



texan tales

LONE STAR TEXANS' MONTHLY NEWSLETTER

SEPTEMBER 2004

Steve Hurst - Principal ♦ Jennifer Price - Vice Principal
Reta Reed, LSE PTA President - www.lsepta.org

President's Message!

Reta Reed/LSE PTA President

School Daze! Those first few days of school are rough, but we made it! The older kids are back in the swing of things; the youngsters are settling into a new routine and forging new friendships. I enjoy being in the halls when classes are passing and seeing all the happy and smiling faces - a true testament that Lone Star is the Place to Bel

We hope you enjoyed Meet the Teacher Night. Hopefully you got to meet your child's teacher, network with other parents, and meet some of your child's classmates. Though things were a bit crowded, I hope you got to stop at some of the great tables set up. If anything, certainly you made it to the cafetorium for a sno-cone! Thanks to everyone who volunteered, behind the scenes and on the front line.

A huge THANK YOU to Keller ISD Assistant Superintendent Dr. Bill Newton and to Mr. Hudson Huff of the Construction Department for visiting and speaking to the PTA General Assembly August 23, 2004. Dr. Newton graciously answered questions, informed us of the upcoming bond election and detailed the items to be voted upon: **Three propositions including \$129.2 million for construction of four new elementary schools, one intermediate school, one middle school, and classroom additions to phase in full-day kindergarten, additions to Indian Springs Middle School and South Keller Intermediate to relieve overcrowding there and from other schools; also including \$23.1 million for additions, renovations and upgrades to 22 existing campuses.** If you are registered to vote, please exercise your muscle and VOTE!

PTA members approved the 2004-2005 fund-raisers presented and the proposed budget on August 23, 2004. This allows your PTA to move forward with the many projects and activities we have planned for teachers, students and parents. Your continued support is so important and makes programs like Lone Star After Dark possible, and enables us to reach our goals: **Awnings for the playgrounds; Adopt the area between the school and soccer fields for nature exploration; Student involvement in the newsletter; Bounce houses for year-**

end parties; Teacher wish lists.

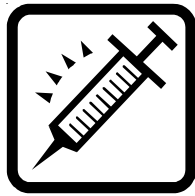
Fun was had by all at the PTA-sponsored Golf Tournament, August 26, 2004! Trophy Club Country Club hosted our eight teams of four who competed for some incredible prizes. The first place team members were **Tom Scannell, Ron English, Richard Pettigrew, and Jerry Monter**; the second place team members were **Joseph Waibel, Darrin Fair, Chris Trent, and Clayton Gumm**; and the third place team members were **Jeff Reed, Tim Pruden, Gaylan Busse, and Jay Meyer**. Your favorite Principal, Mr. **Steve Hurst**, had a fair showing. His team consisted of himself, his father, **Mr. David Carpenter, John Beltz, and James Cook**. They had the fifth place score of 69. Prizes were given for 1st, 2nd, and 3rd place teams, as well as Longest Drive, and Closest to the Pin. Sadly, no one hit a hole in one. We raised approximately \$2,300. A special thank you to the members of the Golf Committee for their hard work and many hours dedicated to organizing this event: Bill Buchholz, Judy Buchholz, Sherry Simon, Rick Simon, Wendy Jackson, Lisa Nielson, Jennifer Hammer, and Jeff Reed. Let's not forget to thank our volunteers for putting together goodie bags, checking in golfers, and coordinating the awards ceremony: Judy Buchholz, Wendy Jackson, Jennifer Hammer, and Carlene Altom. Thank you to our sponsors, **Trophy Club Country Club, Johnson Supply, Buffalo Wild Wings, First Bank, McDonalds, Sellingers Power Golf, Chilis, Cotton Patch, Dominos, Courtyard by Marriott, Dr. Burdette Warner, Dallas Stars, Fort Worth Brahmas, Four Day Weekend, Oxford Learning, La Quinta, Fossil Nails and Tan, Cherry Aviation, Jenny Craig, and Fairfield Inn** who made this event a reality. Thank you also to all the golfers who participated and supported this fund-raiser!

