



Colts Chronicle

Carter Lomax Middle School

Changing the World
September 22, 2017

Dates to Remember

September 26 – 5th Grade Open House

- Last Names A-M @ 5:30 pm
- Last Names N-Z @ 7:00 pm

September 27 – 6th Grade Open House

- Last Names A-M @ 5:30 pm
- Last Names N-Z @ 7:00 pm

September 28 – Adopt-a-Colt Mentor Orientation @ 9:00 am

October 6 – No school; Staff Development day

October 9 – No school; Staff Development day

Dear Parents and Guardians,

We will hold our first Student Led Conferences during Open House next week. It is very important for you to attend as your student has critical information to share with you about grades and our campus-wide personalized learning system. Please leave student siblings at home if possible.

Thank you,

Mrs. Penny



FREE Breakfast and Lunch for the Month OF September

To offer additional support for our students and their families, Pasadena ISD will provide free breakfast and lunch for all PISD students during the month of September.

Walk for Sight

The Walk for Sight deadline is extended until October 5.



Walk~For~Sight



Dear Parents,

On October 21, 2017 at the Pasadena Memorial Stadium located at 2906 Dabney, the Pasadena Lions Club will host the 15th annual WALK-FOR-SIGHT benefiting the students of Pasadena Independent School District by providing those in need with eyeglasses, so they can be successful students. The event will begin at 8:00 A.M. with registration beginning at 7:30 A.M. The walk will cover approximately two miles, and we encourage parents to come walk with their children. Once students have returned the permission slip at the bottom of this form, students will be given a pledge envelope to collect donations for the walk. The collection envelopes need to be returned to the PE teacher by Friday, October 20, 2017. All students participating will receive a T-shirt and two miles credit for their jogging clubs. There will be prizes awarded to students collecting the most donations.

During this year's event, we will be hosting the **Pasadena Vibrant Community Kick-off**. The Pasadena Vibrant Community is an initiative of The University of Texas MD Anderson Cancer Center made possible by investment from and collaboration with Shell Oil. It is a community-driven initiative to mobilize Pasadena to promote health and wellness in the community. The kick-off will include cooking demonstrations, physical activity, and wellness information and resources. The activities for the kick-off will take place immediately after the walk and will last until 10:00 A.M.

Pasadena Vibrant Community



Please sign and return the BOTTOM of this form by Friday, September 22, 2017.

Please print

Child's Name _____ School _____ HR Teacher _____

Address _____

Phone # _____ Birthdate: _____ / _____ / _____ Age _____
Month Day Year

T-shirt Size: (Circle) **YM, YL, AS, AM, AL, AXL, AXXL**

Please check: Male Female Grade: _____

I give my permission for my child to participate in the Walk for Sight. I certify that my child has no physical condition that would prevent him/her from participating successfully in this event. The sponsoring organization cannot be held responsible in case of injury or accident. All precautions have been put in place to ensure the safety of each participant.

Please note: There will be photographs taken during the Walk for Sight event that will be used post-event.

Parent's (Guardian) Signature _____

Mighty Milers

Dear Parents,

Lomax Middle School has been accepted into the NYRR Mighty Miler program for the 2017-2018 school year. Mighty Milers is a running program for kids of all fitness levels and is designed to get kids moving while preventing obesity and illness. Participation in Mighty Milers helps kids build their self-esteem, and learn to make and reach personal goals.



Over the course of this program cycle, children in Mighty Milers strive to complete one to four “marathons of miles” (13.1 to 100 miles). They run or walk briskly upwards of a half-mile in supervised sessions weekly to help them achieve these goals. The 5th graders, and 6th graders will be jogging on Friday mornings from 7:30-8:00. Jogging will take place in Gym1 in the event of bad weather. I will pick up the students from the front of the school at 7:30. We will start on Friday September 29th. Any student may be removed for not following the rules. School fun runs will count towards student mileage logs as well as miles logged during gym on “Moving Mondays”. NYRR provides rewards, t-shirts (26.2 miles), and certificates for our students who achieve the 4 marathon of miles levels.

Thank you for supporting your child in the NYRR Mighty Miler running program.

Sincerely,

Andy Williams/ PE Teacher

“Gallopig Colts”

Weekly Parent Connect

As we move into the third week of school, students are beginning to get back into daily routines. Routines are essential for a student's academic, social, and emotional success. They can also build your family bonds. A good routine caters to the needs of all family members. Here are a few suggestions for routines for the entire family as well as developmentally appropriate routines for teenagers.

Teenagers	<ul style="list-style-type: none">• Using family resources like the computer and telephone• Doing laundry or other chores• Homework• Hobbies or sport• After-school activities• Making beds and cleaning rooms
All ages	<ul style="list-style-type: none">• Preparing and eating meals together• Family days (family activities)• Family DVD nights• Family meetings• Taking turns talking about the day• Special one-to-one time with a parent• Regular contact with extended family and friends• National/state/local celebration days, annual fetes or outings• Saying prayers or observing religious events

(Information above retrieved from website:

http://raisingchildren.net.au/articles/family_routines_how_and_why_they_work.html)



Parent coordinator/5th grade counselor,
Allison Briggs
abriggs@pasadenaisd.org

6th grade counselor/bilingual
Cynthia Pena
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
Carter Lomax Middle School
PasadenaSD
713-740-5230
ebox@pasadenaisd.org