

# The Mustang Chronicle

## January Leader of the Month Goes To.....

### Mr. Corey Matjeka!!

Mr. Matjeka is BCA Spec Ed Math Teacher. He works very hard helping our students who struggles in math. He, also, helps teach math to middle school.

Congratulations on a job well done!



## A note from the Health Coordinator

Influenza activity remains high across the state of Texas. "Respiratory Etiquette" is the newest phrase in healthcare. It refers to taking common precautions in the prevention of spreading germs from person to person. Here is what you can do to protect your child and others from catching germs.

Wash hands often when you are sick.

Cover your mouth and nose with tissue every time you sneeze, blow your nose, or cough. Do not use handkerchiefs.

Put used tissues into the nearest trash can after using.

If you do not have a tissue, use your sleeve to cover your mouth and nose. Do not use your bare hands.

Always wash your hands after sneezing, blowing your nose, or coughing, or after touching used tissues.

When visiting your doctor or clinic, notify the receptionist if you have a fever with cough or rash. They may ask you to wear a mask or wait in a separate area.

Stay home if you have a cough and fever. Keep away from family members that are very young, very old, or have a serious disease or weak immune system.

Because cold viruses can survive for hours outside the body, cleaning surfaces with a virus-killing disinfectant (such as a 1 part household bleach to nine parts water solution) might help prevent spread of infection.

Working together we can help slow down the spread of germs at home and in the classroom.

## UPCOMING EVENTS

Feb. 5th Cheer Awards at 1pm

Feb. 7th Cowboy Breakfast for faculty and staff

Feb. 13 Progress Reports go home

Feb. 14th Valentine's Day: Parties will be from 11am-1pm

Feb. 17th Student Holiday/Staff Development

Feb. 20th PTO meeting

Feb. 24 TELPAS starts

Feb. 28 4th Six Weeks ends

Update: Faculty and Staff Cowboy Breakfast is canceled on Feb. 7th. It will be rescheduled.

**"Those who dare to fail miserably can achieve greatly"**

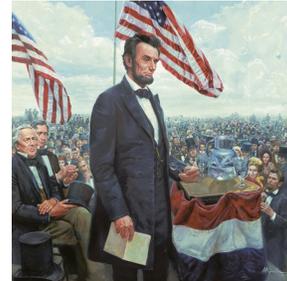
**~ John F. Kennedy**

## PRESIDENT'S DAY



Presidents Day is an American holiday celebrated on the third Monday in February; Presidents Day 2020 occurs on Monday, February 17. Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and

other figures, Presidents Day is now popularly viewed as a day to celebrate all U.S. presidents, past and present.



*"My great concern is not whether you have failed, but whether you are content with your failure."*  
~ Abraham Lincoln

## THE IMPORTANCE OF BREAKFAST

Understanding the importance of breakfast for kids is key to good childhood nutrition. Not all breakfasts are created equal, and a morning meal that includes high-quality protein, like the 8 grams of natural protein contained in milk, helps to fuel your body for the day ahead. Protein at breakfast helps everyone start the morning with energy and focus, which can help kids perform their best in the classroom. Studies show breakfast eaters may have better school attendance and test scores and are better able to pay attention compared to skippers.

[www.milklife.com](http://www.milklife.com)

## HISTORY OF THE SAN ANTONIO STOCK SHOW AND RODEO

History was made when one the first Texas Agricultural Fairs was held in San Antonio. Soon afterwards, other fairs and expositions came to this Texas cattle town; the lack of accommodations led to Joe and Harry Freeman to began a movement to build what is known as the Joe and Harry Freeman Coliseum. Their primary focus was on adolescence and agriculture.

In 1949, Joe and Harry Freeman Coliseum was open to the public and the first annual San Antonio Stock Show and Rodeo was held on February 17th, 1950. The first exposition was very successful and entertained more than a quarter of a million visitors.

By 1984, 4-H and FFA was established to encourage agriculture to our youth. San Antonio Livestock Exposition, Inc. was established and awarded 15 four year scholarships totaling \$90,000 to students entering Texas Colleges for agriculture.



In 1999, San Antonio Stock Show and Rodeo created the Hall of Fame. The first inductees were Joe Freeman, Harry Freeman and Mary Nan West. Today the San Antonio Stock Show and Rodeo is held in AT&T Center, which provides over 6000 seats for viewing rodeo competitions and live concerts from popular Country musicians and large areas for visitors to enjoy wide variety of vendors, carnival rides, petting areas and mini shows.

# NUTRITION FOR KIDS: GUIDELINES FOR A HEALTHY DIET

## BY MAYO CLINIC

Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages.

