



# Wednesday Mail

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## After School Clubs February Payment Accepted Next 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.

## Late Fees

Students who are not signed up for after school clubs and are picked up after 3:15pm will be charged \$1 per minute until they are picked up. If any child is left at school after 4:15pm, CPS will be called. The school is closed at 4:30pm, and no one will be here to watch your child. Zenith will only watch students if parents fill out a release form. Please make sure your child is picked up from school on time.

## New Student Applicants

New applicants for the 2012-2013 school year can apply online. We will have an Open House for new applicants on Saturday, January 28th starting at 10 am.



## Re-enrollment Ends Friday

Re-enrollment is between January 10th– January 27th. Re-enrollment forms were sent home with the students on January 10th. Parents must complete the forms and return them to the front office so we can have an accurate count of who turned the forms in. Do not send the forms back with the students. If the front office does not receive your re-enrollment form before January 27th, you will have to reapply for next school year.

PARENTS MUST RETURN THE RE-ENROLLMENT FORMS TO THE FRONT OFFICE. TEACHERS WILL NOT ACCEPT THE FORMS FROM STUDENTS.

## 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!

January 25, 2012

Special points of interest:

- Re-enrollment ends on Friday.
- After school clubs February payment accepted next week.
- You will be charged \$1 per minute that your child is picked up late.
- Have your car plates visible during dismissal.
- Lunch and after school balances need to be paid as soon as possible.
- 4A and 4B parents are invited to have coffee with the principal this Friday at 8am.
- 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)

## Lunch and After School Balances

In order to better serve our students, we need all lunch and after school balances paid as soon as possible.

## Coffee with the Principal

This Friday, January 27th 4A and 4B 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.

## 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!

## Car Plates Required to Pick Up Students

New car plates were sent home on Wednesday, January 4th. Harmony staff members will not release any students unless the car plate is visible. **If you do not have a car plate, you will be asked to park in the parking lot and walk to the front office when they unlock the doors at 3:15.** Our front office maintains the list of approved people that may pick up each child, and will need to verify your information with a valid photo ID.

The safety of each and every child on our campus is always our paramount concern and we take this responsibility very seriously.

You may pick up additional/replacement car plates in the front office during normal business hours if necessary.



## Heart Healthy Tips

You may be surprised to know that a healthy heart starts in childhood. We now know that early heart disease can be found in children who have poor diets and a sedentary lifestyle. This is why it is so important to teach children healthy habits that will promote a healthy heart and overall well-being. Help them instill healthy habits that they will carry with them through their lifetime.

- A healthy heart starts with a healthy breakfast.
- Exercise can help increase your family's healthy "HDL" cholesterol.
- Promote heart healthy foods that are low in saturated fats.
- Sauces such as low sodium soy sauce, rice wine vinegar, wasabi, or ginger are healthy choices.
- Omega 3 fat is good for your heart and brain.
- Give your family oils from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- Avoid foods with trans fat (you can find it in the food label).
- The heart's a muscle too. Give it a workout.
- Keep your heart healthy with lots of fruits, vegetables and whole grains.
- For chocolate lovers, eat antioxidant-rich, heart-healthy, organic dark chocolate
- Try healthy spray butter for your dinner rolls and veggies. They taste great and add 0 calories.
- Use leftover chicken from dinner last night and make a sandwich vs. processed sandwich meat which is high in sodium (salt).
- Choose and prepare foods with less salt.
- Drinking just one can of soda a day increases a child's risk of obesity by 60%. Restrict your child's soft drink consumption.
- Look for the words "100% whole" when buying whole wheat or whole grains.