

NORTHLAKE FOREST Herald

OFFICIAL PUBLICATION
OF THE NORTHLAKE
FOREST HOA

August 2012

Volume 2, Issue 8

First day of School:

MONDAY, AUGUST 27, 2012

New Student Registration:

August 14 - 17, 2012

Farney - 8:00 a.m. – 3:00 p.m.

Goodson - 8:00 a.m. – 3:00 p.m.

Cy-Woods - 7:30 a.m. - 11:00 a.m.
and 12:00 p.m. - 2:30 p.m.

Farney - Meet the Teacher:

LS, PPCD, Pre-K and Kinder-5th

Friday, August 24, 2012

If your child's last name begins
with A-L: 9:00 a.m.-9:45 a.m.

If your child's last name begins
with M-Z: 11:00 a.m.-11:45 a.m.

*Kinder Orientation-Parents Only:

Thursday, August 23, 2012 6 p.m.-7 p.m.

Goodson - Grizzly Growl Express:

6th Grade - Tuesday, August 21, 2012
12:00 – 3:00 P.M.

7th Grade - Wednesday August 22, 2012
8:00 – 11:00 A.M.

8th Grade - Wednesday August 22, 2012
12:00 - 3:00 P.M.

*6th Grade Orientation

August 21, 2012 - 6:00-7:00 PM

Cy-Woods - Wildcat Express:

Thursday, August 16, 2012

10th Grade - 8:00 A.M.

11th Grade - 10:00 A.M.

12th Grade - 2:00 P.M.

Back To School Checklist

ENSURING A HEALTHY RETURN TO THE CLASSROOM BEGINS AT HOME

As a parent, there's no doubt that back-to-school season requires a lot of effort to get your kids all set for the challenges of the classroom. But it's also an important time to consider your child's health, says Daniel Howard, M.D., a pediatrician with The Austin Diagnostic Clinic (ADC).

"From making sure all of the proper vaccinations have been administered on schedule, to getting their kids back on 'school year' sleep schedules, health is obviously a huge consideration for parents with school-age children," Dr. Howard says.

- **Vaccinations 101.** Children should receive a variety of vaccinations and booster shots to prevent them from getting many serious and highly contagious diseases.
- **Hearing and vision tests.** Consider getting your child's hearing and vision tested before they begin school to prevent learning challenges in the classroom.
- **Health information.** Parents should be prepared to provide schools with a list of emergency contact information that includes telephone numbers for parents, close family, pediatrician, and dentist.
- **Diet and sleep.** Healthy eating is a critical part of a child's physical and mental development and can help curb the risk of childhood obesity. Sleep is also essential—kids should get between eight to 11 hours per day, depending on their age.

Daniel Howard, M.D., is a pediatrician for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than six locations throughout Austin and Central Texas. Dr. Howard sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit www.adclinic.com or call 512-901-4016. To download an electronic version of this release, please visit www.delaune.com/ADC

NORTHLAKE FOREST

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VOLUNTEERS NEEDED

All of our committees are seeking volunteers to help continue making our community a fun place to be. Just a little bit of your time can go a long way. If you are willing to help, in any way, please contact a board member with your interest.

NEWSLETTER INFO

EDITOR

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PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
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IMPORTANT NUMBERS

EMERGENCY NUMBERS

Ambulance/Fire/Police..... 911
Poison Control 1-800-222-1222

NON-EMERGENCY NUMBERS

Constable, Precinct 4 (281) 376-3472
Harris County Sheriff (713) 221-6000
Cy-Fair Volunteer Fire Department..... (281) 550-6663
Cypress Substation (281) 376-2997

GOVERNMENT NUMBERS

Animal Control (281) 999-3191
Health Department (281) 439-6290

Harris County Commissioner Precinct 4

Jerry Eversole - Community Assistance Office .. (713) 755-6444
Harris County Appraisal District (713) 957-7800
Social Security..... (800) 772-1213
Department of Public Safety (*Grant Rd*) (281)-890-5440
Department of Public Safety (*Hempstead*) .. (979)-826-4066

POST OFFICE

USPS (Cypress) (281) 373-9013

LIBRARY

NW Harris County Library (*Lonestar College*) .. (281) 618-5400
Barbara Bush Library (*Cypress Creek*)..... (281) 376-4610

SCHOOLS

Administrative Offices (281) 897-4000
Farney Elementary (281) 373-2850
Goodson Middle School (281) 373-2350
Cy-Woods High School (281) 213-1800

UTILITIES

Northwest M.U.D. No. 10

(Setup service/billing) (281) 579-4500
Northwest M.U.D. No. 10 (*Repair*) 281) 398-8211

Best Trash

(Trash can request/time schedules) (281) 561-5646
Centerpoint (*Gas*) (713) 207-7777

DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of the Northlake Forest Herald on the 1st day of each month at www.PEELinc.com

8/8 - 8/10 Crimson Cadette Drill Team DANCE CLINIC

CYPRESS WOODS HIGH SCHOOL

16925 SPRING CYPRESS RD.

8:30 A.M. - 11:30 A.M.

The Cy-woods Crimson Cadettes Drill Team will host their 7th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 8-10. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2012-2013 school year. Please register by July 29th, 2012 to get the Pre-Registration price of \$55 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email goodsonms@comcast.net or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.

