



# The Rennell Review

Issue 6

Rennell Elementary School

February 9, 2011

## COUNSELOR CORNER

### Guidance Lessons

Rennell Red Hawks were eager participants in Red Ribbon Week and in the January guidance lessons on drug prevention and on valuing differences and uniqueness of individuals. The main objective of the Project Safety drug prevention lesson in January was to discuss reasons people abuse drugs and what the consequences (health and legal) can be.

Guidance lessons in February will include "Bullying Hurts, Lesson 3" for all students and "How to Show Any Test What You Know" for grades 3, 4 and 5.

### Ideas for Parents to Help Children Be Prepared for Major Tests (such as TAKS):



As your child approaches major tests, such as TAKS, benchmarks, CBA's or even shorter tests, there are strategies you can use to encourage your child and help him feel confident enough to do his or her best. Anxiety about any task, including tests, can severely decrease a child's ability to remember concepts and especially to use their knowledge to think logically. Offering rewards for good grades on tests actually seems to raise anxiety in students, making it harder for them to focus on the test successfully. Instead of announcing such rewards, express confidence in your child, using such statements as, "You have been preparing for the test all year and are ready to do well." Make sure your child eats a healthy balanced meal for dinner and breakfast and gets plenty of sleep. For further strategies to encourage your child and help him or her prepare for tests, see the memo included in this newsletter.

### Small group counseling and guidance:

Small counseling groups on divorce and on loss and grief were completed the last week of January. In February, rather than leading small group counseling, I am teaching small group guidance lessons on managing test anxiety and stress to students who are significantly affected by such anxiety. The last round of small group counseling, which will

begin after spring break, will mostly focus on friendship skills, such as making friends, resolving conflicts, and managing anger. If your child is experiencing a difficulty which you think might be helped with small group counseling at school, please call me to discuss this possibility. You may call the main school number (281-213-1550) and ask for me.

Cheryl Schindler, Counselor  
Rennell Elementary School



**We are making up the inclement weather day on February 21. It is no longer a holiday for the students.**

February 18 Picture Day  
March 3 Skating Night  
March 14-18 Spring Break

**March 4<sup>th</sup> we will be having a Father/ Daughter Dance from 6:00 to 7:30. We will have more details for you soon.**

# How PARENTS Can Help Their Children to SHOW Any Test What They KNOW!

1. **Encourage your child with positive statements so they know you believe in them.**
  - “You have been working hard all year to learn what you need to know for the test. You will do fine.”
  - “I believe in you.”
  - “I’m proud of your hard work.”
  - “You will do well on the test.”



2. **Let your child tell you what Relaxation Strategies help them when they are nervous or tired so they can work DILIGENTLY from the 1<sup>st</sup> Question through the Middle Questions to the Last Question.**



### Examples are below:

- Deep, Slow Breathing
- Tighten and Relax legs and arms
- Cross arms and/or legs,
- Hug themselves
- Roll neck



3. **Feed them a good meal the night before and at breakfast and remind them to drink water during the test.**
  - Brains need to be fed and watered to work their best.



4. **Make sure they go to bed early and get a good night’s sleep.**
  - Brains need rest to work diligently on any test, especially a long one or a difficult one.

- **If you have any questions or concerns, you may contact:**
- **Cheryl Schindler, Counselor, at 281-213-1533**



RENNELL ELEMENTARY  
PROUDLY PRESENTS:  
PEAM ALL-STAR EXTRAVAGANZA

Let's get ready to

RUMBLLLLLLLLLLLLLEEEE!!

**Rennell Elementary proudly presents our very first annual Large Group Program! This isn't just any large group program; this is an event you do NOT want to miss!**

**Hula wars, ball handling, parachutes sticks, jump ropes, ribbons, singing, dancing, tons of artistic creations, and all the latest moves are choreographed to your favorite stadium songs.**

**Every student k-5 will be involved in the show. Mark your calendars for Thursday, May 26, 2011. Tip off time will be at 7:00pm in the Cy-Ranch High School Gym. That's right, Cy-Ranch High School is where we will show our stuff!**

**So, Moms, Dads, families, and friends come watch as our Redhawks WOW you with all they have learned this year!**

**MARK YOUR CALENDARS NOW!!!  
Thursday, May 26, 2011  
7:00pm Cy-Ranch High School**

**DO YOU HAVE ONE OF THESE?**



**The Rennell P.E. Department is in need of “Core Stability Balls” as seen in the above photo. If you would like to donate one, (new or used), we would greatly appreciate it! We need them for one of our acts in our PEAM Production. If we can get a few, that’s great. If we get a lot, that’s AWESOME!!!!**

**Thanks,  
Coach Schredl**

## **Attention ALMOST 6<sup>th</sup> GRADERS!**

Middle School course selection is almost here and you have some big decisions to make!

