

# TIGER TALES

FROSTWOOD ELEMENTARY SCHOOL/12214 MEMORIAL DRIVE, HOUSTON, TEXAS 77024

## SPECIAL DATES

**1/22** - Provine Spring Individual Photos; Auction invitations go home

**1/23** - Green Tigers Meeting @ 7:15 in Room 114; Frostwood Shopping Night @ Athleta

**1/24** - Last day for Auction donations

**1/28** - I-Fest Meeting @ 9:30 am

**1/29** - Student Council School Store open before school in Cafeteria hallway

**1/31** - Bluebonnet Party

**2/4** - Kindergarten 100 Day

Tiger Tales is the semi-monthly publication of the Frostwood PTA. Submissions for the next Tiger Tales are due every other Thursday before the next Tuesday issue. Please submit articles to:  
[lisacaroline123@gmail.com](mailto:lisacaroline123@gmail.com)

## FROSTWOOD GENERAL NEWS

**MARK YOUR CALENDAR!** - Thank you to the Nominating Committee comprised of *Christy Engvall, Whitney Gormley, Janice Kalinia, Kristi Robishaw* and chairman, *Mickie Strait*, for assembling an amazing Executive Board for next year. Their time and dedication is appreciated! We will be voting on the PTA Executive Board Slate of Officers for 2014-2015 at the **next PTA General Meeting scheduled for February 5, 2014 at 11:30** in the Frostwood Multi-Purpose Room. *Tracey Rogan, PTA President*

**SCHOOL BELL AWARD NOMINEE** - The Executive Board is excited to announce that *Lisa Branon* is our 2013-2014 School Bell Award Nominee. Ms. Branon's energy and enthusiasm for reading inspire Frostwood students to pick up a book and read! Thank you, Ms. Branon, for all that you do for our students! Ms. Branon will be invited to attend the SBISD Founder's Day Celebration where the winner of the district wide School Bell Award will be announced.

**PROJECT STUDY UPDATE** - Please plan to attend the February 5<sup>th</sup> PTA meeting to learn more about Project Study! If you have an idea or request for the use of project study funds, visit the PTA website for more information and the request form at <http://frostwoodpta.com/project-study-requests/>. All requests are due to Keri Bassett by Friday, February 28<sup>th</sup>! If you have any questions, please contact Keri at [keribassett@sbcglobal.net](mailto:keribassett@sbcglobal.net) or 713-824-3614.

**STUDENT COUNCIL SCHOOL STORE 1/29** - The Student Council School Store will be open January 29<sup>th</sup> in the hallway by the cafeteria. Come see us- we will have many new and exciting things to sell!!! Don't forget your money!

**SPELLING BEE WINNERS** - Congratulations to *Catherine Lu and Jaden Yi*! They will represent Frostwood in the district Spelling Bee.

## **FROSTWOOD GENERAL NEWS CONTINUED**

### **I-FEST EDUCATION & DECORATION COMMITTEE NEEDS YOU ON 1/28 AT**

**9:30 AM** - It's time!! The International Festival committee has lots planned to showcase countries from around the world this spring and we need your help with education and decorations! We will be decorating the school and library at the beginning of April so it's time to start planning to fill the blank canvas of our beautiful new school. Please come to an **information and planning meeting on Tuesday January 28<sup>th</sup> at 9:30am** in the Multi-purpose room at Frostwood. We will be sharing our theme for this year, plans for decorations so far and looking for input from you! We are hoping to have at least 6 of the popular country-themed tents and to spruce up many of our decorations to really showcase our new school. The parade of Nations will be held on **April 30**, and the evening festivities of International Festival will be held on **Saturday May 3<sup>rd</sup>**. We are planning for about 14 food booths, at least 6 Country themed tents, crafts and games galore and a great line-up of entertainment. There is definitely something for everyone! The success of I-fest depends on our wonderful volunteers, and it is also a great way to get to know other parents, so we hope you will join us! For more information please contact Lisa Lauter – Education/Library ([chiplaut@comcast.net](mailto:chiplaut@comcast.net)); Mimi Luc – Decorations ([mimiluc@comcast.net](mailto:mimiluc@comcast.net)); or Virginia Johnson – Parade ([freytesfamily@hotmail.com](mailto:freytesfamily@hotmail.com))

