



Emery Express



Michelle Merricks, Principal

October 2018

@EmeryElementary www.cfisd.net

Mark Your Calendar

- Oct 5 PTO Father/Daughter Dance 6:00 – 8:00 PM
- Oct 8 Parent Conference Day/Student Holiday
- Oct 12 PTO Fall Fundraiser Ends
- Oct 15 College Shirt Day
- Oct 17-18 Vision and Hearing Health Screenings
- Oct 19 PTO Spirit Shop @ Lunches
Parent Symposium 5:30 – 8:00
- Oct 25 Fall Picture Day!
- Oct 30 Students Dress as their favorite Book Character!
Family Night at the Book Fair 4:00 – 7:00 PM
"Spooktacular" Math Night 6:00 – 7:00 PM

Principal's Message

Fall is in the air at Emery this month with our "Enchanted Forest" Book Fair and "Spooktacular" Math Night! It's October already and the progress the students have made in just a few short weeks has been astounding! This year has so much in store, our entire team is excited to witness their growth!

We were very happy to see all the volunteers who attended the PTO Volunteer Coffee last week! They are ready to jump in and make it another Great Year at Emery Elementary. The PTO Fundraiser kicked off September 27th and ends on October 12th. This is a great way to support PTO and Emery!

I want to remind you that Monday, October 8th is Parent conferences for elementary. Students will not have school that day. If you do not have a conference time scheduled, please get with your child's homeroom teacher.

October 22nd – 26th we are celebrating Red Ribbon Week and encourage you to help your child participate in our week of activities celebrating a drug free life.

Our Emery Eagles SOAR: Safe, On-task, Accountable, Respectful!

Michelle Merricks,
Principal

Capturing Kids' Hearts/Counselor's Corner

Core Essential Word for October: Contentment-

Deciding to be happy with what you have.

CKH Monthly Focus: 4 Questions

The 4 questions help to maintain the boundaries, while preserving the relationship. It keeps the environment safe, even in conflict. They help to de-escalate the behavior and model appropriate skills to deal with conflict. The questions can be used at home also.



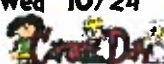




1. What are you doing?
2. What are you supposed to be doing?
3. Are you doing it?
4. What are you going to do about it?

Red Ribbon Week Oct 22nd - 26th



DRESS FOR THE WEEK

- Mon 10/22 **Thing 1 and Thing 2 know just what to do!**
 Twinkie Day-You and a friend dress like twins and team up to be drug free!
- Tue 10/23 **Cat in the Hat doesn't touch that!**
 Wear your favorite/crazy hat with a red shirt
- Wed 10/24 **Oh the places you'll go if you just say no!**
 Dress as what you want to be when you grow up
- Thurs 10/25 **Fox in Sox thinks being drug free rocks!**
 Wear mismatched or crazy socks
- Fri 10/26 **Dreaming of a drug free look with Dr. Seuss**
 Sleep Book - Dress in Pajamas

Reminders

HORIZONS Testing Open-Referral Period:

Oct 1st- Nov 30th, please call Mrs. Fischer with any questions @ 281-855-9080

No Left Turn: Please be aware of the "No Left Turn" sign as you drop off and pick up your car riders. All cars must turn right out of the parking lot during arrival and dismissal. Thank you for making this a safe process for our parents and students.

Crosswalk: We have staff trained by C.F.I.S.D. police department assisting our Walkers cross at both locations; Plantation Myrtles Dr. /Casa Calvet Dr. and Round Robin/Chandon Mist Dr. Please use caution when approaching the crossings.

Library News/Book Fair

Book Fair is coming! Don't miss out on this opportunity to get some great books for your children AND some early Christmas gifts. Let's get those children reading!

We really need volunteers for the Book Fair. If you are interested, please contact Ms. McGinness at bettie.mcginness@cfisd.net or 281-855-9080.



- Oct. 15 - Author, Phil Bildner, visits 4th grade
- Oct. 13, 9:30-11:30 - Mobile Library at Plantation Lakes Pool
- Oct. 29 – November 1, 9am-3:30pm – Book Fair!

Spooktacular Math Night

Stop by for a **Spooktacular**

Math Night at Emery filled with Games, Prizes and Math Stations!

Tuesday, October 30th 6:00 -7:00 PM

Come dressed as your favorite Book Character to school that day and at night!



