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# The Mustang Chronicle

A Monthly newsletter brought to you by Bexar County Academy Charter School Principal, Mr. Edison Marcos

## October 2019

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### Respect

As another important BCA Value, Respect is defined as a feeling of deep admiration for someone or something elicited by their abilities, qualities or achievements.

Receiving respect from others is important because it helps us to feel safe and to express ourselves. Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships build feelings of trust, safety and wellbeing.



### September Leader of the Month



Mrs. Maria Garcia - Olivares

Congratulations!

Thank you for all of your hard work and dedication to the students at Bexar County Academy Charter School

### BCA Soccer Schedule

#### Saturday, October 12th Game Schedule

Prek4-K: 10:00 am @ Gateway - CRCA vs. BCA  
1st-3rd: 10:00 am @ Gateway - CRCA vs. BCA  
4th-5th: 10:00 am @ Legacy - LCA2 vs. BCA

#### Saturday, October 19th Game Schedule

Prek4-K5: 10:00 am @ Legacy - BCA vs. GCS  
1st-3rd: 11:00 am @ Northwest Hills - SMM2 vs. BCA  
4th-5th: 9:00 am @ Northwest Hills - BCA vs. NWH

#### Saturday, October 26th Game Schedule

Prek4-K5: 10:00 am @ Gateway - SMM2 vs. BCA  
1st-3rd: 11:00 am @ Northwest Hills - LCA2 vs. BCA  
4th-5th: 11:00 am @ Northwest Hills - BCA vs. HCI



**Fire Prevention  
Safety Week**

**October 7-11, 2019**

**Practice Stop, Drop and Roll  
Where are your exits?  
Don't play with matches**

**Red Ribbon**



**Red Ribbon Week is  
October 24-31, 2019  
Check with the school  
website for more details to  
come**

**PICTURE DAY**

**Individual pictures will taken on  
Thursday, October 17, 2019**

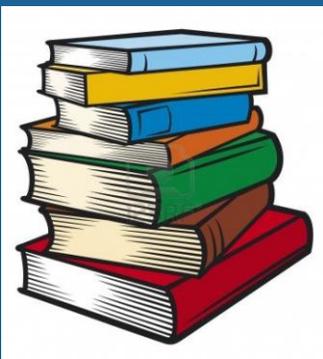
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**Report Cards will be going home  
on Thursday, October 10, 2019**

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**PTO Meeting**

**October 17, 2019**



**Book Fair is coming to BCA!!!**

**November 4-8, 2019**

**Got Books?**

**Now is the time to purchase  
some books!!**

**Fall Market Day at Bexar County  
Academy Charter School**

**October 25, 2019**

**Come join us for food, fun and arts  
and crafts! Homemade products  
made by our students are available  
for purchase!!**



**Halloween at BCA  
October 31, 2019**

**Student may wear their Halloween costumes to school!  
NO weapons allowed!! NO gore or fake blood allowed! Costumes need  
to be appropriate for school!**

## Teacher's Corner

Middle School ELA is focusing on using expressive vocabulary as well as understanding the meaning behind poetry and drama.

Middle School Science is focusing on various concepts including matter, the periodic chart and human skeleton structure.

### **1<sup>st</sup> Six-week Benchmarks**

**Tuesday, October 8 – Friday, October 11, 2019**

**Tuesday, October 8<sup>th</sup>: 8<sup>th</sup> grade Social Studies**

**Wednesday, October 9<sup>th</sup>: 4<sup>th</sup> & 7<sup>th</sup> Writing/ 5<sup>th</sup> & 8<sup>th</sup> Science**

**Thursday, October 10<sup>th</sup>: 3<sup>rd</sup> – 8<sup>th</sup> Math**

**Friday, October 11<sup>th</sup>: 3<sup>rd</sup> – 8<sup>th</sup> Reading**

**Make sure you get plenty of rest!**

**Eat a good, nutritious breakfast!**

**Just breathe! We know you got this!**

## Get a Grip on Parental Tardiness this School Year

By OurKidsMagazine on September 1, 2019

Parents who often find themselves scrambling to get out the door and arriving at their destination 10, 15, even 20 minutes late may want to explore the details of their delays. To cure chronic punctuality problems experts, suggest parents consider the causes and implement strategies to address it. That's what Susan Spartz did. Before having children, this mother of two was tenaciously on time for every event, activity and appointment.

