

HEALTH BRIEFS - SEPTEMBER
EASE YOUR CHILD BACK INTO SCHOOL

Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem solving and planning.-Get involved with your child's school by getting to know the teacher and discussing their expectations.
- Talk to your children about what they want to accomplish and get out of their school year.
 Discuss their academic and social goals, but emphasize balance.

BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM

Preparing for the start of a new school year? Remember to get a new backpack, paper and pencils, and get your children's vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD

Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous

injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

TEENS BENEFIT BY MAKING TIME FOR BREAKFAST

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research

Center.

The Beacon

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Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or *advertising@PEELinc.com*.





Team Tiara Tee'd Off Golf & Bunco Classic

Monday, September 12th, 2011 Hearthstone Country Club

Registration 11:00 a.m. Shotgun start 12:30 p.m.

\$175.00/golfer \$650.00/foursome \$60.00/Bunco player \$220.00/Bunco team of four

Lunch, dinner, snacks, prizes, auction, golf cart and more!

Team Tiara is a 501(c)(3) non-profit corporation dedicated to funding breast cancer research, education and awareness. In addition to walking in the Susan G. Komen 3-Day for the Cure, we provide real-time assistance to men and women whose lives have been touched by breast cancer. So take some time out of your day and join us for a fun filled day of golf or bunco!

To register visit: www.teamtiara.net or contact Sherrie Webb by emailing teamtiaragolf@gmail.com

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American Business Women's Association

Cy-Fair Express Network (CYFEN)

Event:

Cy-Fair Express Network Monthly Networking Luncheon

When: September 29, 2011 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. Bring plenty of business cards for networking. Please make reservations online by September 23 @ www.cyfen. org or contact Melissa Rotholz @ 713-256-9569.

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.

"HUGE SALE!!

The Northwest Houston Mothers of Multiples (www. nwhmom.org) is having a huge sale! Over 25 families with twins, triplets and more will be selling maternity, baby, toddler and children's clothing, toys, furniture, feeding supplies, carriers, you name it!

Date:

Saturday, October 1st

Date:

7:00 am - 12:00 pm

Date:

Kids R Kids Parking Lot

Address:

10740 Barker Cypress Rd.

Cypress, TX 77433

Mark your calendars, tell your friends and come by and see for yourself!!"



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The MOMS Club® of Cypress / NW-Fairfield

Moms Offering Moms Support Welcomes all Stay-At-Home Moms in Fairfield and Lakes of Fairhaven

MOMS Club® is an international organization with a neighborhood feel! We are Teachers, Business Women, Counselors, and Artists who have put those careers on hold and have made the choice to stay home with our kids. We are a group of fun, creative and outgoing Moms!

MOMS Club® is a place to find lasting friendships, Motherhood support & Playmates for your children!

ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, craft projects, time to sit and chat, or someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out for a great time to unwind. Or are you interested is helping within the community with service projects?

Our club has all that and a whole lot more to offer for every Mom and her kids to enjoy!

Now that the kids are back in school full swing, do you have a little one at home that is missing their older brother or sister? Or do you just have young children and looking for some fun things to do? Come join other Moms and kids in many fun outdoor and indoor playdates! Are you new to the area or a new mom and need a friend or support; we are here for you. Don't let yourself feel isolated being a stay at home mom. We invite you to attend two public events to decide if this is the right club for you and your children. Our membership fee is \$20 a year. This MOMS Club is a great opportunity for you and your kids to make new friends in your area. There is a lot of fun and support just waiting for you! Come visit us at our next Monthly Craft Playdate and see for yourself! We will

be meeting on Friday, October 21, 10;30 am at

the Cy-Fair Library located at 9191 Barker Cypress, Room 131 (immediately to the left when you enter the library). We have a fun craft activity planned for the children to do! We look forward to seeing you and your children there!

