



Message from the Principal, Mrs. McMullen

FORD NEWS February 7, 2019

Ford Mustang Family,

Whether you can believe it or not, we have gone past the halfway mark of this academic year! These past few months have truly reaffirmed for me the old adage that, "time goes by fast when you are having fun"! Each time I prepare to write this blurb, I think of the volumes and volumes that I can write about all the good that occurs in this amazing school and district. Unfortunately (but perhaps fortunately for you), I restrict myself to this small space each week.

The staff, students, parents, and volunteers of Ford Elementary continue to inspire me with their excellence in both the classroom and in extra-curricular activities. There are just too many examples for me to list here, but I hope you saw our pages of congratulations to our students in Reflections, UIL, Stem Fair, Battle of the Books, and more in our newsletter last week. My hope is that you continue to get a sense of Ford' many daily celebrations by reading this newsletter, visiting our website and/or following class news (EX: Remind APP; SeeSaw, Dojo, etc).

As we welcome in February, we are also looking forward to the second half of the school year. As I review the progress reports, I always notice a couple things that show a lot about students being successful. I think this is a good time to share them and look forward to great things in this second semester.

The first is **attendance**. Most students who do extremely well have great attendance. They are here almost every day, and they are here on time. Both of these things are important to learning. We certainly understand that students do sometimes get sick (especially during our Texas flu and virus season) and there is the need for some absences, but there is a lot learned every moment we are here.

The second is **participation**. Students who are performing well in the classroom are actively engaged. I can see it in my visits to classrooms, the comments that teachers write, and in the "Mustang Pride" and Learner Profile part of the K-1st grade progress report. I very much recommend that all parents encourage active participation in class with their children, because their collaboration, effort, and hard work pays off!

The third is connected to an attribute on our GISD Learner Profile.... "**adapts and perseveres**" and connects to our guidance curriculum character trait of *Perseverance!* The ability and willingness to take on a challenge and stick with it is so important. We want to encourage all of our students to do their best, even when things are challenging - this is how they will accomplish great things! Our most successful students continue to work hard when things are challenging. We hope you will encourage and inspire this at home as we do the same here at Ford.

We value your involvement and support, as our parents and families are an essential part of what makes Ford Elementary such a wonderful place for our kids!

In Mustang Pride,
Jessica McMullen

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FORD Upcoming Dates to Remember:

Feb. 8: Ford Mustang Spirit Day! Wear that Mustang Gear!

Feb. 11: Mustang Market (don't forget to bring your big idea bucks to school to shop)

Feb. 11th-Feb. 14th: Kindness Week! (see newsletter & calendar for specific days)

Feb. 14: Valentine's Class Parties (class times on calendar)

Feb 15: No School for students—Professional Learning Day for Staff

Feb. 18: School Holiday—no school for staff or students

Feb. 21: Ford Family Night & Book Fair Opens! Join us for the Ford CarnAval with dancing, bingo, World cup, and book fair @ 5-7!

Feb. 28: Honor Choir Performance



Ford Elementary Reminders about Safety & Campus Operating Procedures:

School Arrival & Schedules:

- The school day is from 7:55a.m.—3:10 p.m. and we value every instructional minute. Because spring is part of our final stretch at school, please help your child not miss any instructional time by scheduling doctor's appointments or check ups for afterschool when possible. If you are checking your child out of school for the day, please be ready to present your license & check students out through the office keeping in mind that our dismissal procedures begin at 3:00 and all students need to be checked out of school before this time.
- Once our daily bell rings at 7:55 in the morning, we quickly begin morning announcements. At this time, we ask all parents who walked their child in to class to say their goodbyes and exit the building so that our students' instructional day can begin.
- Once our instructional day begins at 7:55 a.m. we can no longer allow parents to walk their students back to their classrooms, unless it is scheduled with the teachers so that they can begin class without disruptions to their daily instructional routine. We do have staff members who can help and assist students or make deliveries for you.



Reminders

Campus Visitors & Volunteers:

- ALL campus volunteers and visitors are required to sign in at the front office at all times. Visitors are not permitted back to classrooms during the school day unless previously scheduled with the teacher or campus administration. This is for student safety and visitor accountability in our building, as well as to protect the instructional time of our students, limiting classroom disruptions.

Traffic & Student Safety:

- If your child walks or bikes to school, please help remind them to always stop, look, and listen at crosswalks before crossing. We always want to remind our students that they should NEVER ride their scooters, boards, or bikes across a crosswalk—instead they should always dismount and walk their bikes across.
- We love having parents walk their children into school in the morning or welcoming students in the car rider line. However, it is a dangerous situation when students are dropped off and prompted by parents to walk across the crosswalks alone. If you plan on dropping your child off, you should be utilizing the car rider line so that safety patrol and staff can help your child out of the car and into school. If you are not utilizing the car rider line for safe student drop off, we ask that you please accompany your child across the crosswalk in the morning and not drop students off in the parking lot.



Safety matters

Home & School Connection for Parents: *How Many Hours of Sleep Do Children Need Each Night?*



How many hours of sleep do children need each night? If you answered “seven or eight” your kids may be among millions of sleep-deprived American youngsters. The ideal amount of sleep for children in elementary school is nine to ten hours per night. Like adults, they suffer when they don't get enough sleep. When children are tired, they have trouble concentrating, become irritable or fidgety, have trouble remembering things and are vulnerable to colds and flu. There are a few tips you can do to help them get the amount of sleep they need:

- * **Make time** – Don't allow their lives to get so full of sports and activities that they cannot get everything done they need to before bedtime.
- * **Calm down** – Relaxing before bedtime by reading a book, taking a bath, or doing something soothing helps children get ready for sleep.
- * **Set a schedule** – It's a good idea to have the same bedtime and wake-up time every day, including weekends, because the human body functions best on a regular schedule.
- * **Be firm** – Make sure children understand that complaining about bedtime isn't going to change their bedtime.
- * **Be aware of caffeine** – Many popular drinks, including sodas are loaded with caffeine. If they want a drink before bedtime, try milk, fruit juice, or water.
- * **Promote bedtime reading** – Reading is a great way to drift into sleep.

It's hard enough for a child to get by with too little sleep and it's even harder when sleep deprivation becomes a nightly habit. We hope some of these tips help. The earlier your children go to bed, the more time you and the adults in your family have to relax and enjoy the evening.