Which Middle School elective will you pick?

### **What will you do?**

**Come to the Aragon Middle School Elective and Registration Meeting**

March 7th, 2011 for students of:  
Birkes, Copeland, Rennell

March 10th, 2011 for students of:  
Holmsely, Lowery, Postma

6:30 p.m. - 8:30 p.m. in the  
Aragon Middle School cafeteria

(We will provide Electives information for the first half of the evening and registration information the second half.)

There will be performances by the Band, Choir, Theatre and Orchestra, as well as student art on display. There will also be important information shared about being a Middle School student.

Bring your parents...and see what is going on at Aragon!

*Attention all 5<sup>th</sup> grade  
students  
moving on to*

***Spillane &***

***Salyards***

*Middle Schools*

*Questions about your 6<sup>th</sup>  
grade elective choice?*

***5<sup>th</sup> to 6<sup>th</sup> Electives  
Showcase***

*Thursday, February 24, 2011  
(Spillane Gym)*

*5:00 PM and 7:00 PM*

*Choose the time that fits  
your family's schedule the  
best!*

*Performances by the band,  
choir, orchestra and  
theatre, as well as art  
displays and information.*



**Target**

Rennell is now entered in Target's system for REDcard - Take Charge of Education. Rennell will receive 5% back of purchases made by participating REDcard holders. So if you shop at Target remember to support Rennell.

Here is the information;  
[Target.com/TCOE](http://Target.com/TCOE)  
then click on get the tools  
our ID # 152149

# PTO Corner

## President's Note:

We are picking up speed as we head into spring. We have lots of activities in the works and hope to get all of our \*GREAT\* volunteers involved. We are working on planning the First Annual Rennell Spring Festival- be sure to look for information coming home soon about a planning meeting. We would love to know what activities your kids enjoy the most!

We have a busy month and a few important dates to remember:

- Thurs., February 17 SPIRIT SHOP during all lunches
- Friday, February 18 Rescheduled Spring Pictures
- Tues., February 22 Chuck E Cheese Spirit Night

Don't forget to check out the different ways to stay connected to Rennell PTO

[www.rennellpto.com](http://www.rennellpto.com)

Check us out on FaceBook- Rennell Elementary PTO

RedHawks on the Rise!



## 5<sup>th</sup> Grade Parents

Remember to take pictures at all of the 5<sup>th</sup> grade events and share them with the Yearbook Coordinator.

Please continue to send your 5<sup>th</sup> grade photos to

[clarissa.lorraine@yahoo.com](mailto:clarissa.lorraine@yahoo.com).

There's no such thing as too many pictures!



Thank you to everyone who came out to support Rennell at the Spring Creek BBQ Spirit Night. It was great to see Mrs. Thomas, Mrs. Melancon, Mrs. McDonald and the teachers pitch in and help serve the rolls. I hope that everyone who went had a great time and enjoyed their meal. Brittany from Spring Creek will be coming out to the school in the middle of February to announce the winners of the Homeroom contest and to present the check to the PTO.

Our next Spirit Night will be Chuck E. Cheese on February 22 from 4-9 pm. We are looking at other restaurants to have our Spirit Nights at and may have different days of the week also, so please keep checking the calendar and facebook for more information.

Our next Spirit Shop will be February 17 during all lunches. Spirit Shop is always the 3<sup>rd</sup> Thursday of the month. If your kids have any suggestions for items they would like to see in the Spirit Shop, please let me know.

We also have Original Works coming up in the next month. The kids will be working on their artwork for the next few weeks and then we will be sending home a packet with some information. If anyone would like to help with Original Works, please email me at [marye@skirm.com](mailto:marye@skirm.com).

Thank you for all your support,  
Mary Skirm  
VP Minor Fundraising



Thank you to everyone who has volunteered for trainings and demos. Right now we have K, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> covered. If anyone is already trained for 1<sup>st</sup> grade: Chinchillas or Eggs and Nest or 2<sup>nd</sup> grade: Insects or Body Coverings please let me know. We don't want any grade to miss out on the demos.

