

November 12, 2014



Save the Dates

1. **Nov 14-16-** Barnes & Noble's Book Fair
2. **Nov. 20 -** Thanksgiving Lunch
3. **Dec. 10-** SDMC (3:30 p.m.)
4. **Dec. 19-** Class Parties
- 5.

From the Desk of Dr. Fovargue

Celebrate Thanksgiving by encouraging gratefulness in children

As November gets underway, many thoughts come to mind. Cooler temperatures. Turkey dinners. School breaks. Vacation plans.

It can be all too easy to get caught up in the coming holiday season. But as we approach Thanksgiving, we should remember to slow down and take time to be grateful - and we should encourage our children to do the same.

Being grateful can make a big difference in our children's lives. According to Jeffrey J. Froh of Hofstra University and Giacomo Bono of California State University, both authors and pioneers in the field of youth gratitude, thankful students form healthy relationships with their teachers and are much happier both in school and at home.

Here are a few ways that you can help develop feelings of gratitude in your children:

1. Show them how to be grateful by setting a good example and thanking those around you.
2. Talk to them about gratitude - explain what it is and why they should be thankful for all the great things in their lives.
3. Use words like "lucky," "happy," and "thankful" in your daily conversations with them.
4. Show them how to trace their hands on a piece of orange paper, and turn the drawing into a turkey by adding an eye, beak, and feet. Then have them write something they are grateful for on each finger and thumb.
5. If they are old enough, show them how to write thank-you notes.
6. Encourage them to donate toys and clothing they have outgrown to those in need.

I am grateful to have all of you in our school community. I hope you have a great November and a happy Thanksgiving.

PTO's Annual Barnes & Noble Book Fair is **THIS WEEKEND**, November 14-16, at the Barnes & Noble in the River Oaks Shopping Center (2030 West Gray)!!

Store hours are 9am - 11 pm on Friday and Saturday and 10am - 9pm on Sunday. Don't miss story time with some of your favorite teachers, a special performance by the ROE and choir, and book signings by several local authors! More information, including the schedule, is being sent home in your child's green folders and will also be available at www.roepto.org.

At the Book Fair, you will also be able to order cheesecakes from the Cheesecake Factory that will be available for pick up after the Book Fair. Don't forget that a portion of ALL sales goes to the ROE PTO. We look forward to seeing everyone there!

Want to help?? We need volunteers to help welcome families! Please visit <http://www.signupgenius.com/go/10c044ea9ac2ca5fc1-roebarnes> to sign up!!

PARENTS!
Do YOU have a 10 to 12-year-old
who LOVES playing VIDEO GAMES?



COOL!

We are asking 10 to 12 year old children* to...

- Play two health video games.
- Attend** 3 visits over 6 months, and...
 - Tell us what they eat and what activities they do.
 - Give us 3 fasting blood samples.
 - Tell us what they think about the games.
 - Compensation provided.

* Must have a video game capable Windows computer and Internet access at home to play.
** Free parking provided at the Children's Nutrition Research Center located in the Texas Medical Center

For information about "G4H" Study
visit: <http://www.kidsnutrition.org> (Join a Study)
or call Courtney at 832-786-0763



FIELD HOCKEY CLINICS

Girls in grades 3-8 are invited to attend clinics for beginner and intermediate field hockey skills and small game play.

When: 9:00 a.m. - 11:30 a.m. on the following Saturdays:

Nov. 15, Dec. 6, Jan. 10, Jan. 24, and Feb. 7.

Where: Episcopal High School Bissonnet Field
(4650 Bissonnet, Bellaire, TX 77401)

Cost: \$150 for the clinic. Players will receive an EHS t-shirt. Limited to 50 players.

What to bring: Filled water bottle, sneakers/turf shoes, shin guards, mouthguard, and stick.

Contact:

Mollie S. Reichard - Head Field Hockey Coach
mreichard@ehshouston.org
713-512-3675

The IB/GT Connection



Did you know? River Oaks Elementary is an International Baccalaureate World School and GT Vanguard Magnet in HISD. All teachers, instructional coordinators, and administrators are GT Certified and trained in IB.

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