



The Mane Tail



September 2, 2014



Dates to Remember

Sept 03	8:45 VIPS Breakfast in cafeteria
05	Spirit Shop open during lunch
08	9:30 a.m. PTO Meeting in cafeteria
	5:30 p.m. Curriculum Night Gr 2/3
	7:00 p.m. Curriculum Night Gr 4/5
09	5:30 p.m. Curriculum Night K/1

Beginning of School

What a great start to the school year we have had! We are no longer allowing parents to walk their children to their classrooms in the morning. We have staff members stationed throughout the building to help every child find their way. Thank you for your patience in our dismissal each day. We are working hard to ensure that each child gets home as quickly and safely as possible. We ask that you only change your child's transportation due to emergencies. We are more likely to make a mistake when a child is not going home his/her regular way. When sending in a note for a change in transportation, please include the student's full name, teacher, and indicate if this is a permanent change. If the child will be riding the bus, please include your address, bus number and phone number. This will help ensure accurate information is recorded for your child. We appreciate your assistance.

Communication

This year the district has a new mass communication system called School Messenger. This is replacing the Key Communicator. With this new system we have the ability to send text, email, and voice messages. Currently, the number each family listed as their primary phone number will be used and if an email was entered, that email will be utilized. The Mane Tail will be sent via School Messenger. If you do not have an email in the system you can still access the Mane Tail on our webpage: <http://sampson.cfsd.net/en/>. If you need to update your email or phone numbers in the

system, please contact Jerelyn Vandewater at Jerelyn.vandewater@cfisd.net.

Dismissal Reminders

Club Rewind: Parents can begin picking their children up at Club Rewind at 3:30 p.m. The front and side parking lots are usually clear by this time for you to park and come inside.

Parents: Please do not **park** your car in the front car rider line. This creates an extremely dangerous situation for walkers and car riders.

Lunch Visitors

Kindergarten parents are welcome to join their child for lunch beginning on Monday, Sept. 8th. Parents of children in grades 1-5 may begin coming on September 2nd. When you come as a lunch guest, please remember to sit at the parent tables located near the PE room. After the Sampson clap, all students will need to return to the table with their class.



Core Essential Values



Our character trait for September is **RESPONSIBILITY**.
The animal is a **ROOSTER**.
The color is **BROWN**.

Responsibility - Showing you can be trusted with what is expected of you

Please see the attached Core Essentials Newsletter for ideas on how to talk with your kids about Responsibility at home.

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Need some ideas for teaching your child to be considerate of others?

Click on the link below:

7 Habits of Considerate People

<http://huff.to/1tCJDbI>



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Thank you to our fabulous PTO for the wonderful breakfast for the staff on August 18th. Paige Vacek, Kelly Breland and their hospitality committee did an awesome job. Many of you have done dozens of things, from delivering school supplies and being classroom helpers to updating the marquee. The PTO board began working last spring on making 2014/2015 a great year. We appreciate all you do!



Did You Know?

8,795 Students were seen in the clinic last year - plus each one was individually documented for the reason they came in and the interventions that were given to them in the clinic.

Biggest complaints - 929 tummy aches, and 517 headaches

2,240 Medications were given to students.

Each Friday is Spirit Day, this is a great opportunity for your child to show his or her Sampson Pride by wearing their Sampson T-shirt on Fridays.

The DEADLINE to order Hoodies is September 30, 2014.

We are taking orders for our Sampson Hoodies. They are perfect to keep in your child's backpack for those chilly classrooms and great for the cooler months....coming soon. An order form came home in a packet last Tuesday, one can also be printed via SampsonPTO.com **OR** purchased on the site using PayPal.

We are looking forward to seeing your Child at Spirit Shop!

Sampson PTO Membership Drive!

The Sampson PTO has begun its membership drive. As a part of that membership you will receive a copy of the membership directory which lists students and their families to aid in communications for school events, car pools and other activities. The donation to join the PTO is \$10 per family. With this membership, you will also be granted access to our secure, online version of the directory. September 12 is the last day to be included in the print copy of the directory.

To become a member:

NEW FAMILIES - please go to <http://www.myptodirectory.com/sampson>

RETURNING FAMILIES - An email has been sent out with your secure link to sign up for this school year. If you have not received an email notification yet, please contact Jane Dunn at janedunn4@gmail.com.

Sampson PTO News

School Supplies

A huge thank you to all the volunteers that helped get school supplies to the classrooms this year. I appreciate all the hard work and help by Lisa Poteet, Melanie Delph, Amber Gailey, Megan Roberson, Megan Hedblom, Claudia DeBetta, Kit Keller, Claudine Tamez, Shelley Boyle, Tricia Meyers, Lisa Watso, Cindy Wilson and Wendy Capasso. It's a huge task and I couldn't do it without all of you. Many, many thanks!

