



# Elmo Express

September 2015



**Lynn Grell-Boethel, Assistant Superintendent**

## Message from our Assistant Superintendent

Schools and education used to be known as the place for the 3R's- "reading, 'riting and 'rithmetic". I think in our time we still have the 3 R's, but they are now "Retool, Reinvent and Realize".

Why retool? The world has changed since many of us were in school, got our degrees and started teaching. It is mind boggling to realize that most children in middle school were not born when 911 happened. Look how many things have changed due to that event! So, retooling is a necessity. Each year new tools are brought to our teachers – new devices, new curriculum, new training and changed lesson designs. Retooling happens when training and follow up practice occurs. Retooling happens when new curriculum, tests and lesson plans are redeveloped. Retooling happens when new programs are im-

plemented. This is needed to help us be aware of what has evolved and what focus we need to reach out to attain.

Why reinvent? Our children need to have more skills, more knowledge and more abilities than what we were provided because of the ever evolving world around us. We have heard numerous times that these students are being prepared for jobs that are not in existence today. We have to reinvent the way we teach, what we teach and the how we teach in order to meet the future demands on the skills of our students today and to meet the new or different challenges we are asked to overcome each year.

Why realize? Each of us need to realize our gifts and our abilities to make a difference in the lives of our students. We have to realize the diversity of culture and needs our children come with. We need to realize the strength of the relationships we build with our students and our educational community. We have to realize that what we do does matter.

So- welcome to the 3 R's for the 21<sup>st</sup> century! We have a great challenge and a great mission to accomplish. I choose to matter, I know you do too!

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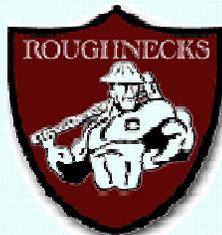
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## Quotes for the Fall Season



"And just like that, Summer fell into Fall." —Unknown

"Life starts all over again when it gets crisp in the Fall."— F. Scott Fitzgerald

"By all these lovely tokens SEPTEMBER days are here, with summer's best of weather and Autumn's best of cheer."— Helen Hunt Jackson

"I cannot endure to waste anything so precious as autumnal sunshine by staying in the house. So I have spent almost all the daylight hours in the open air." — Nathaniel Hawthorne

## EMPLOYEE SNAPSHOT



**Current position:** Director of Special Programs

**How long have you worked for CBISD?** This is my 12<sup>th</sup> year with CBISD

**Before working here, what was the most interesting job you had?** I cleaned rooms at Yellowstone National Park as part of a mission trip one summer in college.

**What is one memory from high school that stands out?** I loved building stuff in our Physics 2 class. My favorites were the hover craft and the solar cooker.

**Tell us a little about your family.** My husband works off-shore, so he is home a month at a time. My two beautiful children, Trevor and Taylor, attend WGE.

**FAVS: Food-** Mexican food, especially fajita nachos

**Drink-** It's really Dr. Pepper, but I am trying to switch over to Raspberry Tea

**Book/Author-** I don't think I can pick just one - Jane Austen (Pride & Prejudice), Tom Clancy, Ilona Andrews, Patricia Briggs, Janet Evanovich, Donna Andrews...

**Movie-** Again, with the list, but one of my all-time favorite ones is Cookie's Fortune

**Is there a song you like to hear that might surprise people who know you?** I mostly listen to older country music, but I really like Made to Love by tobyMac and Good Morning by Mandisa.

**Do you have a guilty pleasure?** I believe I already mentioned the fantasy novels...

**What do you want to do when you retire?** That seems so far away .... (~sigh~)

**Name a famous person you would like to meet and why.** I would like to meet Queen Esther. She sounds like an incredibly brave and strong woman.

**Tell us something about you few people know.** When I was in 8<sup>th</sup> grade, I won Grand Champion in the candy division with my Grandma's English Toffee recipe.

