



November/December
ISUPERCATS!



Fit & Fun

MARATHON Kids

From 1 mile fun runs to full out Marathons our Beverly Bobcats know how to run!

Rudolph Run
Allen, TX
Saturday, December 1

Katie Crouse 3rd grader ran in her FIRST 5K (3.1miles). She finished second in her age group and had a time of 24minutes 20seconds!



"She took off at the beginning and I thought she'd burn out, but she left me in the dust!!"

-Shelly Crouse

Tristan Wilkerson 4th grader ran the 1 mile fun run. And oh what an experience he had!

"I had fun running the Rudolf Run because I got lost and had fun running"



-Tristan Wilkerson

Peri Jacobs, 2nd grader, braved the cold weather to walk with her family through the streets of Allen. Perry's favorite part was that she included her dog along for the 1mile fun run. Doggie treats for everyone!



Nutcracker Dallas Repertoire Ballet Richardson, TX

Dancing is an aerobic exercise that improves the condition of your heart and lungs while developing balance and coordination. We are proud to announce that our very own Josie Baxter participated in this year's Nutcracker as a Mouse.



Fitness

Fitness testing is underway for all grades (excluding Kindergarten). We test in 4 areas:

Flexibility, Muscular Strength, Muscular Endurance, Cardiovascular Strength

JDRF Walk to Find a Cure 2007

The McPartland Family participated in the "JDRF Walk to Find a Cure" for Sarah to raise awareness for Juvenile Diabetes.

As many as 3 million Americans have type 1 diabetes, a disease most often diagnosed in childhood that strikes suddenly, lasts a lifetime and carries with it complications including heart disease, stroke, blindness and kidney failure. JDRF's mission is to find a cure for diabetes and its complications through the support of research. Thanks to dramatic research progress a cure is now within our reach.

—JDDRdallas.org



The walk is a healthy activity for a worthy cause. Way to go SARAH!

Building Strong Bones

Did you know there's a new concern about the resurgence of Rickets? Too little milk, sunshine and exercise have Doctors worried. According to a Mayo Clinic study, there's evidence that U.S. children break their arms more often today than four decades ago-girls 56 percent more and boys 32 percent more.

What can parents do?

*Young children should consume about 800 milligrams of calcium a day. Between ages of 9-18 that requirement almost doubles to 1300 mg. That's about 3 cups of fat-free or low-fat milk plus additional calcium-rich foods, such as broccoli, cheese, yogurt, or calcium-fortified orange juice.

*Children and adolescents need at least 200 iu of vitamin D. Milk and orange juice often are fortified with the vitamin; a few other foods contain it. SUNLIGHT is a major source. About 10-15 minutes of sun exposure weekly is enough for many children.

* Children of all ages need about an hour of physical activity most days and 10 to 15 minutes at a time can add up. Weight-bearing exercises strengthen bone, anything from team sports like soccer to simply jumping rope or running around. The goal is for the arms or legs to bear all the body's weight.

* Be sure to send Coats and Mittens so Beverly Bobcats can benefit from sunshine and activity at recess, even in cooler temps!!

A Simple and Secure Way to Safeguard Your Child's Shot Record

Safeguard your records:

You can register your child any time at

www.collincountvtx.gov

Save Time:

Easily transfer your records between schools and doctors.

Avoid unnecessary shots.

Replace damaged or lost paper records.

ImmTrac

To ensure your child is in ImmTrac or to enroll, contact:

Collin County Health Department's ImmTrac Specialist-

Jennifer Blankenship at jblankenship@co.collin.tx.us

Has your child started their Hepatitis A vaccine?

This is not a current requirement, but still a great idea!

If you have started the series, they need to get their second one soon.

Contact Nurse Smith at 469-752-0409 if you would like a copy of your records

- K**
- ⊗ Sophia Antoniuik
 - ⊗ Cory Kiattitananan
 - ⊗ Danny Habbas
 - ⊗ Haley Mise
 - ⊗ Deborah Heo
 - ⊗ Emily Peeler
 - ⊗ Sandra Brunone
 - ⊗ Cameron Anwary
 - ⊗ Andrew Sesler
 - ⊗ Diez Dorff
 - ⊗ Parker Offill
 - ⊗ Jacob Li
 - ⊗ Ziana Harris
 - ⊗ AndreeAna Taylor

- 1**
- ⊗ Anika Gupta
 - ⊗ Dylan Sloan
 - ⊗ Nikki Patel
 - ⊗ Adrian Morales
 - ⊗ Jordan Radasch
 - ⊗ Ethan Rococeles
 - ⊗ Dylan Lawson
 - ⊗ Kaitlyn Murphy
 - ⊗ Aleena Syed
 - ⊗ Mitchell Jones
 - ⊗ Sara Eaglestone
 - ⊗ Nicholas Little
 - ⊗ Christian Weaver
 - ⊗ Grace Zhang
 - ⊗ Emma Landry
 - ⊗ Brandon Luo

- ⊗ Williams Hawkins
- ⊗ Shon Liskov
- ⊗ Yolanna Jotanovic
- ⊗ Hamaad Akbar
- ⊗ Annie Zhao
- ⊗ Khanh Gauthier
- ⊗ Shadman Hameed
- ⊗ Meagan Clark
- ⊗ Eric Jiang
- ⊗ Leela Brassil

- 2**
- ⊗ Montserrat Aguirre
 - ⊗ Mackenzie Robinson
 - ⊗ Kade McCormick
 - ⊗ Miho Kawabata
 - ⊗ Kennedy O'Kelley
 - ⊗ Caige Ray
 - ⊗ Emma Griffith
 - ⊗ Crystal Tse
 - ⊗ Manav Patel
 - ⊗ Nandiini Sharma
 - ⊗ Umar Faiz
 - ⊗ Leah Tomotaki
 - ⊗ Justin Gray
 - ⊗ Margaret King
 - ⊗ Gregory Carlin
 - ⊗ Julian Davis
 - ⊗ Mia Heber
 - ⊗ Nathaniel Elcan

- 4**
- ⊗ Shreena Bhakta
 - ⊗ Ashleigh Gray
 - ⊗ Erik Hamilton
 - ⊗ Luke Fantin
 - ⊗ Mariana Rameriz
 - ⊗ Courtney Bock
 - ⊗ Kyle McGee
- 5**
- ⊗ Karen Lamb
 - ⊗ Falyn Traina
 - ⊗ Lilly Guo
 - ⊗ Daylia Hollins
 - ⊗ Armon Anwary
 - ⊗ Erin Andereck
 - ⊗ Andrew Gibson
 - ⊗ Caleb Fung
 - ⊗ Tristan Albers
 - ⊗ Ally Moore
 - ⊗ Athina Vallecillo
 - ⊗ Natasha Doherty
 - ⊗ Graham Welch
 - ⊗ Ashlynn Krasnesky
 - ⊗ Tyler Pietruszewski
 - ⊗ Kyle Cancelmi
 - ⊗ Keely Weber
 - ⊗ Patric Friend
 - ⊗ Karli Weber
 - ⊗ Corey Ray
 - ⊗ Courtney Walpole
 - ⊗ Anna Tomotaki
 - ⊗ Myacki Allen
 - ⊗ Morgan Pawloski
 - ⊗ Jake Nissley
 - ⊗ Phoebe Djuandi
 - ⊗ Harrson Binegar
 - ⊗ Aaron King
 - ⊗ Abigail Orr

2 PENNY FRIDAY

We encourage all students to donate 2 pennies every Friday for this year's charity SPCA!