

Denae Wilker
Principal

Candace Mathis
Asst. Principal

THE
GALATAS


GAZETTE

LUNCH SCHEDULE

K	11:15-11:45
1st	11:30-12:00
2nd	11:45-12:15
3rd	12:00-12:30
4th	12:15-12:45

9001 Cochran's Crossing Drive
The Woodlands, Texas 77381
936-709-5000 or 832-482-6204
Fax: 936-709-5003

<http://galatas.conroeisd.net/>

2018-19 Events Calendar: <http://galatas.conroeisd.net/events/>

SPECIALS SCHEDULE

3rd	8:05-9:05
2nd	9:05-10:05
K	10:10-11:10
1st	1:00-2:00
4th	2:05-3:05

**\$25 MEMBERSHIP FEE GETS YOU A
DIRECTORY & CAR STICKER**

**HAVE YOU
JOINED THE
PTO?**

Direct Link Address:

<https://fs28.formsite.com/galatasformsite1/form2/index/html>



Alden Bridge
Village Center

GALATAS SPIRIT DAY at Chick-fil-A! Thursday, September 27th

Breakfast, Lunch or Dinner it all gives back to GALATAS!!!
Mention "Galatas Spirit Day" at either the drive thru *or inside!*

From 5-7pm we will have a "Spin The Wheel" for prizes and treats
- 100% of this goes to our school so come inside for a spin to WIN!

Drive thru for breakfast, bring lunch to school and don't cook dinner -
eat at **Chick-fil-a Alden Bridge**
and feel good about it because you are giving back to our students!

Taking Care of Business

Our school year is off to a great start! Please be sure that your family has completed the following items online:

- ⇒ Please remember to respond to the Snapcode Notification Email sent by the district about updating your information. This is a yearly, mandatory responsibility on your part, so that we have the most accurate, up-to-date information for your student. If you have not received this e-mail, please e-mail Robin Curtis, Galatas Registrar, at rcurtis@conroeisd.net as soon as possible.
- ⇒ We are very excited to announce that our school will now be offering *School Cash Online*, which provides you with the convenience of paying online for school items such as activity fees and lost library book fees. We really want to save you time when paying for school expenses, so we can't wait for you to take advantage of this opportunity. *School Cash Online* is a great way to pay without the need for cash or checks! To set up an account and explore the system, please follow the instructions below.
 - Register Online:
 - Step 1: Please follow this link:
<https://conroeisd.schoolcashonline.com/>
 - Step 2: Register by selecting the "Get Started Now" and follow the steps.
 - Step 3: After you receive the confirmation email, select the "click here" option, log in and add each of your children to your household account.
- ⇒ Each volunteer MUST submit a Volunteer application each year. It must be completed before volunteering in the school. Visit <https://apps.conroeisd.net/volunteer/> to apply.
- ⇒ You may access the Galatas Student Handbook Addendum, which has information specifically pertaining to Galatas, at <http://tiny.conroeisd.net/U8iEz>.
- ⇒ The 2018 Campus Accountability Summary for Galatas is available for your review by visiting <http://tiny.conroeisd.net/fKE3F>.

The Woodlands High School

2018 RED & GREEN Parade

Wednesday, September 26

Parade: 5:30 p.m.-6:15 p.m.
Pep Rally: 6:30 p.m.-7:30 p.m.



The Woodlands High School Highsteppers 2018 Fall Dance Clinic - Register Now!

When: Saturday, September 22, 2018
5th-8th Grades: 8:00 a.m.-12:00 p.m.
K-4th Grades: 8:30 a.m.-12:00 p.m.
Parent Show Off at 11:30 a.m.

Where: The Woodlands High School main campus
6101 Research Forest Dr.
The Woodlands, TX 77381

Information and Registration:
<https://www.twhshighsteppers.com/2018-fall-dance-clinic>





Counselor's Corner

Knowing About Your School Anxious Child

Compiled by the 2008 School Counselor Writing Team

Anxiety is a sense of worry, apprehension, fear and distress. Anxiety, when severe, can affect a child's thinking, decision-making ability and perceptions of the environment, learning and concentration. It can also cause real or imagined bodily complaints such as nausea, stomach pain, headache, tingling, weakness and shortness of breath, among other things. A child may cry or have tantrums at the thought of being separated from the family, when separated from the family and at school. The school counselor is trained to help with this.

Some Causes of School Anxiety

- A child can be fearful of being separated from parents, especially at the beginning of a new year.
- A child could have a real or imagined threat to their self-esteem at school.
- A child who gets too much attention and concern when sick may fake illness to stay at home and get more attention.
- Some children worry that while they are at school some harm will befall their parents.
- A new baby at home might contribute to a child's unwillingness to go to school because of his/her fear that the younger sibling will get all of the parent's attention.
- Significant changes in a child's life may cause fears or worries about being away from family or home.
- A child who is being bullied may be fearful of going to school.
- Some children are "natural worriers" and do best when they are prepared as much as possible about what to expect in new situations.

Why is it Important to Work Through a Child's Anxiety?