Fall Picture Day



Fall picture Day is October 25th. Please return the money envelope with your child on picture day, sealed, with the correct amount for that student only.

Nurse Notes

Student Flu Vaccine - CFISD has partnered with [Healthy Schools](#), a division of CareDox, to offer **no cost flu shots** to students **Tuesday, October 23rd, 2018** at Emery Elementary. Sign Up at www.stop.cvfairisdflu.com

Parent Symposium

Do you have questions about Parenting, Academics, or STAAR information?






Come to our Parent Symposium to get some answers!

Friday, October 19th 5:30 – 8:00 PM

Dinner will be served: Nachos, Cookie and a Drink
There will be a movie for students.



October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 PTO FATHER Daughter 6:00 – 8:00 PM	6
8 Parent-Teacher Conferences Student Holiday	9	10	11	12 PTO Fall Fundraiser Ends	13
15 Wear College Shirt 	16	17 Vision/Hearing Screenings	18 Vision/Hearing Screenings	19 PTO Spirit Shop PARENT SYMPOSIUM 5:30 – 8:00 PM 	
22 Red Ribbon Week 	23 Healthy Schools Flu Vaccinations	24	25 Picture Day 	26	27
29 BOOK FAIR! BOOK FAIR WEEK 	30 Family Night at the Book Fair 4-7 PM Spooktacular Math Night 6:00 – 7:00 PM 	31	Upcoming Events: PTO Family Movie Night – Nov 2nd Report Cards Go Home – Nov 5th McTeacher Night – Nov 11th 4 th Grade Music Program – Nov 13th Thanksgiving Break – Nov 19th – 23rd		



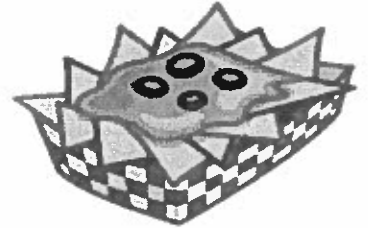
PARENT SYMPOSIUM AT EMERY ELEMENTARY

FRIDAY, OCTOBER 19, 2018

**Attention All Parents and
Emery Elementary *Students!***

FREE Nachos and Drink!

Students will be treated to a movie!



Dear Parents,

On Friday, October 19, 2018 from 5:30-8:00 p.m. we will be having our **9th annual PARENT SYMPOSIUM**. You will meet in the school cafeteria from 5:30-6:00 p.m. for FREE nachos and a drink. At 6:05 p.m. we will begin our sessions and students will be treated to a movie night.

*****Students must be accompanied by their parents.**

While students enjoy a movie and nachos, parents will enjoy learning more about:

- *How the new math system works.
- *How to help your child with reading.
- *Techniques that will help raise safe, successful and happy children.
- *Other informative parenting topics.
- *Window pane strategies

Please print legibly to complete and return the bottom portion to school by October 10, 2018. One form per family.

PARENT SYMPOSIUM-FRIDAY, October 19, 2018.

Yes!!! We'll be there! (#) of adults (#) of students

Parents Names _____

Phone(s): Home _____ Mobile _____ Work _____

Student(s) Name: _____ Teacher _____ Gr. _____

Student(s) Name: _____ Teacher _____ Gr. _____

Student(s) Name: _____ Teacher _____ Gr. _____

Student(s) Name: _____ Teacher _____ Gr. _____

CHILDFIND SERVICES

The Cypress Fairbanks Independent School District Special Education Department provides educational services to an estimated 8,000 students with special needs.

Teachers, instructional aides, speech pathologists and related service personnel provide instruction and related services to students who have a disability. Students are eligible for special education services from the age of 3 through 21. Students who have hearing and vision disabilities may receive services from birth.

To be eligible for special education services, students must meet eligibility requirements as a student with an orthopedic impairment, other health impairment, auditory impairment, visual impairment, diagnosis of deaf/blind, intellectual disabilities, emotional disturbance, learning disability, speech impairment, multiple disabilities, autism, non-categorical early childhood, or traumatic brain injury.

Cypress Fairbanks ISD instructional arrangements for elementary school-aged students include in-class support, resource classes and speech/language therapy. Preschool Programs for Children with Disabilities (PPCD), adaptive behavior, and LIFE Skills classes are offered as cluster services at the elementary level.

