



Volume 5, Issue 1
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LONE STAR ELEMENTARY

TEXAN TALES

Principal's Perspective From Steve Hurst

Welcome back to school! I hope you were all able to enjoy your summer. We are riding on the wave of fall energy as we begin a year of new, exciting and meaningful opportunities to make a difference in the lives of our kids.

One of the PTA missions is to create connections between home and school. I believe the **Honorable Character program** supports this mission. I am enthusiastic about this program because it speaks to a value system I embrace

as part of my purpose on the planet. I believe that every day, every child deserves to be told that they are loved, that you are proud of them and that they are good. I want to encourage you to use this tool as an opportunity to initiate a positive and proactive dialogue about the experiences your child has demonstrating honorable character.

I'm also enthusiastic about the opportunities and programs our PTA executive board has planned for the year. A

quick glance through this newsletter will give you an idea of what you can expect to gain from membership. I believe that you will find the speakers, programs, information, and opportunities provided through the PTA to be valuable in your life. If you haven't already, join PTA today. The membership is just \$6. In exchange for this small donation, you will find a surplus of value for your family.

President's Perspective From Nathan Metts

Welcome to Lone Star Elementary and the first issue of Texan Tales for the 2008-09 school year!

We are happy to have you and your children joining us for what promises to be an exciting year. In the coming issues, I will use this space to communicate special messages or bring extra attention to issues important to the LSE PTA.

This issue, I want to thank you for your support. Your membership

is what makes our PTA one of the premier PTA's in Keller ISD. We entered this year wanting to create an environment of inclusiveness and excitement.

Through the dedication of our officers and the desire of parents to be involved in the school life of their children, we have exceeded our goals for increased membership.

That participation, along with your time and efforts, will result in a

school year that our kids will not forget. Please take the time to read through this newsletter and see what is going on

New Feature Articles

- *What'd I Miss???* Expanded Recap of PTA meetings
- *PTA Brag Board.* Overview of PTA activities at LSE
- *From the National PTA.* Your link to organizational priorities on a national level.
- *From the Web.* Online articles and resources that are linked to the monthly theme, school programs or just good to know!

What'd I Miss???

September 30 PTA Meeting Recap

Childcare was provided by Gene and Myette Calvin of Genesis Enterprize Marine Fitness Boot Camp.

Treasurer Brandi Dillmore announced that the **fall fundraiser exceeded expectations** generating over \$15,000!!! As a result, we won't need a Spring fundraiser.

Brian Nimphius, certified wellness chiropractor, spoke to the group about **what we can do to keep kids healthy**. A brief outline of Brian's tips are listed in the interest box at right.

We learned about making good choices on behalf of our children, after all, "kids have no control over what we buy as parents." Dr. Nimphius provided insight into just how soda demineralizes bones and even undermines the immune system. During the Q & A period, the group asked questions about the

pros and cons of current health food fads like gluten-free diets and organically grown produce. We learned how white (or bleached) pasta can coat the lining of the stomach and colon and actually prevent our bodies from digesting healthy foods we put into it.

Dr. Nimphius has volunteered to present a 6-week workshop **FREE of CHARGE** for Lone Star PTA families and community members. For information on scheduling Dr. Nimphius as a speaker, presenter of a workshop or for questions you can contact him at dr_bjn@yahoo.com.

Steve Hurst, school principal, provided an overview of the school's new three-tiered system designed to support **literacy goals at Lone Star**. This program features a 90 minute uninterrupted block of reading instruction, 30 additional minutes of literacy support and a series

of response to intervention (RTI) and progress monitoring tools that are individualized for student needs.

Dr. Nimphius' Tips for Developing Wellness through Meals

- Avoid using sweets as a reward or as a pacifier
- The younger kids are, the smaller their bodies and the less sugar they can handle
- If you meet resistance, introduce good food slowly by pairing familiar foods with healthier choices
- Label shop: if you check the label and find that there are words you can't read, you probably shouldn't eat it.
- Choose bread without high fructose corn syrup, those lacking it often feel heavier.

PTA Fundraisers: Passbooks, Fall Catalog, School Shirts and More

I am pleased to tell you that the PTA has **passbooks** (\$20) for those of you that are looking to save a little money at local businesses.

Show your Texan Spirit by ordering **top-quality spiritwear** items! Kids love to wear them to school events and they are an excellent way to promote school spirit and pride!

There are short-sleeved (\$15) and long-sleeved (\$20) shirts available in baby blue spider tie dye and sweatshirts (\$14) and hoodies (\$22) available in royal. Child and adult sizes are available.

You can also help by sending in your **General Mills Box Tops**, **Campbell's soup labels**, and **Nestle Pure Life (water) labels**.

Box tops are available on a variety of products including Betty Crocker cake mixes and Hefty Paper Plates. **Campbell's soup labels** can also be found on Pepperidge Farm items (think: Goldfish), V8 drinks, and Prego Italian sauces.

