

Texan Tales



President's Perspective

HAPPY NEW YEAR! I can't believe it is already 2008! When I was young, it was hard to imagine the future in a new millennium. Now, we are eight years into that millennium. In many ways things haven't changed that much but the future is always just around the corner. Our children will be the ones to lead the future. They are depending on us as parents, mentors and teachers of Lone Star to teach them well. As you make resolutions, please remember to keep goals simple and easy to obtain. Childhood passes quickly; try to plan more family activities before the kids grow-up.

The last stretch of the school year is upon us. We are looking forward to The Daddy/Daughter Dance, The Mommy/Son Night, Music programs, TAKS testing, 4th Grade Camp at Sky Ranch, and SPRING BREAK! Now is also the time for PTA to set new

goals. The end of 2007-2008 will be here before we know it and the new PTA Executive Board will be gearing up for the 2008-2009 school year. We need you to start thinking about what goals you want to see the PTA membership accomplish, your opinion is important let your voice be heard. Many events and sponsorships would be forfeited without an active PTA; we need YOU!

There are positions opening up on the Executive PTA Board you might like to claim for next year. Please contact a board member to express any interest and other positions open for the 08-09 school year. The students can only benefit from the creativity, support and enthusiasm of involved parents like you!

Brandi Dillmore

LSE PTA President

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A big Thank you to Walmart!!!

By Cesily Bosley

On November 1st, 2007 the Wal-Mart Super Store on North Beach Street gave the Lone Star Elementary School Library a \$1000.00 donation. This money is to help purchase Reading Olympic Medals for the LSE children and to help pay for a visiting Author to come to the school and talk to the children.

This is the second year that Walmart has donated \$1000.00 to our school Library. Lone Star Elementary and the LSE PTA join to thank Walmart for their generosity and continued support.



Thank you!!!

KISD PARENTING UNIVERSITY

Keller ISD Parent University is a program designed to bring ideas, insight and strategies to parents in the Keller ISD community. Two-hour classes will be offered from 6:30 to 8:30 pm on the dates below on a variety of topics. All sessions are free to the public and will be held at the KISD Training Center, which is located at the Education Cen-

ter at 350 Keller Parkway. The schedule for the 2007-08 year is as follows:

January 10 - Building Children's Self-Esteem

February 11 - Making Rules & Enforcing Them

March 11 - Rearing Responsible Children

April 15 - Communicating with your Teen/Parent

May 14 - How Much is Too Much?

BROWN BAG LUNCHEONS

During the course of the school year, various PTAs will host brown bag lunches with Keller ISD Superintendent James R. Veitenheimer, giving parents and community members the chance to discuss district events and hot topics. During the luncheons, guests are invited

to ask questions and share information.

All luncheons begin at noon, and the schedule for the 2007-08 school year includes:

- Jan. 17, Hillwood Middle School

- Feb. 7, Friendship Elementary
- March 13, Chisholm Trail Intermediate
- April 24, Trinity Meadows Intermediate
- May 15, Independence Elementary

The Importance of Parental Involvement In Your Child's Education

We hear it all the time - parents are their children's first and most important teachers. That role seems more clear cut when they are very young and need help with just about everything from practicing how to tie their shoes to looking both ways before crossing a street. But once a child enters school, other adults assume the teacher role, leaving many parents wondering what they can do to support and encourage learning... in school and out.

One thing is certain: for children to learn their lessons well and remain curious about the many new and interesting parts of their world, they still need their parents' help and daily encouragement. Research repeatedly shows that children are better, more successful learners when their parents are actively involved in their learning, both at home and at school.

Before you rush to the store for a pack of flash cards consider this: When it comes to helping children grow as learners, many of the things that parents do each day are what really matter most. For example:

Create a home where learning is encouraged.

This includes setting aside a consistent time each day when children will complete their homework. It also means encouraging children to read and write for pleasure and setting limits on television, computer and video game usage. (FYI: The American Academy of Pediatrics recommends that school-age children spend no more than one to two hours a day watching TV and playing computer games - and that children not watch TV while doing homework).

Set high expectations for learning.

Parents know better than anyone else what their children are interested in and what their talents are. Take the time to encourage your children's strengths and find ways to support them when they struggle. This sends the message that you are ready to help them succeed. For example, offer to help younger children sound out words as they read to you. Play math games as you drive in the car. Meet with the teacher to discuss how you can work together to help your child master a difficult subject.

Encourage exploration and discovery.

