



Wells Elementary

# TigerBeat

Volume 9, Issue 10

November 5, 2009



## "Milk & Bookies"

Attention Wells families! Don't forget tonight, November 5th, is our "Milk and Bookies" family night! Put the PJs and slippers on the kids and bring them to Wells to shop "Destination Book Fair" and listen to stories from our fabulous Wells staff members! The Book Fair will be open from 6:00 - 7:30 PM for sales. Each grade level will have a story time from 6:30 - 6:50 PM and from 7:00 - 7:20 PM. We'll close out the evening with "milk and cookies" in the gym and a story from Principal Ramos at 7:30! Hope to see you all tonight!

## Red Ribbon Week Thank You



A special thanks goes out to Mrs. Groves, Mrs. Ramos, all the teachers, and especially all the students who participated in all the various activities for Red Ribbon Week! We had a fabulous turnout!!

Thanks to everyone who brought in teddy bears for our First Annual Hugs Not Drugs Teddy Bear Drive! We collected over 100 teddy bears and delivered them to the Children's Advocacy Center for children who may need a hug.

## November Important Dates

- 11/2 - 11/6 - Book Fair
- 11/5 - "Milk & Bookies"
- 11/5 - History Fair Open House
- 11/9 & 11/10 - PTA Papa Murphy's Night
- 11/11 - Early Release 12 Noon
- 11/12 - Veterans Reception 3rd Grade Performance PTA Meeting
- 11/24 - Kindergarten Thanksgiving Feast
- 11/24 - 5th Grade Colonial Day
- 11/25 - 11/27 - Thanksgiving Holiday
- 11/30 - 12/2 - 5th Grade Camp
- 12/4 - Brown Bag Lunch

## Wells PTA Meeting and 3rd Grade Program

Join us on Nov. 12th at 6:00 PM for a General PTA meeting. Following the meeting, our 3rd grade will perform a patriotic program in honor of Veterans Day.

## Note From Principal Ramos



When we get to this time of year, I inevitably start to count my blessings. I think that coming to the holiday season makes me reevaluate the most important things in life. Sometimes we can get so bogged down in what is not happening and what we are missing out on, that we forget the most integral pieces.

I am grateful for my family. Children are a true blessing, and they make me smile every day. I am grateful for my health and for my continued employment. I am grateful to live in a free country where we can all be different but can still find common ground. Fi-

nally, I am so very grateful for Wells. We have an amazing staff, supportive parents, and most importantly, wonderful students. I found this quote, and it really puts into words my thoughts.

"Make it a habit to tell people thank you, to express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it."

-- Ralph Marston

## November Staff Birthdays



- 11/8 Lori Groves
- 11/16 Angela Kelamis
- 11/16 Dale Ruef
- 11/19 Cory Balch
- 11/19 Jo Ann Wood
- 11/20 Amanda Viavattene
- 11/23 Stacy Lawrence
- 11/30 Lynn Meger



# Wells Honors US Veterans

Wells will be honoring United States Veterans and active duty military personnel on Thursday, November 12, 2009 at 8:15 a.m.

Wells families are encouraged to invite Veterans and active duty military personnel to the assembly. They will be considered our guests and will be recognized at the assembly.

The Wells third graders will be performing a thirty minute patriotic program in honor of our guests. There will also be a 6:30 p.m. performance by the 3rd grade, on the same date. Our guests will need to arrive no

later than 8:00 a.m. Cake, juice, and coffee will be available beginning at 8:45 for our honorees and their student host.

Additionally, we would like to honor Veterans and active duty personnel by displaying their pictures and some information about them. A suggested form was sent home last week, and can be found on the Wells PTA website. Please complete the form and send it to school with your child. We will do our best to return it to you.

<http://k-12.pisd.edu/schools/wells/> or [www.wellspta.org](http://www.wellspta.org)

## Walking in Another Person's Shoes

On Thursday November 19th, Cindy Garrison, with Family Education Guidance Services, will be speaking to our 5th graders about empathy, bullying and everything in-between. This presentation is an opportunity for dialogue with our students about gaining an understanding of bullying, and an awareness and appreciation of the diversity of our world.

## Boxtops and Labels = Easy Money

WOW!!! We have received over 8500 boxtops and labels so far this school year. Thanks to all of the families who are participating. This program is such an easy way for Wells to earn money. Did you know that each boxtop is worth 10 cents?

