

HSA-Fort Worth Wednesday Newsletter

Volume 16

December 12, 2018

Connecting home and school makes us a great community of learners!

Upcoming Events

12/12	Harmony Art contest ends (see flyer below)
12/15	Book Swap 10 AM - 12 PM
12/15	Family Fitness Activity 4 PM
12/15	Winter Wonderland 6-8 PM
12/20	Early Release

Book Swap

HSA BOOK SWAP COLLECTION STILL GOING THIS WEEK Bring your gently used books to school this week and then come to the cafeteria on December 15th from 10 AM - 12 PM to get a few 'new to you' books! All leftover books will be donated to The Warm Place.

Candy Cane Grams

Candy Cane grams will be available to purchase from your HSA Spirit Squad for \$1. Stop by Ms. Miller's room between 7-7:30 AM or 1:50-2:35 PM to purchase a candy cane for your family, friends & teachers. Candy Cane grams will be available to purchase until 12/14 and will be delivered on 12/19. Please help support your Spirit Squad by purchasing a candy cane gram and spread some holiday cheer.



5651 Westcreek Drive
Fort Worth, TX 76133
P 817-263-0700
F 817-263-0705
hsafortworth.org

From the front office...



If you are moving or have a Change of Address please submit a Proof of Residency to the Front Office, Thank You

Winter Wonderland

Tickets for Destination ImagiNation's Winter Wonderland event (December 15th from 6-8 PM) will be on sale every morning. They are \$15 or \$20 and is CASH ONLY. If you would like to reserve a ticket outside of this time, please email rbrown@harmonytx.org or bianca.laserna@harmonytx.org. Students will get a Polaroid AND digital copy of a photo with Santa, the Frozen characters, or at the Selfie Station. They can also decorate a cookie, stop by the Storytelling Station, make a holiday craft, have a hot chocolate, and make a custom candied apple. See you on the 15th!



VOLY

Parents, please check Voly for volunteer hours. We have many unfilled opportunities posted for the next few weeks. Thank you for your support!

Fit is FUN!

Gann Fight and Fitness Brazilian Jiu Jitsu instructor Carlos Chavez will be hosting our December family engagement fitness activity. All Harmony students and staff who attend and PARTICIPATE IN THE CLASS will receive a FREE WEEK at Gann Fight and Fitness! This is a FREE event, but we'll be accepting donations (suggested donation of \$2 for kids, \$5 for adults) to support our amazing VOLUNTEER instructors. Students will learn self-defense, forms, and discipline, and parents and family are invited to participate too! This is NOT an all ages event, but ages FIVE and up are welcome! Event is 12/15 at 4pm. Tea and healthy snacks will be served afterwards!

District Assessments

District Assessment 2 this week, December 11th-13th. Make-ups will be December 14th and 17th.

PTO News

Attention FIFTH GRADE PARENTS!! We are asking for your help for the December luncheon for our incredible HSA staff. If you haven't already, please check out the SignUpGenius for how you can help. Thank you in advance!
<https://www.signupgenius.com/go/10c0f4da4a728aafc1-december>

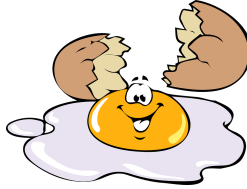


Student Nutrition

Nutritious meals are available daily for a price of \$1.70 for breakfast, \$3.00 for lunch, and \$0.50 for a la carte milk. Each student is provided a lunch account onto which money may be deposited. Households are also encouraged to create an account in School Café (www.schoolcafe.com). From here, parents may apply for free or reduced price meals, check account balances, make meal payments, set up automatic alerts, and set up automatic payments. If you need your child's ID number, please call the school and ask to speak with the Lunch Clerk. Should a student's meal account balance fall below \$0, he/she will be allowed to charge up to -\$10. Once the negative meal account balance limit is reached, the student will receive an alternate meal. Alternate meals consist of cereal, fruit, and milk for breakfast; and for lunch, a sandwich, vegetable, and milk. If a student is later approved for free meals, they will begin receiving meals immediately. However, the household is still responsible for paying the negative account balance. For more information regarding the meal charge policy, please visit our website at: <https://hsafortworth.harmonytx.org/>, and click on the "Meal Charges" link

Breakfast @ HSA

Breakfast is the most important meal of the day!! Start your day off right and eat breakfast in the cafeteria. Breakfast is available from 7-7:25 AM. The menu can be found in the front office and posted in the cafeteria.



Contact Us

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Lunch Information

Parents who would like to eat lunch with their child may make a reservation by emailing hsalunch@gmail.com. Reservations must be made by 3 PM the day before.