From the National PTA. . . KIDS COUNT

The **KIDS COUNT** project is a tool that can support your work on behalf of children by providing you information on the current condition of children in your local region in many critical areas of child well-being. All of our data is free and easily accessible on our Web site (www.cppp.org/kidscount) and can be used for student and community education, grant writing, or advocacy on behalf of Texas' children and families with local and state decision makers.

Kids, Education, and Public Policy: An Opportunity for Positive Change

Given the many social, physical, and economic challenges many Texas children face, public education may be the single and most powerful outlet for positive development they may ever encounter. Armed with good data, the PTA can be strengthened in its continued fight to bring about the best possible outcomes for children through the public education system.

PTA members can make use of the invaluable information in Kids Count. The Texas PTA advocates on behalf of children in a number of policy areas, such as school nutrition, school bus safety, vouchers for nonpublic school tuition, and other issues related to funding of public schools. Similarly, the Center for Public Policy Priorities (CPPP), home to the Texas KIDS

COUNT project, works on issues around poverty, health care, foster care, and child protection. CPPP also takes a special interest in public policy on school finance. Our Executive Director, F. Scott McCown, is the former state district judge who presided over all of Texas' public school finance cases from 1990-2002.

Indeed, how public schools are funded has tremendous impact on how well schools are funded, and what kind of resources schools have to provide the best educational experience for kids. CPPP keeps an eye on state-level decision making affecting local school property taxes, and the fairness and adequacy of the state's investment in public schools. For example, we've been tracking the impact of the tax changes lawmakers made in 2006 and 2007 in an attempt to fix the school funding system that the Supreme Court has declared unconstitutional.

In 2006, the Texas Legislature required school districts to cut property taxes and promised to fill the gap with revenue from new state taxes. Unfortunately, 1) the state's new taxes will bring in less than the amount local school districts were raising at their old property tax rates; and 2) the state only promised to guarantee funding for an amount equal to what school districts spent in their last budget before the property tax cuts. So basically, the state is asking school districts to operate at

the level of last year's budget, even though costs continue to climb. Consequently, while it required school districts to dramatically cut property taxes, the state hasn't been able to increase its funding to cover the actual needs of schools now.

What You Can Do

With all you already do to look out for your kids' best interest, it may feel overwhelming to consider taking on yet another issue, especially one as seemingly complicated as school funding. But local school boards are working on their budgets for the next year right now, making this a good time to start tuning in to the issues they are dealing with. The decisions they make about teacher salaries, security, art and music programs, sports, and even bus routes and schedules will often be limited by decisions made in Austin. You need to understand these issues to be effective in your advocacy.

If you would like to learn more about the Texas KIDS COUNT project, school funding, and property taxes, you may visit the CPPP Web site at www.cppp.org, or contact Outreach Director Lesley Ramsey at ramsey@cppp.org for more information

PTA Brag Board

What we are doing for you!!!

Childcare during PTA meetings. If you are anything like me, you value practical, quality childcare. I can tell you that I have missed many meetings (PTA or otherwise) because it would either mean I have no childcare, or the childcare would consist of my children sitting in a semi-comatose state, bored out of their minds until I come to spring them like inmates.

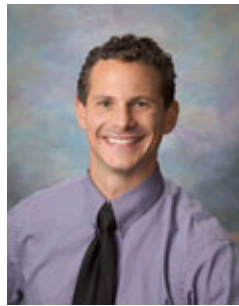
You can imagine my (pleasant) surprise to find the PTA supervised childcare experience. My five year old actually cheered, "Yeah, a meeting!" when I loaded the car on Tuesday night. For Ryan, meetings are where you "go and play and run and have some fun!!"

Actually, he's right. The kids are active and stay busy the entire time. I must admit that I love that they are exhausted, getting ready for bed and falling asleep within around 45 minutes of arriving home. I feel like I can relax and focus on the content provided, which actually



LSE kiddos enjoy supervised play in the gym while parents attend the August 26 meeting.

leads me to the second major bragging point for the organization — guest speakers.



Guest Speakers. I love going to a meeting and feeling like I can take something away from it. We've all been in a situation where the facilitator drones on, perhaps reading word for word from information we have printed in front of us.

PTA meetings at Lone Star don't seem to be this way at all. Yes, there's the business aspect — we approved minutes and new by laws. But these activities are cursory. I loved the meat and potatoes of the evening, speakers Dr. Brian Nimbius and principal Steve Hurst. I believe you will enjoy what PTA has to offer as well.



Chili's Fossil Creek Meal Give-Away. Call me crazy, but I love getting free food!!! This is especially true when the food comes from a restaurant that is absolutely delicious and family friendly. The manager of Chili's

Fossil Creek is a Lone

Star Parent who has kindly donated two free meals per PTA meeting. If you don't come for the content, or the wonderful sense of community, come for the free stuff! Just come!!

Connections to School Programs/Initiatives. As a parent new to the area (and the state for that matter) I really value the ability to meet with parents and faculty in an effort to support my children (grades Kindergarten and 3rd). There's only so much that can be accomplished through newsletters and emails — sometimes you just can't beat the impact of face to face expression.



