

# BOBCATbeat

Oak Forest Elementary

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Arboretum

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By Kaitlyn Kelly

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By Angela Foster

Send your submissions to:  
bobcatbeat@oakforestpta.com

Next submission deadline:  
November 5th

## A NOTE FROM PRINCIPAL POLLACK

Our Oak Forest Bobcats have had a great start to the 2010-2011 school year. We want to remind everyone about Houston ISD's Parent-Student Connect. Parents can log in to this program to view their child's grades, progress reports, and a calendar. In order to register, please go to [www.houstonisd.org](http://www.houstonisd.org) and select the "parents and students" link. You can then log in to the program. A link is also available on the Oak Forest website.

I would also like to take this opportunity to remind you of some upcoming events. On Friday, October 22<sup>nd</sup>, report cards will be going home. In addition, it is also an early dismissal day and students will be released at 12:30. There are several activities scheduled to help everyone with the magnet application process. On Wednesday, October 27<sup>th</sup>, at 6 PM, we will be hosting a Middle School Night. Parents and students will have the opportunity to hear from representatives from several of our HISD middle schools. On November 6<sup>th</sup>, the Magnet Open House will be held at the Hattie Mae White Building (4400 W. 18<sup>th</sup> Street) from 9-12. All magnet schools will be represented and it will provide you with an opportunity to see all of the wonderful programs offered by HISD. Magnet Awareness Week will be held on November 8-12 and all magnet schools will be offering tours. Finally, our PTA has been working tirelessly to plan for our Fall Festival that will take place on November 13<sup>th</sup> from 11-3. We hope to see all of our families at this wonderful event.

## MAGNET AWARENESS WEEK

The Oak Forest Vanguard Magnet Program will begin accepting applications for the 2011-2012 school year on November 8, 2010. Deadline for the first round of screening is January 7, 2011.

The Vanguard Magnet Program at Oak Forest serves students who have been identified as potentially gifted or talented in intellectual ability, creativity, or leadership. The program offers a differentiated curriculum that is both accelerated and enriched. Students are engaged in high-level thinking, academic rigor, research, and development of advanced level products. Testing is required.

Applications are available in the main office, Vanguard Magnet office, or online at [www.houstonisd.org](http://www.houstonisd.org) at the Vanguard/Advanced Academics or Magnet link.

All required documents are listed on the application. Even though your child is at Oak Forest the parent is responsible for providing all of the necessary copies of documents. Current proof of residence is required when application is submitted. Parents will be notified of any needed testing for mid January.

Please contact Jacquelyn Maida or Sylvia Cardenas @ 713-613-2538 for questions or concerns.

## NEW!! HOMEROOM PARENT LIAISON COMMITTEE

We are the new Homeroom Parent Liaison Committee. Our goal is to assist in getting PTA event information to the parents and alleviate some of the work for the teachers.

This liaison parent will provide correspondence to parents in reference to PTA events. Our focus is to keep the parents informed, as well as provide a contact person for PTA questions.

If you have any question please feel free to contact us at any point. We thank you in advance for you participation and corporation.

You can also visit [www.oakforestpta.com](http://www.oakforestpta.com) for a detailed description of PTA committees, up-coming events and volunteer opportunities.

Thank You,  
PTA-Homeroom Parent Liaison Committee  
Marlo McClung  
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[homeroom@oakforestpta.com](mailto:homeroom@oakforestpta.com)  
Sandra O'Gyunn  
[sjoguynn@yahoo.com](mailto:sjoguynn@yahoo.com)

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## MY FAVORITE THING ABOUT OAK FOREST ELEMENTARY

BY KAITLYN KELLY - 5TH GRADER

My favorite thing about Oak Forest Elementary is all the different ancillary classes that are available. One day I have physical education, the next day I am learning about the different parts of a computer. On Wednesday, I have art where we are making clay cartoon figures. The next day I might be playing bells and listening to music or I might be learning about the author's purpose. I love all the different varieties of subjects and the cool things we get to do. I hope everybody enjoys it as much as I do. That is my favorite thing about Oak Forest Elementary!

