



Mustang Pride!



McNamara Express
 8714 McAvoy * Houston, TX 77074 * (713)778.3460
 Tiffany Mike Chenier, Principal
 Carla Jones-Taylor—Assistant Principal



The mission of McNamara Elementary is to prepare students to be productive citizens in a global society by equipping them with the tools necessary to succeed through a safe environment, and expectations of respect, integrity, and responsibility.

Social Skill of the month: Self Control: The ability to control one's emotions and behavior.

Principal's Corner....

Greetings McNamara Parents,

I am pleased to announce the start of many wonderful enrichment activities for our 2013-2014 school year.

After School Program: Unfortunately there is no more space available in the After School Program. Students who turned in permission slips, but are not currently in the program, will be contacted when space becomes available.

Dance Squad: Dance Squad practice has already started. Practice is on Monday and Wednesday, from 3:30 pm -5:00pm.

Dare to Dream: Dare to Dream has already started meeting after school on Mondays from 3:15pm—4:15 pm.

GIRYL Club: GIRYL stands for Guiding, Inspiring, Respectable, Young Ladies. To be announced. (TBA)

Boys Club: BIG (Boys into Gentleman) To be announced. (TBA)

Lil' Mustangs (Dance Classes): Will begin on Wednesday, October 16th for Pre-K through 1st grade. Practice will be held on Wednesdays from 3:015pm– 4:15pm. Permission slips will be sent home.

Violin: Practices are held on Thursdays from 3:15pm– 4:15pm. Permission slips will be sent home.

Choir: Practices are held on Mondays and Tuesdays from 3:15pm– 4:15pm. Permission slips will be sent home.

Piano: Will begin on Friday, October 11th. Practice will be held on Fridays from 3:15pm– 4:15pm. Permission slips will be sent home.

Soccer: Third, fourth, and fifth grade boys and girls will be able to participate. The starting date will be announced and permission slips will be sent home with additional information.

Basketball: Third, fourth, and fifth grade boys and girls will be able to participate. Tryouts will be held in December and permission slips will be sent home with additional information.

Track: Will begin in March 2014..

We are looking forward to a very productive year!

Tiffany Chenier, Principal



October 10, 2013

- **October 17th** PTO Program 6:00pm.
- **October 30th** Early Dismissal 12:15pm for Pre Kinder - 12:30 for K–5th Grade.
- **October 31st-** Prefect Attendance Costume Party. *(Must have perfect attendance to attend the party from Oct. 2 -Oct. 31.)*
- **November 1st—** Report Card Day.

Parents
please



*remember:
 Daily class
 attendance is
 mandatory.
 All students
 should be present
 and on time for*

Bullying Awareness

What is Bullying?

Bullying can be a lot of things. It is hitting, pushing, name calling, teasing, threatening, sending mean emails, taking or ruining another person's things, leaving someone out—and other nasty things.

How can you tell if something is bullying?

Just remember this: It's bullying ifSomeone is hurting another person on purpose.

What can you do to protect yourself?

Do not give a bully what they want. They want to make someone scared and/or upset. Don't react to them. Instead of acting upset, you can do something unexpected, such as laughing at them and walking away. Also, you can hold your head high and say, "NO! Leave me alone!", in a strong voice. But most importantly, TELL AN ADULT about what's going on. Don't wait, tell immediately! Bullying will not be tolerated!

*****Information provided by <http://www.pacerkidsagainstbullying.org/>. McNamara is a No Place For Hate school. We are continuing to focus on anti bullying. We will be participating in several activates during October in observation of National Bullying Awareness Month.**





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October 10, 2013

Destreza Social del Mes: Auto Control: La habilidad de controlar nuestras emociones y comportamiento.

Esquina de la Directora.....

Saludos padres de Familia de McNamara,

Me complace en anunciar el comienzo de maravillosas actividades de enriquecimiento para nuestro nuevo año escolar 2013 - 2014.