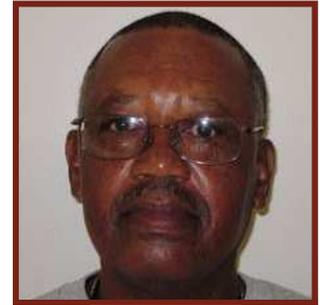
## NEW TO CBISD: WELCOME TO OUR FAMILY!



**April Head**  
Special Ed Aide  
Wild Peach  
Elementary



**Jenny Kier**  
5th grade Teacher  
West Columbia  
Elementary



**Samuel Green**  
Bus Driver  
Transportation

## BIRTHDAY SHOUT-OUTS

**September 25**  
India Pierce

**September 27**  
Christy Bragg  
James Harwell

**September 28**  
LaTasha Foster

**September 30**  
Amanda Biever

**October 1**  
Amanda Urban

**October 2**  
Rosea Francis  
Stefanie Orellana

**October 3**  
Paula Cissna

**October 4**  
Orfelina Garcia

**October 7**  
Christel Salazar

**October 8**  
Nancy Rao

**October 9**  
Ashley Lennette

**October 10**  
Pamela Rhodes

**October 11**  
Carla Nawara

**October 12**  
William Davis  
Glenda Rosa  
JD Willey

**October 13**  
Pam Sanders

**October 14**  
Melinda Cox  
Jeffrey Shank

**October 15**  
Robert Lawrence  
Randy Lynch  
Kenneth Montgomery

**October 16**  
Robert Cash  
Harriet Jennings

**October 20**  
Stacey Coulter  
Fatima Torres-  
Sammons

**October 21**  
Angela Nettles  
Austin Roch

**October 22**  
Mark Durham  
Coralie O'Neil

**October 23**  
Joshua Baskin  
Heidi Durham

**October 24**  
Stephanie Schreck

**October 25**  
Laura Lackey  
Lisa York

Happy Birthday





# SEPTEMBER SHINING STAR



**Jeremy Thomas, Child Nutrition Associate at Barrow Elementary School, was presented the Shining Star Award by Child Nutrition Director, Ann Edwards.** Ann states, “Jeremy started out working for Child Nutrition when he was a student at Columbia High School. From the beginning Jeremy impressed us with his job performance. He takes great pride in whatever job he is doing. He wants to do everything perfect. Jeremy’s huge smile spreads happiness not only to his coworkers but to our customers every day. The students especially love Jeremy. Jeremy is also an artist. Our theme this year is ‘Healthy Heroes are SUPER!’ Jeremy has drawn a variety of Healthy Hero characters. We are using his creations to make trading cards for our elementary promotions. Students receive a trading card when they eat meals on special promotional days. Students can collect and trade the cards. Jeremy deserves to be our Child Nutrition Shining Star!”

Jeremy brought his big smile to the Board Meeting. When I asked him what it meant to receive this Shining Star, he said, “It is beautiful to get this reward.” Jeremy was surprised when Ann told him he would be getting a certificate for being a Shining Star.



## West Brazos Junior High Gym



Coach Angelone says, “The new gym is awesome! We are so fortunate to have it! It really helps with our volleyball teams, boys and girls basketball will also benefit from it. Now we can host tournaments where we were not able to in the past.”

Coach Sims was very excited about the new gym and how much pride the students feel toward the new building. “The new gym at WBJH has helped tremendously with volleyball practices thus far by eliminating earlier morning practices before school. Both 7<sup>th</sup> and 8<sup>th</sup> grade volleyball teams now can practice after school because we have two gyms. Also we are able to have all basketball practices and games at WBJH now that we have the new gym to accommodate us instead of having to travel to the high school for games or an elementary school for practice. Our students really enjoy the new gym not only because it’s something ‘new,’ but they take pride in having something that makes WBJH look nice and up to date. Our P.E. students say it smells funny because of the rubber floor, but every day they ask if we are going over there and get all excited when we do,” says Sims.