**BLUEBONNET READING PARTIES** - Mark your calendars! The Bluebonnet Reading Party for 3-5th graders will be held January 31st & February 7th. More details to come so be on the lookout! Volunteers will be needed as well.

**EXCITING DESIGN FEATURES OF OUR NEW CAMPUS** - Next time you use the restroom at Frostwood, make sure you notice the green handles on our new **water saving toilets!** To flush, pull the handle up for #1 – liquid waste, using less water. For # 2 push the handle down for a full solid waste flush. We need your help to make the right choice and save water when you can. Also, check out the two new **water bottle refilling stations**. One is located outside the cafeteria and one is located upstairs in the 5<sup>th</sup> Grade wing. Take your empty, refillable water bottle to the station and hold it in front of the sensor. It will fill up your bottle with fresh, cold, filtered drinking water in seconds! Notice the cool electronic counter on the top right and see how many disposable plastic bottles you helped save from being dumped in a landfill by reusing your water bottles. **Way to GO GREEN Frostwood!!!**

**ATHLETA FROSTWOOD SHOPPING NIGHT** - Shop, Chat, Eat, Repeat! Join your friends from school for a Frostwood Elementary *only* shopping night on **Thursday, January 23<sup>rd</sup> from 6:00-8:00 pm**. Spruce up your wardrobe while enjoying light refreshments. **10% of all proceeds** benefit our great school! You can even use those great gift cards you received over the holidays!

**BOOK FAIR RESULTS ARE IN** -Frostwood's Book Fair at Barnes and Noble raised \$4,654 for PTA and 178 books were donated to our new library! Thank you to the chairs, Aimee Dodson and Starr Zaleski, for all of their hard work to make Book Fair such a success and to everyone that supported the week-long event.

**VOLUNTEER HOURS** - Please remember to report your volunteer hours! You can either do this by signing the log when you're up at school or keeping a log for yourself at home. I typically send a reminder to the committee chairs at the end of each month but this doesn't reach everyone so consider this your reminder! There have been so many recent events where volunteers were needed: Winter concert, packing and unpacking classrooms and the library, auction donation solicitations, Colonial Day, book fair, CIT meetings, yearbook photographers, field trip chaperones, etc. At the end of each month, simply send me an email with the total number of hours (not including the hours you've entered into the log at school) and the month in which you completed these. It's not too late to report previous months' hours, too! If you have any questions, please feel free to call or email. Thank you for all your time and energy *Hayley Stewart, Volunteer Records Chair, [hhstewart@yahoo.com](mailto:hhstewart@yahoo.com), 713.702.4632*

**VOLUNTEER SUBSTITUTE PROGRAM** - Thank you to *Heather Merritt, Katherine Moore, Debra Bang, and Arzin Italia* for subbing on January 14 and January 15. The staff and administration greatly appreciate your help. If you would like to get involved with this program, please go to the Frostwood PTA website under the "Get Involved" tab and click on [Volunteer Substitute Teachers](#). To sign up, you must fill out a short form with personal information, pick up a "Fast Pass" from the district to take to a local business office for fingerprinting (\$50), and complete a 5-hour online training seminar provided by the district (\$25). Once you are certified as a substitute by the district, you are set for all subsequent years as well. If you have any questions, contact Barbara Drumheller at [barbaradrumheller@gmail.com](mailto:barbaradrumheller@gmail.com).

