



# EAGLE EXPRESS

Issue 05

ADAM ELEMENTARY SCHOOL

November 1, 2018

Visit [www.cfisd.net](http://www.cfisd.net) for district/campus information

## UPCOMING EVENTS

### Nov

- 2 Spirit Cart Open during lunches
- 5 Report Cards Go Home  
PTO Meeting @ 9:30 am -cafeteria  
9:30 am -Fire Truck for Kinder
- 6 Texas Roadhouse Spirit Night
- 9 9 am Veteran's Day Program
- 14 PK, K Mother Goose – Am  
Chick-fil-A Spirit Night
- 19-23 Thanksgiving Break
- 26 Texans Day – wear Texans attire
- 27 Fall Picture Retakes  
4:40-6:30 pm -Fall Catalog Fundraiser  
Delivery- pick up in cafeteria
- 29 Papa John's Spirit Night

### Dec

- 4 Progress Reports Go Home  
Texas Roadhouse Spirit Night
- 7 Spirit Cart Open during lunches
- 10-11 3<sup>rd</sup> & 5<sup>th</sup> Nature Trails
- 11 7 pm Choir Program
- 12 Chick-fil-A Spirit Night
- 18 Holiday Store  
3<sup>rd</sup> Grade Music Program @ 7 pm
- 21 Holiday Parties
- 24-31 Winter Break

### Jan

- 1-4 Winter Break
- 7 Staff/Students Return to School
- 16 Group/Class Pictures
- 21 Student/Staff Holiday
- 28 Report Cards Go Home

### Transportation Reminders:

**We would like to encourage all of our families to take advantage of our bus transportation.** It is a hassle-free way to have your children delivered to a bus stop very near your home. It also cuts down on traffic around the building.

Please do not park in the neighborhood and walk your child to school. If your child is a car rider, you must be in the car rider line.

When in the car rider line, please be aware of our neighbors along Dakar, and do not block their driveways. They may need to come or go from their homes during our arrival or dismissal times.

Please follow the directions of Adam staff. They are trying to provide a safe and efficient way for our students to come and go daily. When students are walking to cars, please put your car in park. After you have your student, please take down your number.

Every Friday is Spirit Day at Adam. Students wearing an Adam Spirit shirt on Fridays, can also wear a hat for the day!



Follow us on social media  
Face Book  
Adam Elementary School - CFISD  
Twitter  
@AdamElementary  
Instagram  
adamelementarycfisd

### School Messenger

Please go to the front page of the [www.cfisd.net](http://www.cfisd.net) Website to sign up for school messenger.

### Emergency Procedure Forms

**It is important that you return your child's Demographic/Emergency Form as soon as possible. Accurate phone numbers are critical in case of an emergency.**

**Reminder! Go to ZPassPlus.com to sign up for email or text messages when and where you student gets on and off the bus. If you have any questions please call the number on the website. There is a \$3.00 replacement fee for lost or damaged badges.**

#### NOTICE TO PARENTS

As a parent of a student at a campus receiving Title I funds, federal law allows you to ask for information about the certification, college major, and advanced degrees of your child's teacher(s). You also have the right to request information about the qualifications of a teacher aide or paraprofessional providing direct services to your child. If you would like to receive this information, you may contact the Cypress-Fairbanks I.S.D. Human Resources Department at 281-897-4099.

A huge thank you to our awesome PTO and all the people who donated and volunteered for the staff baked potato luncheon. We thoroughly enjoyed all the wonderful food, toppings, and dessert!

Adam Staff



### PERSONAL ITEMS:

Please label all lunch boxes, backpacks, jackets/coats and sweaters with your child's first and last name.