Look for the Lone Star Elementary Float and Lone Star students in the upcoming Fossil Ridge High School Homecoming Parade on September 13, 2004. The parade will start at Chisholm Trail Intermediate, head west on Summerfield Blvd. to Waterside, north on Waterside to Thompson Road, then west on Thompson Road to Fossil Ridge High School. Making of the float is coordinated by PTA volunteers. **Anyone interested in decorating and designing the float, please contact Daphne Lee.**

cHAIR nOTES!

Health

Wendy Jackson



BEHIND ON IMMUNIZATIONS?

The Texas Public Health Department offers immunizations for \$15 per visit. Whether you need one shot or five shots, it's just \$15! Call 817/321.5311 to find an office closest to you. Just bring your shot record, and get caught up!

DID YOU EVER THINK THAT NEWBORNS SHOULD COME WITH A MANUAL?!

You buy a car...it comes with a manual. You buy a vacuum...IT even comes with a manual!! The hospital sends you home with this little human being that you created, and you are ON YOUR OWN! Cook Children's Hospital offers a FREE handbook on the basics, and commonly asked questions about newborns. They also provide a Parent Information Directory with all sorts of "need to know" stuff!! Just call 682/885.4242 for your FREE copies!!

NEED HELP FINDING CHILD CARE?

The Child Care Resource and Referral Line can help you! This service can provide a basic search, or a very detailed search, including current vacancies. The cost ranges from \$10-\$40. They can even help refer you to find sliding scale child care if needed! Call 817/831.5060, Mon-Fri, 9am-5pm. Or visit their website at www.firsttexascampfire.org for a FREE basic search.

Safety

Child Passenger Safety - Joe Gallagher/Safety
Highway deaths are the number one killer of children in our nation. Between 1990 and 1999, over 90,000 children under the age of 20 died in motor vehicle crashes. Over 16,500 of those children were under the age of 10 – meaning that 33 children under the age of 10 died every week in motor vehicle crashes. Yet checkups continually show that 4 out of 5 parents make mistakes when it comes to installing child car seat that could result in their children being injured or killed in a crash.

Child safety seats have proven to be more than 70% effective in preventing deaths and serious injuries. But the key is that the seats must be installed correctly. Be sure to read the manuals that come with the car seat and your automobile Owners Manual.

Children need to be in child safety seats until they are 4 years old or over 40lbs and then in booster seats from age 4 to 8. Beyond age 8 or greater than 4'9" in height children should ride in the back seat buckled in.

For more information on this subject and to find a local child seat fitting station go to <http://www.nts.gov/surface/highway/childseat.htm>.

Environ. mental



Reducing Solid Waste - Laura Gallagher/Environ.
I would like to continue with the topic that I mentioned in the last newsletter. That is recycling. Across the country, many individuals, communities, and business have found creative ways to reduce and better manage their trash through a coordinated mix of practices that include source reduction.

Simply put, source reduction is waste prevention. It includes many actions that reduce the overall amount of toxicity of waste created. Source reduction can conserve resources, reduce pollution, and help cut waste disposal and handling cost.

Source reduction is a basic solution to the garbage glut: less waste means less of a waste problem. Because source reduction actually prevents the generation of waste in the first place, it comes before other management options that deal with trash after it is already generated. After source reduction, recycling are the preferred waste management

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Environmental Continued...

options because they reduce waste going to landfills and the conserve resources.

Here are some tips for reducing solid waste.

- Reduce the amount of unnecessary packaging
- Adopt practices that reduce waste toxicity
- Consider reusable products
- Maintain and repair durable products
- Reuse bags containers and other items
- Borrow, rent or share items used infrequently
- Sell or donate goods instead of throwing them out (see, holding a garage sell is environmentally friendly)
- Choose recyclable products and containers and recycle them
- Select products made from recycled materials
- Compost yard trimmings and some food scraps
- Educate others on source reduction (I'm doing my part) and recycling practices. Make your preferences known to merchants, manufactures and community leaders.
- Be creative, think of your own ways to reduce waste quantities and toxicity




For more information on this subject go to <http://www.epa.gov/>.