**MEMORIAL HIGH SCHOOL'S SHREK: THE MUSICAL** - Memorial High School Theatre Department will be presenting "*Shrek: The Musical!*" Performance Times are: Jan. 30, 7:30pm, Jan. 31, 7:30pm, Feb. 1, 2:30pm and 7:30pm AND Feb. 6, 7:30pm, Feb. 7, 7:30pm, Feb. 8, 2:30pm and 7:30pm. To buy tickets, go to [app.arts-people.com/index.php?ticketing=mhs](http://app.arts-people.com/index.php?ticketing=mhs). Questions? Contact Nicole Morgan, Director of MHS Theatre Department, at [nicole.morgan@springbranchisd.com](mailto:nicole.morgan@springbranchisd.com). Hope to see you there!

**STRATFORD HS PLAYHOUSE: WEST SIDE STORY** - Get ready to rumble with the Stratford Playhouse's revival of the classic musical "*West Side Story*", and the story of star-crossed lovers from the rival gangs of "Jets" and "Sharks". Tickets are \$16 in advance. Performances will be at 7:30 pm, Jan. 30-Feb. 1st and Feb. 6-8 with matinees on Jan. 1st and 8th at 2:30pm. Tickets for are available to purchase online, or can be purchased at the Box Office beginning Wednesday Jan. 22nd. For more information or to buy tickets, go to [www.shsplayhouse.org](http://www.shsplayhouse.org) or call 713-251-3449.

**SBMSA GIRLS SOFTBALL** - Click [here](#) to learn more about this Spring's SBMSA Girls' Softball program. Registration is now open [here](#).



### It's GAME ON

Check your child's backpack **tomorrow** for your auction invitation and exciting reveals!

Although we are in the bottom of the 9<sup>th</sup>, we are still gratefully accepting donations of parties and items through Friday, January 24<sup>th</sup>. Please contact Christy Engvall at [christyjavajEEP@yahoo.com](mailto:christyjavajEEP@yahoo.com) for donations or any questions. Because at Frostwood we are all on the same

**All Star Team**

## **LIBRARY CORNER**

The new Frostwood Library is set up now and buzzing with the sound of eager readers. The students have been busy going through tours, orientation, and checking out books. Please continue to send your family pictures with your top 3 favorite books. I am putting these on the display shelves in the library. Bluebonnet parties will be taking place on January 31<sup>st</sup> and February 7<sup>th</sup>. Courtenay Nichols and Felicia Beaver are heading up the set up for these fun reading parties. The Hop To It reading incentive for grades K-2 will take place the latter part of February this year and go through the end of March.

Spring Branch is having its first Bookworm festival for primary ages K-2nd on February 8th at Pine Shadows. Bookworm Festival will be a fun morning celebrating emerging readers, and those who write for them. We will have a keynote speech from **Judith Viorst**, author of the beloved ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD VERY BAD DAY, and the new LULU series of early chapter books. She will be joined by nationally known authors of picture books and early chapter books.

Here is the link to the website with the other authors that will be attending. Houston's poet laureate will be there and several others. <http://bookwormbookfest.com/>

**\*\*If you would like to donate a book for needy children in the district who will be attending this, please use the attached form for Spring Branch Education Foundation. Purchasing a \$20 picture book that will be signed by the author will inspire young readers.**

## **GREEN TIGERS NEWS**

**Next Green Tigers Meeting** - Next Green Tigers Meeting is **January 23<sup>rd</sup> at 7:15am in room 114**. Please note the room change! We have a guest speaker talking about vermicomposting and she will be bringing worms and dirt so we had to choose a room with a tiled floor! Room 114 is the 1<sup>st</sup> Grade Collaboration room and is located in the 1<sup>st</sup> Grade wing, adjacent to the back, left corner of the library. Please have your child enter through the front entrance and find us there.

## **HEALTHY LIFESTYLES NEWS**

The next Healthy Lifestyles Meeting will be on **Thursday, February 13th at 11:00am in the FWE Multi-Purpose room** (first room on the right, when you enter the school).