# Adam Eagles S.O.A.R.



**Congratulations to the following students whose names were pulled in the S.O.A.R drawing.**

**Each student will be allowed to eat lunch on the stage with a friend.**

**Congratulations to:**

**Kinder:** Cotton Adam, Addisyn Twardowski, Eric Stacy

**1<sup>st</sup>:** Alex Pawloski, Jackson Sanders, Nicholas Liewald, Nada Abu-Hmidan, Juliana Dikio, Evan Lane

**2<sup>nd</sup>:** Steve Gutierrez, Autumn Conrad, Ava Hopkins, Ava Betts, Isabella Carvajal, Cameron Samonte

**3<sup>rd</sup>:** Anna Pham, Lilah Little, Bailee Schaefer, Samuel Rodrigues, Isabell Coraza, Alonzo Mendoza

**4<sup>th</sup>:** Emilia Sole, Melody Chavez, Caroline Mistic, Nimrat Rai, Jaxon Villegas, Madison Tysdal

**5<sup>th</sup>:** Ben Palmer, Cheyanne Tubbs, Tristien Perez, Giovanni Flores, Esther Quintanilla, Tristian Perez

# PTO

## News To Know

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### **NEXT PTO MEETING**

The next PTO Meeting is Monday, November 5<sup>th</sup> at 9:30am in the Adam cafeteria.  
Please join us if you can!

### A special thanks...

to all those at Family Fun Night who purchased silly string or confetti eggs. You helped us raise \$1,224.00 for fifth grade day activities.

### 5<sup>th</sup> Grade Day Prizes

We will be collecting \$5 gift cards or prizes throughout the year to raffle off to our fifth graders on 5th grade day. These can be turned in at any time to the front office. Please address them to Jessica Bodensteiner.

Thank you to the following donors for their generous contributions to Family Fun Night!

Aerodrome
Alicia Nelson
Alley Theatre
AMF Bowling Willowbrook
Best Care Cleaning Service
BlackHorse Golf Club
Brandy French (Maddie Lowe Properties)
Cheryl Underwood
Chick-Fil-A
Copperfield Bowl
Cypress Academy
Cypress Oral & Maxillofacial Surgery
Eyes on Cypress
HEB
Houston Astros
Houston Museum of Natural Science
Houston Pediatric Dental Specialists
Houston Swim Club Cypress
Houston Zoo
Julie Long
Kevin James McCrea Photography

Laurenzo's El Tiempo
Lisa Hart
Panera Bread
Pine Cove Camps
Raising Canes
Rossi Vazquez
Texas Orthodontic Specialists
The Goddard School - Crossroads
Tippit Dental
Urban Air
VillaSport Athletic Club and Spa
Wortham Madison Properties
Wortham White Sharks

Congratulations to our bake sale winner for Best Cake... Zima Cantu! Thank you, Zima! Congrats on winning two years in a row!

*United States Veteran's and  
Active Duty Personnel*

*You are invited to attend a special*

*Veteran's Day celebration at*

*Adam Elementary School*

*11303 Honey Grove, Houston, TX 77065*

*A Ceremony will be held in your honor*

*Friday, November 9, 2018 at 9:00am*

*We will assemble around the Adam flagpole*

*Breakfast will be provided by*

*Cypress United Methodist Church*

*And the Adam PTO*

*Please join us for a time of singing and fellowship*

*Our students wish to thank you for your service to our country*

**Never Forget Their Service**

*Be sure to stop by the Honor Flight Houston table for information  
on the services they offer to veterans.*