Persistent absences can have negative consequences on a child's academic performance and educational development. School anxiety can interfere with a child's social development. Research has found that children who exhibit school anxiety are more likely to develop anxiety disorders in adulthood.

What You Can Do as the Parent

- Acknowledge your child's worries and concerns but reassure him/her that school is a positive place where he/she will be taken care of and that you will be there at the end of the day.
- Be supportive but firm and matter-of-fact that school is a must. School is the child's "job", just as you have a job, whether it is inside or outside the home.
- It may help to give your child a positive note of encouragement, a small memento from home or a family picture to help him/her throughout the day.
- Be enthusiastic and upbeat about school. Your attitude is contagious.
- Talk with your child about school. Is there anything specific that is upsetting or frightening to the child?
- Rehearse your child's day with them. As he/she talks you through the day, interject positive comments ("That sounds like fun!") and reassurances ("You're so good at math.") etc...
- Keep in close communication with your child's teacher, school counselor, and other school staff.
- Examine your own feelings. Sometimes it is the parent, not the child, who is reluctant to separate. Make sure you are not conveying your own anxiety to your child.
- Encourage your child's attempts to go to school by being attentive about his/her day. Ask open ended questions, like "What was the best part?" etc...
- Examine the rewards your child may be getting if allowed to stay home.
- If the school anxiety does not lessen within a week or so, consider consulting a mental health professional.

Illness or Anxiety?

Prime times for school anxiety are Mondays, the beginning of the school year, after holidays, and following school days missed from a real illness. Does your child say he/she feels sick but looks well? Do symptoms ease or clear up when you say it is OK to stay home? Be aware of vague symptoms such as stomach pain, dizziness and sore throat. Symptoms that pop up with lack of fever or other truly worrisome physical signs can help you determine if your child is experiencing school anxiety or real sickness. Take your child to the doctor to rule out physical illness.



Upcoming Events

September

19 CISD Read for a Better Life Kick-off
27 Individual Pictures

October

1-5 Book Fair
2 Bedtime Story Night-6:00 and 7:00 p.m.
3 Walk to School Day
5 Storybook Parade-8:25 a.m.
5 **Early Release Day**, End of Nine Weeks – 12:10 p.m.
8 **No School**: Columbus Day Holiday
9 PTO Board Meeting-9:00 a.m.
12 Treats for N.E.A.T. students
12 Group pictures for Kinder (8:15 a.m.) and 4th grade (8:45 a.m.)
15-26 3rd and 4th Grade Skate Weeks
22-26 Red Ribbon Week
31 Science Day

November

1 Individual Picture Retakes
6 PTO Board Meeting– 9:00 a.m.
8 3rd Grade Program 2:00 (for students) and 6:30 p.m.
9 Veteran’s Day Readers’ Theatre for Fourth Grade
15 Turkey Trot
16 Thanksgiving Festivities: Kindergarten (11:15 a.m.) & 1st Grade (11:30 p.m.)
19-23 **No School**: Thanksgiving Break
26-30 Generation Texas Week

December

3-7 Hour of Code
11 PTO Board Meeting-9:00 a.m.
14 4th Grade Choir Program-8:30 a.m.
17 Holiday Parties-2nd (10:30 a.m.) & 4th Grade (8:15 a.m.)
17 Holiday Parties-Kindergarten (1:15 p.m.) & Special Programs (1:45 p.m.)
18 Holiday Parties– 1st (2:00 p.m.) & 3rd Grade (10:00 a.m.)
19 Polar Express Day (Students wear p.j.’s)
19 **Early Release Day**, End of Nine Weeks– 12:10 p.m.

December 20-January 7 Winter Break

January

8 Classes Resume

Mark Your Calendar!

September 25, 2018 Community Outreach Workshop

FLIPPING THE SWITCH ON ANXIETY

Kelly Locke

LPC/Mental Health Specialist
CISD Guidance & Counseling

September 25, 2018

9:00 -10:30 am

Derechin K-6 School
11000 Merit Oaks Drive

The Conroe Independent School District (District) as an equal opportunity educational provider and employer does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in educational programs or activities that it operates or in employment matters. The District is required by Title VI and Title VII of the Civil Rights Act of 1964, as amended, Title IX of the Education Amendments of 1972, the Age Discrimination Act of 1975, as amended, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act, as well as Board policy not to discriminate in such a manner.

For information about **Title IX rights or Section 504/ADA rights**, contact the Title IX Coordinator or the Section 504/ADA coordinator at 3205 W. Davis, Conroe, Texas 77304; (936) 709-7752.



PARENT INFORMATION



ATTENDANCE LINE

To report an absence for your child, please call our attendance line at **936-709-5014 by 9:00 a.m.** and leave a message stating your child's name, teacher's name, reason for the absence, person reporting the absence, and a phone number. When your child returns from school, a note explaining the absence should be brought to his/her teacher.

ATTENDANCE

School attendance is a major indicator of student success. Please schedule vacations during holidays, and make every effort to schedule appointments after school. Attendance letters will be sent if absences become excessive. Students should attend school every day unless ill.