Neelee Tschetter School Supply Chair



Our **FRIST** Spirit Shop of the Year is this **Friday, September 5th**. We will be setting up on the stage during all lunch times. Don't forget to send \$10 for a Sampson T-shirt.



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Calling ALL 5th Grade Volunteers Calling all 5th grade volunteers!

Please take the time to get trained to present a Science demo for our 5th graders. Without trained volunteers, our students will not be able to benefit from this great program through the Science Resource Center! On September 19, at the SRC, two trainings will take place for demos that will take place this school year. The SRC is located at 11206 Telge Rd across from Arnold Middle School. You do not need to RSVP to attend the training, you can just show up, but make sure to sign in when you get there. For questions and once you are trained, please contact the SRC 5th grade rep, Ami Bird, at thebirdflock@gmail.com

9:30-12:00 Bird Study Skins: Study skins will be used to illustrate the many unique characteristics and adaptations of this class of animals.

12:30-2:30 Mammal Skulls: The volunteer discusses traits such as eye placement and tooth arrangement to provide clues for the students to guess the identity of common skulls.

School District News

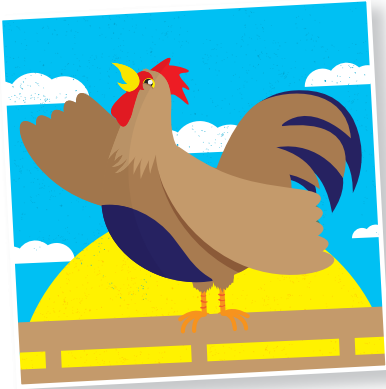
Student Screening/ Credit-by-Exam

Students in grades K-5 will have four opportunities during the school year to use “credit-by-exam” to accelerate to another grade level. Students will only have one opportunity to test for each grade level considered.

To apply to take the test to skip kindergarten, a student must be 5 by September 1, and registered in a CFISD school. To apply to take the test to skip grade 1, a student must be 6 by September 1, and enrolled in a CFISD school. Students who earn scores of 80% or better on each component of the credit-by-exam will qualify to advance one grade. Only one grade level may be “skipped” each year. No retests will be given.

If you are interested in getting more information about credit-by-exam, please contact the school counselor.

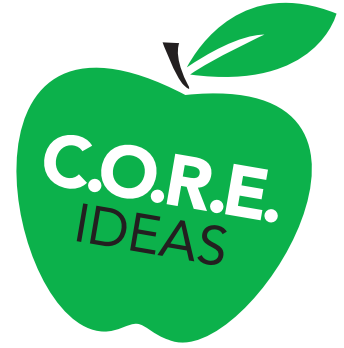
Sampson counselors –
brigitte.campbell@cfisd.net
linda.yates@cfisd.net



NEWSLETTER

SEPTEMBER - RESPONSIBILITY

Showing you can be trusted with what is expected of you.



Our time at school is limited, so we rely on your involvement to help us make the value come alive each month! That's why we are sending home 4 CORE Activities for you and your child to do in the car, at home, or in your community that will reinforce the big idea we are discussing here at school. **C** – “car time” will provide a link you can follow to download a song that reinforces the meaning of the value. **O** – “open wide” will be a few discussion starters for around the dinner table that will crack open what this month's value is all about. **R** – “rest” is an age-appropriate book that you can order online or check out at your local library to read at bedtime, or any time of the day. These books are guaranteed to reiterate this month's big idea and encourage great discussion with your child. **E** – “experience” is a creative suggestion for a family activity that will put this value into action. Thanks for your participation in building these inward attitudes into outward behaviors!



CAR TIME – SONG CHOICES:

“I Am Who I Am”
“Depend On Me”

These songs are easily downloadable in the Core Essentials store at <http://www.coreessentials.org/shop-1/schools/core/songs-1.html> for just \$1.39 a song!



OPEN WIDE

JUST FOR FUN:

If you could have one super power, what would it be?

DISCUSSION STARTER:

In the comic books and movie Superman, a little baby was born on another planet, and his father sent him to earth just before the planet was destroyed. That little

baby grew up to have superhuman powers, like flying and being super strong. But with all that power, came great responsibility. Superman had a choice: he could use his powers to help himself or to help others. Thankfully he chose wisely and before long, Superman became known as someone who could be trusted.

WHAT DO YOU THINK?

How is Superman responsible with the abilities and power he is given?



OPEN WIDE (CONT.)

What are some ways he could have chosen to be irresponsible?

Do you think he would have made a great superhero if he was irresponsible? Why or why not?

Have you ever seen someone with a lot of power or talent who was not using it responsibly? What happened to them? How did others feel about that person?

