

# TIGER TALES

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

## SPECIAL DATES

**2/4** - Kindergarten 100 Day

**2/5** - PTA Meeting @ 11:30 in Multi-purpose Room

**2/6** - Green Tigers Meeting @ 7:30 am in Library

**2/7** - I- Fest Meeting @ 9:30 am, Bluebonnet Reading Party @ 2:15; **Deadline for Auction Tickets!**

**2/12** - CIT Meeting

**2/13** - KSHAC Meeting 7:10 am, Healthy Lifestyles Meeting @ 11:30, Frostwood Grand Opening @4:00 pm in Cafeteria

**2/14** - Class Valentine's Parties

**2/17** - Holiday, no school

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

**PRESIDENT'S MESSAGE** - The next PTA meeting is this **Wednesday, February 5, 2014 at 11:30** in the Frostwood Multi-Purpose Room. We will be voting on the PTA Executive Board Slate of Officers for 2014-2015 and several budget related items, along with hearing the latest Auction updates! We will also have a guest speaker from the Katy Prairie Conservancy to learn about some possible educational opportunities for our new campus. Come enjoy lunch catered by Zoe's Kitchen. *Tracey Rogan, PTA President*

2014-2015 PTA Executive Board Slate of Officers:

<b>President</b>	<b>Keri Bassett</b>
<b>1st VP Project Study</b>	<b>Molly Holub</b>
<b>2nd VP Underwriting</b>	<b>Dayna Beardsley</b>
<b>3rd VP Tiger Tales</b>	<b>Laura Napier</b>
<b>Treasurer</b>	<b>Mona Rio</b>
<b>Secretary</b>	<b>Christina Morse</b>

**CIT NOMINATIONS** - Applications for Parent Representatives, Community Representatives, and Business Representatives for the Campus Improvement Team are due by February 21st. [Click here](#) for the application forms.

**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.

**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.

## **FROSTWOOD GENERAL NEWS CONTINUED**

**IMPORTANT SALAD BAR NEWS** -The trial period for the salad bar in the cafeteria has ended, and we are very appreciative of all the hard work it took to make it happen. We especially want to thank all of the parents that took the time to volunteer during the lunches, assisting our students as needed with the salads. We remain amazed at how many of them purchased the salad bar! It was great to see them enjoying their new healthy option on the lunch line. We received many thumbs up! We are hopeful that our trial period proved successful enough to bring it back on a more permanent basis. We will be meeting with the District soon to discuss our options. While the District assesses the situation, kindly note that the salad bar will **NO LONGER BE AVAILABLE** as a lunch option at this time. We do apologize for any inconvenience. If you have any questions or comments regarding the salad bar, please feel free to contact *Wendy Sicola* ([whsicola@att.net](mailto:whsicola@att.net)) or *Heather Rexrode* ([hrexrode@yahoo.com](mailto:hrexrode@yahoo.com)).

**I-FEST EDUCATION & DECORATION COMMITTEE NEEDS YOU! - NEW DATE:**  
**February 7th at 9:30am** 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 February 7th 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 3rd**. 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 Ifest 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 PARTY** - The 3rd grade and 3 of the 4th grade classes (Davis, Root and Janacek) will celebrate their Bluebonnet Party on **Friday, February 7th**. Those children that have read 5 or more Bluebonnet books are invited to attend the party (their teacher will have a list of students who qualify). If you would like to volunteer to help at the party, please email Felicia Beaver at [fgonzalez932002@yahoo.com](mailto:fgonzalez932002@yahoo.com) or Courtenay Nichols at [courtenaynichols@gmail.com](mailto:courtenaynichols@gmail.com). The party will be from 2:15-2:45.

**MEMORIAL HIGH SCHOOL'S SHREK: THE MUSICAL** - Memorial High School Theatre Department will be presenting "*Shrek: The Musical!*" Performance Times are: 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 Feb. 6-8. Tickets for are available to purchase online, or can be purchased at the Box Office. For more information or to buy tickets, go to [www.shsplayhouse.org](http://www.shsplayhouse.org) or call 713-251-3449.

