

THE PAW PRINT

Mrs. Stacie Everson, Principal

January 7, 2019 www.cfishd.net



PRINCIPAL'S MESSAGE

Happy New Year! We have kicked off 2019 with a strong start and will officially finish up our first semester of the 2018-19 school year on January 18, 2019. Our students continue to work hard and are showing growth in their academics. Our teachers are ensuring each child's needs are met and continue to push our students to overall success.

Congratulations to all 22 Spelling Bee participants. Joshua Lee, 5th grade will represent Birkes at our Districtwide Spelling Bee on January 29.

We would like to extend a big "THANK YOU" to all of our community donors. A special shout out goes to Chuy's, located at Hwy 290 and Hwy 6, for donating chips and green sauce to our staff for Christmas. We appreciate our local donors!

RESERVED & HANDICAPPED PARKING



We have five reserved parking spaces in the front parking lot. These spaces are reserved for administrators and members of our staff who attend meetings off campus and arrive throughout the day. We ask that you please not park in these reserved parking spots.

The district has informed us that they have received complaints regarding unauthorized vehicles parking in the handicapped spaces. If you do not have a handicapped sticker, please do not park in these spaces. All unauthorized vehicles will be ticketed and fined.



HOMEROOM PICTURE DAY

Parents, please mark your calendar. Thursday, January 24, 2019 is Homeroom Picture Day. All pictures must be pre-paid. Please make checks payable to Lifetouch. Money for pictures will not be accepted after the start of school (8:45 a.m.).

SPELLING BEE CHAMPION



Congratulations to our Spelling Bee winner, Joshua Lee, 5th grade, in Ms. Hunter's class. The runner up is Aarush Parekh, 4th grade, in Ms. Curington's class. All of our spellers did an awesome job! We are very proud of every one of you!

The district spelling bee will be held at the Berry Center on Tuesday, January 29 at 4:45. Good luck, Joshua!

VALENTINE PARTY



Each year our campus is allowed to have two school parties. This year, our staff elected to have a Holiday Party and an End-of-Year Party. Due to this campus decision, **Birkes will not be having a Valentine's Day Party.** Students will be allowed to bring Valentine cards to exchange during the last 15 minutes of the school day on Thursday, February 14. **Please do not send candy or treats for the class with your child.**

DISTRICT GUIDELINES FOR EMAILS

District guidelines **prohibit** school personnel from accepting E-mail in the following situations which would normally require a parent signature, such as:

- absence from school excuses;
- medication administration permission;
- changes in transportation;
- permission to stay for after school tutorials;
- early release from school; or,
- field trip permission slips.



We want to remind students and staff that good hygiene helps to prevent the spread of influenza and other illnesses. The health department recommends the following precautions during this flu season:

- ◆ frequent hand washing
- ◆ covering mouth when coughing or sneezing
- ◆ no eating or drinking after others

Parents, please keep children home when they have signs of illness such as fever, vomiting, etc. Your cooperation will contribute to the health of our school and community.

CHARACTER TRAIT

Our Character Trait for January is "Self-Control."



COUNSELOR'S CORNER

Giving rewards and praise

Children want to do well & make you happy. When we "catch them being good" and tell them, it increases good behavior. Practice looking for good things and rewarding them in one of the following ways:

- Verbal rewards - tell your child exactly what they did that you liked & praise them.
- Physical rewards - give them a pat on the back, hugs, high fives.
- Activity rewards - do something with your children they like to do, like play a game.
- Material rewards - special treat or toy helps when you start teaching a new behavior.

4TH GRADE STAAR WRITING PARENT NIGHT

Tuesday, February 5, 2019
6:00 p.m.

This is an event for parents only.

THANK YOU, VOLUNTEERS!

Thank-You!

Thanks to all of you who volunteered in December. December was a very busy month, and with your help, many teacher projects were completed in the workroom, hundreds of books were shelved in the library, and countless items were sold at the Holiday Market! We are also thankful for the many volunteers who made our holiday parties a success. We welcome our volunteers anytime! We appreciate you!!

