

November Newsletter

SER-Niños Charter School

November 2009

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November, the eleventh month of the year, in the northern hemisphere is usually considered the last month of autumn. Recorded from Old English, the name comes from Latin, from *novem* 'nine', being originally the ninth month of the Roman year.



The Mayflower.

The Pilgrims arrived in the New World during the winter, making it very difficult for them to find food and build shelter. Fortunately, native people called Wampanoag, or "eastern peoples", already lived in the Massachusetts Bay area. They shared their knowledge of local crops and navigation with the "coat-men", as they called the English and helped the colonists survive.

Healthy Corner by Michelle Palacios—8th grade



For me it's not really that hard to be healthy. I mean you just have to work out and watch what you eat. I do eat junk food sometimes but I don't make habit of it. I play volleyball and run when we go to PE three times a week. I like to play some sports, and even if I'm not a big fan of running I still do it because it helps my legs get stronger. Making sure to get your exercise is important even though you might not like it very much.

My favorite food is pizza but I try not to overdo it when I eat it. I also like salad and some other vegetables; as cliché as it may sound. One of my favorite drinks is the Mango-a-Go-Go from Jamba Juice. You can go get some really healthy and amazing smoothies there. They are made of fresh fruit; it's not too expensive either. There are so many flavors to try and they are all so good!

Anonymous

May your stuffing be tasty
May your turkey plump,
May your potatoes and gravy
Have nary a lump.
May your yams be delicious
And your pies take the prize,
And may your Thanksgiving dinner
Stay off your thighs!
Happy Thanksgiving everyone!



By: Clara Luciano 8th grade

Thanksgiving is a time for togetherness... it's an occasion to be spent in the warm and loving company of family, loved ones and friends enjoying turkey roast and pumpkin pies with them.

Thanksgiving is also an opportunity to renew the ties that bind us with the ones we love... it is a time for remembering, cherishing and being thankful for all the good things you have been blessed with. So it's time to say "Happy Thanksgiving!"





School News

Congratulations to our SER-Niños Girls Athletic Teams for qualifying for Texas Charter School Academic & Athletic League 6th—8th grade Volleyball for 2009—2010 State Tournament!

Super Job to our 6th—8th grader for placing 2nd at the Texas Academic & Athletic League 6th—8th grade Math Olympiad 2009—2010!

We're on the Web!
www.serninos.org and also on Facebook

Understanding Health

Get Healthy, Stay Healthy and Avoid Pricey Healthcare Expenses



Healthcare costs are expensive, but it's not an expense we have to "live" with. By taking control of our family's health and being proactive about staying healthy, we can keep costs to a minimum. We have some suggestions that can help keep families fit, happy and healthy, and keep those health costs low. It's no surprise that healthcare costs are rising, but many medical expenses can be lowered or avoided entirely by becoming proactive about your health. We must do everything in our power to keep the medical costs for our own family as low as possible. This can mean tackling big obstacles such as quitting smoking, or changing little things such as

washing hands often. Take advantage of all free health-care screenings provided in your town. Free blood pressure and cholesterol screenings, mammograms, and other services are often available once or twice a year. Call your county health department to see when these screenings will be available, or attend a local health fair where these services are often provided. Stop frying your foods and switch to baking or other healthier cooking methods. Turn off the television during dinner, and get to know each other again. Plan two healthy snacks a day for everyone.