## TEACHER APPRECIATION

Now is the time to get involved and show your appreciation for our wonderful Oak Forest teachers and staff. The Teacher Appreciation Committee is cooking up an October surprise that will surely bring smiles to their faces. If you would like to take part in this surprise or any others that we have planned throughout the year, please send us an E mail and we'll fill you in. Thanks!

Doris Bowes  
Barbara Chamberlin  
[taps@oakforestpta.com](mailto:taps@oakforestpta.com)

## FROM THE LIBRARY:

For AR information and test lists, visit the Oak Forest website at <http://es.houstonisd.org/OakForestES>.

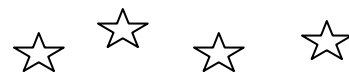
To access the library catalog 24 hours a day, visit <http://library.houstonisd.org/> click on **Elementary Schools** and find Oak Forest. You will be able to search to see if we have a book and if it is available.

If you have any questions, e-mail Mrs. Campbell at [jcampbel@houstonisd.org](mailto:jcampbel@houstonisd.org)

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## Arts In Education



There are a lot of cultural events happening around the city of Houston during the month of October. With this great weather, festivals with music and dance are happening every weekend. The Miller Outdoor Theater and Discovery Green have some great performances during the month where you and your family can enjoy the weather and performing arts at the same time. Here are a few events happening in Houston during October.

**Dance Source Houston Anniversary Show.** Two of Houston's best Contemporary Dance Companies perform. See a celebration of movement and form as each company presents old favorites and recent creations. All Ages. Free. 7:30pm. Friday, October 15 Discovery Green, 1500 McKinney, Houston. 713-400-7336 or [www.discoverygreen.com](http://www.discoverygreen.com).

**Classic Albums Live: Pink Floyd's "Dark Side of the Moon."** Craig Martin has assembled a cast of talented singers and musicians who recreate the entire classic rock album and then perform a selection of "greatest hits." All Ages. Free. Friday, October 15 at 7:30pm. Miller Outdoor Theater, 100 Concert Drive, Houston. 281-373-3386 or [www.milleroutdoortheatre.com](http://www.milleroutdoortheatre.com).

In celebration of the Day of the Hispanic World, the Institute of Hispanic Culture presents a professional theatrical production of Hispanic folkloric music and dance. All Ages. Free. Saturday, October 16 at 7:30pm. Miller Outdoor Theater, 100 Concert Drive, Houston. 281-373-3386 or [www.milleroutdoortheatre.com](http://www.milleroutdoortheatre.com).

**HSPVA at Discovery Green.** Acclaimed jazz man and HSPVA alum Jason Moran takes the stage at Discovery Green for a solo concert. HSPVA Jazz Ensemble opens for him. Critics have hailed Moran as a groundbreaking artist who pushes the boundaries of his genre. All Ages. Free. Thursday, October 21 at 7pm. Discovery Green, 1500 McKinney, Houston. 713-400-7336 or [www.discoverygreen.com](http://www.discoverygreen.com).

If you have any questions or know of future events, please contact the Arts in Education Chairman, Frankie Hickman at [singinkeys@comcast.net](mailto:singinkeys@comcast.net) or co-chair Maricela Pina at [pinamaricela@yahoo.com](mailto:pinamaricela@yahoo.com).



## BEAN TUNNEL

Did you know that beans can grow on trellises? Ms. Paule's and Ms. Anastasia's students planted beans that will grow up the sides of the new tunnel that was constructed in the Arboretum. Soon we hope to see speckled limas, extra long green beans, and purple hyacinth beans climbing happily there. Let's see how tall they grow!

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# MADAM PRESIDENT

## A CONVERSATION WITH RHONDA JONES

BY ANGELA FOSTER

You've seen her on the microphone at PTA meetings;  
you've seen her slicing watermelon for Field Day;  
you've seen her in car line;  
you've seen her at Plonk.

