

THE PAW PRINT

Mrs. Stacie Everson, Principal

October 5, 2020

www.cfisd.net



PRINCIPAL'S MESSAGE

Birkes Families,

In order to clarify the Lead Safely protocols on CFISD.net, please read the following information if your child is a face-to-face learner. This is the process followed if your child has symptoms prior to coming to school for the day or if he/she begins showing symptoms during school hours. Please contact the school nurse, Vanessa Montalvo for further questions.

If your child shows the following symptoms PRIOR TO COMING TO SCHOOL, they need to stay home and isolate for 10 days:

- Fever 100.0 or higher, feeling feverish, chills
- Loss of taste or smell
- Cough
- Difficulty breathing/shortness of breath
- Fatigue
- Headache
- Sore throat
- Congestion and/or runny nose
- Significant muscle pain/aches
- Nausea and/or vomiting

Notify the school nurse via email at vanessa.montalvo@cfisd.net that your child is ill. A student investigation form will be submitted to healthservices@cfisd.net by the nurse. The parent will be cc'd on this email.

NOTE: Students can return to school sooner if they have a note from their physician stating an alternative diagnosis and/or a negative Covid test AND have been fever free for 24 hours (without fever reducers) AND have symptom improvement. Health services will give your child a return to campus date when documentation is submitted to healthservices@cfisd.net.

If your child begins showing one or more symptoms DURING THE SCHOOL DAY, they will be sent to the nurse, assessed and you will be notified to pick up your child.

- Fever 100.0 or higher, feeling feverish, chills
- Loss of taste or smell
- Cough
- Difficulty breathing/shortness of breath
- Fatigue
- Headache
- Sore throat
- Congestion and/or runny nose
- Significant muscle pain/aches
- Nausea and/or vomiting

The nurse will send a student investigation form to healthservices@cfisd.net. The parent will be cc'd on this email. **NOTE:** Students can return to school sooner than 10 days IF they have a note from their physician stating an alternative diagnosis and/or a negative Covid test AND have been fever free for 24 hours (without fever reducers) AND have symptom improvement. Health services will give your child a return to campus date when documentation is submitted to healthservices@cfisd.net.

Helpful Resources:

- Call your primary care physician
- AFC Urgent Care: www.afcurgentcare.com/cypress
- Nextlevel Urgent Care: www.nextlevelurgentcare.com
- Nightlight: www.nightlightpediatrics.com
- Texas Childrens: www.texaschildrensurgentcare.com

LUNCH DROP OFF

Student lunch drop-offs and/or lunch kits will not be delivered to students this year. All students will eat in the school café if they forget their lunch at home. All breakfast and lunch items are free to all students through December 31 pending funding availability in accordance with USDA regulations.

CHARACTER TRAIT

Our Character Trait for October is "INTEGRITY."
Choose to be truthful in whatever you say and do.

INDIVIDUAL PICTURE DAY

Parents, please mark your calendar. Wednesday, **October 7th** is Individual Picture Day. All pictures must be pre-paid. Please make checks payable to Lifetouch or order before picture day on mylifetouch.com with your Picture Day ID: EVT4JZJX8. Money for pictures will not be accepted after the start of school at **8:40 a.m.**

On retake day, Wednesday, November 18, Lifetouch will photograph the students that have switched to face-to-face learning. Lifetouch will also photograph virtual students during after school hours, at **BIRKES**, on Wednesday, November 18. **Appointments will be made online.** Stay tuned for more information.

DISTRICT'S NOTIFICATION SYSTEM

SchoolMessenger, the district's mass notification system, will keep you informed about district and school activities, attendance, transportation and food service; and, most importantly, accurate, real-time information during an emergency situation. This system is designed to send phone calls, emails and text messages, allowing you to select how you prefer to be contacted. Please update your contact information to ensure that we have the most current information on file.

If you have not signed up for the district's notification system, please go to www.cfisd.net to sign up for SchoolMessenger.

COUNSELOR'S CORNER

Children learn more from what we do than from what we say. Model behaviors you want to see in your child. Let your children hear you speak to others the way you want to hear them talking.

WHO TO CALL

The **teacher** is always the best first contact.

Others to contact:

- Front Office – 281-345-3300
- Clinic – 281-345-3304
- Media Specialist/Librarian – Diane Flood
- Cafeteria – Carrie Ann Boehm
- Registrar – Schelli Moyer (Enrollment, Attendance, Withdrawal)
- Secretary - Linda Ellison
- Counselors –
 - Denise Patrick – grades 1st, 3rd, 5th
 - Romicka Johnson – PPCD, PreK, K, 2nd, 4th
- Asst. Principals –
 - Megan Fernandez – 1st, 3rd, 5th
 - Lauree Johnson - PPCD, PK, K, 2nd, 4th
- Principal – Stacie Everson

IMPORTANT NEWSLETTER INFO

You will be notified through **SchoolMessenger** when our newsletters have been posted to our website. Our newsletter, *The Paw Print*, will be posted the 1st Monday of each month. The PTO newsletter, *The Barker*, will be posted on October 12. After October 12, PTO information will be posted in The Paw Print for the remainder of the school year. Paper copies will be available at the front desk.