In-class support, resource classes, LIFE Skills, adaptive behavior and speech/language services are available at all secondary level campuses.

Related services may include psychological services, occupational therapy, physical therapy, orientation and mobility training, school health services, adaptive equipment and special transportation.

Other special education service options include the Dorothy Carlton Center, the Adaptive Behavior Center, homebound, adaptive physical education, itinerant and on-site services to the visually impaired.

As part of the Northwest Harris County Cooperative for the Hearing Impaired, services for students who have auditory impairments are offered at Birkes Elementary, Hancock Elementary, Spillane Middle School and Cy-Ridge High School. In addition to receiving instruction at the on-site campuses, students may be served by itinerant teachers, speech pathologists, and/or an audiologist at their home campus.

Are you the parent of a pre-school (3-5 years) or school aged child and have concerns regarding your child's physical, speech, and/or emotional development? Is your child experiencing academic problems which could interfere significantly with educational success? If so, contact the Special Education Department at 281-897-6400 to discuss your concerns and learn more about the referral process.

October 2018

Family Fitness Daily Movement Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7 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.</p>	<p>1 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.</p>	<p>2 High Knee Punch Run in place with high knees. At the same time punch arms straight up to the ceiling alternating right and left.</p>	<p>3 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.</p>	<p>4 Partner Get a partner and practice playing catch with a ball. Throw it high and low to make it more difficult.</p>	<p>5 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.</p>	<p>6 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</p>
<p>14 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.</p>	<p>8 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.</p>	<p>9 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.</p>	<p>10 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.</p>	<p>11 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!</p>	<p>12 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.</p>	<p>13 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.</p>
<p>21 Feet Switches Jump and switch feet, placing a different foot in front each time you land. How many can you do in 1 minute?</p>	<p>15 Tag Play your favorite tag game with some friends or family members after school.</p>	<p>16 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.</p>	<p>17 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.</p>	<p>18 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.</p>	<p>19 High Knee Punch Run in place with high knees. At the same time, punch arms straight up to the ceiling alternating right and left.</p>	<p>20 Stretch Day Take turns with friends, each person leading a stretch for a different muscle. How many stretches can you come up with?</p>
<p>28 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.</p>	<p>22 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.</p>	<p>23 Soccer Play a 3 vs. 3 game of soccer or practice your dribbling skills by running the ball from one end to the other.</p>	<p>24 Water Bottle Biceps With an adult or family member use water bottles to exercise your biceps (upper arms). No water bottles? Use soup cans.</p>	<p>25 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...</p>	<p>26 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.</p>	<p>27 You Decide! What was your favorite activity this month? Give it another try!</p>
<p>29 Family Game Play a family game of kick ball in your yard or at the park.</p>	<p>30 Race Have a race at the park with your family today.</p>	<p>31 Abdominals 10 sit-ups 10 leg lifts 10 bicycle crunches 10 regular crunches Repeat!</p>	<p>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!</p>			

SCHOOLMESSENGER

CFISD'S EMERGENCY NOTIFICATION SYSTEM



Stay informed with important school messages in the palm of your hand!

TEXT "Y" TO
67587

OPT IN TODAY
FOR SMS NOTIFICATIONS



SCHOOLMESSENGER



CFISD

SCHOOLMESSENGER

SISTEMA DE NOTIFICACIÓN DE EMERGENCIA DE CFISD



¡Manténgase informado con importantes mensajes escolares en la palma de la mano!

