

**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

### 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

9001 Cochran's Crossing Drive  
The Woodlands, Texas 77381  
Phone: 936-709-5000  
Fax: 936-709-5003

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

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



**March 11-15**

**We hope you have a wonderful  
and safe Spring Break!  
Classes will resume on March 18.**

## Springetti 2019: Game On!



We are so grateful to the many families who have joined **The Superstars of Springetti!** Still wish to donate? No problem! Join online to receive your blinky rings and add your names to our Donor Wall! Help us Light Up Springetti on March 22nd!

- Want Your Own Parking Space for the 2019-20 School Year? Purchase your \$10 Raffle Ticket for your chance to win!
- Also on Sale- \$10 raffle tickets to win the Pac Man Arcade 1Up Machine on display in the Front Office!



[CLICK HERE FOR TICKETS!](#)

**Click here to:**

- Be a **SUPERSTAR FAMILY** of **SPRINGETTI**— Become a Superstar Family now to receive acknowledgement in our Springetti Program.
- Check out the Entertainment & Attractions on the Springetti website for a list of all entertainment and ticket token requirements to make sure your family has enough.
- Check out the **Live & Silent Auction Items!** Look for the Vacation Packages, Summer Camps, Birthday Parties, and much more!!

### **HELP WANTED!!!**

Volunteers are needed the night of Springetti. Sign up for your 30 minute shift (or more!) [here.](#)

Can't attend Springetti this year? You can still be a winner! Preview Night will be open Thursday, March 21 from 5-7 pm. All Raffles will be available to enter!

*Admission Packets which include your entry wristbands, ticket tokens, raffle tickets, and more will be sent home with your student on Thursday, March 21<sup>st</sup>!*

**Springetti wishes you a Happy and Safe Spring Break!**

QUESTIONS? EMAIL NOELLE JAHNCKE OR REENIE DEPOY [galatasspringfundraiser@gmail.com](mailto:galatasspringfundraiser@gmail.com)

# GREYHOUND GAB



## CALLING ALL CREATIVE WRITERS!

The Greyhound Gab is our school's monthly literary publication. Each class is assigned a month in which its students can submit an original creative writing piece. If you are in sections K3,14,26,47, or 59 and would like to contribute to the March issue of the Greyhound Gab, please submit your piece to Lesley Work at [galatasgab@gmail.com](mailto:galatasgab@gmail.com) OR submit a hard copy in the Greyhound

Gab box next to the teachers' mailboxes behind the front office **no later than Friday, March 22, 2019**. Submissions should be labeled with student's first name, last name initial, and section number. Publication date will be Friday, March 29, 2019. (See table below for future issue dates and when your class can contribute.)

Examples of creative writing types/topics include (no puzzles please):

- \* Book review
- \* Teacher/staff interview
- \* Original poetry
- \* School event report (ex. Sk8 Town, Glimpses of Greatness, etc.)

While submissions should be student work, there may be a need for parent edits. The pieces do not need to be long; the purpose of the Gab is for our Greyhounds to be creative and see their work published!

Month	Sections to participate	Submission Deadline	Gab Publication
March	K3,14,26,47,59	03/22/19	03/29/19
April	K5,17,27,38,59	04/18/19	04/26/19
May	K6,18,28,59 & make-ups	05/17/19	05/24/19

## STAAR

The State of Texas Assessments of Academic Readiness (STAAR) Writing will be given to 4<sup>th</sup> grade students on **April 9, 2018**

We encourage our fourth graders to:

Get plenty of sleep.

Eat a nutritious breakfast.

Please arrive at school on time.

### **\*\*Very Important Reminder\*\***

*Due to the STAAR Writing Assessment on April 9,*

*Galatas Elementary will have a closed campus from April 8-12.*

**Parents will not be allowed beyond the front office during the week of April 8.** There will be no parent volunteers and no parents eating lunch in the cafeteria on these days. These steps and procedures are necessary to ensure test security and confidential integrity for the administration of this exam.

Thank you for your understanding.



# Counselor's Corner

## *Prevent Sleep Problems in Kids: Keep Technology Out of The Bedroom*

Written by Craig Canapari MD - director of the Yale Pediatric Sleep Center

It is critical that you do not let your children start using these powerfully addictive devices in their rooms at night. Falling asleep with a television is bad enough. I think smartphones and tablets represent a greater threat to quality sleep for children and teens, for several reasons:

1. Both the proximity to the face and the emission of blue-white light from a tablet or smartphone make these devices more likely to suppress melatonin, resulting in insomnia and later sleep onset.
2. Remember that most apps (video games and social media especially) are designed to give you inconsistent reinforcement, like slot machines. Every app on your phone is competing for your attention, and the best way for them to get it is to make you addicted to checking it.

### **More and More Children Are Struggling with Screen Addiction**

In a recent New York Times article, "Screen Addiction Is Taking A Toll on Children", Jane Brody quotes a Harvard clinical psychologist named Catherine Steiner-Adair: "We're throwing screens at children all day long, giving them distractions rather than teaching them how to self-soothe, to calm themselves down." I can tell you that in my practice, I have seen more than a few kids who have been failing out of school, and life, because they simply could not pull themselves away from video games.