But just who is Rhonda Jones?

I had the chance to ask her a few questions to see if we could find out more about our favorite PTA President:

1. Are you a morning person or a night owl?

*I am definitely a night owl and have on occasion been called a hoot!*

2. If you could be any animal, what would it be?

*I would love to be an elephant, as they have great memories and can't easily be pushed around.*

3. What was your favorite childhood TV show?

*"Wonder Woman" because I love girl power.*

4. If you could have any superpower, what would you choose?

*It would be the ability to fly because I absolutely hate traffic.*

5. If you could visit anywhere in the world, where would you go?

*It would be Rome.*

6. Name one thing you love about being a grown up.

*I love being a grown up because I can vote!*

7. Name one thing people don't know about you.

*I am allergic to coconut.*

8. What's your favorite thing to do on a Sunday afternoon?

*I like to spend Sunday afternoons having big family dinners.*

9. What's your dream job?

*Being a MOMMY.*

10. If you had 1 million dollars, what would you spend it on?

*I would feed Houston's hungry children.*

And of course, the ultimately defining question: Ninjas or pirates?

*Ninjas rule!*

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# Healthy Kids Healthy Kids

## BOBCATS PARTICIPATE IN SUGAR KIDZ TRIATHLON



We are excited to announce that our own Oak Forest Elementary students are staying active and exercising!

The fourth annual Sugar Kidz Triathlon took place on Saturday, Sept 11, at Sugar Creek Country Club in Sugarland, TX, with four Oak Forest Elementary students making quite a statement in their respective age/gender division! More than 350 kids from across Houston participated in this race, which included a 25 yard swim, 1-mile bike, 1/4 mile run. Among the Oak Forest Elementary participants were Landon Croker (1st grader, Ms. Valdez), Li Bahler (1st grade, Ms. Llamo), Mei Bahler (3rd grade, Ms. Vallejos), Skye Sustala (1st grade, Ms. Llamo), and Scout Sustala (2nd grade, Ms. Anastasia).

Landon said, "I loved finishing my first triathlon, just like my dad, and receiving a cool medal at the finish line! The free ice cream at the end was great, too."

Training wheels were allowed for participants in the 5-7 age group, and swim instructors were in the pool to help children about every five yards. Li and Mei Bahler's mother, Dd, is an active triathlete and a member of the team The Fort Bend TriPsychlones who organized this youth race.

From a training perspective, these kids love to regularly ride their bikes for fun around the neighborhood—riding trails such as the perimeter of Candlelight Park, White Oak Bayou Trail, or the Nicholson Trail in the Heights. They also participated in their local swim team programs over the summer, which can be very helpful for learning proper strokes. A good website to peruse for future kids' triathlons around the state is [www.trifind.com](http://www.trifind.com). Well done, Bobcats!

## LUNCH LINE DOCUMENTARY PREMIERE IN HOUSTON

Interested in learning more about school lunch programs? A documentary film titled *Lunch Line* will be shown at 6:30 p.m. at the Health Museum on Thursday, October 28. The documentary examines the state of America's school lunch programs through the eyes of six Chicago inner-city students. The event is free; however, you must RSVP to reserve a seat. Go to this website for more details and to make your reservation:

<http://www.thelunchtray.com/wp-content/uploads/2010/09/Lunch-Line-Screening-in-Houston-Invitation-10.28.10.jpg>

## BOBCATS, LET'S GET MOVING!

The 2011 Texas Children's Hospital Fun Run will take place on Saturday, January 29. The race will begin promptly at noon. **Oak Forest Elementary has a team for this event!** It's free to sign up and participate. Go to this link and click on the "continue" button at the bottom of the page to register: <https://secure.marathonguide.com/register/TexasChildrensRun/SchoolEntry.cfm?Code=76cjw5>

**Oak Forest Elementary also has a team** for the 2010 Walk Now for Autism Speaks event taking place on Saturday, October 16 in Reliant Park, Westridge Lot. Registration is at 8:00 a.m. and the walk starts at 10:00 a.m. Contact Mrs. Adame for more details or go to this website: [www.walknowforautismspeaks.org/Houston](http://www.walknowforautismspeaks.org/Houston)