Upcoming Events/Calendar!

- | | |
|-----------|--|
| 9/6 | Holiday/No School |
| 9/12 | Grandparent's Day |
| 9/13 | Progress Reports |
| | Reading Counts Store in the Library |
| | PTA Executive Board Meeting, 6:45pm |
| 9/20 | 2nd Grade Performance, 6:30pm |
| 9/20-9/24 | Book Fair |
| 9/23 | Book Fair Family Night, 4pm-7pm |
| 9/27 | Picture Retakes |
| 9/30-10/1 | Parent/Teacher Conferences |
| | Early Dismissal, 1:30pm |
| 10/4-10/8 | FALL BREAK! |
| 10/11 | PTA Executive Board Meeting, 6:45pm |
| 10/15 | PTA Sponsored Sock Hop |
| | Report Cards |





Counselor's Corner

-Judy Martin

Can you believe it? Its already September! What a grand start to a new school year! It was wonderful getting to meet so many of you on orientation nights. Besides putting a face to the name, some of you had some very important questions or concerns that I'd like to address in this months *Counselors Corner*.

- How do I get my child out of bed in time to catch the school bus?
- How can I stop my children from bickering and fighting?
- How do I get my children to help with the chores without an argument?
- Is there a way to discipline my child in public without creating a scene?
- How do I get my son to stop playing with his food and whining at dinner?

If you have similar questions or other such problems at your house, have I got a deal for you! Welcome to the fall line-up for Americas most practical and entertaining parent training, *Becoming a Love and Logic Parent*. This course is designed to give you practical skills that can be used right away with immediate results. KISD not only endorses the Love and Logic workshops for parents, but schools across the district hold annual staff trainings to implement these powerful strategies in the classroom.

For your convenience, I can provide you with a variety of schools and dates. You are welcome to enroll in any of the campus workshops; however, Lone Star will host our parent training on Friday, October 15, and Wednesday, October 20 from 6:30 to 9:00 in the evening. If you have any further questions, please feel free to contact The Counseling Center, 817/744.5200, ext. 4116.

School Activities/Events Information!

What's Up...with Lone Star After Dark?

Sherry Simon, LSE PTA 4th Vice President

The response has been overwhelming! By Thursday, August 19, 2004, 110 LSE students have enrolled in After Dark activities filling 133 class spots (some taking both a club and fun class offering) with more enrollment forms still coming in. The most popular class was Martial Arts with 41 students participating. Scrapbooking for Shorties and Balloon Art have been filled to capacity. Eighteen students signed up for Lone Star Boogie; interestingly with many sisters deciding to take this class together. Basketball, Sewing, and Cooking had 8, 6, and 5 students enrolled respectively. Chess Club proved to be very popular as well with 18 kids to participate and homework club received a good response with 6 students.

The After Dark committee has decided to add another feature to the After Dark activities. We will have Parent Open Houses on the last night of each After Dark session. The After Dark Parent Open House for the first session will take place on Thursday, September 30, 6pm-8pm. A special performance will be given by various classes in the Cafetorium from 7pm-8pm. All LSE parents, families and students will be welcomed to attend the special performance to cheer on their family and friends.


