

LAMKIN LINES

SEPTEMBER 4, 2019

Lamkin Elementary



**A Texas Met Standard,
Title I Campus**
11521 Telge Road,
Cypress, TX 77429
Website: lamkin.cfisd.net
T: 281-897-4775

From the Principal

Welcome back! We hope your summer has been both restful and relaxing. The Lamkin Staff and I sincerely welcome your children with open arms, and we promise wonderful things for this 2019-20 school year. Our goal is to provide your child with a safe, friendly, challenging and purposeful learning environment.

Lamkin Lines, our school newsletter, will be online once a month beginning today, September 4, 2019. We encourage that you read this publication in its entirety.

The teachers have been very busy preparing exciting and engaging lessons and activities for your child's learning adventure. Multiple research studies have proven over and over again that a child learns best when parents and teachers work together to ensure the best possible learning environment for each student. We ask all parents to participate actively in their child's education and school life and to make sure your child is present consistently and attending all classes daily. As always, Lamkin Met Standard on the 2019 STAAR test, earned a B rating and earned 4 of the 6 Distinction Designations available. We are SO proud of our students' accomplishments and know you are too. If you have educational questions or concerns, we encourage contacting teachers first and to also keep informed of your child's learning progress by utilizing the Parent Information Viewer (PIV). You may also monitor your child's bus transportation schedule by utilizing the parent hotline portal MYCFBUS at 713-692-3287.

Leopard Express/Meet the Teacher was a HUGE success and again made the first day of school go so smoothly for both students and parents. There were over 750 participants and we sincerely hope that you felt it was beneficial to your family. Please be aware that we are again visibly putting safety as a priority this school year. We will continue using V-soft Security as our form of visitor check-in after visitors have been buzzed into the building. It is required, throughout the district, that all visitors

- Sept 6 Fun Run during large group
- Sept 17 Open House for Pre-K, K, 1st, PPCD & Lifeskills 6:30-7:30
PTO meeting 6:00
- Sept 23 Texas Roadhouse spirit night
- Sept 25 Open House for 2nd, 3rd, 4th & 5th 6:30-7:30
PTO meeting 6:00
- Sept 30 Progress Reports

ATTENTION LUNCH VISITORS

Grade	Lunch
K	10:45
1 st	12:45
2 nd	1:15
3 rd	11:45
4 th	11:15
5 th	12:15

Parents, grandparents, other relatives are welcome to have lunch with your child on Tuesdays, Wednesdays & Thursdays only. No lunch visitors on Mondays and Fridays. Please send a note to the front office listing people who are allowed to have lunch and/or provide lunch. All lunch visitors have to be authorized by the legal guardian. This is separate from the Emergency Contact form.

Anyone who comes to have lunch with their child must sit at the designated "visitor" table in the cafeteria. This allows us to have the needed room at the classroom tables for all students.

entering a campus building produce a valid state photo ID or driver's license. We scan the ID and a visitor tag is printed for each campus and area visited. We ask that you return the tag at the end of each visit so we can properly check each person out. We know that student safety is the top priority for us all, and our district is constantly looking for ways to make improvements in that area. On that note, all students will be participating in our first semester drill day practice on Monday, September 9th in the morning. Students are trained in all procedures and as we practice, we are also reassuring, answering questions and allowing students to think through and reflect on the reasoning behind each drill. Our annual Open Houses are right around the corner on September 17th and the 24th. Please plan on joining us beginning at 6:30 to learn more about your child's class and daily routines.

Last but certainly not least, Lamkin's Boosterthon Fun Run is this Friday, September 6th! This is our annual school fund-raiser to raise additional monies for extracurricular programs for all students and for new playground equipment for our PK students to use. We are holding this year's event indoors due to the high temperature, ozone possibility and humidity for both student safety and comfort. All runs will be held during your child's regular PE time and parents are welcome to help cheer us on!

If you have any questions, praises or concerns, please do not hesitate to call the school. We sincerely believe the home/school connection is the best connection of all.

