

Stinson E-News 09/25/2019

In this edition of the Stinson E-News,

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Please No Pets on School Property

Recently we have noticed several families bringing their pets onto school property and in some cases up to students during arrival and dismissal. As a reminder, pets should not be brought on school property during arrival and dismissal times - even on leashes. In the past, students have been made to feel uncomfortable due to past experiences, cultural beliefs, or even allergies associated with pets. We ask all visitors and families to work with us in supporting this request.



Stinson Picture Day will be **Thursday, September 26.**

Order online before picture day with your Picture Day ID: **TX059065Q0**



Individual school pictures are
purchased ahead of time.

Please fill out the order form your student
brought home last week and send it back
with payment on or before Thursday
or order online!



SPOOK-TACULAR STAR DASH

Wear your favorite, Suitable Costume.
(Costume is Optional... Having fun is Mandatory!)

FUN RUN WALK FOR ALL AGES

WHEN: FRIDAY OCT. 18, 2019 5:00-7:00PM
WHERE: CREEK HOLLOW PARK 4100 BRECKINRIDGE BLVD.
RICHARDSON, TX 75082

VISIT www.StinsonPTA.org TO REGISTER!!!

Entry Fee is \$15. Purchase your "Early Bird" Ticket online BY Friday Oct. 4th
and receive a FREE T-shirt!!!

RACE DAY EXPERIENCE:

- Bubble Bus, Music & Bounce House
- Stretch with a Yogi
- Finisher's Medal & Photo Booth
- Pumpkin Decorating
- Sidewalk chalk & Friendship bracelet table
- Pizza & Kona Ice Available (Bring cash!)
- Visit with Stinson's Community Partners

Pre-run stretch with a Yogi will promptly begin at 5:00PM.

Please NO pets, bikes, scooters or motorized rides.
Strollers, wagons & wheelchairs are allowed



SPONSORS

- | | |
|-----------------|------------------|
| - HONDA CARS | - KONA ICE |
| - OF ROCKWALL | - MONICA WITH |
| - EAST LACROSSE | YOUNG YOGIS DFW |
| - JOYCE LYNN | - THE TUTORING |
| CHANDLER - KW | CENTER |
| - PERCEPTION | - INNOVATIVE |
| EYECARE+EYEWEAR | PHYSICAL THERAPY |
| - POOP 911 | - PIE FELISHA |
| | - LEBECK @ LAW |

QUESTIONS? EMAIL: funrun@StinsonPTA.org

ALL PROCEEDS BENEFIT THE STUDENTS
OF STINSON ELEMENTARY!

Veteran's Day Writing Contest

Each November, we honor veterans at Stinson Elementary by having a special assembly. During our assembly, students are able to meet and thank heroes who sacrificed for our future. Afterwards, we host a reception for veterans and their families.



We would like to give students the opportunity to have a voice in the assembly again this year by having a writing contest. Students with winning entries will have a chance to read their work at the assembly on **November 8th**.

We are asking students to stop and think about what a veteran is and what they have done and continue to do for our country. Students may submit a one-page essay or poem about this year's theme:

Theme: Why do you think it is important to honor our veterans?

Student submissions may be typed or handwritten.

Please make sure students include these items on all paper submissions:

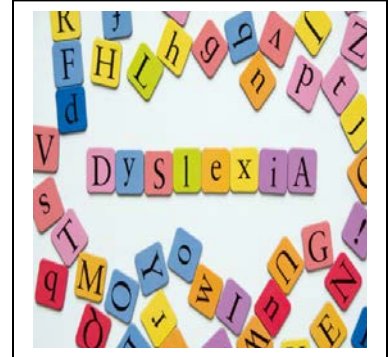
- Student's first and last name
- Student's grade level
- Homeroom teacher's name

Completed pieces are due to **Mrs. Bedard by Friday, November 1st**.

Stinson Celebrates

Dyslexia Awareness Week

October 7-11



Each day, we will highlight a different fact about dyslexia on the morning announcements.

- Students with or without dyslexia are encouraged to participate by speaking on the morning announcements.
- Students may give a fact, share an experience, or talk about a famous person with dyslexia.

If you would like your child to participate, please fill out the bottom half of this sheet and return to Mrs. Bedard by 9/27. You will be contacted about which day your child will present on the announcements.

DYSLEXIA AWARENESS WEEK 2019

Child's Name: _____

Grade: _____

Teacher: _____

What would your child like to say about dyslexia on the announcements? (1-2 minutes) If you would prefer, we can give your child a fact to share about dyslexia. – please indicate your preference below:

Parent's name: _____

Parent's email and phone # _____



September 2019

Stinson Elementary

Name: _____
 Grade: _____
 Parent
 Signature: _____

→ * Please have your parent or guardian initial each day that you complete the activity – then bring it back to your Coaches at the end of the month for a reward!










→ **Sept. 2nd** is Labor Day. **NO SCHOOL!**

→ **Sept. 6th**: Stinson Back to School Picnic! CH Park 5:30-7:30

→ **Sept. 23rd** is First Day of Autumn.