BIRKES' WEBSITE

Please remember to visit our school website by going to:

www.cfisd.net

- School & Facilities
- Elementary School
- Scroll down to Birkes
- Website

Our newsletters and monthly calendar will be posted on our website under "School News."

GT NOMINATION WINDOW

Parents who would like to nominate their child for testing for the Horizons Gifted and Talented program may do so from now until November 30, 2020. To nominate your child, parents must complete and return a *Parent Survey and Permission to Test* form by the November 30th deadline. This form is available from the campus front desk or can be requested through your child's teacher or counselor. Testing will be in January or February 2021. For those students who qualify in Kindergarten, services will begin on March 1st, 2021. For those students who qualify in grades 1-5, services will begin in the 2021-2022 school year. For more information about the Horizons program and the referral process, please refer to the following link:

<https://www.cfisd.net/en/parents-students/academics/gifted-talented>

RED RIBBON WEEK

Red Ribbon Week will be October 26 – October 30 . Students will be given bracelets during this week and each day will have a theme.

- Monday, October 26 – *Proud to be drug free! Wear red to kick off Red Ribbon Week.*
- Tuesday, October 27 – *We are crazy about being drug free!* – All students wear crazy bright clothes, crazy socks, crazy hair.
- Wednesday, October 28 – *Team up against Drugs!* – All students wear team attire.
- Thursday, October 29 – *Black Out Drugs!* – All students wear black.
- Friday, October 30 – *Our School Chooses To Be Drug Free. Wear spirit shirt or school colors.*

Please take a moment to discuss these activities with your child/children. The reason we celebrate Red Ribbon Week is to emphasize the dangers and consequences of drug and alcohol abuse.

***Birkes staff and students
are joining the fight
against drugs!***



HISTORY OF RED RIBBON WEEK

The National Family Partnership (NFP) began Red Ribbon Week in 1988 to commemorate the life and death of Enrique "Kiki" Camarena, an agent of the U.S. Drug Enforcement Administration, who died in the fight against drugs. NFP, an organization devoted to helping families and communities live healthy, drug-free lives, asked youth and adults to wear and display red ribbons during the last week of October to demonstrate their commitment to a drug-free lifestyle and to remember Agent Camarena. The U.S. Congress quickly rallied to this cause, and, with Nancy Reagan as the first honorary chairperson, designated the last week of October as National Red Ribbon Week.

Since 1988, communities throughout the country have embraced Red Ribbon Week and have sponsored many different activities that promote healthy, drug-free lifestyles. When schools plan events and activities that celebrate Red Ribbon Week, they pay tribute to a brave DEA agent by bringing people together to give our youth a priceless gift- a drug-free community.

Label Personal Belongings

Please label your child's mask, water bottles, jackets, sweaters, lunch kits, and backpacks with first and last name.

CHANGES IN TRANSPORTATION AND CHECKING YOUR CHILD OUT DURING THE SCHOOL DAY

Transportation

If you need to change your child's transportation during the school day, please email the request for change to your child's teacher and [Birkes@cfisd.net](mailto:birkes@cfisd.net).

Changes requested after 3:00 p.m. can only be made in extreme emergencies. Please call the school if a change in transportation request is after 3:00 p.m. Our goal is to have each child reach their destination correctly and safely, by the proper mode of transportation. We can ensure your child will get home correctly only if you change transportation prior to 3:00 p.m.

Buses

The school district buses will only transport your child to his/her own address. Students cannot ride another bus to a friend's house. If you have questions, please call transportation at 281-897-4572.

Our goal is to have each child reach their destination correctly and safely, by the proper mode of transportation. We can ensure your child will get home correctly only if you change transportation prior to 3:00 p.m. No child can be checked out through the front office past 3:45.




Birkes Elementary



October 2020



Proud of our 1,091 bulldogs!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Birkes Elem. 8500 Queenston Blvd. Houston, TX 77095 Ph. #281-345- 3300 Fax #281-345- 3305	School Hours: 8:40 – 4:10 We open our doors at 8:20. If you drop your child off before 8:20, there is no supervision.	Lunch Schedule PK –11:00-11:30 K - 11:00-11:30 1 st – 12:00-12:30 2 nd – 11:30-12:00 3 rd – 1:30-2:00 4 th – 1:00-1:30 5 th - 12:30-1:00		1	2	3
4	5	6 • 6:00 – 6:45 pm Parent Night – Power Point – Zoom Mtg.	7 • Individual Picture Day – pictures must be prepaid	8	9	10
11	12 • Columbus Day	13	14 • Vision & Hearing Screening	15 • Vision & Hearing Screening	16 • College Day – Students wear their favorite college shirt or colors.	17
18	19	20	21	22	23	24
25 Red Ribbon Week 	26 "Proud to Be Drug Free" wear red to kick off Red Ribbon Week	27 " We Are Crazy About Being Drug Free" wear crazy bright clothes, socks, or hair.	28 " Team Up Against Drugs" wear team attire	29 " Black Out Drugs" wear black.	30 "Our School Chooses to Be Drug Free" wear spirit shirt	31 • Halloween



