn flakes in one bowl. In a separate bowl add milk. Dip the chicken in the milk then coat with corn flake mixture. Place in a lightly greased baking dish and sprinkle each chicken breast with olive oil. Cook on 375 for 30 minutes.



**We're on the
web
www.lsepta.org**

LONE STAR ELEMENTARY

Steve Hurst—Principal
Karin Mahlenkamp—Vice principal
Melissa Dean—LSE PTA President



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Advertise in the Texan Tales

Ad sizes	Member Price	Non-Member Price
Classified Ad	No Charge	\$5.00
1/8 Page	\$15.00	\$35.00
1/4 Page	\$25.00	\$50.00
1/2 Page	\$35.00	\$75.00
Full Page	45.00	\$120.00

For further newsletter information, contact Martha Ruepprich at castmj@yahoo.

Join the PTA!

Join us and be part of an organization that cares about your kids. Become a member of the Lone Star PTA Today!!!

Funds raised by the PTA are used to sponsor many activities such as:

**Back to School Bash, Fall Carnival, Lone Star after Dark, Grandparent's day breakfast
Father Daughter Valentine's Dance, Mom and Son Valentine's Jumping Party, Lone**

PTA Membership Form

Members Name: _____

Address: _____

City: _____ Zip: _____ Phone: _____

Students Name: _____

Students Teacher: _____ Grade: _____

Check # _____ Check Amount \$ _____

Check Appropriate Box

Parent \$6.00 Lifetime Member Teacher/Staff \$6.00

Community Member –anyone other than parent of child \$6.00

Membership Gift –paying for someone's membership \$6.00