If you want to meet up with us soon at a public event, please contact Julie H., Membership VP at 281-373-0234, julieh07@ sbcglobal.net or Katy L., President at 281-656-6657, longleyk@yahoo.com., so we can send you our club information and some upcoming public calendar events for you to attend. You can also visit us on the web at http://www.meetup.com/MOMS-Club-Cypress-NW-Fairfield/ We look forward to hearing from you!



Cypress Ranch High School Classics <u>Drill Team Dance Clinic</u>

All Girls In Grades K-12 are Invited to a Dance Clinic hosted by the Classics Drill Team

SATURDAY, SEPTEMBER 17, 2011, FROM 8:00 A.M. – 1:00 P.M. AT CYPRESS RANCH HIGH SCHOOL (Performance for Parents 12:30 P.M. – 1:00 P.M.)

- \$30.00 to Pre-Register (Please make checks payable to CRCPC.)
- \$40.00 to Register at the Door (IF SPACE IS AVAILABLE)
- Each child will receive a Classics Clinic t-shirt, 2 slices of pizza and a snack!
- Remember to bring extra money for Spirit Items and the "Pretty in Pink Princess Corner".
- (Dress up all in pink and have your picture taken with a special celebrity just \$5!)
- Please wear dance clothing and dance shoes if you have them. Please pull hair back.
- No jewelry or gum allowed.

CERTIFICATES WILL BE AWARDED!! PRE-REGISTRATION DEADLINE: FRIDAY, SEPTEMBER 9, 2011

To pre-register, complete the form below and mail to: Amy Janak 12826 Mason Terrace Ln., Cypress, TX 77433 Attn: Classics Drill Team or call (281) 550-2576

Name:	Phone No							
Address:	City, State, Zip:							
School:	Grade: K-2 3-5 6-8 9-12							
T-SHIRT ORDER (CIRCLE SIZE): YOUTH: SM MED LG ADULT: SN	1 MED LG							
COMPLETE PERMISSION SLIP BELOW - FORM	COMPLETE PERMISSION SLIP BELOW - FORM MUST BE SIGNED BY PARENT OR GUARDIAN							
I give permission to participate in the Cypress Ranch Classics Dance Clinic on Saturday, September 17, 2011, from 8:00 a.m. to 1:00 p.m. at Cypress Ranch High School. I hereby release and hold harmless the Cypress Fairbanks I.S.D., their employees and volunteers acting on behalf of Cypress Fairbanks I.S.D. and Cypress Ranch High School from any liability for injuries incurred by my child while attending the above mentioned activity. I hereby authorize emergency medical treatment for my child when I cannot be contacted to give personal consent. Such medical treatment may include administration of tests, drugs, X-ray examinations, anesthetics, dental or surgical examinations or treatment and general hospital care as necessary.								
Signed:	Date:							
Parent or Guardian	Parent Cell Phone or Contact Number:							



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The Beacon



Kappa Kappa Gamma Alums Of Houston NW

Come join your sisters this Month at the

Fall Kick Off

On the evening of Tuesday, Sept 13th.

For more information on this or future events & membership please contact Natalie Bunton at gnat02@gmail.com or 832-717-3294.

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September 2011 The Hospital at Westlake Medical Center Flamingo Sale

to Benefit Colin's Hope!

When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in July, August and September benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit www.westlakemedical.com for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope

September 2011 - Sign up for Ourgift and Colin's Hope will receive donations during September!

OurGift.Org™ has chosen Colin's Hope as one of the charities that will benefit from donations in CurGift.Org™ September. Please visit www.ourgift.org to learn more and sign up to receive the daily deals from

local businesses. It's a great way to help prevent childhood drowning! You get a great deal, a local business is supported and Colin's Hope will get a donation! Follow them on Twitter @ourgiftlists and find them on Facebook at http://www.tinych.org/ourgift

Children who drown often do not scream, splash, or struggle. They can silently slip beneath the water, even with adults & lifeguards present.

