



The LONGWOOD Letter

August 2010

Volume 4, Issue 8

News For The Residents of Longwood

BACK TO SCHOOL

We all remember the mixture of emotions that going back to school often brings. You're anxious and excited, but disappointed that summer's over all at the same time. Whether the sunny season was jam-packed with activities from start to finish, or filled with complaints that they were bored to tears with nothing to do, many kids of all ages have a hard time making the transition from pool to school.

BATTLING THE BUTTERFLIES

As with any new or potentially unsettling situation - be it starting school for the first time or entering a new grade or a new school - allow your child time to adjust. Remind your child that everyone feels a little nervous about the first day of school - even Mom and Dad and probably even the teacher - and that it will all become an every-day routine in no time. Emphasize the positive things about going back to school, such as hanging out with old friends, meeting new classmates, buying cool school supplies, and showing off the new fall duds (or snazzy accessories if your child has to wear a uniform).

It's also important to talk to kids about what worries them and offer reassurance: Are they afraid they won't make new friends or get along with their teachers? Is the thought of schoolwork stressing them out? Are they worried about the bully from last year?

You may want to consider adjusting your own schedule to make the transition smoother. It's especially beneficial for parents to be home at the end of the school day for the first week. But many working moms and dads just don't have that flexibility. If you can't be there when school lets out, try to arrange your evenings so that you're able to give your child as much time as he or she needs, especially during those first few days.

If your child is starting a new school, contact the school before the first day to arrange a day and time to visit. And ask if your child can be paired up with another student, or "buddy," to help your child get acquainted with the new people and surroundings, suggests the American Academy of Pediatrics (AAP). Some schools may also provide maps that your child can carry around until things become more familiar.

To help keep kids' back-to-school butterflies at bay, try to transition your child into a consistent school-night routine 1 or 2 weeks before school starts. It's also a good idea to make sure kids:

- get enough sleep (establish a reasonable bedtime so that they'll be well-rested and ready to learn in the morning)
- eat a healthy breakfast (kids are more alert and do better in school if they eat a good breakfast every day)
- write down the need-to-know info to help them remember all of the details, such as their

(Continued on Page 2)

Girl Scout Registration Rally

**Tuesday,
September 7, 2010
7:00 - 8:00 pm
Goodson Middle
School Cafeteria
17333 Huffmeister**

Girl Scouting builds girls of courage, confidence, and character; who make the world a better place. Come discover the fun and friendship of Girl Scouts at the Compass Rose Service Unit Registration Rally. From kindergarten through high school, there is a place for every girl in Girl Scouts.

The Compass Rose Service Unit, which includes Sampson, Black and Farney Elementary Schools, will begin registering new Girl Scouts on September 7, 2010, at Goodson Middle School, from 7:00 to 8:00 p.m. Parent or Guardian must attend, and girls are welcome but need not be present to be registered. Questions may be addressed to Registrar Mary Chen at Mary.Chen@comcast.net.

LONGWOOD LETTER

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Constable	281-376-3472
Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	713-967-5770
- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit	713-755-7427
Poison Control.....	800-764-7661
Traffic Light Issues	713-881-3210

SCHOOLS

Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
Goodson Middle School	281-373-2350
Hamilton Elementary.....	281-370-0990

OTHER NUMBERS

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department	713-439-6260
Post Office Box Assignment – Cypress.....	1-800-275-8777
Street Lights - CenterPoint Energy	713-207-2222
- not working (Report Number on Pole)	
Trash Removal	281-446-2030

NEWSLETTER PUBLISHER

Peel, Inc.	1-888-687-6444
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Back to School - (Continued from Cover Page)

locker combination, what time classes and lunch start and end, their homeroom and classroom numbers, teachers' and/or bus driver's names, etc.

- use a wall calendar or personal planner to record when assignments are due, tests will be given, extracurricular practices and rehearsals will be held, etc.
- have them organize and set out what they need for the school day the night before (i.e., homework and books should be put in their backpacks by the front door, and clothes should be laid out in their bedrooms)

Although it's normal to be anxious in any new situation, a few children develop real physical symptoms, such as headaches or stomachaches, associated with the start of school. If you're concerned that your child's worries go beyond the normal back-to-school jitters, speak with your child's doctor, teacher, or school counselor.

BACK-TO-SCHOOL TO-DO'S

It's understandable for parents themselves to be a little nervous about the first day of school, especially if they're seeing their little one off for the first time or if their child will be attending a new school.