### LEARN ABOUT THE NATIONAL HEALTHY SCHOOLS CAMPAIGN

A great way to get involved or at least learn more about our nation's health campaign is to go to the Healthy Schools Campaign website: <http://www.healthyschoolscampaign.org/>

The Healthy Schools Campaign advocates for policies and practices that allow all students, teachers and staff to learn and work in a healthy school environment. It is a good resource of information for parents, teachers, and the community.

### WHAT'S FOR DINNER?

Don't feel like cooking dinner but want to put some healthy food on the table? Check out [www.greenplatekids.com](http://www.greenplatekids.com). They serve up some nutritious meals for kids and parents, and they are always expanding their menu.

Another option is [www.gourmetprepmeals.com](http://www.gourmetprepmeals.com), describing itself as "Houston's first "ready-to-cook" meal service, perfect for anyone who craves a home-cooked meal, but has no time to plan, shop, and chop."

## CONTACT US!

Do you want to be featured in the next Healthy Kids section of the Bobcat Beat? Let us know what you are doing to eat right and stay fit! Email us your story, name, age, grade, teacher, and a photo of you doing your part to stay healthy: [healthykids@oakforestpta.com](mailto:healthykids@oakforestpta.com). The deadline for submissions is Nov. 1!

## OAK FOREST GARDEN

The Environment Committee has 10 teachers signed up to work the garden this year. The children plant their own seeds and are responsible for watering their class' raised bed. The garden will have a selection of seasonal, organic vegetables when the children begin planting in a few weeks. We currently have a 'bean tunnel' that Ms. Paule and Ms. Anastasia's classes planted. The beans will grow up over the frame and create a tunnel that the kids can eat from and play in. We are also waiting for the watermelon to ripen. This month's featured recipe contains some of what the garden has currently: jalapenos, tomatoes and basil.

### **Fresh from our Garden: Tomato sauce with herbs**

#### Ingredients

2 pounds ripe tomatoes  
3 tablespoons extra-virgin olive oil  
1 red onion, finely chopped  
3 garlic cloves, thinly sliced  
1 tablespoon fresh thyme leaves  
1 oregano sprig  
Pinch chili flakes  
1 teaspoon sugar  
1 pound dried angel hair pasta  
1/4 cup grated Parmesan, plus more for garnish  
1/4 cup basil, plus whole sprigs for garnish

#### Directions

Bring a large pot of water to a boil and prepare an ice water bath. Cut a small "x" on the bottom of each tomato. In batches, place the tomatoes in the boiling water and blanch them for about 30 seconds to 1 minute, or until the skins are easy to peel away. Remove and immediately plunge into the ice bath. Peel the tomatoes and halve horizontally. Squeeze out the seeds, using your fingers to get them all. Roughly chop the peeled and seeded tomatoes. Set aside. (You can also use whole peeled canned tomatoes. Simply drain them, seed, and roughly chop).

Heat a large saute pan over medium high heat. Add the olive oil and heat. When the oil is hot, add the onions and garlic and saute for 2 minutes. Add the thyme leaves, oregano sprig, and chili flakes and saute until the garlic begins to turn golden brown. Add the tomatoes and the sugar and stir well. Lower the heat and cook slowly until the mixture is fairly dry, about 15 minutes.

Cook the angel hair pasta in boiling, salted water until al dente. Drain the pasta and add it to the sauce. Add the Parmesan and basil and toss well. Place in a large pasta bowl and garnish with Parmesan and basil sprigs.



Bobby Says...

Show Your Oak Forest Spirit!

# "Responsibility"

Being responsible means being dependable, keeping promises and honoring our commitments. It is accepting the consequences for what we say and do. It also means developing our potential.

People who are responsible don't make excuses for their actions or blame others when things go wrong. They think things through and use good judgment before they take action. They behave in ways that encourage others to trust them.

