

The Longhorn Way

Parent Edition No. 24
February 2, 2018

February marks Heart Health Month. Our LEAD Safe and Drug Free (aka Teen Voice For Change [TVC]) group has been working hard to plan events this month. Today students were encouraged to wear red for healthy heart awareness. Next Friday is Hats On for Heart Health. Student can wear a hat for \$1.00. [Click here for the flyer.](#) Next week students may buy a wristband ticket for the [Survivorball for Heart Event](#) on Wed. Feb. 28th 3:20-4:20 pm (after school activity time) from the school store - \$5 (more prizes if you donate more \$10 shirt and wristband, \$30 popsocket, \$100 Sky Zone pass). Our TVC LEAD Group has set our goal for all the month event at \$1000 to donate to the American Heart Association.

How do you know if your heart is healthy? Here are some articles the group has shared:

1. [Avoid smoking and using tobacco products.](#)
2. [Be physically active every day.](#)
3. [Eat a heart-healthy diet.](#)
4. [Keep a healthy weight.](#)
5. [Keep your blood pressure healthy.](#)
6. [Keep your total cholesterol healthy.](#)
7. [Keep your blood sugar healthy.](#)

Visit <https://healthyforgood.heart.org/> for more heart healthy tips.

National Counselors Next Week: Our Student Lighthouse Team is planning recognition all next week. Please take time to thank our amazing counselors even with a simple email. Leigh Klawiter (6th), Lisa Burks (7th), and Chris White (8th).

Arrival/Dismissal Safety: Please use caution when driving through the parking lot. We want to make sure we keep everyone safe. We have received complaints from parents and neighboring subdivisions about parents parking on streets to pick up our students and also picking up students on Baxter Road and making U-Turns on Baxter Road.. Consider good modeling for your children, soon they will be drivers. Please exercise patience with our dismissal and arrival process. Getting buses in and out of our lot first is our priority. Best time to pick up is at 3:25 pm.

Spring Parent Teacher Conferences are February 8th and February 15th from 4:30 p.m. to 7:30 p.m. Conference registration deadline is February 6, 2018. Click here for the: [Parent Teacher Conference Letter.](#)

Book Fair: We are gathering a team of enthusiastic, creative, and talented volunteers to help out at our upcoming Scholastic Book Fair (Feb. 8-15), and we would like to invite you to help out. Please take a moment to view our [sign-up sheet](#) to see what roles interest you. Spread the word to your friends and invite them to help us have the best Book Fair ever! **Please** contact Mrs. Ruzicka if you have any questions. Thank you!

PTO News: Conference Dinner for Teachers: PTO is providing dinners for the teachers on February 8 and February 15. If you are interested in donating food or helping serve, please sign up via these links - [February 8 Sign Up Genius Link](#) or [February 15 Sign Up Genius Link](#)
Box Top collection deadline date is February 9th.

Thanks for sharing your kids with us!

-Annie

Mark Your Calendar

February 5-9: National School Counseling Week

February 7: Late Start/West Time

February 8: No After School Activities

Parent/Teacher Conferences 4:00 pm - 7:30 pm

February 9: Hats on for Heart Health Day Donate \$1 before school starts in Cafeteria

A healthy attitude is contagious, but don't wait to catch it from others. Be a carrier.

All links can also be found on our website. www.parkwayschools.net/wms