### **Healthy Rules for Technology At Bedtime**

1. I recommend that all technology should be out of the bedroom **an hour before sleep**, including for mom and dad. There is no substitute for physical control of the device.
2. Download this terrific guide from the Harvard School of Public Health, Outsmarting The Smart Screens, which has advice about technology which can help you manage this issue, and how you can discuss this with your children.
  - a. <https://www.hsph.harvard.edu/prc/2015/01/07/outsmarting-the-smart-screens/>
3. Put computers in common areas of the home as opposed to in kids' bedrooms. Why? Because you can monitor what your kids are doing on them.
4. Set a good example yourself. Turn off your phone when you get home. Make it clear that time with your family is more important than being on your phone. If you must check something (e.g. for work), explain what you are doing and why.
5. If kids (or grown ups) need to use computers for schoolwork, use strategies to mitigate blue-white light exposure. Here is my guide on how to go on a light diet as much as you can.
  - a. <https://dr craig canapari.com/light-is-like-caffeine-avoid-insomnia-by-managing-your-screens/>

For more on this topic, here is an article on "The Five Pieces of Advice about Screens I'd Give if Parents Ever Asked" [https://www.huffpost.com/entry/advice-id-give-about-screens-if-parents-ever-asked\\_n\\_7787212](https://www.huffpost.com/entry/advice-id-give-about-screens-if-parents-ever-asked_n_7787212)

### **Generally, our rules include:**

- no electronics in the bedroom,
- no video games on school days,
- limited television after school only, and
- some soft limits on screen time and video games on the weekend.



## Upcoming Events

### March

11-15 **No School:** Spring Break  
 19 PTO Board Meeting-9:00 a.m.  
 21 Springetti Preview  
 22 Springetti Spring Fundraiser  
 28 2nd Grade Music Program: 2:00 p.m. (for students), 6:30 p.m.

### April

8-12 **Campus Closed to Visitors-STAAR**  
 9 STAAR Test-Fourth Grade Writing  
 16 PTO Board Meeting-9:00 a.m.  
 18 Egg Hunts: Kindergarten-9:15 a.m., 1st Grade-2:15 p.m., 10:30 2nd Grade  
 19 **No School:** Student Holiday  
 22 **No School:** Student Holiday  
 23-26 Spring Book Fair  
 26 3rd/4th Grade Choir Program-8:30 a.m.

### May

1 Volunteer Appreciation Luncheon-during lunch times  
 7 4th Grade Program-2:00 (for students), and 6:30 p.m.  
 10 1st Grade Moms and Muffins-8:45 a.m.  
 13-17 **Campus Closed to Visitors-STAAR**  
 13 STAAR Math-3rd and 4th Grades  
 14 STAAR Reading-3rd and 4th Grades  
 22-24 Science Camp  
 27 **No School:** Memorial Day  
 28 Kindergarten End-of-Year Celebration  
 29 Yearbook Signing  
 30 4th Grade Clap-Out: 10:15 a.m.  
 30 4th Grade Picnic: 11:00 a.m.  
 30 **Early Release-** 12:10 p.m. Last Day of School

## 3rd Annual Early Childhood Resource Fair



**April 13, 2019**  
**9 am - 12 pm**  
**Rice Elementary**

904 Gladstell Street • Conroe, TX 77304



**Registration available for both kindergarten & eligible prekindergarten children**

Bring your child's birth certificate, proof of residence, proof of guardianship, your child's social security card, and immunization record.

**Meet with representatives from Conroe ISD and community organizations who provide services for children.**

### Join us for FAMILY FUN!

Houston ZooMobile, hands-on activities, games,  
 classroom tours, story time, and face painting  
**Tour a school bus, a firetruck, a police car, and an ambulance!**  
**Food • Raffle Prizes • Free Educational Giveaways**

 CHRISTUS  
 HealthCare



### FREE immunizations available onsite!

Your child is eligible if he/she is between 2 months to 18 years of age **AND:**

- has NO health insurance **OR**
- has Medicaid or is underinsured (insurance does not cover vaccines) **OR**
- is American Indian/Native American or Alaskan Native

### WHAT TO BRING: Original Shot Record

Child must be accompanied by a parent or guardian. CHIP not accepted.  
 College Meningitis Vaccine will be available to those students 18 years+ with a \$20.00 donation

**For more information contact: Sherie Pallotta at [spallotta@conroeisd.net](mailto:spallotta@conroeisd.net)**



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



## CAMPUS VISITORS

Anyone who wishes to check-in to Galatas for any reason must be able to provide a government issued, photo I. D. upon request. Visitors will check in at the front office and receive a Visitor Badge which must be worn at all times in the building. When leaving the building, visitors must check out with the front office and return the badge. Thank you for your cooperation with this important safety procedure.

## 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 may arrive starting at 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.

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### SPECIALS SCHEDULE

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\*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 table in the vestibule 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 or phone call.** 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