To help make going to school a little easier on both of you, the AAP has compiled a handy checklist:

WHAT TO WEAR, BRING, AND EAT:

- Does your child's school have a dress code? Are there certain things he or she can't wear?
- Will your child need a change of clothes for PE or art class?
- Does your child have a safe backpack that's lightweight, with two wide, padded shoulder straps, a waist belt, a padded back, and multiple compartments?
- Does your child know not to overload his or her backpack and to be sure it's stowed safely at home and school?
- Will your child buy lunch at school or bring it from home? If he or she buys a hot lunch, how much will it cost per day or per week? Do you have a weekly or monthly menu of what will be served?
- Have you stocked up on all of the necessary school supplies? (Letting kids pick out a new lunchbox and a set of pens, pencils, binders, etc., helps get them geared up for going back to school.)

MEDICAL ISSUES:

- Has your child received all of the necessary immunizations?
- Have you filled out any forms that the school has sent home, such as emergency contact and health information forms?
- Does the school nurse and your child's teacher know about any medical conditions your child may have, particularly food allergies, asthma, diabetes, and any other conditions that may need to be managed?
- Have you made arrangements with the school nurse to administer any medications your child might need on the first day or regularly throughout the school year?
- Does your child's teacher know about any conditions that may affect how your child learns? For example, a child with attention

(Continued on Page 3)



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Back to School - (Continued from Page 2)

deficit hyperactivity disorder (ADHD) should be seated in the front of the room, and a child with vision problems should sit near the board.

TRANSPORTATION AND SAFETY:

- Do you know what time school starts and how your child will get there?
- If your child will be riding the bus, do you know where the bus stop is and what time he or she will be picked up and dropped off?
- Do you know where the school's designated drop-off and pick-up area is?
- Are there any regulations on bicycles or other vehicles, such as scooters?
- Have you gone over traffic safety information, stressing the importance of crossing at the crosswalk (never between parked cars or in front of the school bus), waiting for the bus to stop before approaching it, and understanding traffic signals and signs?
- If your child walks or bikes to school, have you asked a friend or classmate to accompany him or her? Have you mapped out a safe route?
- If your child walks or bikes to school, does he or she understand that it's never OK to accept rides, candy, or any other type of

invitation from anyone he or she doesn't know?

BUT WHAT ABOUT AFTER SCHOOL?

Figuring out where your child will go after school's out each day can be a challenge, especially if both parents work. Depending on your child's age and maturity, you may need to arrange for after-school transportation and care.

It's important for younger children and preteens to have some sort of supervision from a responsible adult after school. If you can't be there as soon as school's out, as many parents who work full-time can't, ask a reliable, responsible relative, friend, or neighbor to help out. If your child will be picked up after school, make sure he or she knows where to meet you or another caregiver.

Although it might seem like children who are approaching adolescence are becoming mature enough to start watching themselves after school, even kids as old as 11 or 12 may not be ready to be left alone. And many mature teens can be left alone in the afternoons, but it's important for parents to establish clear rules:

- Set a time when your teen is expected to arrive home from school.
- Have your teen check in with you or a neighbor as soon as he or she gets home.

(Continued on Page 4)

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LONGWOOD LETTER

Back to School - (Continued from Page 3)

- Specify who, if anyone at all, is allowed in your home when you're not there.
- Make sure your teen knows to never open the door for strangers.
- Make sure your teen knows what to do in an emergency.

To ensure that kids, both young and old, are safe and entertained after the closing bell rings, look into sending your child to an after-school program. You can choose from one with a general child-care setting to one with very specific, activity-oriented programs that will enrich, educate, and entertain your child (options range from athletic to academic to artistic). Look into the after-school choices in your area - some are run by private businesses, others are organized by the schools themselves, churches, synagogues, mosques, police athletic leagues, YMCAs, community and youth centers, and parks and recreation departments.

GETTING INVOLVED IN AFTER-SCHOOL ACTIVITIES:

- offers kids a productive alternative to watching TV or playing video games
- provides some adult supervision when parents aren't able to be around when school lets out
- helps develop kids' interests and talents

- introduces kids to new people and helps them develop their social skills
- gives children a feeling of involvement
- keeps kids out of trouble (when unsupervised after school, children are at greater risk of being involved in crime; abusing alcohol, drugs, and tobacco; and engaging in risky sexual activity)

Be sure to look into the child-staff ratio at any after-school program (in other words, make sure that there are enough adults per child) and that the facilities are safe, indoors and out. And kids going to an after-school program should know when and who will pick them up when school lets out and when the after-school program ends.