If every Wells family (there are over 400) would turn in just 25 box tops, we could receive \$1000. It's just too easy.

Please keep clipping! You can send in boxtops and labels anytime. Just place them in a ziplock bag with your child's name and grade to be included in the count. We are keeping track of the numbers for prizes - gift certificates to spend at the Spring Book Fair in April.

Thanks again for supporting Wells!

## Wells PTA Presents H.J. Ralles Author Workshops for 4th & 5th Grade

Wells PTA is excited to bring Hillary Ralles, author of The Keeper series, to visit 4th and 5th grade for writing workshops.

On Nov. 10th, the 5th grade will participate in a hands on workshop where the students will learn to create a strong character. Whether a villain or a hero, Mrs. Ralles shows them how to get to know their character, starting with a name then moving on to physical features, clothing choices, favorite things and life choices.

On Nov. 18th, she will be back visit-

ing the 4th grade. The children will make their own creativity box and will explore character and plot development as well as methods of planning and elaboration.

Visit Hillary Ralles website at [www.hjralles.com](http://www.hjralles.com).

Note - Each 4th grader will need an entire newspaper (including the comics) and several magazines such as National Geographic, travel magazines, Good Housekeeping, People, sporting magazines, or clothes catalogues. You may begin sending these items now.

## Wells 2009 - 2010 Student Council

**Officers:** President - Hayden Roper, Vice President - Jack DiSabato, Secretary - Graham Varnell, Treasurer - John Michael Trevino, Historian - Navaz Alpaiwalla

### Representatives

Jacob Stafford	Holly Roper	Bronte Rhoden	Brett Ingersoll
Landon Rogers	Colin Beaton	John Lackey	Charlie Forman
Lily Annand	Avery Muckey	Lexi Arnold	Karl West
Benjamin Patterson	Austin Chambers	Jennifer Gleibs	Bryan Andreyka
Kyla Radke	Sarah Daly	Anna Goldman	Gabriel McGill
Mia Gregorek	Jessie Johnson	Tessa Baker	
Juan Hernandez	Burzin Balsara	Mariah Ward	



## Geography Awareness

### K - 2nd Grade Division

Grand Prize - Ashvin Nair (K)  
1st place - Arjun Nair (1st)

### Participants:

Chenna Chireddy (2nd)  
Chakra Chireddy (K)

### 3rd - 5th Grade Division

Grand Prize - Vatsal Varma (3rd)  
1st place - Praneetha Pratapa (5th)

### Participants:

Nikita Guntu (4th)  
Aditi Adaya(3rd)  
Khayti Gowkanapalli (3rd)

All of the posters were wonderful. The Grand Prize winners will advance to the state competition. Best of luck to these kids!

# Art Poster Contest Winners



## Fire Prevention

### Kindergarten Division

Grand Prize - Henry Huffstettler  
1st Place - Sarojshree Janaki  
2nd Place - Jaxon Cota

### Primary Category (1st & 2nd Grades)

Grand Prize Dora Hillyer  
1st Pete Sumethasorn  
2nd Lillie Kneeland  
3rd Emma Gonzalez

### Intermediate Category (3rd and 4th grades)

Grand Prize Vastal Varma  
1st Juan Hernandez  
2nd Naman Sarda  
3rd Krista Doyle

### Middle Division(5th and 6th grades)

Grand Prize Nathan Stanley

All Grand Prize winners advanced to the city contest.

## Shoe Boxes Needed

Mrs. H is looking for 24 shoe boxes to house fifth grade claymation projects as they work on them. If you have extra shoe boxes laying around, send them in today!

## Cultural Diversity Celebrating Our World



November is American Indian Heritage Month!

UPCOMING EVENTS:

Veterans Day - November 11

## How Do Wells Tigers Stay Active?

The P.E. department would like to invite you to send in pictures of your children participating in some form of physical activity to put up on a bulletin board in the gym. These activities can range from organized sports, dance or a recreational activity. We want to see what kinds of activities our students participate in to stay active and healthy.

We will switch the pictures out periodically so that everybody has a chance to have their picture on display. Pictures will not be returned so copies are fine.



Thanks and we look forward to seeing your kids in action.

Coach Balch, Coach K & Coach Meger

## New Procedures from the Office

### Deliveries to Classroom

In order to protect instructional time for teachers and students, we will make a one time delivery to the classrooms at 10:30 AM each morning.

Please label all items with your student's name and the homeroom teacher's name. If your student knows that something will be delivered for them, they may check in the office with their teacher's permission.