MORNING HOURS

Announcements begin at 7:55 a.m. **Students should not arrive before 7:35 a.m.**, at which time they may go to the gym (Kinder) or playground (1st-4th grades) for Active Start. Students may go to the classroom at 7:50.

MORNING TUTORING

If your child is scheduled for morning tutoring or enrichment, he or she must stop at the front desk for a pass to enter the classroom area.

ARRIVING TO SCHOOL AFTER 8:00

Students arriving to school after the tardy bell (8:00) are considered tardy. Students must stop at the front desk for a tardy pass. A parent should come into the school with the student to sign the student in for the day. Students are considered absent if they arrive to school after 9:00 a.m. unless there is a medical note documenting the reason.

ARRIVING TO SCHOOL AFTER AN APPOINTMENT

If your child is arriving late to school due to an appointment, or returning to school after an appointment, please come into the office with your child and bring a doctor's note, to ensure your student is not marked tardy or absent for the day.

VISITING AT LUNCH TIME

We welcome lunch visitors at Galatas, and want to ensure the safety and security of everyone as they enjoy time together. If a grandparent, family member, or adult other than the parent of the student wants to visit your child during lunch, **the parent must send in written permission to the front office.** The note will only need to be sent in once, and at that time a notation will be made in the visitor system so that the school will have a record of the permission being granted. If a note is not sent, we will call a parent to grant permission before the visitor is allowed to join a student for lunch.

BIRTHDAY TREATS

Birthday treats, such as brownies or cookies, must be **store bought** due to allergy, safety and sanitation concerns.

LUNCH SCHEDULE

K	11:15-11:45
1st	11:30-12:00
2nd	11:45-12:15
3rd	12:00-12:30
4th	12:15-12:45

SPECIALS SCHEDULE

3rd	8:05-9:05
2nd	9:05-10:05
K	10:10-11:10
1st	1:00-2:00
4th	2:05-3:05

*Students will go to recess immediately after lunch.

***Please refer to the Galatas Handbook Addendum for more specific information.*

DELIVERIES TO STUDENTS

Student items that need to be delivered to your child during the school day can be dropped off **before 10:00 a.m.** at the front office. All deliveries need to be placed on the rear counter in the office and labeled with your child's name and section number. Deliveries are made daily at 10:00 a.m. Any class work or binders that are dropped off after 10:00 a.m. will be placed in the teacher's mailbox. Per the CISD Student Handbook, deliveries of flowers, balloons, etc. to students at school are not permitted.

MEDICATION AT SCHOOL

Students may not bring medication to school. A parent or guardian must bring medication and sign it into the clinic. All medication must be in the original container and properly labeled. The school nurse must have a written and dated request from the parent or legal guardian to administer any medication.

ILLNESS AT SCHOOL

Your child will be sent home from school if: they have a fever 100 degrees or greater, diarrhea, vomiting, suspicion of having a contagious illness, or are too ill to function in the classroom. Your child should not return to school until they are fever free for 24 hours without fever-reducing medication, or no diarrhea for 24 hours without medication. If your child has been prescribed antibiotics, they should be taking them for 24 hours before returning to school. If a student is sent home from school or is absent, they may not participate in extracurricular school activities.

CHANGE OF CLOTHING

A change of clothing should always be kept in each student's backpack in case of a spill, fall in the mud, or restroom accident. The nurse has a very limited supply of extra clothes and will try to find something suitable for the student to wear, but having their own set of clothes will save time and help the student be more comfortable.

TRANSPORTATION CHANGES

All transportation changes must be received in writing by 2:00 p.m. We are unable to accept an e-mail. You may send a written note to your child's teacher, fill out a form in the front office, or send a fax to (936) 709-5003 with your signature. **Please include the date, your child's full name, section number, bus number (if applicable), and your signature.** If you send a fax, please call the office to ensure that the fax was received. Please send a new note for each day the change occurs; we cannot accept notes for multiple days or with multiple changes. District policy states that a student may only ride the bus they are registered to ride; students may not have a transportation change to ride a different bus.

CHECKING OUT OF SCHOOL EARLY

If you need to pick your child up early, please do so **before 2:45.** We are unable to call back to a class after that time.

AFTER SCHOOL

Students will need to plan ahead and be organized when getting ready for dismissal. Students will not be allowed to re-enter the building to go back to class for homework or items they forgot.

COMMUNICATION WITH GALATAS

When you send an e-mail to or leave a message for a staff member at Galatas, please include your child's full name, a phone number where we can reach you, and your full name in the message. This information will allow us to respond to you quickly and accurately.

IMPORTANT SAFETY INFORMATION

- Parents should not park on the shoulder of Cochran's Crossing and/or allow students to enter or exit the vehicle from the road.
- U-turns are not allowed on Cochran's Crossing.
- Please do not drop off students in, or drive through the Good Shepherd Church parking lot.
- Please do not drop your student off in the employee parking lot.
- Please do not bring your pets onto school property. We have students who are highly allergic to, and frightened of, animals.

August, 2018