

CASTLEBERRY
ELEMENTARY
5228 OHIO GARDEN
FORT WORTH, TX
76114
817 - 252 - 2300



Castleberry Elementary 2-3 School News



Hollie Lancarte
Principal

JANUARY 2010

Upcoming Events

- 1/27 Texas Girls' Choir
Auditions 11 - 12:30 pm
- 2/1 Yearbook Sales Begin
- 2/3 Early Dismissal 1:15 pm
- 2/9 Progress Reports
- 2/12 Dental Visit -
Dr. Brown 12:15-3:15 pm
- 2/15 Spring Pictures
- 2/16 2nd Grade Music
Program 6:30-7:30 pm
- 2/26 Assemblies -
3rd Grade 8-9 am
2nd Grade 2-3 pm
- 3/2 3rd Grade Math
Benchmark
- 3/3 3rd Grade Reading
Benchmark
- 3/4 Report Cards

**The Mission of
Castleberry ISD is to
graduate all students
as lifelong learners
who will excel in our
changing world and
competitive workplace.**

For more information about Castleberry ISD

- www.castleberryisd.net
- Charter Cable Channel 30
- 817-252-2000, Option 8

It is the policy of Castleberry ISD not to discriminate on the basis of race, color, national origin, sex or handicap in vocational program, services, activities or employment as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

Note from the Principal

Dear Castleberry Families,

We hope that everyone had a great Winter Break, and we would like to extend Best Wishes to all in the New Year. Since the beginning of the year is a time we make new goals or resolutions for ourselves, this is a great time to start by making a simple one for ourselves. An example might be to help make sure we are all ready for school the night before so that the mornings are not so hectic. What makes for a great start for a full day of work whether you are a parent or student is coming to work or school prepared. Be sure to get your backpack ready the night before and allow yourself time to eat a good breakfast. Coming to school prepared with homework and energy will help you make more progress than ever before!

As always we love having you all as part of our Castleberry Elementary Family. Thanks for all you do! Go Lions!!

Sincerely, Mrs. Lancarte

News from Our PE Teacher - Jump Rope for the Heart

One of the goals of the Physical Education Program of CE 2/3 is to produce life lasting results for heart healthy and obesity free students. One avenue to accomplish this goal is Jump Rope for Heart, a subsidiary of the American Heart Association.

The annual Jump Rope for Heart fundraiser will occur during the month of January, 2010. Students will be asking family members and friends to donate money to the American Heart Association that will help with research to benefit cardiovascular disease.

Our students are excitedly learning both non-jumping and jumping rope skills. The month will culminate on January 27-28 in a classroom event, where the students will demonstrate a personal routine of 3 or more combined skills.

Sincerely, Ms. Burns 817-252-2470

Counselor's Corner - Mrs. McPherson

817-252-2315

Around this time of the year, many students may show different signs of stress. It is important to recognize these symptoms so you can start teaching them how to cope with stress in healthy ways. Stress can reveal itself in a variety of ways. Physically, children may have stomach aches or headaches. Emotionally, they may feel fearful, irritable, or sad. Their behavior may range from crying and withdrawing from others to losing their temper or even bullying others. Below are some suggestions that may help your child.

- Help them talk about what is bothering them and really listen to them;
- Spend one-on-one time with them;
- Teach them ways to relax;
- Give plenty of hugs and back rubs;
- Teach them that making mistakes are okay;
- Be a good role model in handling your own stress;
- Talk through and role play how to handle difficult situations; and
- Encourage physical activity and healthy eating.

Castleberry ISD News - After School Enrichment

Castleberry After School Enrichment Program is coming February 1, 2010 and will offer an array of activities. The program will be held after school for three hours for grades K-12. Program sites are Castleberry Elementary, Joy James Elementary, and Castleberry High School. The program is free and transportation will be provided. Look for more information coming in the mail.