The After Dark committee and instructors were amazed at the response and pledge to plan another exceptional session. LSE After Dark Session II will begin on 10/28-12/9 with no LSE After Dark classes on 11/25 during Thanksgiving break. A new enrollment form with course descriptions will be sent home prior to fall break. With that said the committee is looking for more talented, passionate volunteers to act as

See Page Five...LSE After Dark

LONE STAR AFTER DARK...instructors . I brainstormed with my three children and below are some of their ideas for some fun, future courses:

Watercolor Painting, Crafts 101, Art History/Art Appreciation, The History of Rock and Roll/Music Appreciation, Soccer Skills, Journalism, Book Club, Typing, Website Design, Nature Exploration/Gardening, Wood Working, Compasses and Maps, Puzzle Club, Volleyball, Horseback Riding, Cartoon Drawing, Creative Writing, Show and Tell Club, Harry Potter Club, Rock Collecting, Airplane or Car Models, Yoga, Knitting/Crocheting, Beading/Jewelry Making, Animal/Pet Care, Dramatic Play/Dress Up, Playwriting, Drama, Electronics, Building Simple Machines, Auto Mechanics, Board Games, Kid Science, Junior Achievement/Product-Business Cycle, Archery, Yugi-Oh Skills/Tournaments, Computer Games, Bike Repair, Travel Log, Card Games, Paper Airplanes, Stamp Art, Stamp/Coin Collecting, Calligraphy, Leather Works, Pencil Art, Biking, Skateboarding, Survival Skills, Camping/Outdoor Skills, Relay Races, Aerobics, Brain Twisters, Puppetry, Quilting, Cheer, Tumbling, Career Explorations.

**Your involvement is critical to the continued success of this program. If you are willing to be an instructor, volunteer, committee member, or have an idea for a course and/or a possible instructor for a course, please do not hesitate to contact me. Sherry Simon, LSE After Dark Program Coordinator-
ssimonokc@aol.com/817-849-8961.**

LSE After Dark Instructor/Volunteer Interest Form	
Return to Child's Teacher/Please forward to Sherry Simon, LSE PTA 4th Vice President	
Date:_____	
Parent/Teacher Name:_____	
Student's Name:_____	Grade:___ Teacher:_____
Phone:_____	Email Address:_____
Home Address:_____	
Idea for a class and/or instructor:_____	
Are you interested in volunteering?_____	

Parenting Section!

Join us for Parent Education Opportunities in the Library immediately following the 7pm PTA meetings. For details please contact Ms. Cheri Baxter at cbaxter@kellerisd.net.

◆ **Monday, October 18, 6:30pm, Drop the Remote and Nobody Gets Hurt!**

Parents learn to take back control of their TVs and use TV watching as an educational opportunity. Television has a tremendous influence on American family life! Parents learn how to set rules for television viewing.

◆ **Monday, November 15, 6:30pm, Lifestyles of the Young and Healthy**

Obesity in children is becoming a national epidemic as a result of cultural changes in eating habits and physical activity. Texas schools are required to comply with the Texas Department of Agriculture's foods of minimal nutritional value policy limiting access to certain foods during the school day. What does this mean?

◆ **Monday, May 16, 6:30pm, Can We Talk? About Puberty and Sexuality**

Learn the secret of facing your fears and talking to your kids about the tough issues.

Keep watching the newsletters, as new programs will be added to the schedule!

Parent Involvement Opportunities!

A note from Mrs. Caldwell...

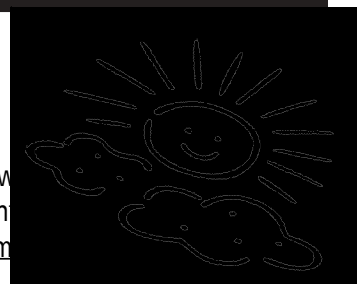
Dear Lone Star Parents,

As I am entering my third year, here at Lone Star, I can't express to you how excited I am to be teaching Content Mastery. My first two wonderful years, I taught second grade. This year, I am looking forward to a new adventure as the content mastery (CM) teacher.

CM allows students to acquire extra support in areas for which they may be struggling. The CM lab is a classroom that is available for students to come to for one-on-one assistance and further teaching, after receiving instruction in their regular classroom. CM provides a safe, supportive learning environment in order to meet the unique needs of all students.

I enjoy contributing to the success of students through individualized instruction, which I am able to provide in CM. I am thankful for the opportunity that I have to work with children and make a difference everyday!

