



# The Mane Tail



February 26, 2016



## February

Feb 27 Superintendent's Fun Run

March 02 Read Across America

Spring Pictures

Spring Creek BBQ

*Looking Ahead* – March 10<sup>th</sup> PBIS Family Walk

March 14<sup>th</sup> -18<sup>th</sup> Spring Break

March 29<sup>th</sup> and 30<sup>th</sup> STAAR Testing

(No Visitors in the Building)



### Spring Pictures

March 2<sup>nd</sup> is picture day. All students present on picture day will have their pictures taken. A couple weeks after pictures are taken a packet will go home and you can choose to purchase all, none, or part of the packet. There are no retakes for Spring Pictures.

### Kindergarten Registration

Children that turn 5 on or before September 1, 2016 are eligible to register for kindergarten for the 2016/2017 school year. Sampson will have early registration April 13<sup>th</sup> from 9 – 11 and 1 – 3.

### Dress Code Reminder

Students at Sampson are only allowed to wear leggings if their shirt is at least mid-thigh length. Shorts must comply the Cypress Fairbanks dress code requirements, "Shorts and Skirts must be fitted at the waist or upper hip, must not reveal underclothing, and must be mid-thigh in length or longer". Students are not to wear clothing that is tight, loose, sagging, baggy, revealing, spaghetti-strap, backless, low cut or short. Running shorts do not meet the requirements of the Cy-Fair ISD dress code.



### Medication Reminders

1. For the safety and protection of all students, **medication can not be transported to school by students. All medications must be brought to the clinic by the parent or guardian. \*\*\*Cough drops, Anbesol, Vicks, Tums, Cortaid or Hydrocortisone type ointments, ect. are included in this district policy.\*\*\***

2. **All prescription and non-prescription medication must be in the original container properly labeled with the child's name, name of medication, and directions for time and dosage.**

Please refer to Cypress-Fairbanks ISD. Student Handbook to review all district medication policies.

Thank you for your cooperation in this matter.

### News from the Sampson Cafeteria

**Good News:** Ice Cream will be available starting in March for 75 cents.

**Flyer Attached:** See attached parent letter from Cypress Fairbanks Food Services.



### Library News

Read Across America Day is March 2<sup>nd</sup>. On that day, Dr. Seuss is recognized and his books are enjoyed! Sampson Elementary will be participating in the event. Teachers or special guests will be reading a Dr. Seuss book to each child. Bookmarks will be handed out. Don't be surprised if your child starts talking in Dr. Seuss that evening! Would you, could you read a book??? YES WE CAN!

## Sampson PTO News and Information



### KINDERGARTEN PARENTS WANTED FOR GUINEA PIGS SCIENCE DEMO

Parents are needed to help present the Guinea Pigs Demo to our Kindergartners. This is an in class demo that is sponsored by the Science Resource Center (SRC), where A Story, Guinea Pigs Don't Read is read and discussed and a live Guinea Pig is shown. It is an easy presentation and if worried about handling the animal someone else can do that part for you! We welcome any parents who would like to participate, but in order to present the demos, you must be trained. Training will be held at the SRC on February 23rd, you can attend from 9:30-11:30. The SRC is located at 11206 Telge Rd across from Arnold Middle School. All materials and information presented are provided by the Science Resource Center.

You do not need to RSVP to attend training, you can just show up, but be sure to sign in and then send an email to [meghan.gomez@yahoo.com](mailto:meghan.gomez@yahoo.com) once you have been trained.

This is the last chance to get trained and help with the demos. If you have previously trained in this demo within the past 2 years and would like to participate in the Guinea Pig demo, please send [meghan.gomez@yahoo.com](mailto:meghan.gomez@yahoo.com) an email to be included in the schedule.



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## ATTENTION ALL SUPER HEROES:

Remember in February will have 2 contests!

This is our **LAST** big contest before the big March 1 submission deadline! Please check your pantry, fridge, office supplies, tissue boxes, and supply cabinets!!

The top 3 Super Heroes, per grade, who turn in the most Box Tops get to have lunch with Ms. Motzny!

Also, ALL Super Heroes who submit 100+ Box Tops by February 29, 2016 will WIN ICE CREAM at lunch and a gift certificate for a Candelari's Pizza!

