



The Rennell Review

Issue 7

Rennell Elementary School

March 10, 2011

COUNSELOR CORNER

Guidance Lessons

Most February Guidance lessons were the Project Safety Lessons: Bullying Hurts and Drugs Hurt. In the Bullying Hurts lesson students identified behaviors which, if engaged in repetitively, could be bullying behaviors. Then they classified those behaviors as physical aggression, verbal aggression, social isolation and/or intimidation and evaluated whether each behavior was mild, moderate or severe. After watching a video in the Drugs Hurt lesson, students discussed ways illegal drugs can negatively affect a person physically, mentally and socially.



As of February 1, 2011, once a month an announcement is read to the school about the law prohibiting children under the age of 18 from smoking. Additionally once a month, the harmful effects of tobacco is taught in a short lesson during the Project Safety lesson.



Fourth grade classes and some 3rd and 5th grade classes participated in the guidance lesson, "How to Show Any Test What You Know", during which they discussed and practiced strategies for reducing test stress during tests. All classes will participate in this lesson before their grade's first TAKS test. See the memo in this newsletter describing some ways you can help your child be prepared emotionally, mentally and physically to perform their best on tests, including TAKS. All small counseling groups meeting regularly now are focused on this topic.



5th to 6th grade Transition:



Fifth graders zoned to Spillane Middle School met with administrators from Spillane to learn about their school and the opportunity to select one elective for 6th grade. That Thursday, their Sixth Grade Registration Form (to select an elective) was sent home to be completed, signed by parents, and returned to me March 4. If you have not seen this form, please contact me (Cheryl Schindler). Fifth graders zoned to Smith Middle

School and to Aragon Middle School will meet with the administrators from their respective schools after Spring Break. They will also receive the course registration forms to complete and return to me. **All completed and signed Sixth Grade Registration Forms must be returned to me by March 31 so their electives selections can be communicated to middle school counselors by me in early April.**

Ideas for Parents:



Our digital world, which is constantly expanding and changing, provides many wonderful opportunities for us all, especially our children. It also presents some risks to our children that parents can prevent with vigilant monitoring. Anyone on the internet or text messaging is potentially exposed to pornography, predators, digital bullying, and persuasions to engage in dangerous activities. Therefore, "snooping" is a right, and in my opinion, an obligation of parenthood, including monitoring our children's digital equipment (computers, cell phones, IM, Play Station 3, iTouch, etc). Experts strongly recommend that parents 1) frequently check websites their children visit by using the internet history, 2) keep computers and gaming equipment in rooms visible to parents, such as living room (not the child's bedroom), 3) frequently login to their children's social networking accounts (My Space, Facebook, Skype, YouTube, etc) in order to monitor chats and other communications, 4) phone safety, 5) check your child's text messages, and 6) most importantly engage in open communication about their use of cyber communication. For more information and ideas to keep your children safe from internet risks: 1) a FREE booklet, Net Cetera: Chatting with Kids About Being Online is available at bulkorder.ftc.gov. 2) Visit and explore the following website: <http://www.netsmartz.org/Parents>

Cheryl Schindler, Counselor
Rennell Elementary School



**From the Counselors' Office:
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 all year. 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
1st 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.



**Cypress-Fairbanks ISD has
developed two summer options for
children.**

First, Club Rewind will host an all-day summer camp for children who need care throughout the summer. The camps will run weekly for incoming kindergartners through 8th grade students. There are two locations to choose from, Aragon Middle School or Goodson Middle School. The camp operates beginning June 6, 2011 and hours are 6:45 a.m. to 6:30 p.m. The program involves daily academic time, pep rallies, on-site carnival, trip to Reliant Stadium, all-you-can-eat pancakes at the theater, skating, water slides, the Main Event and more!

As a second option, Cy-Fair Fun Camps are available. These are theme-oriented camps operating weekly for only six weeks of the summer. The camps will begin on June 13th and operate from 9 a.m. to 2 p.m. They are available for children kindergarten through 8th grade and located at Spillane Middle School. Topics include Art, Drama, Technology, Science, Cooking, and much more!

Please visit our website for more details and registration information. Space is limited in either program and enrollment is on a first come, first served basis.

<http://www.cfid.net/campuses/clubrewind/default.htm>

We look forward to serving your children this summer!

Kristina M. Perez
Director
Office of Community Programs
Cypress-Fairbanks ISD
281-897-4103

DATES TO REMEMBER

- March 14-18 - Spring Break
- March 22 - On the Border
- March 26 - Spring Fling- 10:00-2:00
- March 29 - Preregistration for PreKindergarten and Kindergarten



We will not have any visitors on the following dates due to TAKS Testing:

- April 4th
- April 5th
- April 26th
- April 27th
- April 28th

Thanks for your understanding!