2018 KIDS HEART CHALLENGE PARTICIPANTS

Christina Lozano	Annabella Lozano	Parth Agarwal	Liliana Alwan
Dylan Nguyen	Catlan Hoang	Alexis O'Donnell	Gabriella Osorio
Miguel Cervantes	Emily Gore	Bruce Johnson	Sarah Ardianto
Jessilyn Ardianto	Kayden Ivey	Ethan Alfred	Breana Lavin
Bryce Lavin	Eliana Hanna	Diem Soto	Lulu Soto
Ellie Sharrett	Iriny Boulos	Gabriel Quiroz	George Boulos
Marina Boulos	Kaycie Hanks	Delilah McCrary	Josiah Peardon
Isabella Caudillo	Alexis Rodd	Lauren Daigle	Ariane Walden
Janelle Adeleke	Gabrielle Adeleke	Arwa Murtaza	Savannah Marshall
Deborah Aubert	Sophie Sellier	Lily Sellier	Amaya Watkins
Kevin Napier	Zaina Wadiwala	Alexander Truong	Caleb Tan
Hannah Wood	Aidan Boucher	Aleksander Graves	Everett Gilgour
Alicia Baltazar	Sean Murray	K'Loni Lewis	Harlie O'Sullivan
Reese vanWunnik	Melissa Rodriguez	Camila Cardenas	Aubrey Locklear
Reese Sharp	Giovanni Davila	Grace Roberts	Everleigh Womac
Noble Moses	Brock Dorsey	Maddie Davis	Sarah Davis
Grace Marbach	Zoe Tucker	Reid Fulton	Mason Bruce
Nayran Algailani	Rowan Franks	Elijah Lindsey	Kaliyah Bullock
Steven Thai	Alona Faulk	Holden Walker	Juliette Coleman
Trevor Jose	Caroline Motley	Matthew Westbrook	Sophia Gomez
Samantha Diaz	Awesome Reed	Aylin Jarkynbaeva	Ryan Kelley
Camue Sapolucia	Xyrah Lenz	Kendra Hampton	Lauren Fuller
		Total Raised	\$2,239.00

Top Fundraiser: Juliette Coleman \$300.00

HOW TO ACCESS OUR NEWSLETTER AND CALENDAR

Parents, you can access our newsletters, PTO newsletters, calendars and flyers by going to:

- www.cflisd.net
- Click Schools & Facilities
- Click Elementary Schools
- Click Birkes website
- School News at top right
- Click Newsletters or calendar







January 2019 Family Fitness Daily Movement Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Holiday Get outside and get moving	2 Holiday Get outside and get moving	3 Holiday Get outside and get moving	4 Holiday Get outside and get moving	5 Get outside and get moving!
6 Walking Go for a walk with a grandparent or adult relative who takes care of you.	7 Basketball Play a game of 3 vs. 3 basketball, or pretend to shoot a basketball for 20 consecutive jumps. Bend knees and prepare to shoot.	8 Side Plank Hold In the plank position (push-up position), take one hand off the floor and turn to the side. Balance as long as you can. Switch.	9 Wide Tire Run Run in place with your legs wide as if attempting to step inside a tire each time. Try to run for 30 seconds. Don't stop.	10 Wall Sits Place back on the wall while keeping your knees at 90 degrees. Have a contest for who can stay in the position the longest.	11 High Knee Punch Run in place with high knees. At the same time, punch arms straight up to the ceiling alternating right and left.	12 Stretch Day Take turns with friends, each person leading a stretch for a different muscle. How many stretches can you come up with?
13 Feet Switches Jump and switch feet, placing a different foot in front each time you land. How many can you do in 1 minute?	14 Balance Balance on one foot and tilt forward to make your body look like a table. One leg straight back and arms stretched straight out in front. Switch.	15 Soccer Play a 3 vs. 3 game of soccer or practice your dribbling skills by running the ball from one end to the other.	16 Water Bottle Biceps With an adult or family member use water bottles to exercise your biceps (upper arms). No water bottles? Use soup cans.	17 Aerobics Do an aerobic activity of your choice for at least 15 minutes. Try not to stop! Get your heart rate up! Aerobics can be running, dancing, biking, skating, jumping rope...	18 Tag Play your favorite tag game with some friends or family members after school.	19 Football Drill Run as fast as you can in place with your knees bent. Turn right and face the next wall (keep running), turn right again, and again until back to front.
20 Sliders Feet together, knees bent, slide to the right side landing on right leg. Slide to the left side landing on the left leg. Try 20 in a row.	21 Holiday Get outside and get moving!	22 Stair Climbing With an adult family member, walk up and down the stairs for 15 minutes. No Stairs? Find a hill, incline, or step bench.	23 Ski Jumps Pretend you are a skier. Jump side to side as if you were skiing down a mountain. Don't forget to use your arms!	24 Walking Go for a walk with a grandparent or adult relative who takes care of you.	25 Hopscotch Make a hopscotch court and play with your family.	26 Play Grab a few friends and play a few tag games like "Capture the Flag".
27 Run See how fast you can run a mile. Have a family member time you.	28 Catch Practice your catching skills by catching a ball thrown to you by someone else.	29 Inchworms Keeping your legs straight, place your hands on the ground, walk them into pushup position, then walk your legs back to your hands.	30 Jump Rope Grab a jump rope and grab a friend. Take turns jumping rope. Jump rope until you miss before passing the rope to your friend.	31 Family Adventure Go for a hike with your family today. Try to keep a vigorous pace and work up a sweat		