CHECK OUT THE LAMKIN WEBSITE

There is a *mountain of information* about Lamkin and Cypress-Fairbanks ISD on the webpage. Go to <http://lamkin.cfid.net/en/> and take a look around. Our newsletters and current calendar are posted along with other information. You can download the cfisd mobile app and stay current on everything happening in the district and here at Lamkin. You can create accounts to view your child's grades on-line, receive text messages when your child gets on or off the bus and can put money or check balances for your child's lunch account.

Follow us on Twitter



Follow us on Twitter and keep up with everything happening at Lamkin! This is just one more way we can communicate with you and share all the positive things we're doing! @Lamkin Ele



USDA Smart Snacks Rule

The Cypress-Fairbanks school district implemented the guidelines of the Texas public school nutrition policy as mandated by the Texas Department of Agriculture (TDA) into its breakfast, lunch and snack programs.



Cub Scout Rally Night

Join us on Thursday, September 5th and Wednesday, September 18th at 6:30 pm and find out about scouts!

Cub scout adventures build memories for the whole family. With dozens of activities from camping to pinewood derby, cub scouts have fun and learn life lessons every day.

NOTICE TO PARENTS

As a parent of a student at a campus receiving Title I funds, federal law allows you to ask for information about the certification, college major, and advanced degrees of your child's teacher(s). You also have the right to request information about the qualifications of a teacher aide or paraprofessional providing direct services to your child. If you would like to receive this information, you may contact the Cypress-Fairbanks I.S.D. Human Resources Department at 281-897-4099.

Lamkin Student of the Month!

Students showing their Lamkin "spots" in all areas of the school

Show respect

Positive attitude

On task

Take responsibility =

Success

Parents and Guardians – Be ready for a surprise GOOD phone call from Lamkin if your student is nominated for student of the month! Every grade level submits one nomination, and YOUR student could be next!



Bring Your ID

ALL VISITORS MUST HAVE A PHOTO ID WHEN COMING TO LAMKIN – EVEN IF YOU'VE ALREADY BEEN SCANNED AND ARE IN OUR SYSTEM. THIS IS FOR THE SAFETY OF EVERY CHILD AND ADULT ON OUR CAMPUS, SO WE WILL ASK FOR IT EVERY TIME YOU VISIT! THANK YOU FOR YOUR HELP IN KEEPING LAMKIN SAFE.

Snacks for special events like birthdays, may be purchased from the cafeteria provided they are served and consumed during lunch. You will need to give the cafeteria a two week notice if ordering cookies or ice cream for birthday celebrations and must purchase enough for your child's class only.

Please refer to your student handbook; page HB-27-28 for additional information.

- No cupcakes, cookies, cakes or other treats can be brought into the school and given to students.
- You may not bring lunch for another student or share lunch without written permission from that student's parent/guardian.

The policy does allow schools to choose 5 days that would give us an exemption. One of those dates for Lamkin will be:

December 20 - Holiday parties

Thank you for your cooperation with this. Please feel free to call the front office if you have any questions.



BOX TOPS FOR EDUCATION

You can make a difference for our school with BOX TOPS!

Don't throw away money....give it to Lamkin Elementary.

Lamkin will continue to collect box tops to earn money for our school. The BTFE program offers an easy way to make a difference for our school through the everyday activity of buying groceries. All you have to do is CLIP box top coupons from your favorite products and send them to school. Please send them in a baggie with your child's teacher and grade on them. The first collection date is fast approaching and we want to beat our goal of \$2000.00

Home Access Center

During Open house on 9-17 & 9-24, we will be handing out the Home Access Center forms which will have information specific to your child's on-line grades. This form will contain a unique password and you will have to sign for it. We encourage you to take advantage of this opportunity and look forward to seeing you at our Open House.

Fun Run Change

Due to the extreme temperatures that are expected during our fun run this Friday, we have decided to move it inside and the students will run during their large group time. Parents are still welcome to come, but remember to bring your ID so we can scan it in the front office. Parents will gather in the cafeteria to cheer their students on!

