

# The Cheetah Spot

Cimarron Elementary School—Mindy Dickerson, Principal  
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<http://kisdwebs.katyisd.org/campuses/ce/Pages/Default.aspx>

PTA Newsletter  
Tuesday,  
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2009  
Issue 2

The Texas PTA is a strong supporter of legislation that benefits children. After a successful legislative session, new laws were passed to ensure child safety. Parents need to be aware of recent new laws that went into effect September 1<sup>st</sup> regarding driving and child passenger safety:

HB 339 prohibits teens under 18 from texting or talking on a cell phone while driving.

HB 55 prohibits the use of a wireless communication device within a school crossing zone.

HB 537 requires that everyone in the car, regardless of age and regardless of where they are sitting, needs to wear a seatbelt.

SB 61 requires that all children younger than 8 years and less than four feet nine inches tall be in a child safety seat system.

Car crashes remain the number one killer of children ages 2-14 in the United States. The Safekids Buckle Up Campaign recommends the following safety tips:

- Use a booster seat correctly in a back seat every time your child rides in a car.
- Use a booster seat until your child weighs between 80 and 100 pounds
- Tell all drivers who transport your child that booster seat use is a must when your child is in their vehicle.
- Always use a lap and shoulder belt with a booster seat.
- Never place the shoulder belt under the child's arm or behind the child's back.
- Be sure all occupants wear safety belts correctly every time. Children learn from adult role models.

Additional information about new child safety laws can be found on the Texas PTA website [www.txpta.org](http://www.txpta.org) or the DPS website [www.txdps.state.tx.us](http://www.txdps.state.tx.us).

Cheryl Wienserski, PTA President

## September Important Dates

Visit Cimarron website's online calendar for updates.

- 14<sup>th</sup>-16<sup>th</sup> **Grandparents' Days**  
Mon. Kindergarten & 5<sup>th</sup> grade lunches  
Tues. 1<sup>st</sup> & 3<sup>rd</sup> grade lunches  
Wed. 2<sup>nd</sup> & 4<sup>th</sup> grade lunches
- 15<sup>th</sup> 5:30-7PM **Cimarron Spaghetti Dinner**  
6:30PM PTA General Meeting
- 16<sup>th</sup> Wed. **School Pictures**  
2<sup>nd</sup> -5<sup>th</sup> Progress Reports go home  
4-6PM Schwans delivery
- 18<sup>th</sup> Fri. **Cookie Dough Fundraiser Kick-off**
- 28<sup>th</sup> 5:30PM **Skeeter's Spirit Night**

## October Important Dates

- 2<sup>nd</sup> Fri **Book Club Meeting**  
12:40PM **Early Dismissal**  
(10:20AM for morning preK & PPCD)
- 5<sup>th</sup> Mon. **Wear Black & White**  
Cookie Dough Sale Ends/\$ due

September's character focus

# Wisdom:

*finding out  
what you should do  
and doing it!*

Join us **tonight** for our

1<sup>st</sup> General PTA meeting at 6:30PM

where we will vote on the 2009-2010 budget.

Those who bought tickets for the *family spaghetti dinner* catered by Johnny Carino's should plan to eat 5:30PM-7PM.

Entertainment provided by KHS Orchestra students.

PTA is

- A powerful voice for all children
- A relevant resource for families and communities
- A strong advocate for the education and well-being of every child

**Cookie Dough** Our cookie dough fundraiser kick-off will be Friday, September 18<sup>th</sup>. These delicious cookies are a great dessert for any event! There are also other yummy treats to choose from. Ask your family and friends to help support our school by purchasing cookie dough! Sale ends October 5<sup>th</sup>. Call or email Stephani Peralta at 281-217-3635 or [lanie1012@aol.com](mailto:lanie1012@aol.com) if you have any questions.

**Volunteers** Here's a reason to cheer: No more signing in or filling out little pieces of paper for your hours on campus. Whenever you come to Cimarron to volunteer, our receptionist, Mrs. DelaCerde, will ask if you are there to volunteer and will key that information into the Raptor system. It will count your hours. Just make sure to tell her when you are leaving so we can have accurate accounts of time.

**Library Latest** Our first book club featuring The Gollywopper Games will be before school on Friday, October 2<sup>nd</sup> at 7:30AM. Paperback copies are available in the library for \$6. You can also explore <http://www.gollywoppergames.com>. This book takes readers on a funny and exciting ride, filled with games and riddles and interesting characters. This book is most appropriate for 3<sup>rd</sup>-5<sup>th</sup> graders.