October 2020



Family Fitness Daily Movement Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Partner Get a partner and practice playing catch with a ball. Throw it high and low to make it more difficult.	2 One Legged Marathon Have a contest with your family to see who can stand on 1 leg for the longest time. Do it again, but this time with your eyes closed.	3 Criss Cross Jacks Jumping jacks that cross 1 leg in front of the other as the legs come together and raising the opposite arm in the air. Open legs apart and switch to other leg and arm
4 Triceps Sit on the floor, bend knees, feet flat on the floor. Lean back on hands. Bend elbows and lean back as far as you can. Push back up to sitting. To make it harder, straighten legs out in front.	5 Burpees Feet together, arms up. Squat down, touch ground, jump back into pushup position, jump back in, stand up and jump up in the air. Try doing 10 in a row without stopping.	6 Planks In and Out Hold a plank position (push-up position). Jump both feet in close to hands at the same time. Jump back out. Try doing 20 in a row without stopping. Repeat.	7 Kick Walk Hold arms out in front of your body. Keeping legs straight, begin to step and kick attempting to touch your foot to your hands. Try to do it for 50 feet. Then stop turn around and repeat.	8 Hula Hoop Hula hoop for 100 consecutive rotations. Do it 10 different times. Take a break if you need to. Don't have a hula hoop? Pretend hula hoop!	9 Side Lunges Stand with legs apart. Lunge to the right side and touch the ground with left hand. Lunge to the left and touch the ground with right hand. Try 20 in a row.	10 Power Jacks Like jumping jacks, but jump out into a squat and then jump back in. Do as many as you can in 1 minute.
11 Triathlon Swim- lay on belly, kick arms and legs. 30 seconds Bike- bicycle crunches 30 seconds Run- stand up and run in place 30 seconds. Repeat.	12 Tag Play your favorite tag game with some friends or family members after school.	13 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.	14 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.	15 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.	16 High Knee Punch Run in place with high knees. At the same time, punch arms straight up to the ceiling alternating right and left.	17 Stretch Day Take turns with friends, each person leading a stretch for a different muscle. How many stretches can you come up with?
18 Feet Switches Jump and switch feet, placing a different foot in front each time you land. How many can you do in 1 minute?	19 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.	20 Soccer Play a 3 vs. 3 game of soccer or practice your dribbling skills by running the ball from one end to the other.	21 Water Bottle Biceps With an adult or family member use water bottles to exercise your biceps (upper arms). No water bottles? Use soup cans	22 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..	23 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 f	24 You Decide! What was your favorite activity this month? Give it another try!
25 Tape It Side Put a piece of tape on the ground on the side of 1 foot jump side to side quick as you can for 30 seconds. Repeat 10 times.	26 Family Game Play a family game of kick ball in your yard or at the park.	27 Race Have a race at the park with your family today.	28 Abdominals 10 sit-ups 10 leg lifts 10 bicycle crunches 10 regular crunches Repeat	29 Jumping Lunges Lunge forward with one leg in front, jump and switch legs in the air landing in a lunge with the other leg in front. Try 20 in a row. Always land with bent knees	30 High Knee Punch Run in place with high knees. At the same time punch arms straight up to the ceiling alternating right and left.arms.	31 Standing Abs Stand with legs apart, toes slightly turned out, knees bent. Lean side to side attempting to touch your elbow to your knee. Keep your body upright.



BEFORE & AFTER SCHOOL PROGRAMS



LOCATED AT ALL 56 ELEMENTARY SCHOOLS!

PROGRAM OPTIONS & RATES

	BEFORE-SCHOOL 6:30 AM - START OF SCHOOL DAY	AFTER-SCHOOL END OF SCHOOL DAY - 6:30 PM	COMBO BEFORE & AFTER-SCHOOL
	STANDARD RATE \$128.00 /MO	STANDARD RATE \$268.00 /MO	STANDARD RATE \$360.00 /MO
25% OFF	EMPLOYEE RATE \$96.00 /MO	EMPLOYEE RATE \$201.00 /MO	EMPLOYEE RATE \$270.00 /MO
30% OFF	F&R LUNCH RATE \$89.60 /MO	F&R LUNCH RATE \$187.60 /MO	F&R LUNCH RATE \$252.00 /MO

FOR MORE INFORMATION OR TO REGISTER VISIT THE DISTRICT WEBSITE:
www.cfisd.net/clubrewind

The Club Rewind program provides a variety of activities across the following topics:

- Arts/Culture
- Literacy
- Math/Science
- STEAM
- Recreational Games
- Leadership

22602 Northwest Fwy # 1, Cypress, TX 77429
281-807-8900 clubrewind@cfisd.net