Have a *GREAT* year!



<http://www.kellerisd.net/bond2004/default.asp>

NEWSLETTER NEWS!



Welcome to the **TEXAN TALES**. - a monthly publication sponsored by Lone Star Elementary and the LSE PTA. As a member of the LSE PTA (only \$6/year) you may submit information to be reviewed for inclusion in the next issue. Articles must be received no later than the deadline listed below. If information is received following the deadline, it will be reviewed for publication the following month. **We greatly welcome your comments and ideas on how to make this publication a successful tool.** For details or to submit your articles, announcements, ads, a note to a teacher, staff, student...almost anything - please contact Teddi R. Zonker-Visser at tzonker@nrhtx.com.

<u>Publication</u>	<u>Deadline</u>	<u>Print</u>	Please be sure to submit your information no later than the deadline. Early submissions are gladly accepted. :o) In addition, please limit your text submissions to a maximum of one full page.
October	Sep 24	Oct 4	
November	Oct 22	Nov 1	
December	Nov 19	Dec 6	

district & STATE/national NEWS!

TEXAS PUBLIC SCHOOL NUTRITION POLICY CLARIFICATIONS - August 26, 2004

The Texas Department of Agriculture issued the Texas Public School Nutrition Policy, which was effective beginning August 1, 2004. Now that school has started, there have been a number of questions and comments concerning the intent of various sections of the policy. We appreciate the input and feedback from parents, teachers, and administrators and are providing the following clarifications to assist Texas school districts in understanding and implementing the policy. The health of our children is of utmost importance to all of us, and we believe these clarifications will help improve nutrition while at the same time recognizing the vital role parents play in the education of their children.

1. Classroom birthday parties: TDA recognizes that celebrating student birthdays with a classroom party is a time-honored tradition that provides the opportunity for parental involvement in the education of their children, which is beneficial for students, parents and teachers. Foods otherwise restricted by the policy are permitted at student birthday parties. It is recommended such parties be scheduled after the end of the last lunch period so that these celebrations will not replace a nutritious lunch. Federal regulations do not permit foods of minimal nutritional value to be served in the food service area during meal periods.

2. Competitive foods for elementary schools: The competitive foods policy section for elementary schools states that it does "not pertain to food items made available by the school food service department." This does not mean, however, that dessert-type items (cupcakes, cookies, ice cream, etc.) are allowable outside meal hours simply if provided by the food service department. The intent of the policy is to encourage the consumption of nutritious food by students and to limit access to high-fat, high-sugar items during the school day. Therefore, the only food that may be made available to elementary school students on campus during the school day, at times other than meal periods, is a nutritious classroom snack allowed by the policy. This does not apply to student birthday parties or any other exemption as established by the policy.

3. Fundraising activities for elementary and middle schools: The policy only applies to food and beverages consumed during the school day for elementary schools, during meal periods for middle schools, and during meal periods in the food service area for high schools. The school or school approved organizations may take orders or sell vouchers during the school day for candy or other restricted items and deliver these items after the end of the school day. Students may order or purchase such items during the school day as long as they receive the items after the school day ends.

4. Pizza parties, etc.: The intent of the policy is to encourage the consumption of nutritious, well-balanced meals and to limit the availability of high-fat items during the school day. There has been confusion about pizza or other foods being served at school parties. With the exception of school birthday parties, schools may not allow alternative meals (pizza, BBQ, sandwiches, etc.) to be provided to students in competition with meals made available by the school food service department under the National School Lunch and School Breakfast Programs. However, such items may be provided if they are supplemented with additional food provided by food service to become a reimbursable meal. This allows the addition of fruits and vegetables for a complete nutritious meal as well as providing federal reimbursement funds to the school.

