

THE COUGAR BEAT

November 2, 2009

From the Principal

Parent Involvement Week

is quickly approaching. In honor of this national event, all HCE parents are invited to come to campus during the week of November 16th-20th to see wonderful teaching and learning taking place. Your child's teacher will send out more specific information as to your particular invitation time in the very near future.

Mark your calendars and we look forward to welcoming all parents to school!

LIFESKILL

Common Sense

To think it through
before you act!

Calendar

- 11/03 Election Day
5th Grade Bake Sale
- 11/10 **PTA Meeting**
10:00 am . Library
- 11/11 3rd & 4th
Musical
Performance
- 11/13 **AUCTION**
Rock the Night
Away at
the Forest Club!
- 11/16 National Parent
Involvement Week
- 11/19 Gift Wrap
Distribution
- 11/20 Staff Appreciation
Luncheon
- 11/24 Progress Reports
- 11/25—11/27
Thanksgiving
Holiday

Parents,

If you are interested in learning more about SBISD's Dual Language Program, please attend any of these informational meetings.

	Cedar Brook	Pine Shadows	Sherwood
Parent Campus / Classroom Visits	Nov. 19 th 8:00AM Dec. 9 th 8:00AM	Nov. 30 th 8:00AM Dec. 10 th 8:00AM	Nov. 17 th 8:00AM Dec. 8 th 8:00AM
Parent Orientation	Jan. 14 th 8:00AM or 5:30PM	Jan. 12 th 8:00AM or 5:30PM	Jan. 21 st 8:00AM or 5:30PM
All visits will be at the campus. Please sign in at the front office and report to the Library.			
Lottery	tba	tba	tba
Notification Date	tba	tba	tba



Cougar Eye Winners!



For the Week of
October 26th

Kinder

Jennie Genung
Zayed Al Bayati

First

Preston Ramsey
Taylor Franklin

Second

Hailey Kelley
Erik Jorgensen

Third

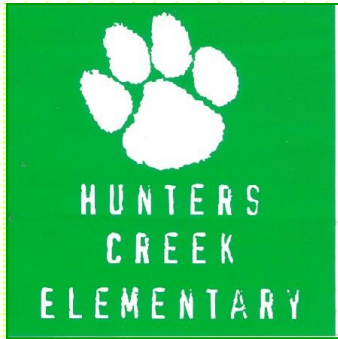
Campbell Stone
Preston Frede

Fourth

Grace Hamilton
William Chung

Fifth

Victor Salazar
Madison Fuller



HCE SPIRIT SHOP ITEMS

Show your Hunters Creek PRIDE with our NEW items-ALL items have HCE LOGO!! **

LAST DAY TO ORDER IS FRIDAY NOVEMBER 6

****SUPPORT HCE!!!**

Complete and return this form with your check (made to HCE PTA) to the box in the office labeled "SPIRIT SHOP" or via your child's backpack/folder.

Child's Name _____

Teacher _____ Grade _____

Girls Green/White tie-dye shorts with HCE Logo \$15.00

YS___YM___YL___ Adult S___ Adult M___

Girls Solid Green Wind short with HCE Logo \$12.00

Adult XXS___ Adult XS___ Adult S___ Adult M___ Adult L___

Boys green mesh "football" short with HCE Logo \$12.00

YS___YM___YL___ Adult S___ Adult M___

Long Sleeve Gray T-Shirt With HCE Logo \$13.00

YS___YM___YL___ Adult S___ Adult M___ Adult L___ Adult XL___

_____ HCE Bumper Sticker \$2.00

_____ BPA-Free Water Bottle \$4.00

_____ HCE Logo Lunch Tote with Zip-Top \$8.00

_____ Green Ruler and Calculator in one with HCE logo! \$5.00

_____ Green Folding Umbrella with HCE Logo \$9.00

_____ HCE Pencils 3 for \$1.00

TOTAL \$ _____ Questions? Contact Lisa Kurtz, ldkurtz@aol.com

Nurse's Notes

When it comes to preventing illness, the best defense is a good offense. I have written about hand washing, not touching the "T" zone (eyes, nose, and mouth), and covering coughs. Keep encouraging your children to practice these simple things to keep themselves well.