Also, make sure after-school commitments allow your child enough time to complete school assignments. Keep an eye on your child's schedule to make sure he or she has enough time for both schoolwork and home life.

HONING IN ON HOMEWORK

Love it or hate it, homework is a very important part of the daily grind of going back to school.

To help your child get back into the scholastic swing of things:

- Make sure there's a quiet place that's free of distractions to do homework.

(Continued on Page 5)

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LONGWOOD LETTER

Back to School - (Continued from Page 4)

- Don't let your child watch TV when doing homework or studying. Set rules for when homework and studying need to be done, and when the TV can be turned on and should be turned off. The less TV, the better, especially on school nights.
- Never do your child's homework or projects yourself. Instead, make it clear that you're always available to help or answer any questions, says the AAP.
- Review your child's homework nightly, not necessarily to check up on him or her, but to make sure your child understands everything OK.

ENCOURAGE YOUR CHILD TO:

- develop good work habits from the get-go, like taking notes, writing down assignments, and turning in homework on time
 - take his or her time with school work
 - ask the teacher if he or she doesn't understand something
- To ensure your child is getting the most out of school that he or she can, maintain an open channel of communication with your child's teachers by meeting with them as the school year progresses to discuss your child's academic strengths, as well as weaknesses.

Most of all, whether it's the first day of school or the last, make sure your child knows you're there to listen to his or her feelings

and concerns, share in all achievements, and that you don't expect perfection - only that your child tries his or her best.

Updated and reviewed by: Mary Gavin, MD

Date reviewed: August 2004

Originally reviewed by: Steven Dowshen, MD

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006.The Nemours Foundation

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LONGWOOD LETTER



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- **Casino Night**
>Nov. 14th
- **Christmas Wreaths**
>Aug. 30th – Oct 25th
- **Homecoming Mums**
>Sept. 23rd
- **Texan Football Concessions**
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- **Denim & Diamonds**
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NORTH/WEST HOUSTON MOCHA MOMS

Promote Reading Amongst African-American Kids

Submitted by Kurchelle Piccolo, Cypress Mill Resident

On September 18, 2010, the North/West Houston Chapter of Mocha Moms will launch a literacy program, Boys Booked on Barbershops (B-BOB)/ Girls Booked on Beauty-Shops (G-BOB) at "Sassy but Classy" Salon.

B-BOB/G-BOB is a program designed to promote literacy and the importance of reading to young, African-American children. The chapter will set up and stock a reading nook at Sassy's with age-appropriate books for children to read during their regular visits to the barbershop. These naturally-occurring encounters create a great opportunity for children to read and learn while making use of their wait time. The nook will feature books by and about African-Americans, with an emphasis on topics that interest the shop's clientele.

The program aligns with the Mocha Moms' national community service initiative, "Closing the Gap on Minority Prosperity, Health and Achievement." The North/West Houston chapter has collected over 55 donated books for the event and Scholastic, which has teamed with Mocha Moms on a national level, will provide additional books. The Mocha Moms will also be on hand to discuss ways parents can support the development of reading and other literacy skills at home.

Hesma Stephens, President of the North/West Houston Chapter commented, "Painful reports have shown that despite some parent's level of education, African-American children have fewer resources available than other non-ethnic families. We are reinforcing our commitment to community by providing reading resources in social settings for boys and girls in an attempt to close the literacy gap".

The Mocha Moms anticipate over 30 families will attend the program's launch at Sassy's. The chapter plans to set up reading nooks at nine more locations at local barber and beauty-shops before year's end. Sassy's is located at South Barker Cypress Rd. (FM 1464) and Westheimer. The program will start at 11:00 a.m.