→ **Sept. 29th** is Family Health & Fitness Day USA
www.fitnessday.com/family
 Have a family picnic, then play a game at the park!

→ **Sept. 29th** is World Heart Day!
***Biggest platform for raising awareness about heart disease.**
 *** Name ways to keep your heart healthy!

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>NO SCHOOL!</u> Get 8 – 10 hours of sleep each night this week!  <input type="checkbox"/>	3 Play kickball at the park with friends after school! <u>MVPA</u>  <input type="checkbox"/>	4 Log on to <u>eatingwell.com</u> and find some nutritious meals to plan with an adult. <input type="checkbox"/>	5 Practice activities like playing basketball or flying a kite at the park this weekend! <u>MVPA</u> <input type="checkbox"/>	6 Name 2 things you can do to make your heart healthy!  <input type="checkbox"/>
9 Stay hydrated! Drink 6 – 8 glasses of water daily!  <input type="checkbox"/>	10 Play soccer with friends at recess. <u>MVPA</u>  <input type="checkbox"/>	11 Wear plenty of sunscreen with a good SPF in it!  <input type="checkbox"/>	12 Do 10 push-ups, then do 10 sit-ups! Can you repeat? <u>MVPA</u> <input type="checkbox"/>	13 Tell an adult ways that you can be a good citizen.  Sharing is caring <input type="checkbox"/>
16 Run or walk a mile in your neighborhood. Bring a friend! <u>MVPA</u> <input type="checkbox"/>	17 Write down 5 safety rules for school and home. <u>Ex: Exit plan?</u>  <input type="checkbox"/>	18 When you get out of bed, do as many jumping jacks as you can! How many did you do? <u>MVPA</u> <input type="checkbox"/>	19 Help with dinner tonight and after you help with the dishes, take a family walk! <input type="checkbox"/>	20 Jog around the playground equipment at recess as many times as you can! <u>MVPA</u> <input type="checkbox"/>
23 Play a partner game of catch with a friend. Each time you catch it, take a step back! <u>MVPA</u> <input type="checkbox"/>	24 How many crab kicks can you do in one minute? <u>MVPA</u> <input type="checkbox"/>	25 How many squats can you do in one minute? <u>MVPA</u>  <input type="checkbox"/>	26 Sweep your front porch and sidewalk and pick up litter around your area! <u>MVPA</u> <input type="checkbox"/>	27 Set up some bottles or cans and bowl with a rolled up pair of socks! <input type="checkbox"/>
30 Put together an emergency plan with a parent in case of tornado or fire. <input type="checkbox"/>		** Remember when you see <u>MVPA</u> that means <u>Moderate to Vigorous Physical Activity!</u>		



Join us for THE

MIGHTY MASCOTS PLANO SENIOR HIGH SCHOOL MASCOT CLINIC

Saturday,
September 28, 2019



12:30pm-3:30pm
Plano Sr. High School

Wendie
Wildcat



Wesley
Wildcat

GIGGLES AND
GOOD TIMES
GUARANTEED!

HAVE FUN!
BE CREATIVE!

Girls & Boys ages 5+ are welcome! Ever wonder what it'd be like to be the lovable Mickey Mouse, Kung Fu Panda or Olaf the Snowman and have fun and make people happy? Now's your chance! Participants will learn fun techniques taught by the PSHS Wildcat Mascots that include **brainstorming fun ideas, learning about how to be safe and have fun as a mascot by using props, doing cheers, silly antics & a routine that they will perform for family and friends!** *Dress in a loose shirt, shorts or sweats, tennis shoes & socks. Props will be provided!*

***This clinic will coincide with the PSHS Cheer Clinic!**

WHERE: Plano Senior High School Gym

TIME: Check-in @ 12:00pm **PERFORMANCE:** 3:15pm

Pre-Registration \$30 paid by September 19, Walk-ins \$35 paid at the door

**all money is considered a donation to PSHS Cheer, no refunds*

Child's Name: _____
Age: _____ Grade: _____
Parent/Guardian Name: _____
Phone#: _____
Emergency Contact & Phone #: _____
Email: Address: _____
Specials Instructions (food allergy, limitations) _____

**size not guaranteed if registered after September 19th*

T-Shirt Size (circle one)

YS YM YL AS AM AL

Make checks payable to Wildcat Cheer Booster Inc. and mail by September 18 to:

Plano Senior Cheer Clinic – c/o Geneen Cochran 4417 Boston Dr, Plano TX 75093

planowildcatsbooster@gmail.com

(512) 221-7110

The content of these materials does not reflect the endorsement, sponsorship, position or expression of the Plano Independent School District.

Join us for THE

PLANO SENIOR HIGH SCHOOL CHEER CLINIC

Saturday,
September 28, 2019



12:30pm-3:30pm
Plano Sr. High School



Girls & Boys ages 5+ are welcome! Participants will learn fun techniques taught by the PSHS Wildcat Cheerleaders that include **cheers, jumps and a routine that they will perform for family and friends!** Dress in a loose shirt, shorts or sweats, tennis shoes & socks.

*This clinic will coincide with the PSHS Mascot Clinic!

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