Thank you to everyone who helped out with both Nature Trails. The kids had a great time and learned a lot about Simple Machines, Compass', Trees and other great things.

If you have any questions about the Science Resource Center or would like to help them out, please send me an email at [marye@skirm.com](mailto:marye@skirm.com).

Thank you for supporting Rennell and the SRC,  
Mary Skirm



### A Note from your VIPS Coordinators...

Rennell volunteers are the BEST! We have had a wonderful response from parents, family members and the community for volunteering in Rennell Elementary School so far this year. THANK YOU ALL for your time and talents. Go RedHawks!

There will be many volunteer opportunities still available at Rennell Elementary. If you are interested in volunteering at Rennell but just haven't found your niche, please contact Merry Queen or Dee Siscoe at [Rennellvips@gmail.com](mailto:Rennellvips@gmail.com) and we will be thrilled to get you connected. Also, now may be a good time to review your contact information and areas of interest on v-volunteer ([www.v-volunteer.com](http://www.v-volunteer.com)) and PTO manager ([www.PTOmanager.com](http://www.PTOmanager.com)). Information is carried over each year so please keep your information current. Individuals that volunteer over 25 hours will be awarded a plastic name tag holder that will be kept in the Rennell office. Individuals that volunteer over 50 hours will be awarded a Rennell lanyard that they can wear while volunteering. Two little ways for the PTO to say "thank you" for your service.

The Cyfair ISD offers many trainings and events that are open to all volunteers.

Although Rennell is not yet offering all of these programs, you may still be interested in participating in the trainings, especially if you are a Cyfair ISD Global Volunteer because you could help out our sister schools with their programming.

### Upcoming Events:

#### 2/17 VIPS TAG TEAM Meeting

Group of dedicated volunteers who are committed to working directly with students to help them reach their full academic potential through tutoring.

#### 2/22 Galveston Bay Training

Learn how to present a fun and interactive TEKS based lesson to 4<sup>th</sup> grade students. Through the Galveston Bay Program, students learn about how important our bay and waterways are to them and what measures can be taken to protect this life-giving estuary.

#### 3/8 Junior Achievement Volunteer Training

Junior Achievement pairs its economic program with the Social Studies curriculum providing student examples of jobs and life skills to be successful. Volunteers from all career fields go into the classroom to teach mini-lessons appropriate for each grade level. All materials are provided including a script for each lesson.

#### 3/10 VIPS General Meeting

4/13 VIPS Appreciation Luncheon (Invites will be sent out soon to those who are active volunteers registered through Rennell's v-volunteer system and accruing volunteer hours)

Thanks! Merry and Dee



**MAKE OUR SCHOOL A CUT ABOVE!**

February is here and it is a very important month for Box Tops. We will be sending in all the box tops we have collected since October 31<sup>st</sup> to get cash for our school. For you Box Top collectors out there, now is the time for you to send in your stash. If you haven't sent any, all you have to do is look on many of your favorite products, clip the Box Tops and send them into the school. Each month the school is having a contest to see which class turns in the most Box Tops.

Please attach the Box Tops to the sheet provided or if you have more than 10, send the extras in a zip lock bag with your child's name and teacher's name.

Other ways you can help:

- **Clip** Box Top coupons from favorite products and send them to our school.
- **Sign up to support** our school on the Box Tops website at **btfe.com**
- **Shop** at over 100 favorite online stores through the Box Tops Marketplace® ([btfe.com/marketplace](http://btfe.com/marketplace)); our school earns up to 15% of your qualifying purchases, at no additional cost to you!
- **Purchase books** through the Box Tops Reading Room<sup>SM</sup> at Barnes & Noble; our school earns up to 6% of your purchases.

Sign up to support our school today at **www.btfe.com**. You'll get updates on our school's Box Tops earnings, money-saving coupons, family-pleasing recipes, chances to win Bonus Box Tops for our school and the latest Box Tops news!

All Box Tops must be in by February 18<sup>th</sup> to count for the February contest. Get yours in today!



Remember we have our Texas Roadhouse Night for Rennell the second Tuesday of each month. It is a fun time for the family and kids eat free. Roadhouse will donate 10% to our school. So come out and support Rennell.