The schedule is as follows:

- Kindergarten - 11:35
- 1st grade - 10:40
- 2nd grade - 9:45
- 3rd grade - 1:00
- 4th grade - 2:00
- 5th grade - 3:00
- Pre-K & PPCD morning - 10:00 (Gym)
- Pre-K & PPCD afternoon - 2:30 (Gym)

We apologize for any inconvenience this may cause, but safety is our top priority and we feel it is too hot for students to be running.

If you have any questions, please feel free to call the school office at 281-897-4775. Thank you!





Join our Lamkin Elementary

Birthday Book Club

Students are invited to join the Lamkin Birthday Book Club to celebrate his/her birthday! This is a great program and will help pay for hundreds of new books for our library.

Participation is voluntary, but it is a great way to promote reading and growing our library!

The donation amount is \$20.00 per child.

Please send the bottom of this form to your child's teacher with the information requested by Friday, October 4, 2019.

We will be celebrating twice this year. Birthdays from July-December will come in on December 19, 2019 and birthdays during January-June will come in on April 30, 2020.

Your student will be able to come eat lunch with Mrs. Casas and work with our Makerspace activities. Your student will then select a brand new book from our Birthday Book Cart. We will put a special bookplate inside, check the book out to them, and send the book home. After reading it, we ask you return the book to the library so that others can enjoy it too. What a great way to commemorate your child's special day!

Payment: This year, the \$20.00 donation to participate in the Birthday Book Club can be made one of two ways:

1. **School Cash Online.**

Please visit <https://www.cfishd.net/en/parents-students/academics/school-cash-online/> and create/sign-in to your account.

OR

2. **Cash**

2. Place your cash payment in an envelope. Return payment in a **SEALED ENVELOPE** and write "Attn: Library" on the front. A receipt will be sent home confirming payment.

Any questions regarding the Lamkin Birthday Book Club can be directed to the Lamkin Librarian, Megan Casas, via email at megan.casas@cfisd.net or by phone at (281) 897-4777. Thank you for your continued support of the Lamkin Library!

-Mrs. Casas, Librarian

Student's Name: _____

Grade: _____ Homeroom Teacher: _____

Student's Birthday: _____

Payment method (circle one) Cash School Cash Confirmation Number _____

Please send this form with payment to the Library by Friday, October 4, 2019



September 2019

Physical Activity Daily Movement Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>DIRECTIONS: For each daily activity, execute the movement for at least 1 minute or the indicated number of repetitions.</p>	<p>2</p> <p>Holiday</p>	<p>3 Jumping Jacks</p> <p>Complete as many jumping jacks as you can in 1 minute.</p>	<p>4 Side Stretch</p> <p>Stand with your legs apart, reach right arm up and overhead towards the left, feeling a total stretch on the right side of the body. Repeat with left arm.</p>	<p>5 Squats</p> <p>Stand with legs shoulder width apart. Bend knees forward and lower body until thighs are parallel to the floor. Straighten up. Repeat 20 times.</p>	<p>6 Jump Rope</p> <p>Pretend you have a jump rope and jump for 100 consecutive jumps. Do these 10 different times today to strengthen your heart and lungs.</p>	<p>7</p>
<p>8</p> <p>9 Elbow Circles</p> <p>Bend both arms and stick out your elbows to the side. Make circles in the air using your elbows. Go forward, backward, fast and slow.</p>	<p>10 Body Bend</p> <p>Feet together, arms overhead, bend from the waist and touch your toes. Hold for 10 seconds. Return to starting position. Repeat 5 times.</p>	<p>11 Shadow Boxing</p> <p>Without touching anyone, punch down to the ground towards your own shadow.</p>	<p>12 Leg Stretch</p> <p>Stand with legs shoulder width apart. Bend over touching only the right leg and hold for 10 seconds. Try left, then center and reach for both legs.</p>	<p>13 Jump and Twist</p> <p>Stand with feet together. Jump and twist your body at the same time without letting your feet come apart. Do this for 1 minute.</p>	<p>14</p>	
<p>15</p> <p>16 Windmills</p> <p>Stand with legs shoulder width apart. Hold arms out in a "T". Reach opposite hand to opposite foot. Alternate and repeat 10 times.</p>	<p>17 Hula Hoop</p> <p>Pretend you have a hula hoop around your waist, and hula hoop for 100 consecutive rotations.</p>	<p>18 Lunges</p> <p>Stand with feet together. Step 1 foot forward. Bend both knees until the back knee touches the ground. Straighten knees and feet together. Other leg.</p>	<p>19 Flexible Alphabet</p> <p>Can you make your body look like these letters in the alphabet? (Call out letters or teachers can). (ex. T, F, A, D, L) Can you make the letters that spell your name?</p>	<p>20 Cross Jumps</p> <p>Stand with feet together. Jump forward, back, side, side to make the pattern of a plus sign on the ground. Repeat for 1 minute.</p>	<p>21</p>	
<p>22</p> <p>23 One Leg Cross Jumps</p> <p>Review the jumps from yesterday. Do the same thing as yesterday but only use one leg. After 30 seconds, switch legs.</p>	<p>24 Upper Body Twist</p> <p>Stand with feet apart. Twist upper body as far as you can to the right and hold. Now twist to the left and hold.</p>	<p>25 Shoulder Stretch</p> <p>Reach the right arm up and back behind back, and left arm under and up behind back. Attempt to meet your fingers together.</p>	<p>26 Arm Circles</p> <p>Circle both arms forward, then backward, make small circles, then large circles. Challenge: circle arms with fingers pointing down</p>	<p>27 Breathing</p> <p>Take a deep breath in and raise arms out to the side until they are overhead. Exhale and lower arms down to sides. Repeat 5 times.</p>	<p>28</p>	
<p>29</p> <p>30 Balance</p> <p>On 1 foot, balance as long as possible. Challenge: Can you do it with your eyes closed? Try it on the other foot.</p>						