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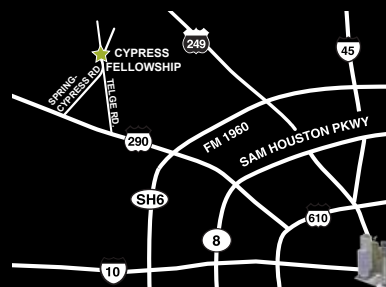


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We look forward to getting to know you!

www.cypressfellowship.org

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LONGWOOD LETTER

Aggie Moms Gather for the New School Year

Tuesday, August 10, 2010

Come join all the Aggie Moms in the Northwest Harris County area for a fun filled night at our "Howdy Party"! The August meeting includes an interactive evening in which you learn more about life at Aggieland, how we support our Aggie students, and also meet lots of great Aggie Moms. A wonderful group of former yell leaders will be there to help us learn more about the Aggie traditions and whoop it up!

The NW Harris County Aggie Moms supports our Aggie students through scholarships and donations to campus organizations that enrich the Texas A&M experience. We also support each other through shared experiences with our students at Texas A&M University and develop wonderful friendships.

The August meeting will be held on Tuesday, August 10th at 7 pm at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road. Please check our website at www.nwhcaggie moms.org for more information or contact Vickie Hamley at 713-466-4494. We look forward to meeting all our Aggie Moms!

Fall Aggie Mom's Meeting *Tuesday, September 14, 2010*

All Aggie Moms, new, current, and former, are invited to attend our September meeting for the Northwest Harris County Aggie Moms Club. Our organization is designed to support our Aggie students through scholarships and donations to the many campus organizations. Aggie Moms support each other by sharing the joys and trials of parenting Aggie students through this important time in their lives.

You won't want to miss our first fall meeting with speaker, Jacob Robinson, the current Texas A&M University student body president. He is currently getting a degree in Public Relations and plans to graduate in 2011. His goal as president is to elevate the Aggie experience and preserve the traditions that define what it means to be an Aggie.

Please come and join us for refreshments and learn more about what Aggie students will experience at Texas A&M University. The meeting will be held at 7 pm at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road.

Check our our website at www.nwhcaggie moms.org for important upcoming events or contact Vickie Hamley at 713-466-4494 for more information. Gig'Em Aggies!

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American Business Women's Association *Cy-Fair Express Network (CYFEN)*

EVENT: Cy-Fair Express Network Monthly Networking Luncheon

WHEN: August 26, 2010

TIME: 11:30 am – 1:00 pm

WHERE: Houston National Golf Club
16500 Houston National Blvd
Houston, TX. 77095

NETWORKING AND BUSINESS LUNCHEON

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Lots of fun, networking, and giveaways. Bring plenty of business cards. Please make reservations by August 20 to Anya Lucas @ anya@lucascare.com or (713)459-2331. More information @ www.cyfen.org.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.



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Girl Scouts are Recycling & Keeping Houston Beautiful!

What can you recycle?

Lots of things can be recycled. Paper, cans, plastics, and glass can all be recycled. These are just some of the things the City of Houston recycles:

- Newspapers and magazines.
- Aluminum and steel cans.
 - A soda pop can is made of aluminum.
 - A soup can is an example of a can made of steel.
 - Empty aerosol cans are ok, too, because they are made of steel.
- Plastic soft drink and detergent bottles labeled with a 1 or 2.
- Glass jars and bottles.

It's especially important to recycle paper. Cans, plastics and glasses are each less than 10% of household waste. We throw away four times that much paper. Remember to store your recyclables in the garage or in some other safe, dry area. Keep collecting them until it's recycling day at your house - when you set them out for curbside pickup or drop them off at a recycling center.

How do you prepare items for recycling?

Sort materials, rinse containers, and store in a safe, dry place. It's easy. With a little practice, it takes less than five minutes a day. Sort your materials and rinse any leftover contents from containers so your items won't begin to smell bad or attract ants and bees. Here is how the City of Houston wants you to sort materials and get them ready to recycle.

- Newspapers: place in paper bags, stack and store.
- Cans: empty, rinse and store.
- Plastic containers: empty, rinse, flatten and store.
- Glass containers: empty and rinse. Separate by color - clear, brown, and green. Store unbroken.
- Motor oil: drain and store in a sealed container.

How does Houston recycle?

The City collects all the recyclable materials we've talked about - and many more. The City of Houston offers several recycling opportunities which include:

- Curbside program
- Wood waste recycling
- Yard waste
- Neighborhood depositories
- Household hazardous waste
- Staffed recycling hotline
- Used oil
- Consumer drive-thru facility
- Christmas tree recycling
- Office paper recycling

The City of Houston has set up several programs to recycle many different types of materials. But it's people, not programs that make recycling work. We have to change the way we've been throwing things out for years. When we persuade everybody to recycle, and we all work together, recycling becomes more effective. It's up to each of us to make the effort.