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- Lakes of Rosehill
- Lakes of Savannah
- · Lakes on Eldridge
- Lakes on Eldridge North
- Lakewood Grove

- Legends Ranch
- · Longwood
- · North Lake Forest
- · Riata Ranch
- · Riverpark on the Brazos
- · Shadow Creek Ranch
- Silverlake
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- Steeplechase
- · Stone Forest
- · Stone Gate
- Summerwood
- Village Creek
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PEEL, INC. community newsletters





WRAP 2012 planning is underway! WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom.

Have you filled out your Parent Information Form yet? We need this to get you on our e-mail list!

MEETINGS:

KICK-OFF Meeting will be September 13th Cy Woods Commons Other meeting will be the 2nd TUESDAY of each month in the Cy Woods Commons (except March. 2012 – TBD)

Upcoming Events:

- * \$20.12 fundraiser earn up to 10,000 points for every check turned in that amount for your senior in UNTIL Sept. 30th (after that date only 1,000 will be earned)
- * Fall Fun Run more details to follow Consider being a sponsor: Gold Sponsorship (\$1,000), Silver Sponsorship (\$500) and Bronze Sponsorship (\$150)

Visit us on



Cy-Woods W.R.A.P. 2012 and become a fan or www.cywoodswrap.org and be an active parent!

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Important Dates

Aug. 11-12 New Staff Orientation
Aug. 15-19 Professional Days
Aug. 22 1st Day of School
Sept. 5 Student/Staff Holiday
Oct. 10 Professional Day /
Elem. Parent Conferences
Nov. 21-25 Student/Staff Holidays
Nov. 21, 22 Inclement Weather Day
Dec. 21 Inclement Weather Day
Dec. 21-30 Student/Staff Holidays
Jan. 2-3 Professional Days
Jan. 16 Student/Staff Holiday
Feb. 20 Professional Day /
Inclement Weather Day
March 12-16 Student/Staff Holidays
April 6 Student/Staff Holiday
May 28 Student/Staff Holiday
May 30 Last Day of School
May 31 Professional Day /
Inclement Weather Day

GRADING PERIODS

Elementary Schools

1st 9 Weeks: Aug. 22-Oct. 21 2nd 9 Weeks: Oct. 24-Jan. 13 3rd 9 Weeks: Jan. 17-March 23 4th 9 Weeks: March 26-May 30

Secondary Schools

1st Semester

1st 6 Weeks: Aug. 22-Sept. 28 2nd 6 Weeks: Sept. 29-Nov. 4 3rd 6 Weeks: Nov. 7-Dec. 20

2nd Semester

4th 6 Weeks: Jan. 4-Feb. 17 5th 6 Weeks: Feb. 21-April 13 6th 6 Weeks: April 16-May 30

LEGEND





PROFESSIONAL DAY (Student Holiday)



FIRST & LAST DAY OF SCHOOL



PARENT CONFERENCES/ HOLIDAY FOR ALL STUDENTS/ PROFESSIONAL DAY



INCLEMENT WEATHER DAY

- 2012

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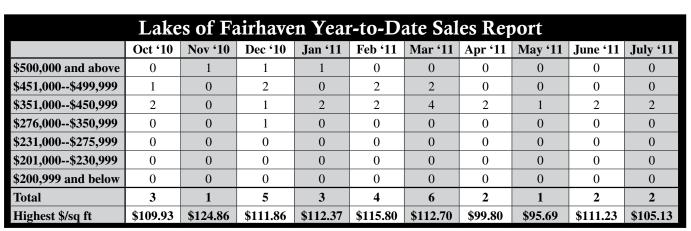
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This information is taken from the Houston Multiple Listing Service

Are you a big hitter? Join RE/MAX Preferred Homes at The Golf Center in Fairfield on Sunday October 23, 2011 for a longest drive contest. Proceeds will benefit Texas Children's Hospital. For more information go to www. buyahomincypress.com/longestdrive or call 281-373-4300.