We continue to have students at HCE diagnosed with Type A Influenza, which doctors are saying is the H₁N₁ flu. So far, as of Wednesday, Oct, 28, we have had only two cases of flu reported to us for the week. This could just be a "lull" before another wave of illness. Since August, we have had a total of 55 diagnosed cases of flu. I hope you will seriously consider having your child take the vaccine for the H₁N₁ as soon as your doctor has it available.

For the next several articles I want to focus on the other things you can do to help prevent illness. One thing to consider is vitamin D. Vitamin D helps the body absorb calcium, affecting bone strength and mass, and it helps the immune system to function at its best. A vitamin D deficiency causes the "machinery" of the immune system to work poorly. Your skin makes vitamin D when it is exposed to the sun's ultraviolet rays unless you are wearing sunscreen. The problem is that we are taking such care to avoid sun exposure that our vitamin D production is at risk. Also, as we go into the winter months, we have less sun exposure. It is more difficult for darker skinned individuals to make vitamin D from sun exposure. It is easier to get vitamin D from a supplement or food than to worry about whether you are getting enough (or too much) sun. Research is showing that the recommended daily allowance of Vitamin D has been set too low. Those who are looking at that research are suggesting that adults should try to intake about 1000 IU a day. The American Academy of Pediatrics now recommends 400 IU vitamin D daily for children starting from birth.



If you take a vitamin D supplement, look for vitamin D₃ (called cholecalciferol), and not vitamin D₂ (called ergocalciferol), which is less potent. Foods that contain vitamin D naturally include catfish, salmon, tuna, and shrimp. Foods that are fortified with vitamin D include milk, yogurt, orange juice, and cereals.

22nd Annual

Bendwood Fall Bazaar

Saturday, November 7, 2009 from 9:00 to 4:00

12750 Kimberley Lane

(Town & Country shopping center by Barnes & Noble)

Come and Shop -- with dozens of Top Quality Vendors!

hand-crafts, jewelry, candles, gourmet foods, stationery, yard art, accessories, home décor, original artwork, holiday items, toys, books, cosmetics and more.

Come and Eat – **Skeeters** hot dogs, hamburgers, fajitas, cold drinks, ice cream, popcorn, fabulous homemade treats and more!

Come and PLAY – Inflatables, face painting, hair painting, treat walk, carnival games, obstacle course, moon walks and lots of fun for kids.

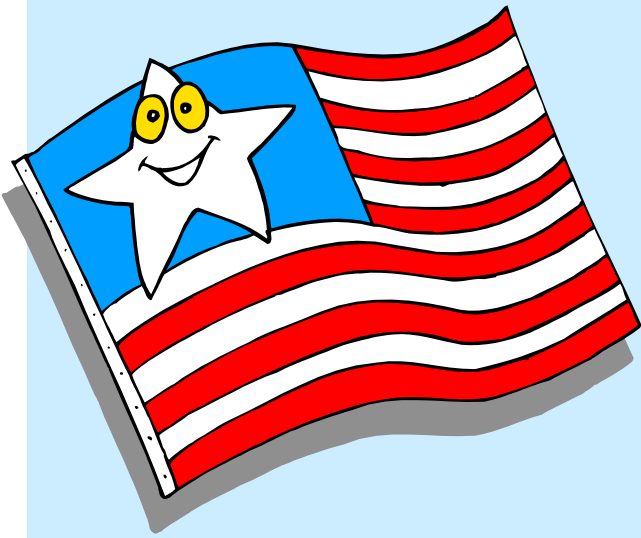
Come and WIN! \$1 vendor raffles ongoing throughout the day.
Enter the **Continental Airlines** grand prize drawing to win two roundtrip airfares.
Tickets \$5, need not be present to win!