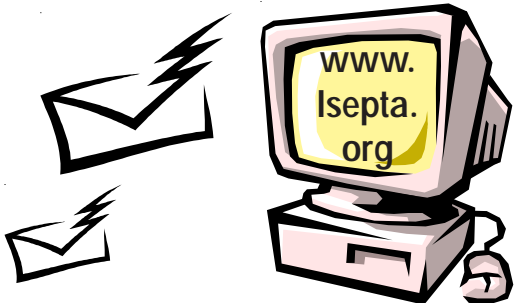
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Sponsor/Donations	Britney Lowe-Vineyard
Staff Appreciation	Georgia Fleming
Volunteers	Scher Beltz
Website/Publicity	Shae Bailey
Yearbook	Allison Schein

To contact members via email please log on to the LSE PTA website!



CLASSIFIEDS!

Southern Living At Home. From the publishers of Southern Living magazine, we offer beautiful products and ideas to make your house a home. Host a party and earn free and ½-priced items. Join my team and earn extra money for Christmas, vacations, a new car or to be an **income-earning STAY-AT-HOME Mom**; the possibilities are endless! Book a party now and I will give you \$30 in FREE products just for being a Hostess. Misty Monroe, 817-581-8886, mistysathome@sbcglobal.net.

Tooth Tree! Has your child lost any teeth this school year? Just drop a note to Wendy Jackson/Health at bubbaboobah@hotmail.com with the child's name and how many teeth lost, and a tooth will be placed on the "tooth tree" with their name on it! They also get a star for each tooth lost!

The LSE After Dark Scrapbooking class is looking for anyone to donate their leftover scrapbooking supplies. Anything at all would be greatly appreciated! Please call Wendy Jackson at 817/428.1154, or at bubbaboobah@hotmail.com.

If you are buying or selling a home, Call Barbara Corke with **Better Homes Realty Group** at 817/825.6097. Friendly and Free market analysis with no obligation!

Local **PIANO CLASSES** now registering. Please call Jill at 817/605.3088. All ages welcome!

Talented and passionate individuals with interesting hobbies and/or talents to be instructors in our LSE After Dark program. Volunteers are also desired to assist instructors during class time-Adults or High School students are welcome. Please contact me ASAP with your recommendations and your desire to volunteer. Thank You! Sherry Simon, LSE After Dark Program Coordinator, ssimonok@aol.com, 817/849.8961.

Are you tired of worrying about **dinner every night**? Do you often wonder what you will make for dinner each night? Are you in a **menu rut**? Are you sick of the drive-thru dinner? Are you ready for time to sit down to dinner with your family? If you answered YES to all those questions perhaps there is an answer! Some moms at LSE are interested in organizing a **dinner co-op**. If you are interested in this activity please send in the interest form in this newsletter. We will get back to you for a possible organizing meeting date and time.

Special Fund-Raising Program for Lone Star/PTA! If you or anyone you know purchases a home and obtains a mortgage through TRISTAR MORTGAGE GROUP, Tristar will donate \$200 to a non-profit organization of the client's choice. In addition, by using Tristar Mortgage and an In-House Agent from Metrostar Realty, you can receive up to 1% cash back at closing*. Please call Britney at 817/300.4641 to get started raising money for our schools today! Tristar Mortgage Group, 425 Keller Parkway, Keller, TX 76248. 817/379.4203. TX MB #2869. * Some restrictions may apply.

MASSAGE! Teachers, PTA members, LSE PARENTS! - Receive 10% OFF all services! Registered massage therapists, Sandy Woehrl and Naomi McDonald, located CLOSE to home at the North Richland Hills Recreation Center. **MENTION THIS AD FOR A SUPER SPECIAL - 1-1/2 hrs for \$60!** Regular price, \$90! Reflexology, Polarity, Reiki, Hot Stone Therapy, Pregnancy Massage, Raindrop Therapy, Crystal/Gem Reiki and Aromatherapy Massage! For details, please call Teddi R. Zonker-Visser for details, 817/427.6600. Telephone payment accepted/gift certificates may be sent to you at LSE! www.nrhtx.com.