**GARDEN NEWS** - No doubt many of you have been on campus and wondered when our great new garden beds will contain actual plants. As with any garden, we don't want to risk planting too early and then potentially losing it to a late freeze. We have been working with a local gardener on a planting schedule and are happy to say the students will begin planting the last week of February into early March. They will be planting a variety of seeds and seedlings during this time in six of the beds. The Butterfly garden in the center will contain flowering plants and a fruit tree. Additional fruit trees will also be planted near the school gymnasium and cistern. Please let us know if you wish to assist with the garden or fruit tree orchard.

## HEALTHY LIFESTYLES NEWS CONTINUED

**KSHAC-KIDS SCHOOL HEALTH ADVISORY COUNCIL**: The next KSHAC meeting will be on **Thursday, February 13th at 7:00am in the FWE library**. We will have a very special guest speaker that day, Dr. Silvana Lawrence, a Pediatric Cardiologist from Texas Children's Hospital. She will be speaking to the students about heart health. If you are a parent and interested in hearing Dr. Lawrence speak that morning, please feel free to join us.

Frostwood is having its first ever **HEALTHY CHALLENGE WEEK January 27th-31st**. KSHAC students collaborated and then voted on a healthy challenge for each day of the week for all of Frostwood's students and staff. These are meant to "challenge" them to try something new that promotes a healthy mind and body.

The winning challenges for the week are:

- Jump rope for 5 minutes during recess.
- Take 10 deep breaths every hour.
- Drink 12-16 ounces of water each day.
- Go to bed one hour earlier during the school week.
- Do something nice for a neighbor this week.

**STAFF WELLNESS**: Do yoga together as a class.

**DEVELOPING HEALTHY EATING HABITS** - Children develop preferences for the food they enjoy the most, so the challenge is to make healthy choices appealing. A child's impulse to imitate is strong, so it is important to model healthy eating for your kids.

*Top tips to promote healthy eating during childhood:*

- **Have regular family meals.** Knowing dinner is served around the same time every night and that the entire family will be eating together is comforting and enhances appetite. Breakfast is another important family meal, especially since kids who eat breakfast tend to do better in school.
- **Cook more meals at home.** Eating home cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt.
- **Get kids involved.** Children enjoy helping adults shop for groceries, selecting what goes in their lunch box, and preparing dinner. It's also a chance for you to teach them about the nutritional value of foods and how to read food labels.
- **Make a variety of healthy snacks available instead of empty calorie snacks.** Keep fruits, vegetables, whole grain snacks, and healthy beverages around and easily accessible so kids become used to reaching for healthy snacks instead of empty calorie snacks.
- **Limit portion size.** Don't insist that your child clean their plate, and never use food as a reward or bribe.

## KINDERGARTEN NEWS

**Hooray! Hooray! It's almost the 100th day!** Join us on **February 4th at 8:30 am** and watch the kindergarteners parade around the school, as they celebrate the 100th! Every child will need to make a 100th day vest featuring a collection of 100 items. Please see the directions from your child's teacher.

## **1st GRADE NEWS**

Not only are we excited about our beautiful Frostwood, our 1st graders are too! Here's what they're saying about their new school.....

*"I like the purple windows because they're Frostwood colors!"*

*"When we come in the door, it looks so pretty with the view!"*

*"I like washing my hands outside the bathroom!"*

*"The Art Room is super big and cool!"*

*"It's BIG!!"*

*"I like the monkey bars on the playground !"*

*"I like that it has 2 stories !"*

*"I like the water fountain that you can fill your water bottle with!"*

## **2nd GRADE NEWS**

There is no 2nd grade specific news at this time. Stay tuned!

## **3rd GRADE NEWS**

There is no 3rd grade specific news at this time. Stay tuned!

## **4th GRADE NEWS**

There is no 4th grade specific news at this time. Stay tuned!

## **5th GRADE NEWS**

There is no 5th grade specific news at this time. Stay tuned!