Just because the school day is over doesn't mean that learning has to end. If your child is learning about different types of communities, a family trip to a local farm can provide an interesting lesson on rural community life. Try turning an interest in cooking into an international theme dinner. If you have a skateboarding enthusiast in your family, subscribe to a magazine on his/her favorite topic. The point is to make learning fun. Libraries, museums, local historical sites and the Internet are all wonderful resources to help you nurture your child's interests while spending quality time together. Two kid-friendly search engines to try are Yahoo!igans (www.yahooigans.com) and Ask Jeeves for Kids (www.ajkids.com).

Build a strong home-school partnership.

Open house at the beginning of the year is a great time to get to know your children's teachers and learn about ways you can support the year's learning at home. Parent-teacher conferences are a good time to talk about the areas where your

5 Ways to Stay Away from “-itis” Illnesses

By Eric Tepner

Bronchitis, Gingivitis, Arthritis, Dermatitis, Colitis, etc. are all inflammatory diseases that were once limited to mostly older individuals. Today, pediatricians are seeing more and more cases of these inflammatory diseases in children. Fortunately, the trend is avoidable. Here are five ways to help your family keep inflammation in balance:

1. Reduce your waist and focus on staying lean – Fat cells are like chemical factories that pump out pro-inflammatory substances into the blood stream. The body tries to fight off these excess fat cells and the result is inflammation. The fewer the fat cells, the less inflammation; and the more fat you have, the sooner you wear out and feel old.

2. Change your oils – Most of us have heard something about Omega-3 oils (like those found in fish) as being a healthy fat. In fact, Omega-3's are the most effective anti-inflammatory foods you can eat. They are especially good at protecting the blood vessels and arteries from collecting plaque (think heart attack and stroke!) So which oils are bad? Anything with Partially Hydrogenated Oils (i.e., trans fats) should be completely

avoided. Watch the labels, especially in crackers, cookies and cake mixes. Most fast food restaurants still use Partially Hydrogenated Oils in the frying of their foods.

3. Move! – Exercise reduces fat and stimulates the body to create its own anti-inflammatory medicines.

4. Spice it up! – Add spices like turmeric, ginger, garlic, oregano, and cilantro in your foods. Most spices have significant anti-inflammatory properties.

5. Stay Calm – There is a definite connection between the nervous system and immune system. Increased stress will raise stress hormones in the bloodstream. This in turn pushes the body into a pro-inflammatory state.

It takes baby steps, but we can all plant a doctor inside our children by following these few simple guidelines. Next month we will learn about some facts that the fast food industry does not want you to know.

Yearbook News

By Allison Schlein

Dear Parents,

This school year will hold many precious moments that should never be forgotten. These memories will last a lifetime in your child's copy of ...

Going the Extra Mile to Infinity and Beyond!

Filled cover to cover with photographs of friends, special events, classes, activities and a tribute to our graduating fourth graders with their kindergarten photographs and congratulatory messages from parents.

This student designed 80 page hardcover yearbook will be a precious reminder of the happiest times in your child's life. This year's book price will be \$18.00 each.

Checks should be made payable to LSE. Return the memory book order envelope (check or money order) to your child's teacher.

Please send one order envelope per child. Receipts will be sent to your child's teacher.

It takes lots of photos to fill a yearbook so please send any hard copy photos you would like in the yearbook of your child's class activities and any school events/performances to me in an envelope marked yearbook photos. Please put your name on the back of the photos if you would like them back. Some photos used in the collages might be cut to fit.

See you in the Pictures!

Allison Schlein-yearbook chair
Mikal5157@yahoo.com

The Importance of Parental Involvement In Your Child's Education

Cont'd from pg. 2

Volunteering in the classroom, attending school events and sending notes or e-mail messages are great ways to keep in touch with teachers throughout the year and stay informed about what your children are learning.

Parent involvement pays off. Decades of research show that when parents are involved in their children's education, students have:

Higher grades, test scores and graduation rates.

Better school attendance.

Increased motivation and better self-esteem.

Lower rates of suspension.

Decreased drug and alcohol use.

Fewer instances of violent behavior.

A greater chance of going on to college and other secondary education.

Source: National PTA (www.pta.org/parentinvolvement)



Counselor's Corner

Mrs. Stine
Lone Star Elementary
January 2008

Happy New Year! Hopefully you enjoyed a relaxing and fun break with family and friends!

Thank you so much for all your generous donations in helping the Community Storehouse with the gift drive. I know so many people appreciated the wonderful gifts.

Character trait of the month is RESPECT

Respect means to honor and to show consideration and value to people, property, the environment, and yourself. It means to treat others will even if they look, act, or believe differently than you do.