Talk about some strengths (or super powers!) you see in each other and how you can be responsible with them.



REST

K-2: *Arthur's Pet Business* by Marc Brown; Arthur starts his own pet sitting business to show Mom and Dad that he can be responsible! But between a boa constrictor, an ant farm, and a group of frogs, he's got his hands full! Can Arthur still prove he can handle a dog of his own?*

3-5: *The Babe & I* by David A. Adler; It's 1932 and hard times are everywhere. But life isn't all bad. America still loves baseball, and Babe Ruth is the star of the game. And two boys are about to discover that with some creativity, hard work, and a little help from the Babe himself, they can do their part to help out their own team!*



EXPERIENCE

So what's expected of you? Do you have chores you have to do every week? Or maybe everyday? Like make your bed, load and unload the dishwasher, or take the dog for a walk? Even if you don't have daily chores, you're expected to do your homework every night, right? We all have things that are expected of us—and like we are learning this month, we earn others' trust by doing the things that are expected of us—by showing responsibility. This month, practice showing extra responsibility by taking care of something that's not expected of you—making dinner! You may not have your own show on the Food Network (or even get the channel) but you'll be able to follow this recipe (with a little adult supervision for the oven!) and have some fun while doing it! Hats off to the chef!

Ingredients:

- 10-oz bag frozen peas
- 16-oz container ricotta cheese
- 16-oz jar marinara sauce
- 9-oz package no-boil lasagna noodles
- ¼ cup shredded mozzarella
- Salt
- Pepper

How To:

- Heat the oven to 400° F.
- Put all the peas in a colander and run cool water over them until they are thawed.
- In a small bowl, mix the peas with the ricotta cheese and ¼ teaspoon of both salt and pepper.
- Spread half the marinara sauce into an 8-inch square baking dish and top it with 2 layers of lasagna noodles (about 4 noodles).
- Spread half the ricotta and peas mixture over the noodles and top it with one layer of noodles (about 2 noodles).
- Spread the rest of the ricotta and peas on top of those noodles and top the mixture with 2 more layers of lasagna noodles (about 4 sheets)
- Pour the rest of the marinara sauce over the dish and sprinkle ¼ cup of mozzarella on top of the sauce.
- Cover the dish loosely with foil and bake until the noodles are tender—about 45-50 minutes.
- Enjoy!



Sampson Library



Year at a Glance

Accelerated Reader begins Sept. 2 for 4th and 5th grade, Sept. 22 for 3rd grade

Check out begins for all grade levels by Sept. 5th

Visiting authors:

Oct. 6 – Claudia Mills for grades 2 and 3

Nov. 10 – Keiko Kasza for grades K and 1

Dec. 11 – Phil Bildner for grades 4 and 5

NEW POLICY:

The Sampson Library will no longer provide books to purchase for visiting author visits. Feel free to order them through an online book vendor or purchase them at any store. Send in new or previously owned books for the author to autograph a week before the author's visit. Be sure your child's name and homeroom teacher is clearly attached/on the book.

SCHOLASTIC BOOK FAIR – Oct. 22 – Oct. 27

FAMILY READING NIGHT – Oct. 27 3:30 – 7:30

Book Character Parade (for K and 1) Friday, April 24 8:20 a.m.

Last day to take AR tests - Wednesday, April 29

AR Celebration – May 8 (tentative date)

All library books are due the week of May 18.



SEPTEMBER
2014

CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT
Excellence in Nutrition = An Investment in the Future