HCE Policy Corner

Program Assembly Guidelines: Parents/Guardians and community members are welcome to attend all school programs and assemblies. Please read the PTA newsletter and watch our campus marquee for upcoming programs. Parents are asked to be respectful of others during all programs. Please refrain from excessive talking and interfering with another's line of vision due to photography purposes.

Sibling Rule: Siblings in other grade levels are not permitted to be taken out of class to view a program.

New 3rd and 4th Grade Program!



On **November 11th** the third and fourth grades will perform a program of patriotic songs to **Celebrate Veteran's Day.**

Hunters Creek Cafeteria
8:30 a.m.

Family members who are Veterans are especially invited.

To Submit a Newsletter Article

1. Write your article as a Microsoft Word document.

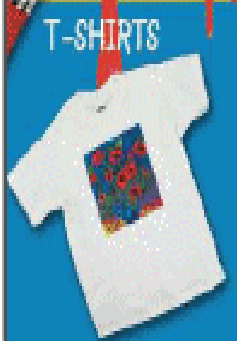
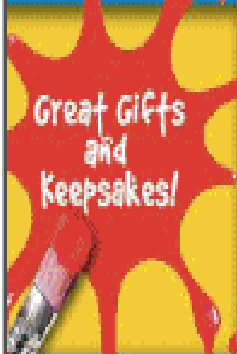
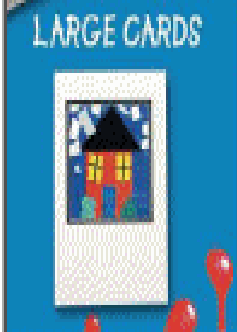
2. E-mail it to all 5 newsletter editors at:

rdemoes@comcast.net
althealee@comcast.net
sassydesignsinc@comcast.net
virginias@ireality.com
witte@texas.net



3. You should then **receive a response** from the editor who is responsible for that week. **If you do not get a response, please call** one of us to make sure your article will be included! The **DEADLINE** for submitting articles is every **WEDNESDAY AT 10:00 AM**. Articles will be accepted **ONLY** by e-mail. If you have any questions, please call any one of us!

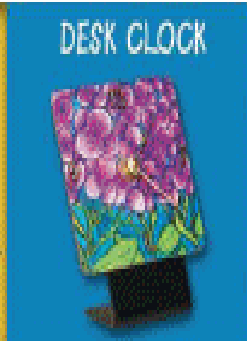
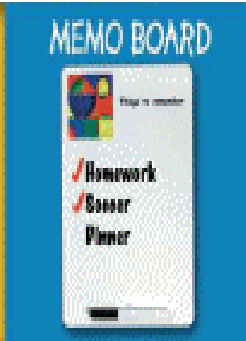
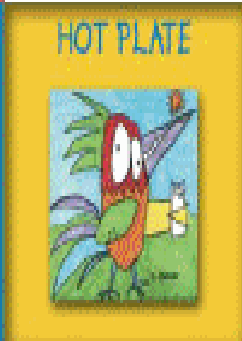
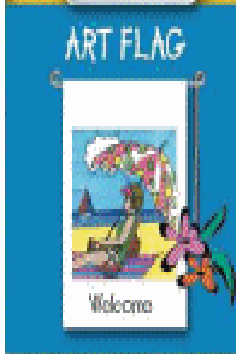
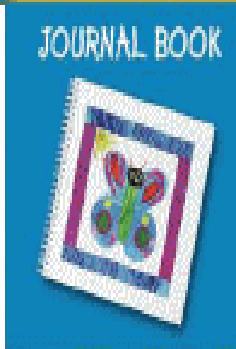
Renata DeMoes	281-381-6545
Althea Lee	713-984-1615
Sandy Means	713-906-1289
Virginia Schwanauer	713-984-2490
Teresa Witte	713-647-8444



AUCTION KID PICS!

