

# Explorer Experience

Volume 6 Issue 5

September 26, 2016



## Dates to Remember

Oct. 6 - 1st day running team practice

## Morning Drop Off ....

You are welcome to drop your child off at their classroom before school only if you arrive by 7:55. After that time you will need to leave them at the front door and the child may either walk on his/her own or a staff member can escort your child to class.

Thank you for your understanding so our teachers can begin instruction promptly at 8am.

## 17<sup>th</sup> Annual Grandparents and Other Relatives Raising Children Conference ....

Wednesday, September 28, 2016

8:00 a.m. – 1:00 p.m.

American Bank Center – Watergarden Room

To register to attend call 361-883-3935 or 1-800-817-5743

**Thank you** for your continued support as we continue to improve our morning drop off and afternoon pick up routines.

**AWESOME News! ....** We are so proud to announce that our own school has earned a “5 STAR” rating from the Texas Education Agency !! We met state standards in student achievement in reading and math, student progress, closing performance gaps, and postsecondary readiness. Way to go Galvan Explorers!! We have our entire community to thank for the great success of our school. **YOUR** child(ren) is(are) attending a top notch school, one of the top elementary schools in the city.

**PTA** is continuing their annual membership drive. Please be sure to join our Galvan PTA and be the voice for your child(ren)’s educational experience as we work together to move our campus forward. There will be a contest for each class with the most membership and prizes will be awarded. Be on the lookout for more information from our PTA.

**Running Team ...** Galvan is gearing up for another fun running season. Now that fall is here, and the weather will be cooling off a bit it’s time to get back to running. So, lace up your running shoes and start practicing on your own. First practice will be on Thursday, October 6th and tryouts will take place the following week. Please come dressed out in shorts, a shirt, socks, and running shoes. Be sure to bring a water bottle.

## Upcoming Menu

Mon. 9/26	Tues. 9/27	Wed. 9/28	Thurs. 9/29	Fri. 9/30
Breakfast: Sausage slider	Breakfast: Cereal combo	Breakfast : Cinnamon round	Breakfast: Choc. French toast	Breakfast: Banana Bread
Lunch: Chicken fajita Pinto beans Lettuce salad Applesauce	Lunch: Corn dog Baked beans Carrot/raisin salad Apple	Lunch: Steak fingers Mashed potatoes Broccoli Roll	Lunch : BBQ on a bun Potato wedges Lettuce salad Fresh fruit	Lunch : Roasted chicken Green beans Roll Fruit cocktail



Turn over for More Exciting News on page 2.



# Explorer Experience

Volume 6 Issue 5

September 26, 2016



## What can I do to help my child ? ...

As children bring home homework there are things you can do to aid in their success.

1. Set up an after school routine and stick to it.
2. Make time for a quick snack. While snacking ask your child to tell you something he/she learned in a specific subject.
3. Set aside a specific spot with materials (pencils, pens, crayons, paper) your child might need to work.
4. Set a timer - use this to mark working periods. When the timer dings, your child takes a break.

## 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.

**BoxTops for Education .... Are you helping out?** Clipping box tops is an easy way for you to help our school buy what it needs. Each box top is worth 10 cents which will add up as real cash for our school. PTA's goal this year is to use the money to buy each class recess equipment. So, please clip those box tops and send them to school with your child.



## Health Notes

**Nutritious Backpack Snacks - healthy snacks that will survive in the backpack until after school ...**

1. Trail mix of nuts, dried fruit, pretzels
2. Air popped popcorn
3. Fruit cups packed in their own juice
4. Homemade cracker sandwiches make with whole grain crackers and any nut butter
5. Fresh fruit like peeled tangerines, pineapple or melon chunks, or grapes that have been washed, dried, and stored in a zipper bag