Crimson Cadettes

2019 DANCE CLINIC & PERFORMANCE

For: Girls & Boys from K-12th grade

Date: Saturday, October 19, 2019

Time: 9 a.m. - 1 p.m. (Door registration will begin at 8:15 a.m.)

Cost: \$50 - Pre-Registered

\$55 - At Door

\$25 - Sit with Cadette during game

Want to see what it's like to be a cadette? Your child can sit with a Cadette during the football game later that day at 7:00 pm at the Berry Center.

For more info please go to: www.crimsoncadettes.com



REGISTRATION & CHECK-IN:

Cy Woods Commons (Cafeteria)

PERFORMANCE:

Cy Woods Gymnasium (Enter from back of school)

The clinic will include dance techniques, specially choreographed routines, a clinic t-shirt, drink and snack.

Showoffs Performance - 12:30pm in the Main Gym for each age group to perform a routine for friends and family.

****Please register by October 4th to received pre-registration price. T-Shirt not guaranteed unless registered by October 4th.**

After October 4th registration online and at the door will be accepted at \$55 per dancer.

Registration is refundable up to October 4th.

What to Wear - Dance attire or shorts and t-shirt. Jazz shoes or Tennis shoes recommended.

To register, please complete the form below and mail with check payment to address below.

YOU CAN ALSO REGISTER AND PAY ONLINE AT WWW.CRIMSONCADETTES.COM

Cypress Woods Crimson Cadettes - P.O. Box 1038 - Cypress, TX 77410-1038

Cadette to receive credit for your registration: _____
(please leave blank if you do not know a Crimson Cadette)

Dancer's Name: _____ 2019-2020 Grade entering: _____

Parent Name: _____ Cell Phone: _____

Address: _____ City: _____ Zip: _____

Email: _____ Medications or Allergies: _____

Emergency Contact (other than parent listed above): _____

Contact Phone: _____ Relationship: _____

T-shirt Size: Child (S) Child (M) Child (L) Adult (S) Adult (M) Adult (L)

I give my permission for my child to participate in all clinic activities. I hereby grant permission that any Images taken may be used for reproduction. In the event of an emergency, I will give my permission for the clinic staff to seek appropriate medical care. I will not hold CFISD liable in case of an accident or injury.

Signature _____

Date _____

District approved statement release of liability for injuries and having photos taken.