



Colts Chronicle  
Carter Lomax Middle School  
*Changing the World*  
October 20, 2017

[Dates to Remember](#)

October 23 – 27 – Red Ribbon, Book Fair, and Grandparent Week  
October 23 – 27 – Tickets on sale for Fall Dance  
October 24 – Science Night at 6:00 pm  
October 27 – Fall Dance

[Fall Dance](#)

# Fall Dance

When: Friday, October 27th

Where: 5th—Gym and 6th—Cafeteria

Time: 2:30-3:40

Cost: \$5 per student

*\*Concessions will be available\**

## Fundraiser

\*All proceeds will go toward the purchase of student field trips and student incentives.

\*Tickets will be sold October 23—26 from 8:10-8:40 in your math classroom.

Carter Lomax Middle School  
Red Ribbon Week  
2017-2018

**“YOUR FUTURE IS KEY SO STAY DRUG FREE”**

<b>MONDAY OCTOBER 23</b>	Theme: “You’re Too Smart to Start Drugs”- Dress like a nerd.
<b>TUESDAY, OCTOBER 24</b>	Theme: “From Head to Toe-I’m Drug Free”-Crazy Hair and Crazy Socks.
<b>WEDNESDAY OCTOBER 25</b>	Theme: “Team Up Against Drugs” - Team T-Shirt or Jersey.
<b>THURSDAY OCTOBER 26</b>	Theme: “You’re Too Bright for Drugs”- Everyone wears Sunglasses and Neon Clothes.
<b>FRIDAY OCTOBER 27</b>	Theme: “Red Out Lomax”-Everyone wear RED.

## Grandparents Week

Dear Grandparents,

The students and faculty of Carter Lomax Middle School would like to honor and recognize you with an opportunity to join your grandchildren for lunch at school during the week of **October 23<sup>rd</sup> – October 27<sup>th</sup>**. Please feel free to bring your grandchild's favorite meal, or you may choose from the daily cafeteria menu. Please see the following schedule to find your special day with your grandchild:



### **Monday, October 23<sup>rd</sup>**

10:55 am – 11:25 am Cooper,  
Franklin, Barbee, Meyer

12:00 pm – 12:30 pm Crum, Alvarez,  
Castaneda, Jimenez

### **Wednesday, October 25<sup>th</sup>**

11:35 am – 12:05 pm Ragan, Pelletier,  
Tolleson, Wood

12:35 pm – 1:05 pm D. Swan, Segura,  
Reynolds, Cepeda

### **Friday, October 27<sup>th</sup>**

11:00 am – 11:30 am – Kirkpatrick

12:15 pm – 12:45 pm – Fullerton

### **Tuesday, October 24<sup>th</sup>**

11:30 am – 12:00 pm Jenkins, Lambert,  
Chesser, Wells

12:15 pm – 12:45 pm Hernandez,  
Johnson, Milam, Clark

### **Thursday, October 26<sup>th</sup>**

11:00 am – 11:30 am Gutierrez, Tomei  
(Martinez)

12:10 pm - 12:40 pm C. Gonzalez, E.  
Gonzalez, Smith

**Book Fair will also be held this week, if you would like to visit the library with your grandchild.**

We look forward to sharing this time with you.

## Punt, Pass, and Kick

Lomax had a group of students represent our campus at the annual Punt, Pass and kick this week. The students that participated won the September campus Punt, Pass and Kick competition and tested their skills against other campus champions from across the district. Congratulations to the following students on their success:

- Jonathan Gonzalez
- Aidan Perez
- Jasmine Hernandez
- Dhayanara Rodriguez
- Shawn Armstrong
- Adam Gonzalez
- Emily Damian
- Anabel Zepeda



## PE Super Bowl

The 6<sup>th</sup> grade boys have been participating in a Football unit for the past 5 weeks during PE. During the unit the students reviewed skills learned in prior grades and played games involving football that promoted health and wellness in a fun setting. The unit was wrapped up with a Flag Football tournament that all students participated in, and concluded with the PE Super Bowl. Coach Williams and I are very proud of the effort displayed by the students during this unit and the passion that some of them had for succeeding during the tournament. Pictured below you will find a picture of the class champions for our Football unit.

5B Champions= Giants- Jo Jo, Adrian, Adam, Austin, Justin, Daniel, Humberto and Angel

5S Champions= Seahawks- Aaron, Rogelio, Gavin, Caleb, Isaiah, Joseph

6B Champions= Giants- Ethan, Domingo, Alex, Pablo, Ricardo, Jacori and Humberto

6S Champions= Cowboys –Noel, Valentin, Ricardo, Karim, Miguel, Noah and Devin



## Weekly Parent Connect

This month is our bully prevention month. We will be sharing information with the kids through our broadcast about how they can prevent bullying and create a safe climate on our campus. The counselors will have a station set up at Science Night on October 16<sup>th</sup> at 6pm discussing the “Science of Kindness” and what being kind actually does to our brain. We hope to see you there!

