



# Wednesday Mail

13415 W Bellfort Ave. Sugar Land, TX 77478 Tel: 281 265 2525 Fax: 281 265 2565

## After School Clubs February Payment Accepted This Week

The front office is accepting payment only the first week of every month. Acceptable forms of payment are: check, money order, cashier check, debit card, or credit card. Please be aware that there will be a NSF fee of \$25 for all returned checks. If your check is returned, further payments must be money order, cashier check, debit card, or credit card. All payments are final and are NONREFUNDABLE. The only exception is if our school cancels any club, then you will be credited for the days missed for next month.

**All class lists will be finalized Friday afternoon. The front office will not accept payment next week for the month of February.**

## Help your child save lives and be a Heart Hero!

**HOW:** Support your child in the American Heart Association's Jump Rope For Heart program

**WHAT:** A life-saving and educational community service program

**WHY:** Your child will help kids with special hearts, learn about how to be heart healthy and feel good!

We are thrilled to share our school is supporting the American Heart Association's Jump Rope For Heart program!

When your child participates in Jump Rope For Heart they:

- Learn about the importance of the heart - how it works, and how to take care of it.
- Helps kids with special hearts.
- Feels good for making a difference in people's lives!

We hope you are as excited as we are to support our students in this important experience! If you have any questions or would like to volunteer, please let me know. Let's help our children be heart heroes!

## Online Math League Gets 1st Place!

Congratulations to our Online Math League team! They recently won first place, beating out 68 teams from across the country. This is a great accomplishment and we are extremely proud of them all, including Mrs. Ahmad for preparing them so well for this competition!



Members of the team are Aarushi Agarwal, Odinakachi Akuchie, Maryam Dhar-

majwala, Nathan Mjema, Ivy Le, Kim Nguyen, Patrick Tran, Rohan Verghese, Zarf Ali, Mazen Hassan, Christina Huynh, Zafir Islam, Alan Pham, Brendan Garriel, Amal Waqialla, Peter Dao, Katherine Hoang, Paola Barton, Yazad Sidhwa, Ibrahim Srouji, John Garrido, and Joel Bray.

## HSS Family Night—Sugar Land Skeeters Baseball Game

Harmony School of Science is excited to promote our Sugar Land Skeeters family night on Friday, May 11th starting at 7:05. The Sugar Land Skeeters are the new and only minor league baseball team in the Houston area. We are looking forward to a huge school turnout. This will be a family fun event, even for the non-baseball fans. The stadium includes a playground, splash pool, antique carousel, food, and other fun things.



Tickets are on sale now through our front office for \$12 each. Checks, credit cards, and debit cards are accepted. Get your tickets soon! They are going fast and we can only reserve a certain number at a time.

**February 1, 2012**

**Special points of interest:**

- After school clubs February payment accepted this week.
- 3D and 3C parents are invited to have coffee with the principal this Friday at 8am.
- Online Math League gets 1st place!
- Registration for 2012-2013 school year has begun.
- PTO will begin a cheerleading squad starting Feb. 3rd.
- Pick up your child on time from Saturday tutorials.
- More information about Jump Rope for Heart can be found at [www.heart.org/jump](http://www.heart.org/jump)
- Buy your tickets now for the HSS family night Skeeters baseball game!
- Harmony Public Schools app coming soon!
- New applications exceed 15K for next school year!

## Mobile App for Harmony Public Schools coming soon!

Stay up to date with your child's school information in the convenience of a mobile app!



## Coffee with the Principal

This Friday, February 3rd 3D and 3C parents are invited to come have coffee with the Principal. This will take place from 8:00–8:45. You can ask questions and give suggestions for the school on a more one on one basis. We hope you can join!



## Saturday Tutorial Late Pick Up Warning

Tutorial hours are from 9:00am–10:30 and 10:35–12:05pm. Some students have one session and some have two. Parents have been notified of the pick up time for their child, either 10:30am or 12:00pm. Please pick up your child on time. If your child gets out of tutorials at 10:30am, a teacher will only be responsible for watching them until 10:45am. If your child gets out of tutorials at 12:00pm, a teacher will only be responsible for watching them until 12:15pm. After 10:45am or 12:15pm, the doors to the school will be locked and your child will be left outside unsupervised.

**After school and Saturday tutorials are mandatory for the students who qualify.**

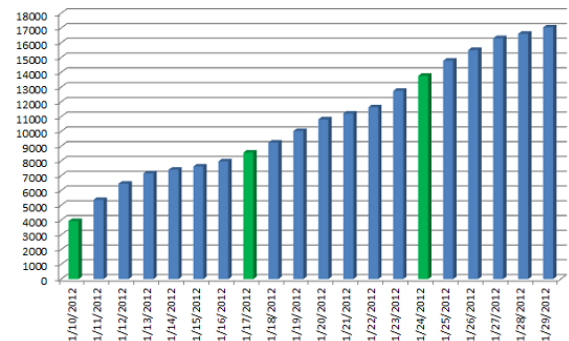
## Cheerleading Squad

PTO would like to invite 1st-5th grade students to join The Mighty Mustangs Cheerleading Squad. It will be once a week on Friday from 4:00pm-5:30pm starting February 3rd. The cost is \$40 per month. Registration papers have been sent home. Please return the form with a check made payable to HSS PTO to the front office as soon as possible. Mrs. Sanchez can be contacted at [lsanches@harmonytx.org](mailto:lsanches@harmonytx.org) if you have any questions.

**GO MIGHTY MUSTANGS!**

## Harmony Applications Exceeded 15K!

The applications to Harmony Public Schools for the 2012-2013 school year have been started and it has already exceeded 15 thousand threshold! On the day we started accepting the applications (January 10), we received almost four thousand applications in 24 hours. The application deadline is March 15, 2012.



## 7 Fitness Tips for Heart Healthy Kids

### 1. Turn Off the Tube

-Limit screen time (television, movies, videos and computer games) to less than 2 hours a day. Substitute the rest of leisure time with physical activity.

### 2. Active Family Adventures

-Plan family outings and vacations that involve vigorous activities such as hiking, bicycling, skiing, swimming, etc.

### 3. Cardio Chores

-Give your children some household chores that require physical exertion, keeping in mind their levels of strength, coordination and maturity. Mowing lawns, raking leaves, scrubbing floors and taking out the garbage not only teach responsibility but can be good exercise.

### 4. Find the Right Sport for Them

-Observe sports and activities your children like, then find out about lessons and clubs. Some children thrive on team sports; others prefer individual activities. Some activities, like tennis and swimming, can be enjoyed for a lifetime and are much easier to learn during childhood.

### 5. Ditch the Car

-If it's safe to walk or bike rather than drive, do so. Use stairs instead of elevators and escalators. Increase the distances you walk.

### 6. Hold Off On the Homework

-After school let children find some diversion from the structure of the school day. Start homework after some bursts of activity. Kids should be active after school and before dinner.

### 7. Give the Gift of Fitness

-Choose fitness-oriented gifts ~ a jump rope, mini-trampoline, tennis racket, baseball bat, a youth membership at the local YMCA or YWCA. Select the gift with their skills and interests in mind.