So what's the best formula to fuel your child's growth and development? Check out these nutrition basics for girls and boys at various ages, based on the latest Dietary Guidelines for Americans.

Consider these nutrient-dense foods:

**Protein.** Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.

**Fruits.** Encourage your child to eat a variety of fresh, canned, frozen or dried fruits — rather than fruit juice. If your child drinks juice, make sure it's 100 percent juice without added sugars and limit his or her servings. Look for canned fruit that says it's light or packed in its own juice, meaning it's low in added sugar. Keep in mind that one-quarter cup of dried fruit counts as one cup-equivalent of fruit. When consumed in excess, dried fruits can contribute extra calories.

**Vegetables.** Serve a variety of fresh, canned, frozen or dried vegetables. Aim to provide a variety of vegetables, including dark green, red and orange, beans and peas, starchy and others, each week. When selecting canned or frozen vegetables, look for options lower in sodium.

**Grains.** Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice. Limit refined grains such as white bread, pasta and rice.

**Dairy.** Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt, cheese or fortified soy beverages.

Aim to limit your child's calories from:

**Added sugar.** Limit added sugars. Naturally occurring sugars, such as those in fruit and milk, are not added sugars. Examples of added sugars include brown sugar, corn sweetener, corn syrup, honey and others.

**Saturated and trans fats.** Limit saturated fats — fats that mainly come from animal sources of food, such as red meat, poultry and full-fat dairy products. Look for ways to replace saturated fats with vegetable and nut oils, which provide essential fatty acids and vitamin E. Healthier fats are also naturally present in olives, nuts, avocados and seafood. Limit trans fats by avoiding foods that contain partially hydrogenated oil.

If you have questions about nutrition for kids or specific concerns about your child's diet, talk to your child's doctor or a registered dietitian.



## EATING HEALTHY

BY PEDIASURE.COM

Healthy eating leads to healthy living! Healthy eating is just part of healthy living. So, it's important to encourage your kids to be active, get regular exercise, and spend time outdoors.

Here are some healthy eating tips everyone needs to know:

**Set a schedule!** The American Academy of Pediatrics recommends that parents plan and schedule 3 meals and 2 snacks every day.

**Increase activity!** When you want your kids to try something new, make sure they've first had a day of fresh air and exercise — so they're hungry at mealtime. When it's time to eat, serve just a small sample of new food.

**Timing is everything!** Regular snacking routines can make children more likely to try new foods during scheduled mealtime because they may be more hungry than if they are allowed to snack throughout the day.

**Shop together!** Get your kids involved in the shopping process. Take them to a local farmers' market, and let them pick out the fruits and veggies they'd like.

**Reward them!** Have your kids try everything on their plate, but give them one free pass each week. If they don't use their pass all week long, on Sunday reward them with 10 extra minutes of playtime before bedtime.

**Plan snacks!** Feeding your child at specific times each day, for both meals and snacks, will help maintain his or her appetite.

**Know when to seek professional help!** If feeding issues persist, talk to a feeding specialist or your healthcare professional about evaluating the cause.

## BASKETBALL GAMES

### PreK/ Kinder

- Feb. 1 BCA vs. Crossroads 9am @ Legacy
- Feb. 8 BCA vs. SMM4 11am @ Gateway
- Feb. 15th GCS2 vs. BCA 9am @ Crossroads
- Feb. 22nd BCA vs. SMM2 1pm @ Gateway
- Feb. 29th GCS1 vs. BCA 9am @ Legacy

### 1st/2nd Grades

- Feb 1st BCA vs. LCA2 10am @ Gateway
- Feb. 8th BCA vs. SMM1 1pm @ Crossroads
- Feb. 15th BCA vs. SMM2 10am @ Legacy
- Feb. 22nd BCA vs. SMM3 1pm @ Crossroads
- Feb. 29th GCS vs. BCA 9am @ Gateway

### 3th & 4th Grades

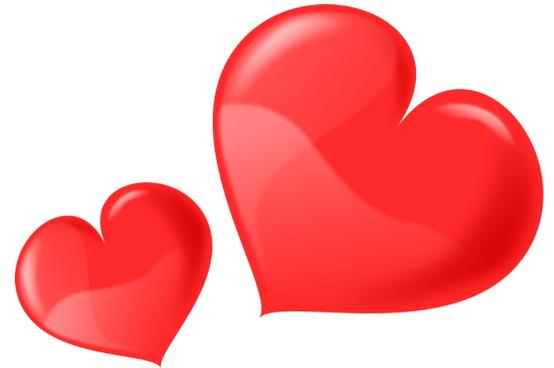
- Feb. 1st TCA1 vs. BCA 12pm @ Crossroads
- Feb. 8th GCS vs. BCA 10am @ Legacy
- Feb. 15th LCA1 vs. BCA 2pm @ Crossroads
- Feb. 22nd LCA2 vs. BCA 2pm @ Crossroads
- Feb. 29th HSE vs. BCA 11am @ Gateway