Also this fall we will have author Robin LaFevers speak to grades 2<sup>nd</sup>-5<sup>th</sup> on October 30<sup>th</sup>. LaFevers wrote the Forging the Blade fantasy series, so visit her website <http://www.rllafevers.com> and start reading. Melissa Nored, CE Librarian

**Kindergarten Gifted and Talented Screening** Information regarding this year's screening of kindergarten students for the gifted and talented program will be sent home with kindergarten students beginning the week of September 21<sup>st</sup>. Kindergarten parents who would like to refer their children for screening must return the Kindergarten Parent Checklist to their campus by October 16<sup>th</sup>. Three GT information sessions will be held for parents of kindergarten students. All three sessions will take place on October 8<sup>th</sup>: 10AM or 1PM at the Katy ISD Education Support Complex or at 7PM at Polly McRoberts Elementary School. Kindergarten parents who would like more information about the gifted and talented program and the screening process may attend any one of the three sessions. If you have any questions or concerns, contact Angela Schneider 281-237-6996 or [angelaschneider@katyisd.org](mailto:angelaschneider@katyisd.org).

## Cimarron Character Counts

Our goal at CE this year is to inspire and teach character values so each student will treat others right, make smart decisions, and maximize their potential. Each Monday will be Character Education Day. On that day during the student's Paw Time, the character trait of the month will be presented and discussed by the teacher and students. September's character trait is WISDOM. Wisdom is finding out what you should do and doing it! The Monday beginning each month, a new trait will be announced. Students and faculty are encouraged to wear a certain color shirt. August 31<sup>st</sup>, many wore yellow; October 5<sup>th</sup> everyone is encouraged to wear Black and White as October's character trait is introduced.

Values need to be digested, discussed, and transferred from the head to the heart. It is our desire at Cimarron to work together with our parents and guardians to help students treat each other fairly, make the right decisions, and become good citizens with character at Cimarron!  
Susan Turner, CE Counselor

**Join the PTA** Cimarron Elementary PTA wants YOU as a member! Together we help support our school and children throughout Texas. If you haven't already become a PTA member at Cimarron, join. It's an easy way to show your support of our school. Contact Chris Zierk at [chris.zierk@gmail.com](mailto:chris.zierk@gmail.com) for more information!

**Birthday Greetings** If you would like to put your child's name on the PTA marquee for their birthday, just submit their name, birth date, grade, and teacher to "Birthday Marquee" c/o Stephani Peralta. Their name will be on the marquee a minimum of 2 days. Please submit birthdays at least 2 weeks prior to the child's birthday. Contact Stephani Peralta at 281-217-3635 or [lanie1012@aol.com](mailto:lanie1012@aol.com) for more information or questions.

**Schwan's** Schwans pick-up day is tomorrow, Wednesday, September 16<sup>th</sup> 4-6PM in the back parking lot. Even if you missed the order deadline you can still order off the truck. Coupons for first time buyers available at time of sale. Everything purchased on this date benefits Cimarron's Literacy Library. Direct questions to Linda Leung [lindaflung@katyisd.org](mailto:lindaflung@katyisd.org).

**Nurse's Nook** Here are some healthy eating tips from your nurse and the Cincinnati Children's Hospital Medical Center website, <http://www.cincinnatichildrens.org/health/info/nutrition/eat/food.htm>.

**Breakfast:** Never skip breakfast. It really IS the most important meal of the day. A lot of tummy aches and other complaints could be avoided just by having a good breakfast to start the morning. Children should get 3-5 servings of fruits/vegetables a day and a good source of protein in the morning to give them fuel for the day. Instead of offering doughnuts or sugary cereals in the morning, which make kids less alert and can lead to overeating later in the day, try a glass of orange juice (which counts as a fruit) and a peanut butter and jelly sandwich or some yogurt (a great source of protein, and it's yummy, too!)

**Lunch:** Lunches can be loaded with fat and empty calories. For a variety in lunches, try different types of breads: pitas, bagels, and taco shells all count as servings from the grain group and can be a fun change of pace for your child. Freeze fruits like canned pineapple or washed grapes that have been packed in plastic bags. This will keep the fruits fresh and the rest of the lunch cool. Try to avoid tucking in pre-packaged snack cakes or juice boxes that aren't 100% juice—it's really just extra sugar. Even low-fat chocolate milk is more nutritious than juices with added sugar.

**Snacks:** Yogurt and fruit are awesome choices for healthy snacks. Instead of choosing bagged chips, which can be full of excess fat and salt, make your own snack mix using cereals, tiny pretzels, raisins, etc. Have fun and be creative with the combinations!

For some fun and healthy recipe ideas, go to <http://kidshealth.org/kid/recipes>.  
Lisa Pack, RN, BSN