Students are not allowed to purchase a la carte items if their account has a \$0 or negative balance. If they are purchasing a milk, we will allow them one charge as a courtesy. The Lunch Clerk will inform the student and parent that there must be funds in the meal account for a la carte purchases. The next attempt to purchase a la carte items will be denied until the account shows a positive balance. We will have more a la carte items coming soon.

Keep an eye out for more information. The district charge limit applies to reimbursable meals only and not a la carte purchases.

Grace periods for the previous year's lunch status expired on September 26, 2018. You can still fill out an application for this year's free/reduced meals online at schoolcafe.com. Lunch applications should be filled out every year. If you have any questions please call or email Ms. Ramirez at (817) 263-0700 or destiny.ramirez@harmonytx.org

DECEMBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <ul style="list-style-type: none"> • string cheese/cinnamon grahams • cheerios/mini dipperdoodle bar ○ orange juice available 	<p>4</p> <ul style="list-style-type: none"> • HOT pancakes w/syrup • lemon muffin • cinnamon chex/zac attack strawberry 	<p>5</p> <ul style="list-style-type: none"> • HOT green chile breakfast burrito • cinnamon raisin bagel • cheerios/mini dipperdoodle bar ○ orange juice available 	<p>6</p> <ul style="list-style-type: none"> • HOT french toast sticks • blueberry muffin • corn chex/zac attack strawberry 	<p>7</p> <ul style="list-style-type: none"> • HOT omelet w/cheese • bagel w/cream cheese • multigrain cheerios/zac attack strawberry ○ orange juice available
<p>10</p> <ul style="list-style-type: none"> • zee zee cinnamon crisp bar • cheerios/zac attack apple ○ orange juice available 	<p>11</p> <ul style="list-style-type: none"> • HOT pancake bowl peach • blueberry muffin • cinnamon grahams/ cinnamon rumbles 	<p>12</p> <ul style="list-style-type: none"> • HOT cornbread & egg omelet • cinnamon crumble • corn chex/zac attack strawberry ○ orange juice available 	<p>13</p> <ul style="list-style-type: none"> • HOT pancakes w/syrup • french toast muffin • multigrain cheerios/zac attack strawberry 	<p>14</p> <ul style="list-style-type: none"> • HOT cinnamon toast bagel • yogurt parfait strawberry • cinnamon chex/zac attack apple ○ orange juice available
<p>17</p> <ul style="list-style-type: none"> • cinnamon chex/zac attack apple • dipper doodle bar ○ orange juice available 	<p>18</p> <ul style="list-style-type: none"> • HOT SW chicken chorizo & cheese bagel sandwich • mini french toast muffin/string cheese • corn chex/zac attack strawberry 	<p>19</p> <ul style="list-style-type: none"> • HOT pancake bowl strawberry • cinnamon crumble • multigrain cheerios/zac attack strawberry ○ orange juice available 	<p>20</p> <ul style="list-style-type: none"> • HOT cheesy bean breakfast burrito • blueberry muffin • cheerios/mini dipperdoodle bar 	<p>21</p> <ul style="list-style-type: none"> • HOLIDAY
<p>24</p> <ul style="list-style-type: none"> • HOLIDAY 	<p>Merry Christmas!</p> <p>25</p> <ul style="list-style-type: none"> • HOLIDAY 	<p>26</p> <ul style="list-style-type: none"> • HOLIDAY 	<p>27</p> <ul style="list-style-type: none"> • HOLIDAY 	<p>28</p> <ul style="list-style-type: none"> • HOLIDAY
<p>NEW YEAR'S EVE!</p> <p>31</p> <ul style="list-style-type: none"> • HOLIDAY 				

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

This institution is an equal opportunity provider.

DECEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <ul style="list-style-type: none"> • cheesy pizza bites (VG) • baked mac & cheese w/ chicken bites • spicy chicken sausage & cheese eggel sandwich • turkey & cheddar sandwich ○ green peas 	<p>4</p> <ul style="list-style-type: none"> • bean & cheese quesadilla (VG) • hot dog (DF) • fiesta scoops w/ three layer dip (VG) • chicken caesar wrap ○ orangy carrots 	<p>5</p> <ul style="list-style-type: none"> • oven roasted chicken sandwich • cheese pizza (VG) • sloppy joe (DF) • honey mustard chicken wrap ○ coleslaw 	<p>6</p> <ul style="list-style-type: none"> • bfast for lunch: pancakes w/ sausage • beef ranchero (DF) • spaghetti marinara (VG) • chicken pizza party salad ○ broccoli w/ ranch 	<p>7</p> <ul style="list-style-type: none"> • chili & cheese tamale (VG) • veggie chili (VG) • general tso chicken • santa fe chile chicken wrap ○ black eyed peas ○ grape tomatoes
<p>10</p> <ul style="list-style-type: none"> • crispy chicken sandwich (DF) • spicy popcorn chicken sandwich • spaghetti marinara (VG) • buffalo chicken wrap ○ chili citrus corn 	<p>11</p> <ul style="list-style-type: none"> • chicken parm pasta • cheesy ravioli (VG) • kickin chicken melt sandwich • chinese chicken noodles • corn chex/zac attack strawberry ○ island glazed carrots 	<p>12</p> <ul style="list-style-type: none"> • cheesy pizza bites (VG) • chicken potstickers w/ not-so fried rice • hot dog (DF) • sesame chicken wrap (DF) ○ broccoli 	<p>13</p> <ul style="list-style-type: none"> • bbq beef vegan calzoni (VG) • chicken bites • chicken alfredo • turkey & cheddar sandwich ○ cucumber & tomato salad 	<p>14</p> <ul style="list-style-type: none"> • bfast for lunch: pancakes w/ omelet (VG) • mongolian beef • chicken teriyaki w/ rice • bbq chicken wrap ○ black beans ○ baby carrots w/ ranch
<p>17</p> <ul style="list-style-type: none"> • bbq beef flatbread • cheesy pizza bites (VG) • mac & cheese & chicken bites • chicken caesar salad ○ broccoli 	<p>18</p> <ul style="list-style-type: none"> • chicken gumbo • Italian calzoni (VG) • buffalo chicken crunchadilla • southwest veggie wrap (VG) ○ green peas 	<p>19</p> <ul style="list-style-type: none"> • cheese pizza (VG) • sloppy joe (DF) • bean & cheese pupusas (VG) • honey mustard chicken wrap ○ seasoned green beans w/ ranch 	<p>20</p> <ul style="list-style-type: none"> • kung pao chicken • meatball sub • spaghetti marinara (VG) • turkey & cheddar sandwich ○ steamed carrots 	<p>21</p> <ul style="list-style-type: none"> • HOLIDAY
<p>24</p> <ul style="list-style-type: none"> • HOLIDAY 	<p>25</p> <ul style="list-style-type: none"> • HOLIDAY 	<p>26</p> <ul style="list-style-type: none"> • HOLIDAY 	<p>27</p> <ul style="list-style-type: none"> • HOLIDAY 	<p>28</p> <ul style="list-style-type: none"> • HOLIDAY
<p>NEW YEAR'S EVE!</p> <p>31</p> <ul style="list-style-type: none"> • HOLIDAY 				

HAPPY HOLIDAYS!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

This institution is an equal opportunity provider.



United States Department of Agriculture



MyPlate MyWins

Reach your nutrition goals

To help you achieve your nutrition goals, try using the tips below.



Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!



Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.



Celebrate successes

Think of each change as a "win" as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



List more tips

HARMONY ART

**GOT A KNACK FOR ART?
SHOW US YOUR #HARMONYART TODAY!**



Theme: Texas

Medium: Any Medium Accepted!

Why Participate?

- Top 3 each quarter will receive a PRIZE!
- District Letter of Recognition
- Will be on display at District Offices
- Will be given to local dignitaries and community leaders
- Will be featured in the DFW District Newsletter
- Chance to be featured on marketing/promotional material

How to Submit:

- Create an art piece for the #HarmonyArt contest.
- Submit art to campus front office by **December 12th**.
- List YOUR NAME, TEACHER'S NAME, GRADE, CAMPUS NAME, ART NAME.
- Winners will be announced at the end of the first week of the following quarter.





PARENTS

Are my kids getting enough physical activity?

You know kids need physical activity to grow up strong and healthy. But did you know it can help them feel better right away?



Better sleep



Better mood



Better grades

And when your kids are feeling good, your life is easier, too. So find ways to help your kids fit more activity into their day.

How much do they need?

Kids and teens ages 6 to 17 need at least **60 minutes** every day.

Most of it can be **moderate-intensity aerobic activity**. Anything that gets their heart beating faster counts.



At least 3 days a week, encourage your kids to step it up to **vigorous-intensity aerobic activity**.



Is it moderate or vigorous? Use the "talk test" to find out.

When you're being active, try talking:

- ✓ If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- ✓ If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity
At least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bone-strengthening activity
At least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

My kids are younger than 6. What about them?

Younger kids love to be active naturally!

- Aim to keep them moving 3 hours a day — and more is better
- Limit time when they're just sitting around (like screen time)

What counts?

Whatever gets them moving!



Encourage active play with friends



Give them rewards for active chores



Sign them up for free or low-cost classes

Or get active together!



Make your morning walks a race



Dance while dinner's in the oven



Show them your favorite ways to move

Most of all, help them find activities they really like to do!

It all adds up. And so do the benefits.

Help them get active now, and they'll build healthy habits for life.

So take the first step. Get your kids moving. And when you can, move with them!

Find out how your kids can get 60 minutes of activity every day.

health.gov/MoveYourWay/Get-Kids-Active

