



Elementary Campus  
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## October

## Volume 1

### Mission Statement

The mission of **EEA** is to provide an accelerated learning environment that clearly charts a path of empowerment for students to become tomorrow's problem-solvers, thinkers, and leaders through participation in a wide variety of educational experiences, appropriate to their age, interests and needs.

### Principal's Corner



Greetings,  
My name is Jose Cintron. I am the principal for Energized for Excellence Academy, Inc. elementary school. I started at energized in August of 2005.

I have held the positions of plant operator, academic tutor, teacher, and principal. I am very blessed to be a part of the energized team. My goal is to prepare my students to be college ready by providing an effective teacher in every classroom and a rigorous curriculum.

Best Wishes on a Successful Year!

### Upcoming Events

**Field Trip to Dewberry Farm (2<sup>nd</sup> grade Oct. 20,  
3<sup>rd</sup> grade Oct. 29, 4<sup>th</sup> grade Oct. 22)**

Students will mix hands-on agricultural learning experiences with good down home farm fun! In the fall, students have many activities available to them, such as, taking a wagon ride to pick their own pumpkin from our pumpkin patch, learning about barnyard animals, and enjoying a self-guided venture through the corn maze. Just in time for Thanksgiving pumpkin pies, our students will enjoy the pumpkin patch, the corn maize, and all the farm animals. Parents wishing to accompany their children on this adventure must be approved volunteers. If you have not signed up, please do so immediately.



*Photograph credited to Dewberry Farms Inc.*



*Photo credited to allsteelefitness.com*

## Field Trip to the Downtown Aquarium October 31, 2014



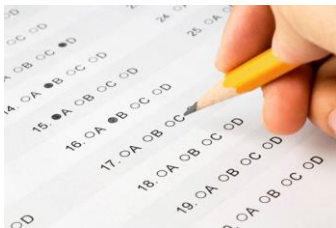
*Photo credited to The Downtown Aquarium, Houston, TX.*

Downtown Aquarium is the product of redeveloping two downtown Houston landmarks – Fire Station No. 1 and the Central Waterworks Building. This magnificent six-acre entertainment and dining complex is a 500,000-gallon aquatic wonderland, home to over 200 species of aquatic life from around the globe. With a full-service restaurant, an upscale bar, a fully equipped ballroom, aquatic & geographic exhibits, shopping and a variety of amusements, Downtown Aquarium has it all!

## Texas Southern University Homecoming Parade October 25, 2014

EEA will participate in the 2014 Texas Southern University Homecoming Parade on **October 25**. This year's theme is "OneTSU". Every year the Energized family of schools gets together to decorate floats and join in on the family fun and festivities.

### Testing Dates



*Picture credited to PSAT*

On **November 18**, 5<sup>th</sup> grade students will take The CogAT exam. The CogAT is a measure of a student's potential to succeed in school-related tasks. It is NOT a tool for measuring a student's intelligence or IQ. Rather, it measures the reasoning skills that have developed

during a student's educational career, even though they have not been explicitly taught. These general cognitive skills are not specific to any content area, but are skills that are used in all areas of a student's academic experiences. The CogAT also measures general "school skills," such as the ability to listen, follow directions, and focus attention.

On **November 3-14** first and second grade students will take the High Frequency Word Evaluation. Promotion standards for HISD students are outlined in the district's Elementary and Secondary Guidelines. As part of current promotion requirements, students in first and second grade must successfully read aloud words from the High-Frequency Word Evaluation (HFWE).

Because parents play an important role in helping their children become good readers, they are encouraged to read to their children and to have their children read to them daily. Additionally, parents can use flashcards and have students recognize high-frequency words in books and in the environment. (houstonisd.org)

## Family Night

Family night for third grade will be held on October 14. Fourth grade, October 15, and fifth grade, October 16. Please come out and show your support.

## Events

Cycle 1 report cards will be distributed on Friday, October 31.