Thank you so much for helping us to maximize teaching time for all of our students by cutting down on interruptions.

# SAGE SNIPPETS - Our 7 Senses

## Understanding Sensory Processing Disorder



We are taught in school that our bodies have 5 senses, right? Well, that isn't exactly true. Our bodies also have two inner senses. One is our vestibular sense (our sense of movement through space) and the other our proprioception system (our sense of body position).

We use our senses to navigate through the world. Our senses help us regulate our bodies so that we can make proper behavioral adjustments to be successful in our world. We use our senses every minute of every day, and we rarely give it a second thought. It just comes naturally to most people.

This is not the case for those who have a sensory processing disorder. Some people process incoming sensory stimulation (movement, touch, sights, smells, noise, tastes, and body position) differently. Some people become overwhelmed by all of the incoming information and are not able to determine which sensations are the most important and should be attended to and which sensations should be ignored. Other people need such large amounts of input for sensation to register that they often miss out on important information. When the brain processes this sensory information in an unusual way, it causes a person to either become overwhelmed or need additional input.

Have you ever seen a child jumping up and down flapping his arms? Do you know someone that appears super clumsy and trips over everything? How about a child that covers her ears when the music comes on? Know anyone that walks on their tip toes? Someone that can't stand tags in his clothing?

Many children with SPD have trouble figuring out what to do once they walk in a room because they are unsure of their body position and how it relates to the surroundings. They often choose to sit in a corner or play a familiar game rather than interact in this novel situation or play with their unpredictable peers. These children might have high anxiety, be perceived as bullies, or have low self confidence and self esteem.

Sensory processing affects each person's behavior differently. We all have our little quirks, but it only becomes a disorder when it gets in the way of a person's ability to function or learn.

Sensory processing is a spectrum. All of us process sensory information. Some of us might have such slight differences in our processing that it might just cause a little irritation or lack of focus. Some people learn to use their need for input to their benefit.

Through therapy, an individual can learn how to give the brain the input it needs to process the senses in a more normal way. Some can scratch that "itch" and it never comes back. For others, they will need to do a list of daily exercises to keep their brain processing their senses as normally as possible.

For more information on sensory processing disorder, go to [www.spdfoundation.net](http://www.spdfoundation.net).

## Counselor's Corner

### Wells' Character Trait for the Month of November is Cooperation

Teaching cooperation to children cultivates a valuable skill for children to possess. But it is difficult for many children. People naturally want to look out for themselves and make sure that they are taken care of first. Learning how to cooperate with others requires giving as well as taking and realizing that the good of the group is more important than the good of the one. Learning how to cooperate will help your child succeed in school, in relationships with friends, and in life over all. It is within a family that children can learn important cooperative skills like working together, sharing, and taking turns. Read on for

some ideas on teaching cooperation to your children.



**Be a model.** Children imitate the actions of

those around them. If you want your child to cooperate be a good example. Show him how you cooperate with others. If you encourage working in group situations or help a neighbor in need the deeds will be noted. Your child will be more likely to follow your example.

**Assign responsibilities.** As an important lesson in teaching cooperation, help children understand that everyone's help is needed in order for the family to be successful. Give your children responsibilities that they can accomplish. Point out what would happen if the responsibilities were not completed.

**Give suggestions and reasons.** Help your children understand why they should cooperate and give them suggestions to help them learn cooperation. Often children do not see a need, so giving a suggestion helps them realize how they can cooperate. The other day

at the book store I asked my son to hold the door open for me. When he asked why I explained because I was holding books in one hand and my youngest daughter in the other it would have been hard for me to do. Then I thanked him for helping me. Giving your child reasons why they should cooperate makes them more willing to do .

**Provide good models.** Children are exposed to many different things in the media, books, and friends. Make an effort to choose things that reflect positive values like cooperation. Point out when people you see in real life or the media are cooperating. Talk about how their cooperation benefits them both.