ENVÍE EL MENSAJE
DE TEXTO
"Y" AL 67587

OPTE HOY MISMO RECIBIR
NOTIFICACIONES VÍA SMS



SCHOOLMESSENGER

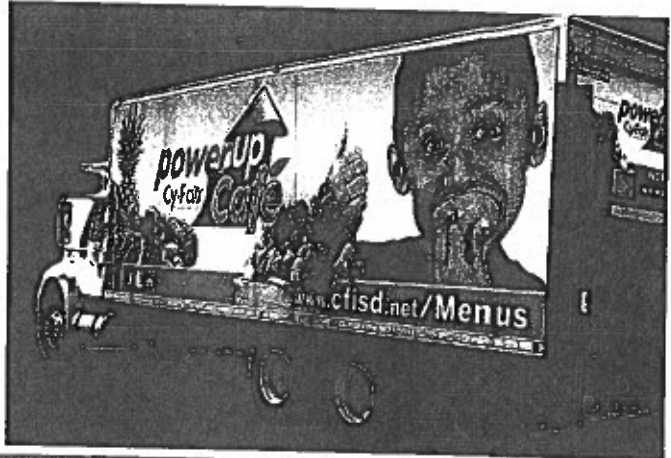


CFISD

NOW HIRING

Food Service
Delivery Drivers

Cypress-Fairbanks JSD Nutrition Services



A SCHEDULE THAT FITS YOUR LIFE

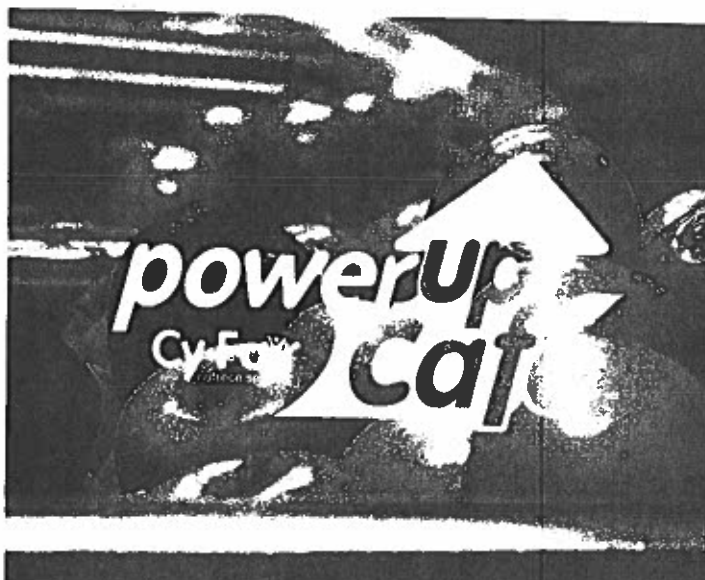
- Time with family
- Off nights, weekends, and holidays
- Special Incentives
- Attendance Incentives
- Benefits are available
- Wages start at \$14.06

APPLY ONLINE:

www.cfisd.net/cfisdjobs

Food Service Delivery Driver

Class A or B Drivers License Required



JOIN OUR TEAM

Cypress-Fairbanks JSD Nutrition Services

A SCHEDULE THAT FITS YOUR LIFE:

- Variety of work hours beginning at 4 hours a day.
- Off nights, weekends, and holidays.
- Work at a school in your community.

SPECIAL INCENTIVES

- Monetary attendance incentives
- Benefits are available for all employees
- Wages start at \$10.38/hour

APPLY ONLINE

www.cfisd.net/cfisdjobs

Food Service Worker or Food Production Worker



PTO NEWS
October 2018


**Oh the places you'll go with Emery
PTO!**



There is still time to join our team! Find the membership form attached and send it in to receive our "Emery PTO" push cap water bottle!

The class with the most members by November wins a PIZZA PARTY!

VOLUNTEERING IS MY THING!

If you would like to donate some of your time or inquire about volunteering opportunities please feel free to email Emeryelemvolunteering@gmail.com



 **Father/Daughter Dance** 
Pretty in Pink


Emery PTO would like to invite you to this years Father/ Daughter Dance! Bring Dad or special someone to an evening filled with dancing, food, lots of fun and everlasting memories!

Friday October 5th 6pm-8pm

Fall Fundraiser ends October 12, 2018

All forms for this years fall fundraiser will have to be turned in before October 19,2018. Thank you to all parents and students for your participation!

BOX TOPS COLLECTION DAY IS NEAR!



Each teacher has been given a collection container! Send in your box tops and students can submit them in the container! The class that collects the most boxtops by our collection pick-up date will receive an ICE CREAM treat!

Next collection date: October 22

Emery PTO Spirit Shop

First spirit shop will take place
October 19.

Students will have the opportunity to stop by our spirit shop during school lunches. Lots of fun items to chose from! Spirit shop will be available every first Friday of the month!

Emery PTO FAMILY MOVIE NIGHT

November 2, 2018 6pm-8pm

Concessions will be available for purchase! Flyer with further information will be sent home.

Mc Teacher Night

November 11, 2018 5pm-8pm

Flyers and stickers will be sent home.

Emery PTO thanks you for all your support!

**Stay connected! Follow us on Facebook
@ EmeryElementaryPTO**