Save the Date GIRL SCOUT REGISTRATION

Thursday, September 13, 2012 6:30 - 8:00 pm
Goodson Middle School Cafeteria
17333 Huffmeister

The Compass Rose Service Unit, which includes Sampson, Black and Farney Elementary Schools, is changing the registration process a bit this year. There will be a drop-in registration event to fill in or drop off paperwork for new Girl Scouts on September 13, 2012, at Goodson Middle School, from 6:30 to 8:00 pm. Come any time. (The \$12 registration fee is paid at this time, so bring your checkbooks.) Alternatively, interested families may contact LaceyC@entouch.net to pick up registration papers.

Please make note of the mandatory parent meeting for all new Girl Scout parents on Thursday, September 20, 2012, at Goodson Middle School, from 7:00 to 8:30 pm. The Service Unit team will share important information about the fun year ahead and answer questions.

Girl Scouting builds girls of courage, confidence, and character; who make the world a better place. From kindergarten through high school, there is a place for every girl in Girl Scouts.



Amy Nabors



Andrea Wiley



Bridget Huddleston



Carmen Fujimoto



Catherine Ellis



Clint Nabors



Debra Schaffner



Greg Stephens



Joel Braswell



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Cypress-Fairbanks I.S.D.

2012-2013

2012

July						
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Important Dates

- Aug. 16-17..... New Staff Orientation
- Aug. 20-24..... Professional Days
- Aug. 27..... 1st Day of School
- Sept. 3..... Student/Staff Holiday
- Oct. 29..... Professional Day / Elem. Parent Conferences
- Nov. 21-23..... Student/Staff Holidays
- Dec. 24-28, 31..... Student/Staff Holidays
- Jan. 1-4..... Student/Staff Holidays
- Jan. 7-8..... Professional Days
- Jan. 21..... Student/Staff Holiday
- Feb. 18..... Professional Day / Inclement Weather Day
- March 11-15..... Student/Staff Holidays
- March 29..... Student/Staff Holiday
- May 27..... Student/Staff Holiday
- June 5..... Last Day of School
- June 6..... Professional Day / Inclement Weather Day

Grading Periods

Elementary Schools

- 1st: Aug. 27 - Oct. 26
- 2nd: Oct. 30 - Jan. 18
- 3rd: Jan. 22 - March 28
- 4th: April 1 - June 5

Secondary Schools

- 1st Semester
- 1st: Aug. 27 - Oct. 5
- 2nd: Oct. 8 - Nov. 9
- 3rd: Nov. 12 - Dec. 21
- 2nd Semester
- 4th: Jan. 9 - Feb. 22
- 5th: Feb. 25 - April 12
- 6th: April 15 - June 5

Legend

-  Student/staff holiday
-  Professional day (student holiday)
-  First and last day of school
-  Parent conferences
Holiday for all students
Professional day
-  Inclement weather day

2013

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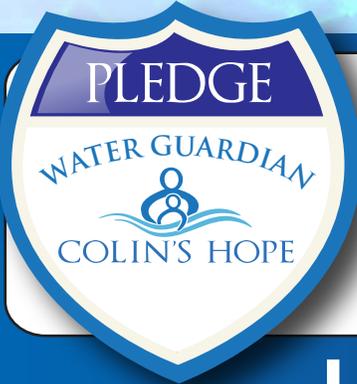
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LEARN CPR



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Things to do...

2012 WALK TO END ALZHEIMER'S NORTHWEST HOUSTON - NW HOUSTON, TX

Date: 9/22/2012

Location: Vintage Park – Louetta Rd and 249

Houston, TX 77070

Coordinator: Jessica Abad-Serpas

Phone: 713.314.1341

Email: walk@alztx.org

Anyone want to play cards? We have a **TEXAS HOLD-EM TOURNAMENT** every other Thursday. Please call Jack..281-744-8636 or Don 281-256-8711 for more details.

Hi **Jewish Community**. Let's get connected and share Shabbat dinners, Chanukah parties, Passover Seders or just get together. Interested?? Email us at shalom.cypress.tx@gmail.com.

CYPRESS-TOMBALL DEMOCRATS AUGUST MEETING

The Cypress-Tomball Democrats will hold their next monthly meeting on Wednesday, August 15th, at a new location: Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.

Recipe Corner

The kids are going back to school this month, so it is always nice to have some quick snacks around the house for after school.

PEANUT BUTTER AND JELLY ROLL-UPS

Ingredients

- 1 (3 ounce) package of regular or low fat cream cheese, softened
- 1/2 cup SMUCKER'S Strawberry preserves, (or any of your favorite SMUCKER'S Low Sugar or Sugar Free Preserves)
- 4 whole wheat or flour tortillas
- 2/3 cup Creamy Peanut butter

Directions

1. Combine softened cream cheese and preserves in a small bowl until well blended.
2. Spread tortillas with peanut butter to within 1/2 inch of edges of tortillas.
3. Top peanut butter with cream cheese mixture, to within 1/2 inch of edges. Carefully roll up the tortillas.
4. Wrap each rolled tortilla securely in plastic wrap. Refrigerate for several hours or overnight. To serve, remove from refrigerator and unwrap. Slice each tortilla into 4-8 angled slices.



October 1, 2012

Tee'd Off at Breast Cancer Golf Classic

At The Club at Falcon Point

Tee Off at 12:30 pm

To register/sponsor, go to
www.teamtira.net

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