**VOLLEYBALL 101** - [Click here](#) to learn more about Volleyball 101, a program by Stasia Davis, the volleyball coach at Spring Branch Middle School, providing competitive volleyball opportunities for kids in the SBISD area.

<http://bidpal.net/fieldofdreams>

## **Field of Dreams Ticket Deadline is February 7**

Did you know new items are released each day? Be sure to update your watch list!

### ***This Week's Line-Up***



**Cavoodle Puppy** With a mother that's a cavalier and a father that's a labradoodle, this cavoodle has the highly desirable qualities of both breeds. This ADORABLE snuggle bug will be the perfect family pet. Imagine your kids' reactions to this new family member!



**Breakfast for Lunch Picnic Party** If your kids like breakfast for dinner, they will LOVE it for lunch! Your kids will wear comfy PJs all day, go crazy over the yummy breakfast food and enjoy watching cartoons on a big screen on the hard top. **All DURING SCHOOL!** Be sure to mark this fun picnic lunch on your watch list as quantities are limited per grade.



**Andre Johnson Signed Jersey** A surefire future Hall of Famer, Andre Johnson is the best player in Texans history. This signed #80 jersey is a special addition to any NFL fan's collection! You are sure to make someone very happy with this purchase auction night.



**Family Escape to Lake Travis** This newly built home features four bedrooms and a sun porch overlooking beautiful Lake Travis. It's offered for four-days, three-nights and is the perfect distance at only 3 hours away. **No plans for spring break this year? No worries! This beautiful home is available then and many other school holidays.** The only block out dates are Thanksgiving, Fourth of July, Christmas and New Years. With a bag of trader Joe's snacks to go along with this package, just grab your clothes and go!



**Go Pro Hero3 Basket** Do you have an action-packed spring break planned? Don't miss the opportunity to video tape it all without worrying about your camera getting wet! The Go Pro Hero3 can capture children swimming, skiing (water or snow), or even on their bikes. All is included in this grade level basket. This is the world's most versatile camera—Wear it. Mount it. Love it.



### **Summer Birthday Tigers on the Marquee**

Does your little Tiger have a summer birthday and has never had the opportunity to be featured on the birthday marquee? For the first time, thanks to our cool new programmable marquee, your little tiger can be celebrated the week of his or her **real** birthday.



You always knew you had a star. Now this custom bobblehead of your child, created by your child, is the proof! Pre-purchase now so that it will be waiting on your table as part of the auction night décor. Also, if you pre-purchase your wine before Auction night, your bottle will be delivered to your table.

## WESTERN DAY IS ON ITS WAY!

Grab your cowboy hat and come out to watch /dance with your kid(s) during health fitness class on **February 28th**. Kids, parents, and teachers are encouraged to dress western. So, get your boots on for a stompin' good time! Please no toy guns, lasso's, or spurs for the safety of your child and others. See ya there partners! *Marion Thames, Health Fitness Specialist*

### WESTERN DAY SCHEDULE

GRADE LEVEL	CLASS TIME	CLASS
K	8:20-9:05	All Kinder classes-Bean, Leger, Muras, Vanderhorst
5	9:10-9:35	Cox, Eggleston, McMullen (Attleson's class splits)
5	9:35-10:00	Downham, Mayer (Attleson)
3	10:05-10:30	Buegeler, Beman, Perry (Garrett's class splits)
3	10:30-10:55	Gioacchini, Smith (Garrett's class splits)
4	11:00-11:25	Janacek, White, Meadows (Rabel/Yao's class splits)
4	11:25-11:50	Davis, Root (Rabel/Yao's class splits)
2	12:40-1:05	Lam, Ferraro, Groves
2	1:10-1:35	Malette, Pettit
1	1:40-2:05	Posey, Foytlin, Blakely
1	2:10-2:35	Money, Suppatkul

\*Mr. Attleson, Mrs. Rabel and Yao's, and Ms. Garrett's classes will square dance with the class they attend health fitness. Your child should know what class they attend health fitness. However, if they are not sure, you may contact your child's teacher or me at [marion.thames@springbranchisd.com](mailto:marion.thames@springbranchisd.com) or call me at 713-251-5721 to find out your child's assigned class.

