

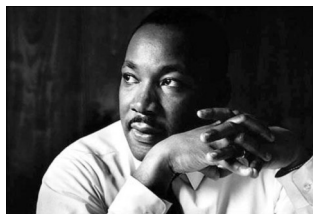
## Mr. Cuellar's our 3rd grade teacher



Mr. Cuellar is our 3rd grade teacher. He is originally from Kingsville, Texas. He got his Bachelors degree from Texas A&M University. Mr. Cuellar has been a teacher for 6 years. He enjoys watching all sports: football,



soccer, basketball and baseball. He also enjoys going to the library to read books. He likes traveling, reading magazines and newspapers.



Dr. Martin Luther King Jr.

**Martin Luther King, Jr. Day** is a USA federal holiday marking the birthday of Rev. Dr. Martin Luther King Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday, January 15. King was the chief spokesman for non-violent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. I **Have a Dream Speech, 1963**—The most widely-known of Dr. King's words, the "I Have a Dream" speech was delivered from the steps of the Lincoln Memorial on August 28, 1963 at the March for Jobs & Freedom, generally referred to as the March on Washington. In addition to focusing the nation's conscience on the continuing plague of racial and social injustice, the speech has gone on to become one of mankind's most oft-repeated clarion calls for freedom and equality.

## January Birthdates:

- 2-Jankarlo Chay
- 13-Diana Tenzohua
- 15-Perla Gutierrez
- 17-Kevin Carbajal
- 17-Hector Villada
- 18-Yislen Alvarez
- 19-Ahsley Perdomo
- 21-Marco Salinas
- 25-Julieta Leon
- 26-Leslie Ocampo
- 28-Yordan Ajpacaja
- 31-Christian Aguilar

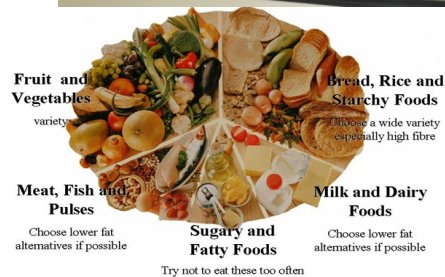


Our Director surprised us with a great Holiday party last month for all the employ-

ees from SER-Niños Charter School. We all enjoyed everyone's company and had a fabulous time. Thank you Ms. Constantine!



**Our Literacy celebration: Holidays around the world, last month was a success! Thank you to all our students, teachers and parents for your participation. We really appreciate all the enthusiasm shown of each class.**



## Healthy eating tips

- Eat a variety of nutrient-rich foods. Your daily food selection should include bread and other whole-grain products; fruits, vegetables, dairy products, and meat, poultry, fish and other protein foods.
- Enjoy plenty of whole grains, fruits and vegetables.
- Eat moderate portions. If you keep portion sizes reasonable, it's easier to eat the food you want and stay healthy.
- Eat regular meals. Skipping meals can lead to out-of-control hunger, often resulting in overeating.
- Reduce, don't eliminate certain foods. If your favorite foods are high in fat, salt or sugar, the key is moderating how much of these foods you eat and how often you eat them.

\*From africanhealthmagazine.com

## January important dates

**Thursday 12 & Friday 13:** Parent/Teacher conferences.

**Monday 16:** No School. Martin Luther King Jr. Holiday.

**Wednesday 18:** Family Science Night.

**Thursday 26:** History Fair and Parent Social events.

Coming soon in **March:** Garage Sale and Bar-B-Que.

# SER-Niños II

5919 Dashwood Dr. Houston, TX 77081

Enero, 2012

Volumen 4

## Mr. Cuellar es nuestro maestro de 3er año



Mr. Cuellar es nuestro maestro de 3er año. Es originario de Kingsville, Texas. El obtuvo su licenciatura en la Universidad de Texas A&M. Mr. Cuellar ha sido maestro por 6 años. Disfruta viendo partidos deportivos como futbol



Americano, futbol, basketball y baseball. Mr. Cuellar también disfruta ir a la biblioteca a leer libros, le gusta viajar y leer revistas y periódicos.



Dr. Martin Luther King Jr.

El día de Martin Luther King, Jr. es un día feriado federal que marca el cumpleaños del Rev. Dr. Martin Luther King Jr. Se celebra el tercer lunes de enero, cada año, que es alrededor del cumpleaños del Dr. King, en enero 15. El Dr. King fué el portavoz principal de activismo no-violento, en el movimiento de los derechos civiles, que protestaron la discriminación racial en leyes federales y estatales. El discurso **Yo Tengo un Sueño, 1963** - Las palabras mas conocidas del Dr. King son las palabras de "Yo tengo un sueño"; discurso que hizo a pasos del monumento a Lincoln el 28 de agosto de 1963, en la marcha por trabajos y libertad, generalmente referida como la marcha en Washington. Aparte de enfocarse en la consciencia nacional de la injusticia racial y social, el discurso llegó a convertirse en una de las frases más repetidas al llamado por libertad e igualdad.

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Nuestra Directora nos sorprendió con una fiesta de diciembre el mes pasado,

para todos los empleados de SER-Niños Charter School. Todos convivimos y lo disfrutamos mucho. Gracias Ms. Constantine!



**Fruit and Vegetables**  
variety

**Bread, Rice and Starchy Foods**  
Choose a wide variety especially high fibre

**Meat, Fish and Pulses**  
Choose lower fat alternatives if possible

**Sugary and Fatty Foods**  
Try not to eat these too often

**Milk and Dairy Foods**  
Choose lower fat alternatives if possible

## Consejos para comer saludable

- Come una variedad de alimentos ricos en nutrientes. Que tu selección de comida diaria incluya pan y otros granos enteros; fruta; vegetales; productos lácteos; carne, aves, pescado u otras comidas con proteína.
- Disfruta plenamente de granos enteros, frutas y vegetales.
- Come porciones moderadas. Si te sirves porciones de tamaño razonable, es más fácil probar de la comida que te gusta y mantenerse saludable.
- Come comidas regulares. Dejando de comer puede llevarte a tener hambre-fuera-de-control, y resultar en que comes de más.
- Reduce, no elimines cierta comida. Si tu comida favorita es alta en grasa, sal o azúcar, el secreto es comer con moderación y cada cuando lo comes.

\*De la pagina: africanhealthmagazine.com

## Fechas importantes en Enero

**Jueves 12 y Viernes 13:** Conferencias de Padres/ Maestros. Ciencias Familiar y Socialización de Padres.

**Lunes 16:** NO CLASES. Día de Martin Luther King Jr.

**Miércoles 18:** Noche de

**Jueves 26:** Feria de Historia.

Próximamente en **Marzo:** Bazar y venta de comida.