Mrs. Weeks, School Nurse

Dear Parents,

My goal is the health and safety of all of the precious students at Lone Star Elementary which also includes emotional well-being. "There is no sense in crying over spilt milk," but sometimes spilt milk or other mishaps can make a child with wet clothes miserable.

The Nurse's office is in desperate need of pants for boys and girls in sizes 6, 8, 10, 12, 14. If you are cleaning out your closets and dresser drawers, please consider donating to the Lone Star nurse's office. Your unwanted items could really make a differ-

ence. J

Healthy Topic for this month is Nutrition. It has been said that Breakfast is the most important meal of the day and it is even more important for children.

Children metabolize food more quickly than adults and they need the fuel to do well in school. We all occasionally have rushed mornings and it is tempting to just skip breakfast in order to arrive on time to work and school. Fresh fruit, dried fruit, granola bars or other healthy "to go" snacks are a perfect handy "eat-on-the-road" breakfast.

If you have any health questions or concerns, please feel free to call me anytime @ 817-744-5200 or e-mail me at dena.weeks@kellerisd.net .

Dena Weeks LVN



Just add Milk: Delicious Chocolate Chip Cookie Recipe

Cookie Dessert Recipe

1. Preheat Oven to 350 degrees
2. Put two cookie squares (any break 'n' bake kind) in a dish that is oven proof.
3. Bake for 10 minutes, let cool in for 5 minutes
4. Put on top of cookie squares, after cooled, ice cream plus any other sundae topping that you want.
5. Eat and Enjoy!!!



Delicious Chocolate Chip cookies

Submitted by Ms. Blackburn

From the Web



We Can! (Ways to Enhance Children's Activity & Nutrition)

Looking for ideas on how to get your family healthy? Try this cool site on for size :o)

Info from the site: *We Can!*TM stands for Ways to Enhance Children's Activity & Nutrition. *We Can!* is a national education program designed for parents and caregivers to help children 8-13 years old stay at a healthy weight.

Parents and caregivers are the *primary influencers* for this age group. *We Can!* offers parents and families tips and fun activities to encourage healthy eating, increase physical activity and reduce sedentary or screen time.

It also offers community groups and health professionals resources to implement programs and fun activities for parents and youth in communities around the country.

You can access this website yourself at <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>.

Honorable Character TMHome System

I must admit, I'm a major fan of the new system because it focuses on the positive aspects of behavior as well as opportunities for growth. I wondered if there was a home system and found it! By the way, the whole kit is un-

der \$15.

Info from the site: Perfect for the home or as an accompaniment to the Classroom Management System. These Character Posters are sized for individual use to help parents reinforce honorable character traits and build household responsibilities in their children. The Home System uses encouragement to build these traits and eliminates the frustrations of nagging and negative discipline to which parents often resort. Money management principles, including giving, saving, and delayed gratification, are developed when used with monetary rewards. The system offers flexibility to accommodate individual households.

The Home System includes one 5" x 15" full-color Character Poster describing the 14 honorable character traits, and one 8.5" x 11" pad of 55 weekly Recording Sheets.
<http://honorablecharacter.com>

October 20, 2008 Homecoming Parade

The Homecoming parade starts at Lone Star & ends at Central High. The parade starts at 6:30 so please arrive a bit early to get into place.

Our theme is "Everyday Heroes" – this means doctors, nurses, firefighters, policemen, soldiers, and teachers – anyone

that is an Everyday Hero in our lives. Kids and parents are encouraged to dress as their favorite Hero and ride or walk the **Parade Route** with other LSE Heroes!! We hope to see you there!

2nd Grade and lower students participating in the parade **MUST** be accompanied by a parent or

guardian. Other students should be accompanied for safety. If you choose not to accompany your child, you must pick them up at Central High.



LONE STAR ELEMENTARY

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"The Place to Be"

Check out the LSE Newsletter Blog

- Get more information on the ideas included in the newsletter
- Express your ideas/share your thoughts
- Learn tips & strategies from Lone Star Parents

LoneStarPTA@MyBlogSite.com

Important Dates & Events: September/October 2008



September 26 **Box Tops, Campbell's Labels & Nestle Pure Life Labels** are due.

Contact: Brandi Dillmore

September 30 Special Regular **PTA meeting** at 6:30 p.m. It

will be sponsored by Chili's of Fossil Creek & there'll be a drawing for gift cards!!!

Contact: Nathan or Laurel Metts

October 1 money's due from the PTA **catalog fundraiser** is due.

Contact: Brandi Dillmore

October 20 LSE **Homecoming Parade**

Contact: LSE Dad's Club

October 28 Regular **PTA Meeting** at 6:30 p.m. (also sponsored by Chili's of Fossil Creek with drawings for gift cards!!!)

Contact: Nathan or Laurel Metts

October 31 **Box Tops, Campbell's Labels & Nestle Pure Life Labels** are due.

Contact: Brandi Dillmore