Our HCE artists rock! Our children are working on a project that turns their artwork into various products like bags, quilt squares, tiles, stationary, clocks, matted prints and more. In early November, you'll receive a catalog with a picture of your child's artwork and the various products available. The best part is that most items are under \$20.00 and will be ready just in time for the holidays. Please watch for the catalog in your child's backpack, or visit us at the Kid Pics table at the auction. If you have any questions, please contact :

Mona Read (mona.read@sbcglobal.net) or
Jacqueline Wright (jwright7@comcast.net).



Nutcracker Preview Party

AUCTION PRESALE

**Donated by: Jenny & Jim Greer, Caroline & Andy Trowbridge,
Kathryn & Neil Stone, Janee & Bill Bobbora,
Lene & George Kiersted, Molly & Ross Vaughan,
Alexia & Antonio Benavides, and
Darby & Andy Suman**

Avoid the crowds and shop 'til you drop at the
Nutcracker Market Preview Party
the night before the Market opens to the public.

The package includes 4 tickets to the Preview Party (\$150 value each),
\$200 in cash, 12 drink tickets and a town car that will drop you off and
pick you up right at the door!

WEDNESDAY, NOV. 11TH, 2009
7-10:30PM
RELIANT CENTER

Market Value \$1100 Minimum Bid \$750

YOUR BID \$ _____

Name _____

Phone _____ Email Address _____

Please Print out this Paper Bid and Place in the Auction Box in the Front
Office no later than Wednesday, November 4, 2009 at 3 p.m.

Thank You for Supporting Hunters Creek Elementary School



You are INVITED....

The Annual HCE Auction is just around the corner

Friday, November 13

**The Forest Club
7 p.m. 'til Midnight**

Featuring:

**Fabulous Trips, Sporting Events, Spa Packages, Class Quilts,
Class Projects, Grade Level Packages, Fine Wines,
Sports Memorabilia.....and WAY more!**

Tickets are \$60 pre-paid or \$75 at the door.

Please turn your RSVP card into the RSVP Box in the front office! Express check-in and payment by credit card are available this year, simply check the Express Check-In line at the bottom of the RSVP card.

**questions? email dsuman@comcast.net, mindyvoyles@comcast.net
or kathrynnicolemanning@comcast.net**

Rock On!



PLEASE SUPPORT HUNTERS CREEK THROUGH AUCTION UNDERWRITING!!!

Underwriter Name _____
(as it is to appear in the underwriting flyer)

Contact Name _____

Address _____

Zip Code _____ Phone Number _____

Elvis Presley Level	\$2500	_____
The Beatles Level	\$1000	_____
The Rolling Stones Level	\$500	_____
Michael Jackson Level	\$250	_____
AC/DC Level	\$100	_____
Madonna Level	\$ 50	_____
Grandparents: Frank Sinatra Level		_____

Please submit this form and your payment in one of the following ways:

- (1) Send it to school via your child's backpack in an envelope marked "Auction Underwriting"
- (2) Place it in the "Auction" box in the school office
- (3) Mail it to Jenny Greer, 902 Tarrington Court, Houston, Texas 77024
- (4) If paying by credit card, email the information on this form to jgreer@gibbs-bruns.com.

If paying by check, please make check payable to Hunters Creek Elementary PTA.

If paying by credit card, please include the following information:

Card type (circle one): MC, VISA, DISCOVER, AMEX

Card number: _____ Expiration date: _____

Name as it appears on card: _____ Amount to be charged: _____

Card holder's email address: _____

This contribution is fully deductible to the extent allowed by law.
Hunters Creek Elementary School PTA is a non-profit
501(c)(3) educational and charitable organization

THANK YOU TO OUR AUCTION UNDERWRITERS!