"I still subscribe to the theory that if something is worth going to it's worth being on time. It just doesn't always happen now because we're on our kids' schedules," she says of her now 4 and 2-year-olds. "It started when my son was born. I'd load him into the car and before we could get on the road I'd have to stop, change his diaper and start the routine again. Just when I felt like I had a grip on our schedule my daughter was born. There are a number of things parents can do to help them stay on track with time," says Penny Lawhorne, president of a local human resource consulting firm. "For starters, clock yourself. Be realistic about the amount of time it takes to get a task done or travel from one location to another." And don't forget to factor in the unforeseen. This is a huge area where people fail to plan properly, and when you're dealing with children it's even more important," says parent educator and consultant Carol Brown. "Create buffers by leaving earlier than what you normally would. Plan for the unexpected such as traffic, car trouble and extra help or attention your child may need." Spartz found this to be helpful.

"From here to preschool it takes 15 minutes. That lets me know the absolute last minute I can leave the house and still make it on time," she says. "What's variable is how long it takes to get the kids dressed, go through potty routines and get seated in the car. I started off trying to get everyone out the door 15 minutes early but that didn't work. So now we get ready 30 minutes beforehand. It sounds ridiculous but it works."

### **Next make preparations.**

Set out clothes, books, keys, lunches and needed directions well in advance to avoid last-minute delays. This is where Melissa Dawson falls behind.

"It will be time to go and I'll find myself doing last-minute things like getting the baby's diaper bag ready or putting together my son's baseball uniform. Then we're racing to get out the door," says the mother of three.

Also eliminate distractions and prioritize your to-do list. Turn off or avoid electronics such as the television, computer and telephone when time is tight. And set aside domestic details such as picking up toys or loading the dishwasher until later.

"This is an issue of multitasking, and if you're not careful it can slow you down," says Lawhorne. "Focus on your priority—getting out the door. If you can, delegate some responsibilities to your spouse and children."

### **Next set an alarm.**

"If you're not used to watching time or easily lose track of it, get a watch or cell phone that has an alarm on it—a kitchen timer works well too," says Brown. "Set the alarm to go off several minutes before you have to leave as a reminder and to give yourself a margin of error." Also carry a calendar with you to enter appointments and activities while you are away from home. Then when you return transfer them to a large family planner, if needed, to stay organized and help order the events of your day. Dawson does this but admits on occasion, over scheduling still occurs.

"Just recently my child had two doctor appointments an hour-and-a-half apart," she says. "I thought we had plenty of time between the two, but the first doctor was running late then there was traffic. We wound up getting to the second appointment right on time."

If punctuality problems persist appoint an accountability person. "Recruit someone to be your time coach, at least at first," says Lawhorne. "It's helpful to have someone who can keep you on track when you're trying to make or break a habit."

### **Finally set goals and commit to change.**

"I'm a firm believer in writing down goals and creating an action plan because it increases the level of commitment," says Lawhorne. "I call them S.M.A.R.T. goals: Specific, Measurable, Attainable, Realistic and Time limited. Set a goal for being on time for events and activities the next month, create a plan for achieving it and then list the benefits and rewards you'll realize as a result."

Perhaps the greatest reward will take root and remain with your children. "Parents are potent role models and one of the best lessons we can teach our kids is the importance of time management," says Brown. "In doing so, we'll send a lasting message that will permeate into their school, work and personal lives, both now and in the future."

Denise Yearian is the former editor of two parenting magazines and the mother of three children and six grandchildren.