## Here Are Some Ideas:

Be reliable and dependable; when you agree to do something, do it.

Take care of your own business. Don't make others do what you are supposed to do.

Take responsibility for your actions; don't make excuses or blame others.

Use your head; think before you act; imagine the consequences.

Make plans and set goals

## Things We Can Do Every Day:

Help with household chores without reminders.  
Doing homework on time and keeping school work in order.  
Keep our promises and honor our commitments.

## Parents – What You Can Do:

Children need to learn that being part of a family and a community involves accepting responsibilities. When each of us acts responsibly, our families and communities will be stronger.

Watch for ways your child is being responsible. Give positive feedback and appreciation when you see responsible actions.

Share examples of how you or someone you know was responsible today.

If your child forgets to be responsible, encourage a fresh start.

## Reading Material Illustrating Responsibility from the Oak Forest Elementary's Accelerated Reading List:

Ramona's World - Cleary, Beverly (level - 4.8)

Miss Rumphius - Cooney, Barbara (level - 3.8)

My Father's Dragon - Gannett, Ruth Stiles (level - 5.6)



## ☆ BOX TOPS COLLECTION STARTS STRONG! ☆



### SUPER SEPTEMBER

Thank you, Oak Forest Bobcats! You are Box Top Super Stars! We have collected over **4,900 Box Tops** so far!! We are sure to meet our goal for the school year of **20,000 Box Tops**!

### BOX TOP PARTICIPANTS

A big THANK YOU to everyone who participated in the Box Top (BT) collection for September! Over 100 students turned in Box Tops. See the full list below. The names of the participants who submitted over 100 Box Tops each are underlined! Persephone Dougherty is the TOP PARTICIPANT with a total of 659 Box Tops!

Amos, Carson	De Los Santos, Isaac	Johnson, Brayden	Moreno, Anthony	Smith, Sydney
Anzaldua, Eli	De Velazco Torres, Leonardo	Jones, Samuel	<u>Morin, Victoria</u>	Storms, Alexander
Anzaldua, Mya	Derryberry, Taylor	Kelley, Kindel	Padilla, Anthony	Tapia, Emmanuel
Arguijo, Valerie	DeVelazco-Torres, Miguel	Kennedy, Paige	Padilla, Gilbert	Tate, Collin
Aymond, Cole	<u>Dougherty, Persephone</u>	Lange, Samuel	Pina, Rafael	Tristan, Victoria
Barrett, Dylan	Drinnon, Greer	Lewicki, Michael	Ramos, Trajan	Troncale, Christian
Bertrand, Angelica	Dulin, Ethan	Lightfoot, Dylan	Read, Spencer	Troncale, Paul
Bertrand, Liliana	Duran Puente, Alexa	Long, Brodie	Reid, Elizabeth	Turner, Kolby
Briney, Ashley	Earle, Kennede	Long, Tenley	Reid, Samantha	Van Campen, Tobias
Bunge, Akira S	Evans, Isabella	Luna, Elizabeth	Reyes, David	Vela, Frank
Butterwick, Sierra	Fay, Austin	Marsden, Kathryn	Reyes, Denise	Villarreal, Ariana
Cardenas, Olivia	Ferrell, Brooke	Martin, Emma	Rivera, Daisi	Villegas, Alina
<u>Carker, Christopher</u>	Flaniken, Caitlyn	Martin, Ian	Roark, William	Ware, Maren
Carroll, Aubrey	Flores, Katya	Martinez, Alia	Rodriguez, Stephani	Weathers, Cierra
Carter, Ainsley	Garcia, Emely	Martinez, Lily	Rosilez, Victoria	Wheeler, Alyssa
Channell, Hannah	Garcia, Zariah	Martinez-Guzman, Joan	Ross, Elisabeth	Wheeler, Daniel
Coleman, Maclaren	Griffin, Wesley	Matula, Macy	Ruiz Alvarez, Ana	White, Christian
Cones, Cassidy	<u>Gutierrez, Nancy</u>	Matula, Margo	<u>Ryden, William</u>	White, Owin
Correa, Brianna	Guzman, Nicole	McClung, Matthew	Sanchez, Brayon	Yates, Amanda
Craig, Katelyn	Hickman, Jacqueline	McDaniel, Ian	Sanchez, Kayla	Yates, Justin
Crochet, William	Hill, Jordan	McDaniel, Julia	Sanders, Alexandra	Zaiantz, Madeline
Croker, Landon	Holley, Kristina	<u>McGee, Brandon</u>	Sanders, McKenna	Zavala, Yaira
Dabney, Arden	Hurtado, Heidi	Mclaughlin, Quianna	Sarmiento-Cala, Fernando	
Davis, Isaiah		Meade, Ava	Schmidt, Celeste	
Davis, Olivia		Mitchell, John		