# KARCH AND KALEY KASPAR



THESE ARE OUR KIDS

Karch and Kaley are the children of **Deborah Kaspar, School Nurse at Columbia High School**. For the first time, she has both of her children with her at the same campus. Karch is a Sophomore and Kaley, a Freshmen. By the pictures, one can see the siblings are close and both enjoy sports. The brother and sister are 19 months apart and Deborah said they have always been close. "They certainly don't 'always' see eye to eye," states Deborah. "He knows how to push her buttons. Although, when it comes to defending her, he's always there, and she is very protective of him as well." Kaley says she considers Karch her best friend. Karch likes her sister being at the same school so he can protect her. He showed a little competitive streak when he said that he *doesn't* like her being at the same school because the coaches believe she's a better athlete.

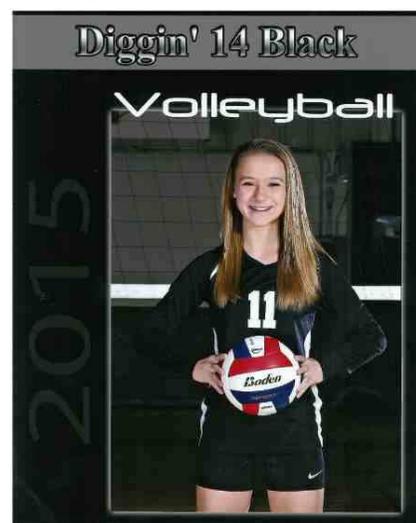
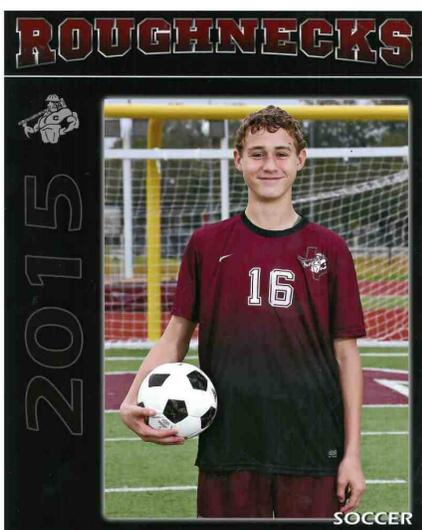
They definitely have sports in common and love to challenge each other at basketball, volleyball, soccer, washers, dominoes and cards. They enjoy watching each other play when they can. Karch plays varsity football and soccer, and runs track. Kaley is a JV cheerleader, plays varsity volleyball and hopes to make the varsity soccer team. Kaley also plays on a Division 1 soccer team in Lake Jackson. They both enjoy athletics and are in all Honors classes making high grades. How they are able to do it all is a secret, but these "All American Kids" definitely has what it takes to make the most of High School. Deborah said she is proud of both children for giving their best at everything they do.

According to Deborah, Karch is a fun, loving, athletic, thoughtful and sincere person. He is considerate of others and enjoys his family. Karch desires to go into the medical field. He says, "I like to help people." Karch likes having his mom at the same campus. He said, "It's great. She is always there for me if I need her. But, she finds out quick if I get in trouble." I highly doubt that's much of a problem. Karch will be confirmed this year at St. Joseph's Catholic Church where the family are members. One word Deborah uses to describe her son is "genuine"

Kaley is described by her mother as "passionate." She is kind and compassionate to others and is also fun, loving and very athletic. When she was younger, she was in competitive cheer along with competitive soccer, while perfecting her game at volleyball. I know Kaley to have a sweet spirit and just loves life. Kaley aspires to go to A&M and would love to

earn a scholarship in sports. Her dream is to go into dentistry. Deborah states that Kaley is "headstrong." She will definitely accomplish anything she sets her mind to.

Karch and Kaley lean on each other and enjoy having one another at school. Their mom being at CHS only bonds them more. The family enjoys going to church together, vacationing and just being with each other when they can. They are busy with sports and studying, but that doesn't stop them from clowning around and having a good time being a family.