News You Can Use



If you would like more information on any of the following subjects, please refer to the attachments:

- * **Kinder/Prekindergarten Registration**
- * **Student Transfers**
- * **Smith Middle School Parent Night**
- * **CFISD Community Legislative Committee Community Informational Meeting**
- * **Box Tops Tracking Sheet**



Mother/Son Tea

May 20th we are having our first ever Mother/Son Tea from **8:00-9:00**. We will have more details for you soon.



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.



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
then click on get the tools
our ID # 152149

PTO Corner

Dear RedHawk families!

Can you believe we are already in the second week of March and will be soon enjoying Spring Break- where has the year gone?

RedHawk volunteers are busy at work planning activities. We have our first annual Spring Fling coming up on Saturday, March 26 from 10 am until 2 pm. We will have games, inflatables, concessions, and spirit shop! Come out and enjoy a great time with your RedHawk family. We hope to make this an annual tradition, growing each year! Are you interested in helping out with the event in any way? Please email ninamo94@att.net.

Thank you for your continued participation in our Spirit Nights. We earned \$700 from our recent night at Spring Creek BBQ. In addition, three classes received t-shirts and gift cards to celebrate having the highest participation. Our next Spirit Night is March 22 at On the Border.

Be on the lookout for information about our Original Works fundraiser coming in April. This is a personal fundraiser your RedHawk will enjoy.

In the coming weeks, you will be receiving forms to sign up for the 2011-2012 PTO Executive Board and Committee Chair positions. Please consider taking a step and serving on our PTO for our RedHawks! We need you for our RedHawk PTO success!

RedHawks on the Rise!

Molly Speciale
rennellpto@gmail.com



A Note from your VIPS Coordinators...



Thank you Rennell volunteers!! Your hard work and dedication to our students at Rennell is greatly appreciated. You are the BEST! And, a special thank you to everyone that helped to make the Valentine's Day Teacher Appreciation Lunch a huge success. I know that the teachers enjoyed the Chili and desserts that you all provided. What a great way to say "thank you" to the

teachers who work so hard to provide an outstanding learning environment for our children.

There are still many volunteer opportunities 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 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) and PTO manager (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. Nametags and Lanyards will be disseminated to volunteers over the next few weeks through the front office during your volunteer check-in.

The Cy-Fair ISD is hosting a VIPS General Meeting on March 10th at the Berry Center from 9:30 to noon. It is open to all volunteers in the district and is a great way for you to learn more about volunteer opportunities you can participate in. If you would like to attend, please let us know and we can make arrangements to all sit together during the meeting.

The Cy-Fair VIPS Appreciation Luncheon will be held on April 13th at the Berry Center. Volunteers in our database should have received the pre-invitation and should have RSVPed by now... a formal invitation which will be used as an admission ticket is required for this event because they anticipate a large turn-out. Tickets will be handed out to those that RSVP'd in the next coming weeks. **PLEASE NOTE: YOU MUST HAVE YOUR INVITATION/ADMISSION TICKET TO BE ADMITTED INTO THE LUNCHEON.**

Stay on the lookout for information regarding a Teacher's Appreciation Luncheon for a TAKS Relaxation event. The date is to be announced but I know we will need your help again bringing goodies and providing set-up/clean-up of the event. Stay tuned...

Thanks again for everything you do to make Rennell Elementary exceptional for our children!

Merry and Dee



5th Grade News & Happenings

Hey all you cats and kittens,
Have you heard the news?
It's time to go on and grab your blue suede shoes.
We'll have a blast, we'll have some fun
Helping our kiddos re-live the days
When records played
And Elvis was number one!
Poodle skirts and rolled up jeans
Aren't really needed to make the scene
But you better burn the rubber so you won't be late
We have the 5th Grade Party to celebrate!

5th Grade Party Planning Meeting
Tuesday, March 8th, 6:30p
Starbucks in the Randall's Shopping Center

Hey, daddy-o, can't make the meeting that night?
Well, Kit-Kat don't let it give you a fright.
We will miss you and it will be a shame,
But you can just shoot me an e-mail with your name.

Heather Thomas Kelly
5th Grade Level Rep
heather.kelly@att.net



We are continuing our monthly contest with the Box Tops so please continue to send them in each month. Our February winner was Mrs. Nelius's class. We were able to mail in \$531.90 worth of Box Tops. We are also going to focus on other ways that are out there to earn money for our school. Those include Tyson Project A+, Labels for Education and the Teracycle program with the drink pouches. Tyson Chicken offers a great program for their labels. For each one of their labels that we turn in we will receive \$0.24 each. The labels that qualify are the ones that have Tyson Project A+ and are on many frozen items. For a full list of items that are included please check it out at <http://www.tyson.com/projectaplus/Products/Default.aspx>. Please collect the labels and send them in to the school in a zip lock bag. Just remember that each time you throw away these labels you are throwing away money that the school can use. Make sure and remind your kids to put their Capri Sun/Kool aid pouches in the recycle boxes in the cafeteria at lunch time.



Rennell Elementary has been entered in the back to school program from Randalls.

Our info is as follows:
School ID **5000022702**
School Name **Rennell Elementary**