You're all doing such a SUPER job! We really appreciate your continued support and participation.

Keep up the great work!

**Deadline: February 29, 2016**



**Awarded: March 24, 2016**

Prize: Ice cream or Lunch with the Principal!

**Thank you to all of our volunteers:** Karen Hinaman, Ashley Williams, Christina Worrall, Amy Brennan, Christine O'Bierne, Amy Caballero, and Jane Bolton.



## 5th Grade Science Demos- Looking for Trained Volunteers

Are you trained to present the mammal skulls, bird skins study, or CSI demos? These demos are being scheduled for April and we are looking for trained parent volunteers to help. Please email Kristyn Allen at [Kristyn.L.allen@gmail.com](mailto:Kristyn.L.allen@gmail.com) to coordinate presenting to your child's class.

Come see your teachers serve bread in the Spring Creek dining room!



**Last call for 5<sup>th</sup> grade!!!**

**Wednesday, March 2<sup>nd</sup>**

5:00 – Tarantino

5:30 – Garcia

6:00 - Hebert & Mueller

6:30 – Blanchard & Price

7:00 – Davis

7:30 - Rathbun

**Thursday, March 3<sup>rd</sup>**

5:00 – Cabrera

5:30 - Ham

6:00 – Weed

6:30 – Samford & Zambrano

7:00 – Hopper

7:30 – Hoeft

- Spring Creek will donate 20% of all the evening's proceeds to the PTO!
- All students should sign in at the front door.
- The class with the best attendance will be given a prize by Spring Creek.

25831 Northwest Freeway, Cypress, TX 77429  
Phone (281) 758-1450 \*Take Out Available



February 18, 2016

Dear Parent or Guardian:

The health of today's school environment continues to improve. Students are offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards were recently released by the United States Department of Agriculture as part of the Healthy, Hunger-Free Kids Act of 2010. These standards are based on the latest nutrition science and the 2010 Dietary Guidelines for Americans and recommendations from the Institute of Medicine.

These changes allow Cypress-Fairbanks ISD to offer healthier foods to students and support efforts by school administrators, teachers, parents, and the community, all working hard to instill healthy habits in students. New limits on calories, sodium, fat, and sugar have changed some of the foods offered in the cafeteria.

Beginning in March, the amount of condiments students take with their meal will be limited to one serving of each condiment. Condiments such as ketchup, mustard, mayonnaise, salsa, ranch dressing, tartar sauce, gravy, pickles, and jalapenos must be paired with accompanying menu items. For example, a hamburger comes with one ketchup, one mustard, one mayonnaise, and one portion of pickles. Sweet Potato fries come with two ketchups and a side salad with one ranch dressing packet. Students will not be allowed to purchase additional servings of condiments with a meal purchase. CFISD Food Service has also adjusted many of our food production recipes to meet these limits. Sodium in foods made from scratch in our Food Production Center such as taco meat, spaghetti sauce, salsa, and cheese sauce, all have been reduced.

Improving the health and nutrition of children by providing nutritious meals in school is a top priority for Cypress-Fairbanks ISD and the U.S. Department of Agriculture. For more information on the changes, go to [www.fns.usda.gov/healthierschoolday](http://www.fns.usda.gov/healthierschoolday).

Regards,

Darin Crawford  
Director of Food Service

 **SOPHIA STRONG**



**GIVE BLOOD**  
ORG

Save lives like Sophia's! She is a leukemia patient at Texas Children's Hospital and receives multiple transfusions as part of her medical treatment. She and her family are very grateful for your *Commit for Life* donation.

Gulf Coast Regional  
Blood Center

*Commit for Life*®

**Sampson Elementary**

**Blood Drive**

*In Honor of*

***Sophia Anagnostou***

**Friday, April 22**

**7:30 am – 1:30 pm**

***Parking Lot***

To schedule an appointment, visit [www.giveblood.org](http://www.giveblood.org) and login to Digital Donor. Enter sponsor SAMP or contact Cathy Beckemeyer at (281) 213-1622.

All blood donations are in honor of this patient and will go into the general blood supply for all patients in the Texas Gulf Coast Region. FDA policy requires blood donors be unpaid volunteers. No individual may receive a financial benefit from your donation today.