So if you haven't been recycling, get started. And if you already recycle, keep saving things to reuse. Support anything that helps the environment and cuts down waste. Here is a case where everyday actions can have a direct and immediate impact on the world around us.

The answer to our garbage problem begins in our homes and at our curbside. Recycling starts with you. The City staffs a recycling hotline, call to find out what is recyclable, the proper way to dispose of trash, and where to take recyclables. The number is 713-837-0311.

This earth saving message is brought to you by the City of Houston and Girl Scouts of San Jacinto. Visit www.houstonbeautiful.org to download a free Recycling Activity Book.



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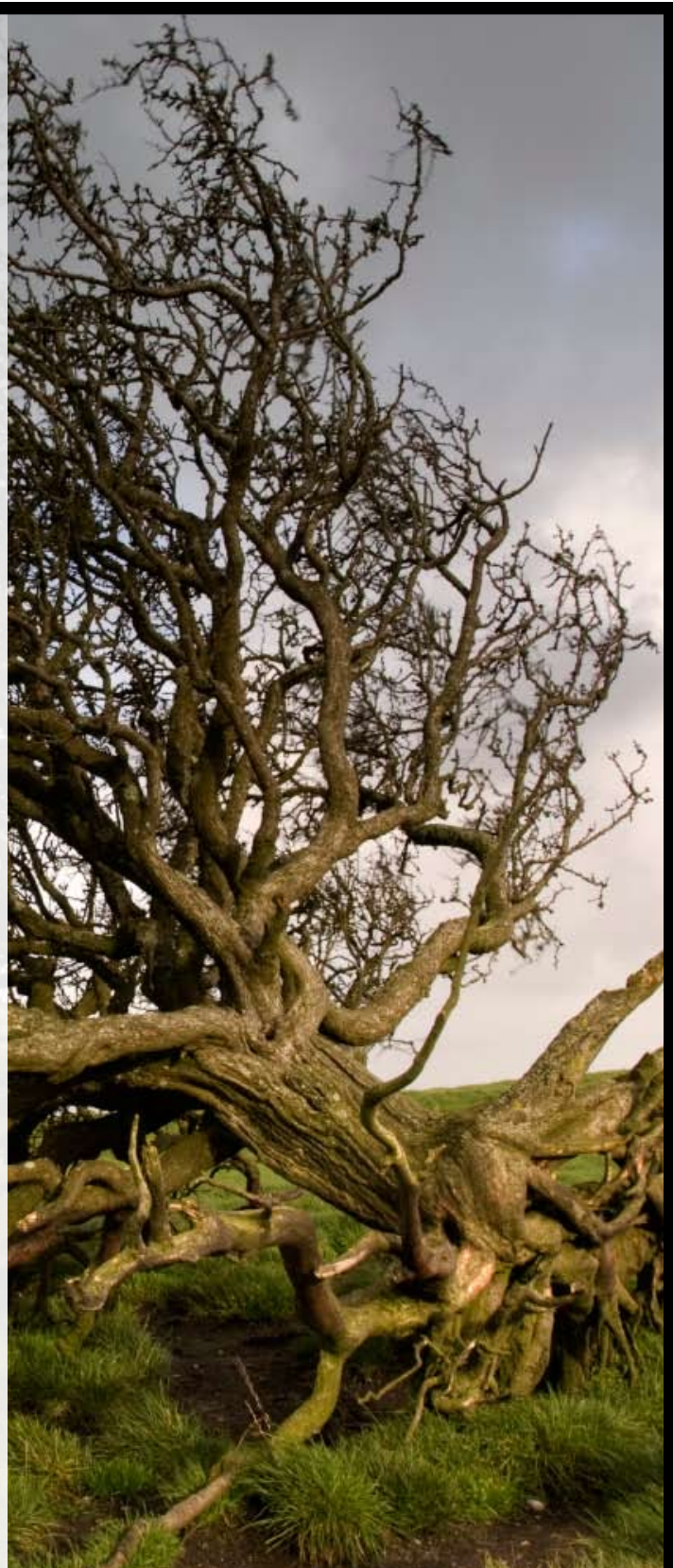
2010 Storm Season IS HERE!