## VALENTINE'S DAY AT BCA

**PTO will be selling Valentine's Day Balloons, Teddy Bears and Flowers. Prices will vary.**

**Come support Bexar County Academy Charter School PTO!!**

**Show someone how much you care**



### **TELPAS: TEXAS ENGLISH LANGUAGE PROFICIENCY ASSESSMENT SYSTEM**

TELPAS is an assessment program for students in Texas public schools who are learning the English language. The letters in TELPAS stand for the Texas English Language Proficiency Assessment System. The Texas Education Agency developed TELPAS to meet state and federal requirements. Texas annually assesses the English language proficiency of K–12 students who have been identified as English learners (ELs) in four language domains—listening, speaking, reading, and writing. TELPAS evaluates the progress that each EL makes in becoming proficient in the use of academic English. Below are some activities that may assist your child in preparing for TELPAS. The activities focus on the four language domains of TELPAS—listening, speaking, reading, and writing.

#### Parent Tips

##### **Create an environment rich in literature.**

Have a lot of books, magazines and newspapers about a variety of topics available. A food menu or store sale flyers can also be part of an environment rich in literature. Do not forget about poetry and words to songs. Visit the local library or bookstore to find more resources.

##### **Read together or independently.**

Make time to read together or independently and then talk or write about what you have read. Choose different types of books like chapter books, novels or non-fiction books or articles. You can also use picture books with no words to start conversations about the storyline, details in the pictures and to help your child expand his/her thoughts and vocabulary. Talk about punctuation and how punctuation adds meaning to the event or theme.

##### **Read some things more than once to discover new details or facts and to show progress in fluency and ability to read.**

##### **Read non-fiction books and/or informative articles.**

Some strategies that help with comprehension of non-fiction or informative books and/or articles include reviewing the title, the subtitles of different sections, the art or graphics like maps, photos or tables with information before reading. You can also write down unknown words and make notes while reading. Write down questions or facts on adhesive note pads and stick them near the section that they correspond with.

##### **Listen to audio books and talk about the theme, the characters, or the best parts of the book.**

##### **Write down unknown words and look up the definitions in a dictionary.**

You can also write a brief summary or description of an important event.

##### **Make lists or write the steps for a process.**

Ask your child to help write shopping lists, names of family members or times/days of favorite television shows and movies. To practice writing steps in a process, ask your child to write down the steps in a scientific process or a daily activity.

##### **Write letters, notes, invitations, or emails.**

Help or ask your child to write letters, notes or emails to friends and family. For example, your child can write invitations to a party or thank you notes for gifts received at parties. This activity can also start discussions about how writing can change depending on the purpose or the audience. For example, a letter to a legislator is very different than a letter for a friend or family member.

##### **Write daily.** Write in a diary, the words to favorite songs or create your own stories or informative articles.

##### **Tell stories.**

##### **Tell your child stories or share memories to give them the opportunity to practice and develop listening skills.**

This will also help them learn new vocabulary and find connections to their life. Talk daily. Have conversations about

## PARENT TRAININGS & WEBINARS FOR FEBRUARY

- **Tuesday, Feb. 4, 2020 9am - 12pm**

### **Inspirational and Empowering Positive Behavior Supports for the Home**

This training will provide positive and effective ways to support behavior in the home that are both empowering and inspiring.

- **Wednesday, Feb 5, 2020 9am - 12pm**

### **Helping Guide the Rollercoaster of Emotion in Your Child**

This presentation briefly covers several areas of your child's mental health such as: stress, anxiety, depression, self-harm vs. suicide, perfectionism, and anger to name a few.

- **Tuesday, Feb, 11, 2020 9am - 12pm**

### **Understanding Texas' Graduation Requirements**

This session will help understand the different Texas graduation programs and requirements to help you guide your child to maximize the most out of their High School experience and set them up for future success.

- **Wednesday, Feb. 12, 2020 9:30am - 2:30pm (lunch provided)**

### **Pathways to Adulthood (Register at [www.Txp2p.org](http://www.Txp2p.org))**

This one-day training will help you prepare for your child with a disability's life after high school. Parents will learn how to plan NOW for quality of life in the areas of work, at home, medical services, friendship and supports.

- **Wednesday, Feb. 19, 2020 9am - 12pm**

### **Applied Behavior Analysis (ABA) 101 for Parents**

This training addresses challenging behaviors that may often disrupt the learning environment for students with Autism Spectrum Disorder.