Programa de Después de la Escuela (After School Program) Desafortunadamente no hay más espacio disponible en el Programa de Después de la Escuela. Los estudiantes que habían entregado sus cartas de permiso, y que no quedaron inscritos en el programa, serán contactados cuando tengamos espacio disponible.

Escuadrón de Danza (Dance Squad): Ya comenzaron las prácticas todos los lunes y miércoles, desde las 3:30PM. a 5:00 PM.

Atrevete a Soñar (Dare to Dream): Este club ya comenzó las reuniones después de la escuela los lunes desde las 3:15PM.-4:15 PM.

Club de Niñas (GIRYL Club): Este programa estarán guiando, Inspirando, respetables Jovencitas. Será anunciado próximamente (TBA).

Club de Caballeros (Gentleman Club): Convirtiendo niños caballerosos. Sera anunciado próximamente (TBA).

Pequeños Mustangs (Little Mustangs) Clases de baile comenzarán el miércoles 16 de de octubre desde pre-Kinder hasta Primer grado. Practicarán los miércoles desde las 3:15 - 4:15 PM. Se enviarán permisos al hogar.

Violín: Practicarán los jueves de 3:15PM.- 4:15PM.

Coro (Choir) Practicarán los lunes y martes de 3:15-4:15PM. Se enviarán permisos al hogar.

Piano: Comenzarán el viernes 11 de octubre. Practicarán los viernes de 3:15- 4:15 PM. Se enviarán permisos al hogar.

Fútbol (Soccer): Podrán participar estudiantes de Tercero, Cuarto y Quinto grado. Se enviarán permisos al hogar e información adicional (TBA).

Básquetbol: (Basketball): Podrán participar estudiantes de Tercero, Cuarto y Quinto grado. Pruebas de posibles jugadores se llevarán a cabo en diciembre. Se enviarán permisos al hogar e información adicional (TBA).

Atletismo (Track): Comenzarán en marzo del 2014.

¡Esperamos tener un año muy productivo!

Tiffany Chenier, Directora

*** 17 de octubre-**
Programa de PTO
- 6:00PM.

*** 30 de octubre-**
Salida temprano
del 1ro -
5to.grado 12:30
PM. y Pre -
Kinder- 12:15 PM.

*** 31 de octubre**
Fiesta de Disfraces
de Asistencia
perfecta.
(Debe de tener
asistencia perfecta
en la escuela para
poder venir a la
fiesta.. 2 Oct.-31
Oct.).

*** 1 de November**
- Día de Reporte
de Calificaciones



Padres Favor de recordar:

La asistencia diaria a
clases es obligatoria.
Todos los estudiantes
deben presentarse a la
escuela a tiempo diaria-
mente.



Como reaccionar ante la intimidación **¿Que es la intimidación?**

La intimidación puede ser de muchas maneras. Como pegando, empujando, apodos, burlas, amenazas, enviando correos electrónicos ofensivos, tomando o corriendo con las cosas de otra persona, dejando una persona fuera del grupo y otras cosas ofensivas.

Como podemos darnos cuenta si alguien es un intimidador?

Solamente recuerden esto: Es intimidación si.... Alguien esta lastimando a otra persona a propósito.

¿Que puedes hacer tu para protegerte?

No le des a un intimidador lo que el/ellos quieren. Ellos quieren asustar y/ o molestar. No reaccionen al intimidador. En lugar de actuar enojadamente, tú puedes hacer algo inesperado, como reírte de ellos e irte. Además, tu puedes alzar tu cabeza y decir, ¡"NO"! déjame en paz!, con voz fuerte. Pero lo mas importante, DILE A UN ADULTO acerca de lo que te esta pasando. No esperes, dilo inmediatamente! La intimidación no debe de ser tolerada!

*****Información proveída por <http://www.pacerkidsagainstbullying.org/>** McNamara una escuela donde No hay Lugar para el Odio. Continuamos enfocándonos en prevenir el acoso o intimidación. Nosotros estaremos participando en diferentes actividades durante el mes de octubre en observación del Mes Nacional para la Prevención del Acoso o Intimidación.