The 2010 Hurricane Season began on June 1, 2010, and will end on November 30, 2010. The experts are predicting a busier-than-usual hurricane season for 2010. If the early forecasts prove to be accurate, the 2010 hurricane season will stand in sharp contrast to the relatively mild 2009 season. In 2009, Hurricane Ike caused tremendous damage throughout the greater Houston area. A large portion of the damage inflicted by the Hurricane was caused by uprooted or fallen trees.

In preparation for Hurricane season, we should make our trees more wind resistant by removing diseased and damaged limbs, and strategically remove limbs throughout the canopy. This provides less wind resistance in a storm when the wind can blow through the tree. Keep overhanging branches on homes to a minimum, and check for trees entangled in power lines.

Native trees such as Live Oak, Cypress, and Red Maple do survive hurricanes better than non-natives. In high winds, Palms will bend, but not always break. Since they originated in the tropics and sub-tropics, their trunks have adapted to hurricanes. Although fronds will be damaged in a storm, most Palms including Chinese Fan, Majesty, and Pygmy Dates will recover. Queen Palms are the exception due to very low wind tolerance.

We all live extremely busy lives out here, and when storms approach it could be too late to thin out or take care of that dead tree that has been there for a while. Take some time to care for your trees and they will thank you in many ways.



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LONGWOOD LETTER

Lone Star College-CyFair "Perspective"

Pride and Passion: The African-American Baseball Experience ends Aug. 27- How much do you know about the impact African-American baseball players made on America's favorite pastime? Find out at the Pride and Passion: The African-American Baseball Experience, a new traveling exhibition on display through Aug. 27 at Lone Star College-CyFair. One of the August library events is a Players Day at the Exhibition with a meet and greet format set Aug. 10. For a full schedule of activities and information, go to LoneStar.edu/library/prideandpassion or call 281.290.5276.

Courses for Ages 50 and Better Available - The Academy for Lifelong Learning (A.L.L.) at Lone Star College-CyFair offers adults, 50 years and older, leisure classes, lectures and informal activities. A.L.L. class fall registration will be held 9 a.m. to noon Saturday, Aug. 28 in the Conference Center. The fall session will include a diverse set of classes in areas such as gardening, travel, history, health care, photography, woodwork, art and many others. A.L.L. has an annual membership fee of \$20 (September 2010-August 2011), which entitles members to student discounts, and the use of the college's fitness center. Join A.L.L. for a great experience with like-minded people for whom learning has never gone out of style. For information, call the Continuing Education office at

281.290.3460 or go to LoneStar.edu/cyfair-all.

It's not too late to register for Fall - Fall registration continues at Lone Star College-CyFair and Lone Star College-Fairbanks Center. Workforce certificates, 2-year degrees and more are available. Choose day, evening, weekend or online classes. Weekday classes start Aug. 30. Weekend classes start Sept. 10-12. Call 281.290.3200 or 832.782.5000 for information; go online to LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

New Student Orientations and Free Premeire Day - Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for summer and fall classes. Free sessions continue through August for new, transfer and non-traditional students as well as family orientations. Space is limited so pre-register online LoneStar.edu/cyfair-orientation. Call 281.290.3430 or e-mail cfoutreach@lonestar.edu. The Student Activities Department will host a free Premeire Day Aug. 27 for new students with an overview of campus resources and services, "campus secrets", motivational keynote, prizes and more. RSVP to cfstudentactivities@lonestar.edu by Aug. 18. Call 281.290.3270 for information.

(Continued on Page 13)



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LONGWOOD LETTER

Lone Star College - (Continued from Page 12)

L.I.F.E. Lessons in August - The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in August include "Cypress Once Had a Rodeo and a Hot Artesian Well!" Aug. 4; "If it Ain't Got That Swing" Aug. 11; "Touring Taste of Dance Salad Festival" Aug. 18 and "An Unexamined Life" Aug. 25. Call the library at 281.290.3214 for L.I.F.E. program information or go online to LoneStar.edu/library.

LSC-CyFair Opens New Video Production Classes! Professor David Potts is teaching three new courses for those interested in video production. Learn to direct your own multi-camera video program in our four camera, fully-equipped television studio in RTVB 1325 TV Studio Production; use computers with the latest software to edit your digital videos in the introductory course ARTV 1351 Digital Video; and create your own independent video from start to finish using professional video equipment in IMED 1391 ST: Media Design.

For information on these classes call 281.290.3292. Fall classes start Aug. 30 so register now at lonestar.edu/registration.