Some ideas you can give your child on how to show respect:

- Treat other people how they way you want to be treated
- Be courteous and polite
- Listen to what other people have to say
- Don't insult people. Make fun of them or call them any names.
- Don't bully or pick on others
- Don't judge people before you get to know them

www.goodcharacter.com

Books about respect to read with your child:
Hey, Little Ant by Phillip and Hannah Hoose
A Bad Case of Stripes by David Shannon
Something Else by Kathryn Cave
Wilfrid Gordon McDonald Partridge by Mem Fox
Odd Velvet by Mary Whitcomb
Angelo by David Macaulay
Enemy Pie by Derek Munson
Alley Oops by Janice Levy



Guidance This Month

I will be in your child's class doing lessons during the following weeks:

- 2nd and 1st grade the week of January 7-11.
- Pre-k and K the week of January 14-18
- 3rd and 4th grade the week of January 23-31

Love and Logic Class Dates:

Starting January 30, 2008 (4 week class)

Time: 9:00-11:00 a.m.

Location: Eagle Ridge Room 400

Starting January 30, 2008 (4 week class)

Time: 6:00-8:00 p.m

Location: Parkview Elementary Cafeteria

Homework

Everyone agrees that homework is not something parents should be completing for their children. Despite what are often well-meaning attempts to "rescue" your children when they wait until the last minute to do an assignment or "help" by filling in the blanks when they seem stumped, doing homework for your children won't enable them to become independent learners.

Though it can be hard for parents to let children work through problems alone and learn from their mistakes, it truly is the best way to ensure that they will learn what they need to know and become confident in their own abilities to tackle difficult subjects with success.

One of the best ways is to set the proper study tone at home as soon as your children begin receiving homework. Following are some suggestions from the U.S. Department of Education:

- Help your children get organized.
- Involve your children in developing a study routine.
- Teach your children about time management.
- Figure out how your children learn best.

Lone Star Elementary

"The Place to be"

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A Few Tips for Parents

By Brandi Dillmore

Why is family involvement important?

Here are just some of the reasons it is important for parents to be actively involved in their child's education:

- When parents are involved in their children's education at home, they do better in school. Also, when parents are involved in school, children go farther in school — and the schools they go to are better. (Henderson and Berla)
- The family makes critical contributions to student achievement from pre-school through high school. A home environment that encourages learning is more important to student achievement than income, education level or cultural background. (Henderson and Berla)
- In 1994, the College Board found that reading achievement is more dependent on learning activities in the home than is math or science. Reading aloud to children is the most important activity that parents can do to increase their child's chance of reading success.
- When children and parents talk regularly about school, children perform better academically. (Aston & McLanahan, 1991; Ho & Willms, 1996; Finn, 1993)
- Three kinds of parental involvement at home are consistently associated with higher student achievement: actively organizing and monitoring a child's time, helping with homework and discussing school matters. (Finn, 1998)
- Parents who read to their children before they enter school give their children a boost toward reading success. Talking to children about books and stories read to them also supports reading achievement. (Lawrence Erlbaum Associates, Inc. 1996. Developing Engaged Readers in School and Home Communities. Rahway, N.J.: Author.)
- The earlier that parent involvement begins in a child's educational process, the more powerful the effects. (Kathleen Cotton and Karen Reed Wikelund. "Parent Involvement in Education," Research You Can Use. NW Regional Educational Laboratory.)
- Positive results of parental involvement in their children's schooling include improved achievement, reduced absenteeism, improved behavior, and restored confidence among parents in their children's schooling. (Institute for Responsive Education. The Home-School Connection: Selected Partnership Programs in Large Cities. Boston: Author.)

Membership Update

Thank you to everyone who paid their 2007 - 2008 PTA membership. Please be assured that your \$6 is much appreciated at the local, state and national levels. Lately I have been asked if it is still possible to join PTA. The answer is YES! Anyone can join PTA at anytime. If you are interested in joining, please email me, Susannah Keneda, at zoelarue@sbcglobal.net for a form that you can send in with your child to school. Again, thank you to all of our 226 members!

Daddy/Daughter Dance is Saturday, February 9th from 5 - 8 pm at Lone Star Elementary. We are working hard on making a wonderful experience for the little ladies at Lone Star and their handsome dates. Tickets cost \$30 per couple and each additional daughter is \$15. The deadline to register for this event is Friday, January 25 at 3 pm. We are still in need of a few volunteers for decorating, photography and Costco/Sam's papergood pick up. Please email Susannah Keneda at zoelarue@sbcglobal.net if you are interested in helping.