

# Post Previews

Mrs. Tomicka Williams, Principal  
[www.post@cfisd.net](http://www.post@cfisd.net)

October 5, 2018



## Upcoming Events

### October

- 8 Student Holiday  
 Parent/Teacher Conferences  
 Chick-Fil-A Spirit Night  
 w/PPCD & PK, 4 – 10 pm  
**COLLEGE WEEK – OCTOBER 8-12**  
**WEAR COLLEGE SHIRTS**
- 11 2 Science UT
- 12 5 Math CP
- 13 **HEALTHEXPO, 9 am – 2 pm**  
**Berry Center**
- 15 Nature Trails 3<sup>rd</sup>/5<sup>th</sup>  
 Yearbook & 5<sup>th</sup> Grade Ad Sale,  
 10/15-26  
 CFISD VIPS Lunch & Learn,  
 11:30 am – 1 pm
- 16 3-5 Reading CP  
 Nature Trails 3<sup>rd</sup>/5<sup>th</sup>  
**WatchDog Launch Night, 6-7 pm**
- 17 3-5 R/E CP  
 4 Math CP  
 Vision & Hearing Screening
- 18 3 Math CP  
 5 Science UT  
 Vision & Hearing Screening  
 Pumpkin Extravaganza, 10/18-31
- 19 **Storybook Parade, 9 am**  
 2 Math CP  
 Scholastic Book Fair, 10/19-26  
 Fall Frolic/Trunk or Treat, 6:30-9 pm  
 (Clark Henry Park)



## POST CELEBRATES COLLEGE WEEK

### October 8 – 12, 2018



Students and Staff wear college shirts!



**OCTOBER 13, 2018**

**Berry Center**

**9:00 am – 2:00 pm**

**H.O.P.E Health Walk – Level 2 during Expo**

## funfamilyfitness

### October 2018

**Family Fitness Daily Movement Calendar**

Please see attached calendar.



# Birthday Bookshare Club



Congratulations to the following students who participated in the Birthday Book Club!

In PK: Brandon Simon, Aden Carcamo, Elisha Karekezi

In K: Lani Bethke, Brenden Bethke

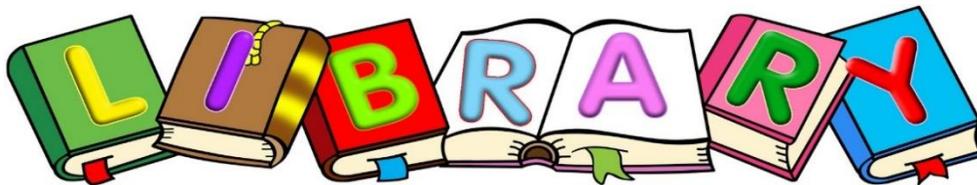
In 1<sup>st</sup> Grade: Brynn Pearson

In 2<sup>nd</sup> Grade: Mina Kurucan, Cole Prihada

In 5<sup>th</sup> Grade: Kaitlyn Prihoda

If you would like for your child to participate in the Birthday Book program, follow these steps:

1. On your child's birthday (or any time during the school year) he or she can visit the library to choose a book from a carefully selected collection of new books.
2. Send \$10.00 in cash or check to the library. Make checks out to Post Elementary.
3. Your child will be the first to check out their birthday book. After two weeks, they will return the book to the library so other children will have the opportunity to check out the book donated in your child's name. It will be a part of our library collection for years to come!



These students have reached their Accelerated Reading Goals! Congratulations to:

Demarcus Marks - 77 points, Isabelle Nguyen - 51 points, Shannon Lopez - 50 points, and Dhylan Soc - 40 points

## Name that Book

Name that Book is beginning for eligible students in 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grades. Name that Book is a school and district wide competition where students form teams of 6, read 100 books from the Name that Book List, and answer questions over the 100 books. Students are chosen to participate based on the following criteria:

1. Behavior – students must have exemplary behavior to represent Post Elementary at the district contest
2. Power Hour – students must be free from 8:55 to 9:35 am to practice in the library
3. Reading – students need to read at least 16 books by the school contest, January 22, 2019

Permission slips have been sent home with interested students. Ms. Johnson is looking forward to working with the Post Name that Book parents and students. Please call or email if you need further information.

713-896-3488 or [tanya.johnson@cfisd.net](mailto:tanya.johnson@cfisd.net)

## Upcoming Library Events

October 18-31 – Pumpkin Extravaganza. Bring your decorated pumpkins to display in the library.

October 19 – Book Character Parade. Dress up as your favorite storybook character.

October 19-26 – Scholastic Book Fair. Bring money to buy a book from the Book Fair.

October 25 – Read for the Record. Set a world record for the most people reading the same book.

## Nurses Corner

### Medication Drop off

All prescription and non –prescription Medications, including vitamins, cough drops, ointments, must be brought to the school by a parent or guardian and signed in at the clinic. Students are not allowed to transport any type of medication to and from school. The only exception are for those students who have a Doctor order to self-carry their emergency medications and a signed contract in the clinic.