# HEALTH MATTERS

## Frequently Asked Questions (FAQs) about BMI

Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and [diabetes](#). That increases your risk for heart diseases and stroke.

Obesity is now recognized as a major, independent risk factor for [heart disease](#). If you're overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off.

Waist circumference and body mass index (BMI) are indirect ways to assess your body composition. Waist-to-hip ratio (WHR) is another index of body fat distribution. However, WHR is less accurate than BMI or waist circumference and is no longer recommended.

Check your Body Mass Index using our [BMI Calculator for adults](#).

### Questions About BMI

#### • What is the waist circumference?

Waist circumference is the distance around your natural waist (at the iliac crest – or hip bone). If your BMI is between 25-35 kg/m<sup>2</sup>, your goal for waist circumference is less than 40 inches if you're a man and less than 35 inches if you're a woman.

#### What is the body mass index (BMI)?

BMI is an indicator of the amount of body fat for most people. It is used as a screening tool to identify whether an adult is at a healthy weight in kilograms is divided by height in meters squared (kg/m<sup>2</sup>). In studies by the National Center for Health Statistics, BMI values less than 18.5 kg/m<sup>2</sup> are considered underweight.

- BMI values from 18.5 kg/m<sup>2</sup> to 24.9 kg/m<sup>2</sup> are healthy.
- Overweight is defined as a body mass index of 25.0 to less than 30.0 kg/m<sup>2</sup>. People with BMIs in this range have an increased risk of type 2 diabetes, hypertension, and cardiovascular disease.
- Obesity is defined as a BMI of 30.0 kg/m<sup>2</sup> or greater. People with BMIs of 30 kg/m<sup>2</sup> or more are at higher risk of cardiovascular diseases.
- Extreme obesity is defined as a BMI of 40 kg/m<sup>2</sup> or greater. Some well-trained people with dense muscle mass may have a high BMI score but very little body fat. For them, the waist circumference, the skinfold thickness or more direct methods of measuring body fat may be more useful measures than BMI.

#### How do you find your BMI risk level?

1. Use a weight scale on a hard, flat, uncarpeted surface. Wear very little clothing and no shoes.
2. Weigh yourself to the nearest pound.
3. With your eyes facing forward and your heels together, stand very straight against a wall. Your buttocks, shoulders and the back of your head should be touching the wall.
4. Mark your height at the highest point of your head. Then measure your height in feet and inches to the nearest 1/4 inch. Also figure your height in inches only.
5. Find your height in feet and inches in the first column of the Body Mass Index Risk Levels table. The ranges of weight that correspond to minimal risk, moderate risk (overweight) and high risk (obese) are shown in the three columns for each height.

Height	Minimal risk (BMI under 25)	Moderate risk (BMI 25–29.9) Over-weight	High risk (BMI 30 and above) Obese
4'10"	118 lbs. or less	119–142 lbs.	143 lbs. or more
4'11"	123 or less	124–147	148 or more
5'0	127 or less	128–152	153 or more
5'1"	131 or less	132–157	158 or more
5'2'	135 or less	136–163	164 or more
5'3"	140 or less	141–168	169 or more
5'4"	144 or less	145–173	174 or more
5'5"	149 or less	150–179	180 or more
5'6"	154 or less	155–185	186 or more
5'7"	158 or less	159–190	191 or more
5'8"	163 or less	164–196	197 or more
5'9"	168 or less	169–202	203 or more
5'10"	173 or less	174–208	209 or more
5'11"	178 or less	179–214	215 or more
6'0"	183 or less	184–220	221 or more
6'1"	188 or less	189–226	227 or more
6'2"	193 or less	194–232	233 or more
6'3"	199 or less	200–239	240 or more
6'4"	204 or less	205–245	246 or more

**To calculate your exact BMI value, multiply your weight in pounds by 703, divide by your height in inches, then divide again by your height in inches.**

(Adapted from Obesity Education Initiative: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, National Institutes of Health, National Heart, Lung, and Blood Institute, Obesity Research 1998, 6 Suppl 2:51S-209S)



**Attendance Incentive is back this year!** A drawing for an electronic device will take place at the End of Year Breakfast for employees with Perfect (no missed days) or Excellent Attendance (only missing 1-2 days) from **August 14, 2015—June 2, 2016**.