**ELEMENTARY
LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Labor Day</p> <p>1</p> <p>Meatball Sub Seasoned Green Beans Baby Carrots & Hummus Mandarin Oranges Cold Milk</p> <p><i>Hamburger/Cheeseburger on Bun*</i></p>	<p>2</p> <p>Meatball Sub Seasoned Green Beans Baby Carrots & Hummus Mandarin Oranges Cold Milk</p> <p><i>Hamburger/Cheeseburger on Bun*</i></p>	<p>3</p> <p>Chicken Chunks Whole Kernel Corn Tossed Salad with Grape Tomatoes Fruit Cobbler Cold Milk</p> <p><i>BBQ Beef on Bun*</i></p>	<p>4</p> <p>Italian Pasta Bake Sunshine Carrots Tossed Salad with Grape Tomatoes Apple Slices Cold Milk</p> <p><i>Hamburger/Cheeseburger on Bun*</i></p>	<p>5</p> <p>Pizza* Broccoli & Cheese Tossed Salad with Grape Tomatoes Fresh Watermelon Cold Milk</p> <p><i>Turkey Hot Dog on WW Bun</i></p>
<p>8</p> <p>Nacho Cheese with Baked Tostitos or Nacho Cheese & Seasoned Beef with Baked Tostitos* Seasoned Pinto Beans Baby Carrots Sliced Peaches Cold Milk</p> <p><i>Spicy or Regular Grilled Chicken/Bun*</i></p>	<p>9</p> <p>Chicken Teriyaki w/Stir Fried Rice Seasoned Peas Tossed Salad with Grape Tomatoes Fresh Pineapple Banana Bread Cold Milk</p> <p><i>Turkey Hot Dog on WW Bun*</i></p>	<p>10</p> <p>Mini Corn Dogs* Baked Beans Cole Slaw Fresh Watermelon Cold Milk</p> <p><i>BBQ Beef on Bun*</i></p>	<p>11</p> <p>Cheese Stuffed Breadsticks/Marinara California Blend Vegetables Tossed Salad with Grape Tomatoes Fresh Cantaloupe Cold Milk</p> <p><i>Hamburger/Cheeseburger on Bun*</i></p>	<p>12</p> <p>Pizza* Mixed Vegetables Tossed Salad with Grape Tomatoes Mandarin Oranges Cold Milk</p>
<p>15</p> <p>Nacho Cheese with Baked Tostitos* or Nacho Cheese & Seasoned Beef with Baked Tostitos* Seasoned Black Beans Carrot & Broccoli Slaw Fruit Cocktail Cold Milk</p> <p><i>Mini Corn Dogs*</i></p>	<p>16</p> <p>Meatball Sub Seasoned Green Beans Baby Carrots & Hummus Apple Slices Cold Milk</p> <p><i>Turkey Hot Dog on WW Bun*</i></p>	<p>17</p> <p>Chicken Chunks* Whole Kernel Corn Tossed Salad with Grape Tomatoes Fruit Cobbler Cold Milk</p> <p><i>BBQ Beef on Bun*</i></p>	<p>18</p> <p>Italian Pasta Bake* Sunshine Carrots Tossed Salad with Grape Tomatoes Orange Smiles Cold Milk</p> <p><i>Hamburger/Cheeseburger on Bun*</i></p>	<p>19</p> <p>Turkey Hot Dog on WW Bun</p> <p>Pizza* Broccoli & Cheese Tossed Salad with Grape Tomatoes Red Grapes Cold Milk</p>
<p>22</p> <p>Nacho Cheese with Baked Tostitos or Nacho Cheese & Seasoned Beef with Baked Tostitos* Seasoned Pinto Beans Baby Carrots Applesauce Cold Milk</p> <p><i>Spicy or Regular Grilled Chicken/Bun*</i></p>	<p>23</p> <p>Chicken Teriyaki w/Stir Fried Rice California Blend Vegetables Tossed Salad with Grape Tomatoes Fresh Pineapple Banana Bread Cold Milk</p> <p><i>Turkey Hot Dog on WW Bun*</i></p>	<p>24</p> <p>Mini Corn Dogs Whole Kernel Corn Tossed Salad with Grape Tomatoes Fresh Watermelon Cold Milk</p> <p><i>Spicy or Regular Grilled Chicken/Bun*</i></p>	<p>25</p> <p>Cheese Stuffed Breadsticks/Marinara Zucchini Tossed Salad with Grape Tomatoes Fresh Berries Cold Milk</p> <p><i>Hamburger/Cheeseburger on Bun*</i></p>	<p>26</p> <p>Turkey Hot Dog on WW Bun</p> <p>Pizza* Seasoned Green Beans Tossed Salad with Grape Tomatoes Apple Slices Cold Milk</p>
<p>29</p> <p>Nacho Cheese with Baked Tostitos* or Nacho Cheese & Seasoned Beef with Baked Tostitos* Seasoned Black Beans Carrot & Broccoli Slaw Fruit Cocktail Cold Milk</p> <p><i>Mini Corn Dogs*</i></p>	<p>30</p> <p>Meatball Sub Seasoned Green Beans Baby Carrots & Hummus Mandarin Oranges Cold Milk</p> <p><i>Hamburger/Cheeseburger on Bun*</i></p>	<p>2014-2015 Elementary Prices: Paid Student Lunch: \$2.00 Reduced Student Lunch: \$0.40 Adult/Visitor Lunch: \$3.00</p>		
<p>powerUP Cy-Fair Cafe</p>				
<p>AVAILABLE DAILY: Hummus & Pita Bread*, Grilled Chicken Caesar Salad, Yogurt & String Cheese, Sunbutter & Jelly*, Turkey/Cheese on Hoagie*, & Turkey Ham/Cheese on Hoagie*. AVAILABLE MONDAY: Egg & Bacon Spinach Salad TUESDAY: Chef's Salad WEDNESDAY: Cranberry Apple Salad THURSDAY: Southwest Chicken Salad FRIDAY: Mandarin Chicken Salad</p>				