

November 19, 2014



## From the Desk of Dr. Fovargue

HISD elementary schools will get to celebrate Thanksgiving a week early (TOMORROW) Thursday, November 20th with a specially prepared lunch. Traditional Thanksgiving favorites will be served to students and their families. The delectable menu includes turkey and gravy with rice, seasoned green beans, mashed potatoes and will be topped off with sweet potato cake for dessert. Nutrition Services invites all students' and staff's friends and family to come enjoy the holiday meal with them in their school's cafeteria. Join us during your child's regularly scheduled lunch time. *Congratulations to Michelle Frankfort, ROE Parent, who was nominated and selected to vote on the district PAC for Nutrition Services. Ms. Frankfort will be providing updates via our newsletter periodically. If you would like to know more about Child Nutrition in HISD, feel free to contact her at [m\\_frankfort@yahoo.com](mailto:m_frankfort@yahoo.com)*

## Save the Dates

1. **Nov. 20** - Thanksgiving Lunch
2. **Dec. 10**- SDMC (3:30 p.m.)
3. **Dec. 19**- Class Parties

**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

  

**ROE AFTER SCHOOL ANNOUNCEMENT**  
**Spring 2015 Registration begins December 1, 2014**  
**Don't forget to sign up for classes early!**  
**Registration packets will be uploaded to the website shortly.**

**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, shinguards, mouthguard, and stick.

**Contact:**

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

Fridays at Neuhaus: Friday, December 5th  
Organization, Anti-Procrastination, & Essential  
Compensatory Skills for Learning Differences

**Topics:** Evan will highlight some of the most common obstacles to effective organization and time-management for students. He will offer tips and tricks to students, parents, educators, counselors, and care-takers related to navigating these obstacles. He will address topics of efficiency, calendaring, prioritization, self-promotion, to-do list management, study skills, positivity, and healthy routines. Attendees will leave

with helpful handouts to assist themselves and/or their children, clients, and patients.

**Date:** Friday, December 5, 2014  
9 a.m. - Noon

**Speaker:** Evan Weinberger, president and founder of *Staying Ahead of the Game!*, LLC

**Audience:** Students, parents, and teachers are welcome.

**Price:** Free

Questions?

We're here to help!

For questions or more information about our Family Support Office contact organizer and Director of Family Support and Adult Literacy, Mary Yarus at [myarus@neuhaus.org](mailto:myarus@neuhaus.org) or at 713-664-7676

## 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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