**Bank of Houston
Röhe & Wright Builders**

**The Knox Family
Julie, Terrell & Colin White
Lene & George Kiersted
Darby & Andy Suman
Lauren & Jeff Friedman
Dede & Connie Weil, grandparents of Emma & Buddy Friedman**

**Bank of Texas
The Kellner Family
Stephanie & Jay Carr
The Daughtry Family
Amy & John Miller
Kathryn & Neil Stone
The Groppe Family**

**The Freedman Family
Camille and Mollie Macicek
The Desai Family
Debbie & Frank Robinson
Gail & Eric Gould
The DeMoes Family
The Mertensotto Family
Cindy & Sean Cooper
Heidi & Tom Hedrick
Claire & Dan Boyles
The Rauch Family
The Soh Family
The Frede Family**

**Claudia & James D. Key
Jill & Chris Oliver
Aurelio Benavides
The Gartner Family
Elizabeth & Steve Darnall
Susan & Baris Ertan
Angela & Tan Le
Sandford Barlow LLP
The Matheny Family
David, Alison & Christopher Hickey**

**Patricia & Chris Armitage
The John Osborn Family
Laura & Richard Davis
Tara L. Imani**

**The Elvis Presley Level
Stan & ReINETte Marek**

**The Beatles Level
Martha Turner Properties
Drs. Rhonda & Paul Metz
Andrea Le
Erin & Michael Maggi
The Manning Family
The Manning Family**

**The Rolling Stones Level
The Mouer Family
Laura & Bruce Shelby
The Reppert Family
Karoline & Tim Carlson
Althea & Henry Lee
Benjamin Gale & Family**

**Michael Jackson Level
Paula & Mark Kotlarek
Hai Ho Nguyen & Kim Dao
Roger A. Soape, Inc.
Joanna & Patrick Johnston
Jen & Brian Moss
The Jorgensen Family
The Genung Family
Nick Simms & Liz Freeman
The French Family
The Wilkinson Family
The Joyce Family
Yvette & Erik Simpson
Michael Lai**

**AC/DC Level
Kara & Lee Norris
The Gilhooley Family
The Vaughan Family
Elizabeth & Gantt Walton
The Rawlinson Family
The Witte Family
Yuki & Ned Shimizu
Jenn & Kirk Tucker
The Lanzagorta Family
The Augenthaler Family**

**Madonna Level
Jenny & Niko Lorentzatos
Audrey Hoang
Akm Shamsul Aziz
Kent Whipple**

Frank Sinatra Level

**Roswell & Sandy Vaughan, grandparents of Mary Helen and David Schmidt
Joanie & Don Haley, grandparents of Becca and Katelynn Copeland
Lakshmi & Krishna Vavilala, grandparents of Ariana and Ashwin
Mrs. & Dr. Carlos R. Hamilton, Jr., grandparents of Grace & Frances Hamilton
Jennie & Philip Leman, grandparents of the Genung children
Antonio & Rosemary Martinez, grandparents of Yusef Eter**

Todd, Dawn, Taylor, Todd II, Tanner Dixon

**The Upper Hand Salons
The Greer Family
The Schmidt Family
Memorial Gastroenterology Associates
- Dr. Paul Azad
Juneau Exploration**

**Liz & Matt Rotan
Michelle & Robert Elliot
The Sturges Family
The Ansari Family
Miles Kurtz
Maggie & Jim Row**

**The Wendler Family
Marci & Carlos Hamilton
Dr. Mike Mizell, orthodontist
Mike, Melissa & Emily Anderson
Andrew Esses
Marilyn & Scott Irwin
The Giles Family
Amanda Vavilala & Richard Morales
Mark Provenzano, M.D./Carl Palumbo, M.D.
Adie & Christian Schlenker
Sally & Vincent Giammalva
The Bremner Family
The Giannukos Family**

**Carmen & Jaime Vergara
The Edmonds Family
Meg & Dave Bissinger
Tricia & Gale Oliver
Jeré & Terrell Meaux
The Jimenez Family
The Kelley Family
The Lunsford Family
The Alshaya Family
The Espey Family**

**The Wright Family
Nora Suman
Courtney & Savanna Nichols
Kim & Brad Conrad**

Thank you to Gibbs & Bruns, LLP, for providing paper and copying services for Auction Underwriting flyers and letters.