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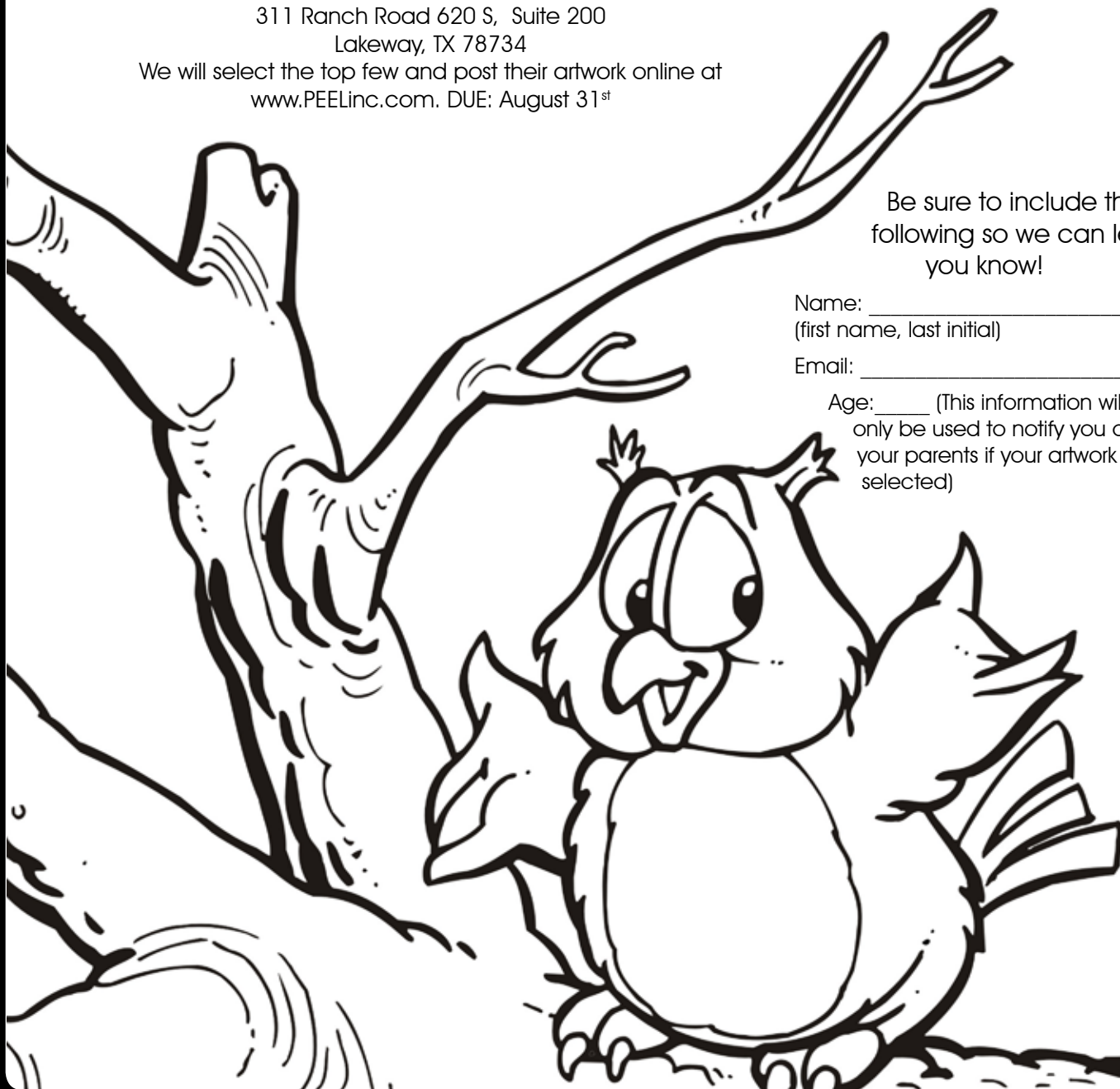
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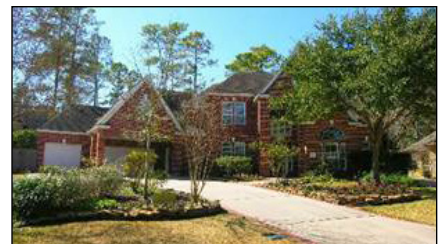
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