**Be sure to ask your child what they have learned about cooperation this month at school. Help them find ways to channel these learnings into their everyday lives.**



## Notes from Nurse Carol

### *Is it a Cold or the Flu???*



Symptom	Cold	Flu
Fever	Rare	Characteristic, high (100 - 102 degrees); lasts 3 - 4 days
Coughing / Chest Discomfort	Mild to moderate; hacking cough	Common; can become severe
Aches	Slight	Usual; often severe
Stuffy Nose	Common	Sometimes
Tiredness	Quite mild	Common; can last up to 3 weeks
Sneezing	Common	Sometimes
Headache	Rare	Prominent
Sore Throat	Common	Sometimes
<b>Complications</b>	Sinus infection or earache	Bronchitis, pneumonia; can be life threatening
<b>Treatment</b>	Only temporary relief of symptoms	Antiviral drugs (oseltamivir or zanamivir) within 48 hours of onset
<b>Prevention</b>	Good hygiene	Annual flu shot or FluMist



## It's not too late to join the Wells PTA

highlights the importance of families' involvement in our children's lives and invites EVERYONE to become involved and join PTA, as a basis for interaction between school and home.

"Get Back to Basics!" This year's membership theme

The funds raised by PTA help support many needed programs within our school. By getting involved at Wells, you'll be part of the solution, helping make positive changes. Local PTAs play an important role in fundraising to provide building improvements, curriculum-based programs, and social events—all vital to a school's

success.

Membership dues are \$9.00 per person and with each paid membership you will receive a Wells Student Directory in the fall.

Stop by the school office or contact Jan Hinck for a membership form. [jan.hinck@yahoo.com](mailto:jan.hinck@yahoo.com)



**ATTENTION!!!** If you have not subscribed to the **Electronic TigerBeat**, you are missing the weekly editions of the newsletter. Sign up today by sending an email to [wellstigerbeat@yahoo.com](mailto:wellstigerbeat@yahoo.com) and type "subscribe" in the subject line.

# Topic of the Month

## Carpool Etiquette and Safety



Thanks to the Wells parents that responded to our November Topic of the Month. We all know that getting kids to school on time, day in and day out, can be stressful. We are lucky at Wells to have our school in the center of the neighborhood, and not surrounded by busy city streets. This location makes it possible for our kids to walk and ride their bikes to school. However, with our heavy pedestrian traffic, it is important for us as drivers to remain patient and alert at all times. Trying to save time at drop-off or pick-up by taking shortcuts is inconsiderate to others and dangerous to our kids. Please consider the suggestions below as we all work together for the benefit of our children.

### Tips to Keep Everyone HAPPY and SAFE in the Wells Carpool Line

- Be considerate of pedestrians trying to cross the street and don't stop your car on the crosswalk, or anywhere that it will block access to the sidewalk.
- Pay attention to everything going on around you. This means hanging up your cell phone. Remember that cell phone use in school zones is now against the law.
- Be polite and give our crossing guard, Mr. Lewis, your undivided attention as you approach the crosswalk.
- Play by the rules at the four way stop at Mission Ridge and Whiffletree. This means waiting your turn.
- Be responsible and don't drop your children off along Mission Ridge, in front of the school, and have them cross through the front parking lot and across the carpool traffic. Please don't walk them through this area yourself, either. Not only is it dangerous, but it's also frustrating to drivers in the carpool line.
- Don't take shortcuts by turning in to the bus loading and parking lot north of the school. This is not a drop off area and it makes it dangerous for the kids walking and riding their bikes to school.
- Avoid walking across Mission Ridge near the carpool exit. This creates a hazard for cars turning out of the carpool line.
- Be mindful of others and don't try to "cut" into the carpool line from Buckle, Landershire, or along Mission Ridge. All cars entering the carpool line should do so at the 4-way stop at Whiffletree.
- Use your manners and don't park facing the wrong direction on any street. Also remember not to get too close to the corner when parking on any of the side streets near the school. This makes it difficult for other drivers to get turned onto those streets.
- Be thoughtful by not leaving your vehicle unattended after 2:35, if it is parked in front of the school.
- As a courtesy to others waiting in line, have your child ready to hop out of the car when you reach the drop-off area.

### Wells Night at Papa Murphy's

Our next restaurant fundraiser will be on Nov. 9 & 10 at Papa Murphy's Take 'N' Bake pizza, located at the NE corner of Parker & Coit.



### Preview of December Brown Bag

The topic for the December 4th Brown Bag lunch will be "I Never Planned to Yell So Much". Mark your calendar now!

### MLK Celebration 2010 Art Contest

*Theme: Free to Lead*

Entries must be submitted to Mrs. H by Nov. 27th. Contest entry forms and guidelines can be found on the Wells PTA and school website.

<http://k-12.pisd.edu/schools/wells/> or  
[www.wellspta.org](http://www.wellspta.org)