### SEPTEMBER WINNERS

- ☆ Top Class: Ms. Vallejos' 3<sup>rd</sup> Grade class collected 998 Box Tops. They have earned an extra 15 minutes at recess.
- ☆ September's Raffle winners who have won an Oak Forest spirit shirt are: Matthew McClung and Victoria Morin.
- ☆ All participants won a small thank you prize. Every contribution is appreciated!

### REMINDERS & TIPS

- ✓ **Use the "10 to Win" Raffle Slips (included in this Bobcat Beat).** Remember to fill in the Raffle slip with your information and place the slip along with 10 Box Tops in a baggie or envelope. Please do NOT staple Box Tops.
- ✓ Drop Box Tops at the big red Box Tops container at the school's front entrance or turn them into your teacher.
- ✓ Turn in a raffle slip with every group of 10 Box Tops. HINT: Students with multiple entries have more chances to win a monthly raffle prize!
- ✓ Do NOT turn in EXPIRED Box Tops. Oak Forest will not get credit for any expired Box Tops.
- ✓ Make sure the Box Tops clearly display the expiration date. Although torn Box Tops may still be submitted, only Box Tops that clearly show the expiration date will be accepted so that Oak Forest can get credit for them.
- ✓ Make sure you only submit official Box Tops. They should always include an expiration date. Pictures of Box Tops that are cut out from packages do not count unless they show an expiration date.

### 2009-2010 SCHOOL YEAR HIGHLIGHTS

Last school year, the TOP FIVE PARTICIPANTS for the year were Christopher Carker (349 BTs), Persephone Dougherty (1,455 BTs), Connor O'Guynn (528 BTs), Savannah Rubendall (299 BTs), and Collin Tate (347 BTs).

# Oak Forest Box Tops Raffle Sheet (for up to 5 entries)

Just attach **10 To WIN** in each section

*(HINT: Box Tops can be placed along with a raffle slip in a zip bag or envelope.)*

Turn in your Box Tops at the big red Box Tops container at the school front entrance or turn them in to your teacher. Look for Box Tops on your favorite products. Include one slip with 10 Box Tops.



Name \_\_\_\_\_  
Home Room Teacher \_\_\_\_\_ Pod \_\_\_\_\_  
Grade \_\_\_\_\_ Entry Date \_\_\_\_\_



Name \_\_\_\_\_  
Home Room Teacher \_\_\_\_\_ Pod \_\_\_\_\_  
Grade \_\_\_\_\_ Entry Date \_\_\_\_\_



Name \_\_\_\_\_  
Home Room Teacher \_\_\_\_\_ Pod \_\_\_\_\_  
Grade \_\_\_\_\_ Entry Date \_\_\_\_\_



Name \_\_\_\_\_  
Home Room Teacher \_\_\_\_\_ Pod \_\_\_\_\_  
Grade \_\_\_\_\_ Entry Date \_\_\_\_\_



Name \_\_\_\_\_  
Home Room Teacher \_\_\_\_\_ Pod \_\_\_\_\_  
Grade \_\_\_\_\_ Entry Date \_\_\_\_\_