DAILY CHALLENGE: CFISD would like to challenge all families to incorporate more movement into their daily routine for a healthier lifestyle. For each daily activity, try to move consistently without stopping for at least 15 minutes. If you move for 20 minutes, GREAT! If you move for 30 minutes, EVEN BETTER! If you move for 60 minutes, AWESOME!!! So, grab a family member or a friend and GET MOVING TODAY!

Birkes Elementary J A N U A R Y 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Birkes Elem. 8500 Queenston Houston, TX 77095 Ph. #281-345-3300 Fax #281-345-3305</p>		1	2	3	4	5
<p>6 <u>Lunch Schedule</u> Kdg. 10:55-11:25 1st 11:25-11:55 2nd 11:55 - 12:25 3rd 1:25 - 1:55 4th 12:55- 1:25 5th 12:25-12:55</p>	<p>7</p> <ul style="list-style-type: none"> • Classes Resume • 4:00 – 10:00 Texas Roadhouse Spirit Night 	8	<p>9</p> <ul style="list-style-type: none"> • 5th gr. Nature Trails – Bartels, Beishir, Formas & Firestone 	10	<p>11</p> <ul style="list-style-type: none"> • Spirit Shop open during lunches • 5th grade to Langham Creek Concert 	12
<p>13 School Hours: 8:45 – 4:00 We open our front doors at 8:25. If you drop your child off before 8:25, there is no supervision.</p>	14	15	16	<p>17</p> <ul style="list-style-type: none"> • 5:00 – 8:00 Chick-fil-A Spirit Night – 3rd grade teachers to host - Copperfield 	<p>18</p> <ul style="list-style-type: none"> • End of 2nd 9 weeks 	19
20	<p>21</p> <ul style="list-style-type: none"> • Martin Luther King Day • Student Holiday 	<p>22</p> <ul style="list-style-type: none"> • 4:00 – close Willie’s Ice House - Copperfield 	23	<p>24</p> <ul style="list-style-type: none"> • Homeroom Picture Day 	<p>25</p> <ul style="list-style-type: none"> • 9:00 PTO Board Mtg. • 9:30 – 10:30 PTO VIPS Refresher Mtg. 	<p>26</p> 
27	<p>28</p> <ul style="list-style-type: none"> • Report Cards go home • 6:00 – 7:30 Horizons Showcase at the Berry Center 	<p>29</p> <ul style="list-style-type: none"> • 4:45 District Spelling Bee at the Berry Center, good luck, Joshua Lee! 	<p>30</p>	<p>31</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Stay informed with school reminders sent to your phone! Sign up for the Birkes Reminders by typing 81010 in the To: line and @Birkesel in the message line. Also, follow us on: Facebook: “Birkes Elementary – School Sponsored Site” “Birkes Elementary PTO/VIPS” Twitter @BirkesCFISD.</p> </div>	
			<div style="border: 1px solid black; padding: 5px;"> <p>Parents, you can access our newsletters, PTO newsletters, calendars and flyers by going to:</p> <ul style="list-style-type: none"> • www.cfisd.net • Click Schools & Facilities • Click Elementary Schools • Click Birkes website • School News at top right • Click Newsletters or calendar </div>			