

Explorer Experience

Volume 6 Issue 1

August 29, 2016



Dates to Remember

Sep. 5 - Labor Day Holiday : NO SCHOOL

Sep. 7 - Open House, 5:30 pm

Lunch Information

You are welcome to eat lunch with your child in the cafeteria. If you choose to bring him/her lunch it's only for your child. Please check in at the office and obtain a visitor's pass.

Birthdays, Deliveries...

If your child wants to celebrate a birthday at school we will only allow store bought goodies that the teacher will pass out at 2:55. No parties are allowed.

Likewise, the office will not be accepting student deliveries of any kind through out the school year.

Tardies: Please make every effort to be on time, everyday. Valuable instruction time is lost when students are tardy or absent. School begins promptly at 8 am and ends at 3:02 pm.

WELCOME BACK TO SCHOOL

— A message from our Principal, Mrs. Hope Ramos-Uribe

Welcome back to an exciting 2016 - 2017 school year at Rafael Galvan Elementary School. We are off to a great start. We are thrilled to have you as part of the Galvan family. As you may have noticed we have added quite a few new students this year which has resulted in high traffic volume. I want to thank you for your patience as we all work together to improve our system as we work towards the best school year. Please be mindful of the traffic flow changes (one way) on our streets and remember to use the name cards during pick-up. The use of those cards is effective in getting everyone in and out in a safe and timely manner.

I want to let you know how excited and honored I am to serve you as your principal for another year. I am looking forward to working with you and your child(ren) throughout this year. I'd also like to re-introduce to you our Assistant Principal, Melve Franco. If you have any questions or concerns please don't hesitate to contact one of us at (361) 878-2800.

Each week we will publish this "Explorer Experience" that will contain valuable information for you. Please read it thoroughly. You can also visit us on the web: galvan.ccsid.us to obtain more information.

Thank you for all you do to support our students and staff.

Upcoming Menu

Mon. 8/29	Tues. 8/30	Wed. 8/31	Thurs. 9/1	Fri. 9/2
Breakfast: Sausage biscuit	Breakfast: Cereal combo	Breakfast : Bagel	Breakfast: Mini pancakes	Breakfast: Banana Bread
Lunch: Chicken Alfredo Vegetables Lettuce salad Pineapple	Lunch: Corndog Baked beans Carrot/Raisin salad Apple	Lunch: Steak fingers Mashed potatoes Broccoli Orange	Lunch : Macaroni meat sauce w/ macaroni Vegetables Spinach salad Peaches	Lunch : Chicken sandwich Glazed carrots Vegetables Fruit cocktail



Turn over for More Exciting News on page 2.



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Back to School Tips

... As children head back to school here are a few suggestions to get into school mode.

1. Get your child into a set bedtime routine.
2. Get your child involved in after school programs to keep them active.
3. Meet your child's teacher and keep in contact.
4. Review the rules for "screen time" and limit how much time they spend on these objects.
5. Establish a "family time" daily when parents and children can discuss the day.
6. Show your kids how to manage their time.

Character First Trait

This month's character first trait is FLEXIBILITY. FLEXIBILITY is the willingness to change plans or ideas without getting upset. As a student of flexibility I will ...

- ◆ Not get upset when plans change
- ◆ Respect the decisions of my authorities
- ◆ Not be stubborn
- ◆ Look for the good in changes
- ◆ Not compromise what is right

An animal that represents flexibility is the chameleon who must adapt its behavior and physical characteristics in order to survive.

Running Team

Many of you have been asking about running team. Yes, we will have a running team for those students who try out and meet the qualifications. More information will come in mid—September. Right now, it's just too hot to run at 3:30 PM. Thank you for your interest.



Health Notes

Eating Better ...

We all want our kids to eat healthier, but we first have to teach them what that means. Use the following suggestions to promote healthy eating.

1. Start the day with a healthy breakfast.
2. Eat slowly
3. Eat more fruits, vegetables, and whole grains.
4. Drink plenty of fluids, especially water. Stay away from cokes, sports drinks, and caffeinated beverages.