### **Medication Pick up**

If your child has a medication in the clinic, please have an adult pick up and sign out the medication by 4:15 PM on June 1, 2018. All medication's left in clinic after this time, will be discarded.

### **Immunizations**

If you receive a notification that your child will need an immunization prior to next school year, please get this done as soon as you can. You may return a copy of the immunization to the clinic before school lets out. If you wait until next school year, your student will not be assigned a teacher until the delinquent immunizations have been received by the school nurse.

### **Guidelines for Keeping Sick Children Home from School**

A sick child who is unable to participate in school in a meaningful way should be kept home to rest and recover until symptoms resolve. Keeping a sick child home also protects other children, school staff, and visiting community members from contracting an illness that can be spread from person to person. Please be aware of the following guidelines for school attendance.

- **Fever:** A child should remain home with fever greater at and above 100° F and should only return after he/she has been fever free for 24 hours without fever-reducing medicine such as Tylenol or Motrin.
- **Diarrhea/Vomiting:** A child with diarrhea and/or vomiting should stay at home and return to school only after being symptom free for 24 hours.
- **Conjunctivitis (Pink Eye):** Following a diagnosis of pink eye, a child may return to school 24 hours after the first dose of prescribed medication has been administered.
- **Rashes:** Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash should return to school only after a health care provider has made a diagnosis and authorizes the child's return to school in writing.
- **Head lice (pediculosis):** Students who have an active case of live lice may attend school only after treatment which eliminates all live lice. Head lice do not jump or fly and are most commonly contracted by head-to-head touch (i.e. taking selfies, sharing pillows, and sharing brushes/combs/hats). Head lice are common in school aged children, so parents should routinely monitor children for live lice and teach the avoidance of behaviors that spread lice.

If you take your child to a healthcare provider for an illness, please be sure to request a written letter stating when your child may return to school.

A healthy school community requires parents and schools to partner with each other. To prevent/minimize local outbreaks of contagious disease, parents must keep children who have an illness that can be spread from person to person at home, and CFISD school nurses will exclude students with symptoms of a communicable illness from school attendance.



Post Elementary School  
7600 Equador  
Houston, TX 77040  
Clinic: 713-896-3493  
FAX: 713-896-3497

Dear Parent/Guardian:

Dear Parent/Guardian:

Our school will do **spinal screenings** on October 17 & 18<sup>th</sup>, 2018.

State law requires that schools must screen students for abnormal spinal curvature in accordance with the following schedule:

- Girls will be screened two times, once at age 10 (or fall semester of grade 5) and again at age 12 (or fall semester of grade 7).
- Boys will be screened one time at age 13 or 14 (or fall semester of grade 8).

Trained screeners will check your child for signs of spinal problems like scoliosis.

Catching a spinal problem early can make the treatment much easier. Not treating spinal problems can lead to serious health problems.

The screening is simple. Screeners will look at your child's back while he or she stands and bends forward.

The school will send you a letter if your child does not pass the screening. The letter will tell you how to follow up with a doctor.

This screening is not a medical exam. Your child still needs to see a doctor for checkups.

If you do not wish to have your child screened for religious reasons, you must submit an exemption to the school no later than October 8, 2018.

Thank you for your cooperation.

Sincerely

Kerri Lamance, RN, BSN

School Nurse



## **POST ELEMENTARY**

7600 Equador  
Houston, TX 77040  
713-896-3493  
Fax: 713-896-3497

Dear Parent/Guardian:

The 77th Texas legislature passed a law in 2001 that requires school districts to screen children for acanthosis nigricans. Acanthosis nigricans is a black-brown velvety marker that usually appears on the back of the neck. It is a result of too much insulin in the blood and is a pre-diabetic condition. Acanthosis nigricans serves as an indicator of risk for Type 2 diabetes and other chronic health problems. It is usually seen during the pre-adolescence and adolescence years. Early detection and an intervention of diet changes and physical activity are important. The state requires that we screen grades 1, 3, 5 and 7 for this condition.

The procedure for screening is simple. Screeners who have been trained will look at your child's neck during this school year. This screening is usually a visual exam that only requires seconds to complete. Parents will be notified if there is a need for additional screening. This screening procedure does not replace your child's need for regular health care and check-ups.

Our school will be doing the acanthosis nigricans screening on October 17 & 18, 2018. Please call the school nurse if you have questions or concerns.

Thank you,

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Kerri Lamance, RN, BSN

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## **COLLECTION BINS**

This is something that everyone can do, and it really helps the school to provide items needed to make our school community the best! There is a Collection Bin located in the café for:



For Ronald McDonald House

These organizations have helped schools across America earn cash for the things they need. Support Post today and see what a difference you can make!

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Kroger Community Rewards



Where shopping & Giving Come Together!

KROGER will be giving away \$1.5 million to local participating non-profit organizations this year! Friends, supporters and family members of POST ELEMENTARY, please visit:

[www.KrogerCommunityRewards.com](http://www.KrogerCommunityRewards.com)

Link your Kroger Plus Card today to POST ELEMENTARY: Organization Number **80071**.

Using your KROGER Plus Card will accumulate rewards toward POST ELEMENTARY!

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