### Tips for Parents to Prevent Bullying

Bullying is not a normal rite of passage. It can have serious consequences. You can help your child learn how to prevent bullying:

- **Help your child understand bullying.** Explain what bullying is: *conduct that exploits the imbalance of power between the student perpetrator and the student victim through written or verbal expression or physical conduct; and interferes with a student’s education or substantially disrupts the operation of the school.*
- **Keep open lines of communication with your child.** Check in with your child and listen to any concerns about friends and other students.
- **Encourage your child to pursue their interests.** Doing what they love may help your child be more confident among their peers and make friends with other kids with similar interests.
- **Teach your child to take a stand against bullying.** Give guidance about how to stand up to those who bully if it is safe to do so.
- **Talk to your child about seeking help from a trusted adult when feeling threatened by a bully.** Talk about whom they should go to for help and role-play what they should say. Assure your child that they should not be afraid to tell an adult when they or someone they know is being bullied.
- **Know what is going on in your child's school.** Visit the website, subscribe to the newsletter. Get to know other parents, school counselors, and staff. Contact the school by phone or e-mail if you have suggestions to make the school a safer and better learning place.

Information retrieved from StopBullying.gov- <http://www.stopbullying.gov/index.html>. 10/27/2011.

We will have a Bully Prevention rotation called the “Science of Kindness” on Science Night, scheduled on October 24<sup>th</sup>. Below you will find tips and suggestions if you suspect that your son or daughter is being bullied.



## Being Bullied Warning Signs

*Retrieved from website: stopbullying.gov; My Child is Being Bullied, October 27<sup>th</sup>, 2011. Managed by the Department of Health and Human Services*

- Comes home with damaged or missing clothing or other belongings
- Reports losing items such as books, electronics, clothing, or jewelry
- Has unexplained injuries
- Complains frequently of headaches, stomachaches, or feeling sick
- Has trouble sleeping or has frequent bad dreams
- Has changes in eating habits
- Hurts themselves
- Are very hungry after school from not eating their lunch
- Runs away from home
- Loses interest in visiting or talking with friends
- Is afraid of going to school or other activities with peers
- Loses interest in school work or begins to do poorly in school
- Appears sad, moody, angry, anxious or depressed when they come home
- Talks about suicide
- Feels helpless
- Often feels like they are not good enough
- Blames themselves for their problems
- Suddenly has fewer friends
- Avoids certain places
- Acts differently than usual

## Working with Your Child's School

*Retrieved from website: stopbullying.gov; My Child is Being Bullied, October 27<sup>th</sup>, 2011. Managed by the Department of Health and Human Services*

Parents are often reluctant to report bullying to school officials, but bullying may not stop without the school's help. Parents should never be afraid to call the school to report that their child is being bullied and ask for help to stop the bullying.



Parent coordinator/5<sup>th</sup> grade counselor,  
Allison Briggs  
[abriggs@pasadenaisd.org](mailto:abriggs@pasadenaisd.org)

6<sup>th</sup> grade counselor/bilingual  
Cynthia Pena  
[cpena@pasadenaisd.org](mailto:cpena@pasadenaisd.org)

## Become a Colt Mentor

### ADOPT-A COLT Mentor Information and Orientation Session

September 28, 2017 at 9a.m.

Parent Resource Room

Find out more about our Carter Lomax ADOPT-A COLT Mentor Program at this meeting. If you have ever wanted to make a difference in a student's life, now is your opportunity. **No special skills required! If you ever visit your own child for lunch stay an additional 30 minutes and mentor a student who REALLY needs a friend like YOU!**

Please detach the bottom portion and return to the counseling department.

Check appropriate box:

Yes, I can attend

No, I cannot attend, but am interested in mentoring

Parent Name: \_\_\_\_\_

Student Name: \_\_\_\_\_

Homeroom Teacher: \_\_\_\_\_

Phone number: \_\_\_\_\_

**We need YOU to join our  
Carter Lomax Family!**





# WHO CAN MENTOR?

1. Any parent who has a student at Carter Lomax
2. A brother, sister, family member high school or college student
3. A neighbor, local business, or community member



If you have ever wanted to make a difference in a student's life, now is your opportunity. **No special skills required! If you ever visit your own child for lunch stay an additional 30 minutes and mentor a student who REALLY needs a friend like YOU!**

If you are interested in becoming a mentor but need more information please call: Ms. Briggs, or Ms. Pena, school counselors, 713-740-5230, OR complete the bottom and turn into the front office at Carter Lomax.

Name: \_\_\_\_\_  
number: \_\_\_\_\_

Phone



[Lomax Social Media](#)

Facebook – Carter Lomax Middle School

Twitter - @CarterLomaxMS

Thank you.



Erika Box

Peer Facilitator  
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