### ART NEWS

In celebration of being back in our "home" location, Bunker Hill City Hall has requested that Frostwood artists display some of their artwork at their location just around the corner from us. (11977 Memorial Dr.) The following students will have art on display from January 21 to April 18 at City Hall. Hours are 7:30am to 4:00pm, Monday thru Friday. All artwork will be returned at the end of April. Thanks for sharing your artwork!

- Kinder –** Maya Iyer and Bernardo Nordang
- 1<sup>st</sup> –** Sara Buheis, Sogand Khalifeh, Matthias Kim, Sydney Merritt
- 2<sup>nd</sup> –** Jenna Bates, Sam Brink, Alberto Castagnoli and Tessa Zonneveld
- 3<sup>rd</sup> –** Ava Laguarta, Caroline Markopet, Christopher Salha
- 4<sup>th</sup> –** Sofia Beaver, Ilya Larin, Averie Noe, Sasha Roovers, Danielle Semine, Spencer Teel, and Wesley Weaver
- 5<sup>th</sup> –** Augie Graham, Tag Lees, Mac Middleton, Eric Miller, Gregory Miller, Gabriella Rosenwasser, and Grace Touchstone

*Jane Salinas, Art Specialist*

## GREEN TIGERS NEWS

**Next Green Tigers Meeting -February 6<sup>th</sup> at 7:30am in the library.** Please note the time change! We don't have a guest speaker this week, instead, we will be making some recycled valentines and finishing off our Recycling Posters for the school. It will soon be possible to recycle plastic, cans and paper at Frostwood! We will be talking about this new "Single Stream" recycling program and plans on how to get the word out to classmates!

## HEALTHY LIFESTYLES NEWS

**HEALTHY LIFESTYLES COMMITTEE:** The next Healthy Lifestyles Meeting will be on **Thursday, February 13<sup>th</sup> at 11:00am** in the FWE multi-Purpose room.

**KSHAC-KIDS SCHOOL HEALTH ADVISORY COUNCIL:** The next KSHAC meeting will be on **Thursday, February 13<sup>th</sup> at 7:10am** 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.

**HAPPY HEART AWARENESS MONTH!** February is American Heart Month. It's a great time to brush up on the best ways to fight cardiovascular disease. The American Heart Association recommends a combination of a healthy diet and lifestyle as your best weapon. Here are some great tips:

- **Exercise**

Use as many calories as you take in. Increase the amount and intensity of your physical activity. Aim for at least 30 minutes of moderate physical activity most days of the week.

- **Make healthy food choices**

1. Choose lean meats and poultry without skin and prepare them without saturated and trans fat.
2. Select low-fat dairy products
3. Cut back on foods containing partially hydrogenated vegetable oils (trans fat).
4. Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
5. Cut back on foods and beverages with added sugars.
6. Choose and prepare foods with little or no salt. Aim to eat less than 1,500 mg of sodium per day.
7. If you drink alcohol, drink in moderation. That means one drink a day for women and two drinks a day for men.
8. Make healthy choices while dining out and keep an eye on your portion size.

- **Do not smoke or use tobacco products**

**HEALTH BENEFITS OF DARK CHOCOLATE** - Since Valentine's Day is right around the corner, [click here](#) to learn some fun facts about the health benefits of dark chocolate!

## **KINDERGARTEN NEWS**

**Hooray! Hooray! It's the 100th day!** - Come watch the kindergarteners in the 100th Day Parade on February 4th at 8:30 am! Parents can line up on both sides of the hallway near the front office, stairwell and down towards the library.

**Class Valentine's Parties** - Please send in your child's Valentine's Day cards on or before February 13th. Class parties will start at 2:00 and all parents are invited to attend.

## **1st GRADE NEWS**

There is no 1st grade specific news at this time. Stay tuned!

## **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!