*Photograph credited to www.kingwood.com*

Students will be dismissed at 1PM on that day. The Annual Fall Festival will be held on October 31, 2014 from 9AM until 3PM. Please come out and join the fun.



## Volunteers in Public Schools

## Homework Haven



*Photos and logo provided by HISD*

VIPS recruits thousands of parents and community partners to donate their time, resources, and knowledge in support of the district's primary goal to increase student achievement. Volunteers contribute in areas such as mentoring, tutoring, fundraising, career education, enrichment programs, extracurricular and community service activities, and office and classroom assistance. After registering online and undergoing the annual background check, volunteers can work in any HISD school for the school year. All schools can track volunteer hours donated to the school district by establishing an online VIPS account.

1. Register online at [www.houstonisd.org](http://www.houstonisd.org) and click on the Students and Parents tab, then Participate.
2. Once you have registered, you must go in person to the school of interest and show proof of identification.
3. Identification information will go into our database for processing by the Volunteer Coordinator at each campus.
4. The criminal history background check can take 2-3 weeks to complete.
5. Once you are CLEARED to volunteer, you are eligible to volunteer throughout HISD.



1. **Select a quiet place to study.**
2. **Don't wait until the last minute.**
3. **Use your daily planner for assignments.**
4. **Dedicate a space for every class in your book bag.**
5. **Stay organized throughout the year.**
6. **Make study cards.**
7. **Make your own study guide.**
8. **Talk about assignments with friends.**
9. **If you are struggling, ask for help.**
10. **Make academics a focus in your life.**



*EEA Elementary students listen intently during an assembly*



## HEALTH & FITNESS CORNER



1. Eat a Variety of Foods especially Fruits and Vegetables.

It's ok to eat cake and ice cream sometimes but your best choice is to eat a lot of different things.

Then you are more likely

to get all the vitamins and minerals your body needs.

Try this to get your 5 servings of fruits and vegetables a day: 1/2 cup of strawberries on your cereal in the morning, 10 baby carrots and two broccolis at lunch, a cup of fruit juice and a 1/2 cup of salsa and chips for snack.

2. Drink WATER and MILK most of the time.

When you are thirsty, cold water is the best to drink. You also need a lot of calcium in your diet and milk gives you that. It is ok to have 100% juice but don't drink too many sodas or sugary drinks.

3. Listen to your Body.

When you eat make sure you know when you are full. Eating too much can make you uncomfortable and make you weigh too much. If you are full - then don't eat.

4. Limit your Screen Time.

This means don't spend too much time in front of the TV, playing video games, watching DVD's or videos, handheld computer games. It's to do school work at the computer but spend as much time doing active things as sitting in front of the screen.

5. Be Active.

Your one job as a kid is to have fun and figure out what activities you like best. Run, walk, bike, dance, do karate, swim, play soccer or baseball. When you find something you enjoy tell your parents to get you involved in that.

A green graphic with white and yellow text. At the top, it says 'Office of SCHOOL CHOICE Grades Prek-3 - 12th'. Below that is the address '9220 Jutland, Houston, TX 77033', phone number 'Office 713-772-2200', and fax number 'Fax 713-641-1669'. A list of services follows: 'Student Recruitment', 'Event Planning &amp; Coverage', 'Campus Newsletters', 'Website Updates', 'Parent Involvement', and 'Community Affairs'. At the bottom, contact info for Gwen Gallien (ggallien@houstonisd.org) and Tashanya Roberson (trobers3@houstonisd.org) is provided.



We are so excited about the first edition of the campus newsletter! Please continue to share your articles, pictures, events, teacher and student of the month, principal's letters and whatever else you would like included in this publication. Send all correspondence to [ggallien@houstonisd.org](mailto:ggallien@houstonisd.org) and [trobers3@houstonisd.org](mailto:trobers3@houstonisd.org).

Warm Regards,  
Tashanya Roberson

