



# Wednesday Mail

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

## Luncheon

### December 15th at 12:00pm

Harmony School of Science is thrilled to be hosting a luncheon on Thursday, December 15th, 2011 that will feature guest speaker and former major league baseball player Deacon Jones. Deacon is now affiliated with the new professional minor league team in town, the Sugar Land Skeeters. Lunch will be provided along with a school tour.



## End of 3rd Six Weeks

The end of our 3rd grading period is this Friday. Report cards will be sent home the first week of January. We are half way through the school year!



**December 14, 2011**

### Special points of interest:

- Luncheon with the Skeeters on Thursday at 12:00pm.
- Have your car plates visible during dismissal.
- After school clubs can only be paid on the first week of the month.
- Report cards will be sent home the first week of January.
- Toys for Tots donations should be sent to your child's homeroom teacher.
- Breakfast is served from 7:30am until 7:50am.
- Winter Extravaganza will be Thursday, Dec. 15th.
- Early dismissal on Friday, December 16th.
- Winter break from Dec. 19th—Jan. 2nd. School resumes on Tuesday, January 3rd.

## Breakfast

Breakfast is served only from 7:30am until 7:50am. Please bring your child to school on time.



## Highly Qualified Teachers



Please review HSS Highly Qualified Teacher Reports on the school website.

## Winter Extravaganza



The PTO is organizing a "Winter Extravaganza" on Thursday Dec 15th from 5:30-8:00pm. Students will sing songs and food will be sold.

There will also be a face painting booth, card making table,

cookie decorating station, and picture opportunities. Students are required to be accompanied by a parent during this event and may not just be dropped off.

Raffle tickets are currently being sold for \$2 and winners will be drawn during this event.

All money raised by the PTO from this event will go towards new playground equipment for the school.

## Early Dismissal

Please remember that there will be early dismissal on the last day of this semester, Friday, December 16th. **Students will be dismissed from school at 12:30pm.** There will be no clubs or tutorials on this day. Please make arrangements for your child to get picked up on time. There will be no supervision after 12:30, except for students enrolled in the Zenith after school care program.





## Dress Code

Students must be in proper dress code while inside the school building. If your child is cold in class, he can wear a long sleeved shirt under his uniform shirt or a navy blue cardigan. Jackets may be worn while outside the school building. Please make sure your child comes to school dressed appropriately. Cold weather does not excuse a student from PE class.

## Toys for Tots

Toys for Tots will continue until December 15th. Make sure to bring all toys to your child's classroom.



## After School Pick-Up Reminder

This is just a reminder to make sure you have the car plates that were issued at the beginning of the year when picking your child up during dismissal. 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. Our front office maintains the list of approved people that may pick up each child, and can verify that when they unlock the doors at 3:15.



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

New car plates will be sent home with your child this week. You may pick up replacement car plates in the front office during normal business hours if necessary.

## After School Clubs

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

## Candy Grams

The PTO will be offering Candy Grams as of December 5th through December 16th. For Only \$1.00 you can send your Holiday Wish to your BFF's, Classmates or Favorite Teacher along with a special message to brighten their day! Special Price of only \$20.00 if you want to send to your entire class.



## Healthy Holiday Snacks and Desserts High in Fiber

Adding fiber to holiday treats is a great way to add a healthy blast to your recipes. Fiber has a variety of health benefits for the whole family. It keeps your digestive tract working good and it is good for your heart! It also makes you feel full and less likely to overeat.

Here are some tips on how to add fiber to your seasonal snacks and desserts:

- ☆ You can substitute white flour for 100% whole wheat baking flour. If you think your kids might not like it, then start with using half white flour and half whole wheat flour. Your kids won't even notice and you have instantly made it more healthy!
- ☆ Crackers and cheese are a tasty snacks. Replace white crackers with whole wheat, multi-grain, or sprouted wheat and you have added a ton of healthy fiber to the snack. (Replace the cheese for low fat and double the healthiness!)
- ☆ Making cupcakes from a boxed recipe (me too!) just pour a cup of bran or oatmeal in the mix and you have added fiber easily. It's filled with vitamins, minerals and fiber. You may need to experiment with the amount.
- ☆ Fruits and veggies are great sources of fiber. Add sliced pear to salads, offer pomegranates as after-school snacks, and bring in a tray of grapes and sliced persimmons to a class party.
- ☆ Bring in bean dip (check the label to make sure it is low in fat) and salsa with some 100% whole grain chips or baked chips. Beans are a great source of fiber!