- **Thursday, Feb. 20, 2020 9am - 12pm**

### **Graduation Requirements for Students Receiving Special Education Services**

Parents will learn requirements needed for students receiving special education services in Texas to graduate.

- **Wednesday, February 26, 2020 9am - 12pm**

### **Connecting the Math in School to the Math at home ( Grades 3rd –5th)**

Building students' confidence in critical thinking of questioning in grades 3-5 is crucial to capture their mathematical success. This session will provide strategies that develop their understanding of questions and learn ways to assist parents in making connections.

### **Register for courses:**

Go to [www.esc20.net](http://www.esc20.net).

2. Scroll down to click on Connect 20.

3. Click on Sign In.

4. Type in session ID# or webinar session ID# in search by box.

5. Follow steps to register.

6. You will receive a registration confirmation email

**“ Happiness lies in the joy of achievement and the thrill of creative effort.”**

**~ Franklin D. Roosevelt**

# STAAR

STAAR testing is right around the corner!! Now is the time to help your student prepare to be successful on the STAAR! Healthy meals, exercise and plenty of rest will help your student to focus on his/her STAAR test.

## STAAR Test Dates:

April 7th–8th, 2020

4th & 7th Writing

5th & 8th Math and Reading

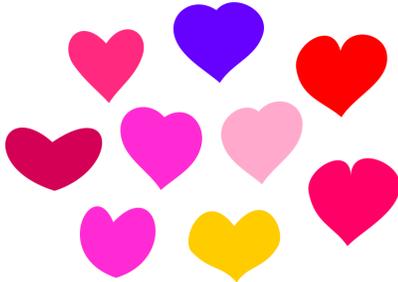
May 7th–8th, 2020

8th grade Social Studies and Science

May 12th–14th, 2020

3rd, 4th, 6th, & 7th Math and Reading

5th grade Science



## MIDDLE SCHOOL TIPS FOR PARENTS BY YOURTEENMAG.COM

### 1. Let Them Deal With It

Today, parents are trying to shield their kids from experiencing failure. In fact, kids need to learn to deal with disappointment. If your child does poorly on a test—because they were sick or didn't prepare—then they need to deal with the consequences. When parents fear that one low grade will ruin their child's future, they do crazy things. (You probably have a friend with a crazy story.) But your children will not learn to be resilient if you constantly take the bumps out of the road. And, you definitely want a child with resilience.

Kids need to learn that the choices they make have consequences. They have to make repeated mistakes. And, parents cannot obsess on the D or F. Repeating tenth grade geometry is not a disaster. Even though you suffer when your kid is miserable, this is how your child will build character, independence, and maturity.

Even twenty years ago, if a kid got a D on the test, parents would have said, "Study harder next time." Today, many parents will call the teacher and complain that the test wasn't fair or ask if their child can get extra credit. This generation of parents is extremely anxious. They don't like their kids to get mad at them, or to be upset at all. But we are not helping our children by not holding them accountable for their choices.

### 2. Set Limits

Some parents are afraid of setting limits, and that is very damaging for children. Parents must set limits even though your child will resent you. Sometimes your child will say, "I hate you," or "You're the worst parent ever." You'll also hear the "Everybody else has a smartphone in sixth grade. Why can't I?" Without any limits, our children feel like the rules don't apply to them, that they are entitled, and that they deserve special treatment.

### 3. Value Hard Work

One of the most important traits you want your child to develop is a really good work ethic. We want our kids to learn to work hard, and that hard work pays off. When you pave the way for them, you are depriving them of very important social and emotional tools for life. Make them get a job. Encourage them to take care of other people and not just themselves. The most important key to success, by far, is not your GPA, or your SAT, or what school you go to—it's social and emotional intelligence.

So how do we do that? Well, we might need to learn some new responses. When we praise, we need to value our teenager's effort versus the outcome (the grade, the win, etc.). If your teenager gets an A, you can say, "Wow, you worked hard and the results show." If it's a poor job, you could say "Wow that grade really seems to be upsetting you." Or, with empathy you say, "That really stinks, you tried hard and you didn't get what you wanted." If they didn't try hard, you can say, "What choices did you make? Did you try your best? To me, going out with your friends all day Saturday and Sunday doesn't look like you maximized your study time."

### 4. Teach Resilience, Perseverance, and Grit

Research from the field of positive psychology tells us what successful people look like. They have self-control and communicate their feelings respectfully. They've learned how to be a team player and have a strong work ethic. Most importantly, they show resilience, perseverance, and grit. Successful people know how to completely crash and get right back up. They are optimistic and experience joy and gratitude. These are traits we know that kids need in order to succeed. Truthfully, shielding your child from rejection, disappointment, and failure will never teach those traits.

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