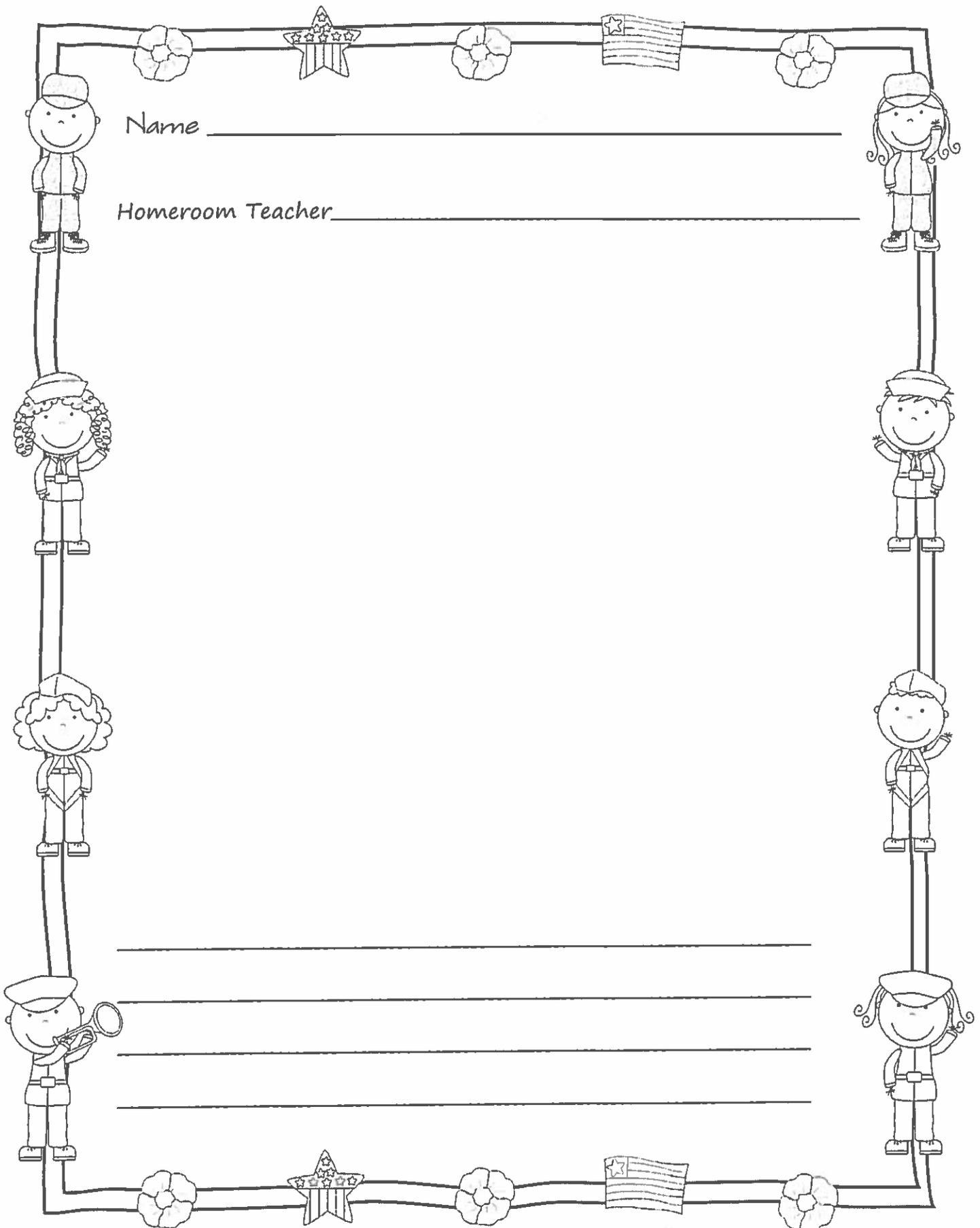
## **Have a Veteran You'd Like to Honor?**

Attached is a form you can fill out to honor your special veteran. Please either attach a photograph or have your child draw a picture of your veteran. Have your child tell us a little bit about the veteran. Be sure to include the veteran's name, branch, rank, your child's name, relationship to the veteran, and the name of your child's homeroom teacher. Your photo and paper will be returned to you. **Please have your child turn in their picture to their homeroom teacher by November 2<sup>nd</sup>.** These will be displayed for our Veteran's Day celebration on November 9<sup>th</sup>.

Reminder: The Veteran's Day ceremony will take place at 9:00am, Friday, November 9<sup>th</sup>, 2018. We ask if you are attending to save our school parking lot for our veterans.

## **¿Tienes un veterano al que te gustaría rendir honores?**

Enseguida se encuentra incluida una forma para honrar a ese veterano tan especial. Debe de agregar una fotografía o su hijo puede hacer un dibujo. Su hijo debe de escribir algo acerca de esta persona. Asegúrese de escribir el nombre completo del veterano, área de desempeño, rango, y el nombre de su hijo y la relación que tiene con el veterano así como el nombre del maestro de clase. La fotografía y la forma serán devueltas a usted. **Es importante que devuelva esta forma a la escuela y sea entregada a su maestro a más tardar el martes 2 de noviembre.** Estas serán exhibidas en la celebración del Día de los Veteranos el próximo 9 de noviembre.