PTO News....

PTO Reminders

- PTO is sponsoring the Houston Cookie Dough Fundraiser. Forms and monies are due on or before Oct 11, 2013.
- PTO Program/Meeting will be held on October 17, at 6:00pm in the cafeteria.



- PTO is still asking parents to please collect Box Tops and turn them in to your child's home-room teacher. The class with the most Box Tops will win a pizza party.



Wall of Champions

STAFF OF THE MONTH

Ms. Jacqueline Varnado

TEACHER OF THE MONTH

Mrs. Anderson

VOLUNTEER OF THE MONTH

Ms. Christie Davidson

TEAM OF THE MONTH

5th Grade Team

Heart Health Month
Wear a Red Ribbon



2013

October

2013

Breast Cancer Awareness Month
Wear a pink Ribbon



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Wear a Pink Ribbon	2 Hate/Cape off to Drugs (Wear cape/hate) Fall Picture Day	3 Read for the Record Day Jump Start Reading	4 Shade Out Drugs (Wear Shades)
7 Out Shine Drugs (Wear Yellow)	8 Wear a Pink Ribbon	9 Pair up against Drugs (Dress like a Friend)	10 Wear a Red Ribbon	11 Boot out Drugs (Wear Boots)
14 Orange you glad to drug free (Wear Orange) Hispanic Heritage Month Ends	15 Wear a Pink Ribbon	16 Kiss Away Drugs (Give Hershey's Kisses)	17 PTO Program 6:00 p.m. Wear a Red Ribbon	18 Sock it to Drugs (Wear Crazy Socks)
21 Drugs gives you the Blues (Wear Blue)	22 Wear a Pink Ribbon	23 Black Out Drugs (Wear Black)	24 Wear a Red Ribbon	25 Hugs Not Drugs (Bring a Stuffed Animal)
28 White Out Drugs (Wear White)	29 Wear a Pink Ribbon	30 Early Dismissal 12:30 Parent/Teacher Conference	31 Wear a Red Ribbon	

October is Drug Free Month.

Please remember October is
National Breast Cancer
Awareness Month ...



Self exams and mammograms are of the
utmost importance...

Remember early detection is key!

Drug Awareness Month

Government guidelines suggest that school drug education is most effective when it is reinforced by parents at home. Talking about drugs from an early age may encourage your children to approach you if a problem arises. Please allow your child/ren to participate in our drug awareness activities during this month!



PTO News....

- PTO esta patrocinando a Houston Cookie Dough Fundraiser, se deben entregar las ordenes para el 11 de octubre, 2013
- Programa de PTO/Reunión se llevará a cabo en la cafetería el 17 de octubre a las 6:00 pm.
- PTO Todavía está pidiendo a los padres que por favor coleccionen los BOX TOPS y entréguelos al maestro/a de su hijo/a. La clase que colecciona la mayor cantidad de Box Tops ganarán una fiesta con pizza.



"Mural de Campeones"

Empleado del Mes - Sra. Varnado

Maestro del Mes - Sra. Anderson

Voluntario del Mes - Ms. Davidson

Trabajo en Equipo del Mes
5to. Grado

Heart Health Month
Wear a Red Ribbon



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Favor de recordar que Octubre
es el Mes Nacional para la Pre-
vención del Cáncer del Seno...



Lo más importante son los auto exámenes y
mamo grafías..

Recuerden que la clave es la detección
temprana!

El Mes de Prevención contra el uso de Drogas

De acuerdo a las normas gubernamentales, sugiere que la educación en las escuelas sobre las drogas son más efectivas cuando es reforzado por los padres en la casa. El hablar sobre las drogas a una edad temprana, animara a los niños a acercarse a los padres si tuvieran algún problema. Por favor permita que sus hijos participen en nuestras actividades de prevención contra el uso de drogas durante este mes!





Principal Chenier **SHADES OUT DRUGS**
with McNamara Mustangs.



WE OUT SHINE DRUGS....