- Guidelines — 1. Business leave is considered “working.” 2. Comp days for hourly employees is not counted against attendance (cannot go over 60 hours). 3. Using “Admin Free” leave is not working the entire day and would not qualify for this incentive
- Who is eligible: \*All teachers, nurses, counselors and staff assigned to a campus, \*All hourly employees, \*District professionals not assigned to a campus, \*Campus administration and central administration employees **are not** eligible  
\*\*Must be present to win

**Community Support**—Show your school ID for these local discounts:

- \* McDonalds: 15% regularly priced menu item, excluding dollar menu and promotional items alone. Available at Brazoria, West Columbia and Bay City locations.
- \* Sonic: 30% discount regularly priced menu item, excluding dollar menu (WC only). Large drinks \$.99—both locations
- \* Jack in the Box: 20% discount regularly priced menu item

**EMPLOYEE ACCESS CENTER** is available with updated information after you receive your first pay check for this new contractual year. The EAC can be accessed through CBISD website or click [here](#) to go directly to the login page.

## Announcements and Upcoming Events

- Someone very special and close to **Connie E Carter (CHNT)**.....Jeremiah Armstrong, a senior at CHS, was accepted to Texas A&M in the Engineering Dept.
- **Thomas Amos’ (CHS)** wife, Julieanne Amos, Director of Band at Sartartia Middle School in Fort Bend ISD, received her Masters of Arts Degree in Wind Band Conducting on August 8, 2015 from the American Band College of Sam Houston State University. Her family is extremely proud of her and all of the hard work she has put in over the last three years to reach this goal.
- **Annual Turkey Dinner by St. John the Apostle Catholic Church:** Sunday, October 18th, Knights of Columbus Hall Brazoria, \$10.00 a plate, starting at 11am. Pastry booth, Raffle, Silent Auction—for more information call church office @ 979-548-2020
- **West Columbia Chamber After Hours Fish Fry**, hosted by Texas Gulf Bank: Thursday, October 22nd at 5:30PM, 109 E. Brazos Ave, RSVP by 10/16/15—979-888-7903
- **CHS Class of 2000 Benefit for AMANDA EAST JONES:** Saturday, October 24, 2015 at Brazoria Heritage Foundation Gym and Conf. Center, starts at 3pm with face painting, silent auction, games, 5pm BBQ plates for \$10, 7pm live auction, 8pm DJ & dance til 12am, \$30 singles/\$40 couples
- **2015-2016 ATPE MEMBERSHIP APPLICATION IS DUE BY OCTOBER 31, 2015.** Go to [Atppe.org](#) to register.
- **SAVE THE DATE: Roughneck Blowout:** October 31, 2015 (\$25 advance, \$30 at the door)



## BIG TIME SHOUT OUTS!

A special shout out to the WCE Cafeteria staff for the outstanding job they did in providing breakfast for 584 grandparents in attendance during Grandparent week at West Columbia Elementary!

-Kathy Humbird

Kudos to Pam Erwin, the West Columbia Elementary Counselor and the Elaine Walters, the WCE Community in Schools Site Director, for putting together the successful Grandparent breakfast at WCE! Grandparents enjoyed time with their grandchildren and several won door prizes.

-Kathy Humbird

I would like to give a shout out to Dawn Thomas and Cheryl Henderson in CMC! They are wonderful, intelligent, amazing women who work really hard with all of our students. I'm just glad that I can be apart of the AWESOME team in the Content Mastery Center (CMC)!

-Nekka Kerns