Name \_\_\_\_\_

Homeroom Teacher \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# November 2018



## Family Fitness Daily Movement Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>DAILY CHALLENGE:</b> CFISD would like to challenge all families to incorporate more movement into their daily routine for a healthier lifestyle.</p> <p>For each daily activity, try to move consistently without stopping for at least 15 minutes. If you move for 20 minutes, GREAT! If you move for 30 minutes, EVEN BETTER! If you move for 60 minutes, AWESOME!!!</p> <p>So, grab a family member or a friend and <b>GET MOVING TODAY!</b></p>				<p><b>1 Catch</b> Practice your catching skills by catching a ball thrown to you by someone else.</p>	<p><b>2 Inchworms</b> Keeping your legs straight place your hands on the ground, walk them into pushup position, then walk your legs back to your hands.</p>	<p><b>3 Jump Rope</b> Grab a jump rope and grab a friend. Take turns jumping rope. Jump rope until you miss before passing the rope to your friend.</p>
<p><b>4 Skill Practice</b> Dribble any ball 100 times with your dominant hand. Switch and do another 100 dribbles with your non-dominant hand.</p>	<p><b>5 Total Body</b> 10 squats 10 push-ups 10 walking lunges 10 Jumping jacks Repeat</p>	<p><b>6 Jog</b> Go for a jog at a good steady pace for 15 minutes. Try to do it without stopping, but stop if you need to.</p>	<p><b>8 Push Ups!</b> See how many push-ups you can do. Take a 1 minute break and try again.</p>	<p><b>8 Locomotor Skills</b> Practice your locomotor movements by skipping 10 times, galloping 10 times, and sliding 10 times. Repeat for 15 minutes</p>	<p><b>9 Raise the Roof!</b> Do body squats and lift your arms over your head at the top of your squat. Do them until you are tired!</p>	<p><b>10 Shadow Boxing</b> Without touching anyone, punch down to the ground towards your own shadow.</p>
<p><b>11 Family Adventure</b> Go for a hike with your family today. Try to keep a vigorous pace and work up a sweat.</p>	<p><b>12 Create</b> Create a new game with a friend today using a ball.</p>	<p><b>13 The Jumping Leprechaun</b> Jump as high as you can, attempting to click your heels together underneath you. Repeat for 1 minute.</p>	<p><b>14 Tape It Front</b> Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. Repeat 10 times.</p>	<p><b>15 Rock, Paper, Scissor Tag</b> Meet in the middle, play, winner chases the loser back to safe zone. If tagged, join the other team.</p>	<p><b>16 Bike Ride</b> Go for a bike ride for at least 1 hour. Don't have a bike? Go for a walk/jog, or do bicycle crunches.</p>	<p><b>17 Dance</b> Put on your favorite song and make up a dance to it. Teach your dance to someone else. Perform it for an audience.</p>
<p><b>18</b> <b>Holiday</b>  <b>Get outside and get moving!</b></p>	<p><b>19</b> <b>Holiday</b>  <b>Get outside and get moving!</b></p>	<p><b>20</b> <b>Holiday</b>  <b>Get outside and get moving!</b></p>	<p><b>21</b> <b>Holiday</b>  <b>Get outside and get moving!</b></p>	<p><b>22</b> <b>Holiday</b>  <b>Get outside and get moving!</b></p>	<p><b>23</b> <b>Holiday</b>  <b>Get outside and get moving!</b></p>	<p><b>24</b> <b>Holiday</b>  <b>Get outside and get moving!</b></p>
<p><b>25 Jump Rope</b>  See how many different ways you can jump rope. Can you do each one for 1 minute straight?</p>	<p><b>26 Jumping Jacks</b>  Execute jumping jacks for 1 minute without stopping. Take a break for 1 minute. During the break, do as many crunches as you can. Repeat for 15 minutes.</p>	<p><b>27 Walking</b>  Go for a walk with a grandparent or adult relative who takes care of you.</p>	<p><b>28 Hopscotch</b>  Make a hopscotch court and play with your family.</p>	<p><b>29 Play</b>  Grab a few friends and play a few tag games like "Capture the Flag".</p>	<p><b>30 Run</b>  See how fast you can run a mile. Have a family member time you.</p>	