



# Andrew Jackson School "For Our Kids"

Brenda Breeze, Principal

585-6380

## February Students of the Month

Lamb	Tamia McKinney
Waller	Morgan Smith
Rock	DaCorrius Jones
Charles	Blake Brakhage
Hoskins	Hailey Keeno
Greear	Monica Stevens
L. Bell	Ciani Nunley
Tregilgus	Logan Thelen
Henson	Kiara Woods
Ronan	Juan Carlos Martinez
Hanefield	Alexa Flores
Hughes	Marisa Key
D. Bell	Skyler Cooper



Set your Clocks forward  
one hour!  
Saturday 3/13/10

March 2010

## Special points of interest:

- Monday 3/1/10 Kindergarten LARC author at PDC
- Thursday 3/4/10 Spring Pictures (individual & class pictures)
- Friday 3/5/10 Jump Rope for Heart
- Friday 3/12/10 Assembly
- Saturday 3/13/10 Set your clocks forward
- 3/15/10—3/19/10 Spring Break No School
- Friday 3/26/10 Assembly
- 3/29/10—3/31/10 Vision & Hearing testing



## SCHEDULE

- 8:45 Supervision in auditorium
- 8:55 Students go to class rooms for Breakfast
- 11:30 Lunch (Kindergarten starts)
- 3:45 Dismiss

## TITLE I NEWS

### Morning Add On

7:45 a.m.—8:45 a.m.

Monday—Thursday

Grades 2nd, 3rd, 4th & 5th

**Makeup days Fri. March 5 & 12**

### Don't Forget!

Read your "I Care" book

### Parent Resource Center

Educational items available to check out for families. Please see Pam Tracey.

### PARENT MEETINGS

Thursday 3/11/10

"Self Discipline"

3rd, 4th & 5th

Thursday 3/25/10

"Build a Book"

4th & 5th

## Student Arrival/Pickup Times

Parents,  
Please **do not drop your student off before 8:45 a.m.** because there is no adult supervision until that time. Class time ends at **3:45 p.m.**, please **be on**

**time to pick up your child.** If you must pick up your child before that time, you will need to sign them out in the school office. We appreciate your assistance concerning these matters of safety.

**REMINDER:** Please be sure that the office has updated phone numbers, addresses, and emergency contact information. This is **extremely important** for the safety of your child.

2009 School Report Card- Parents are encouraged to access the  
Lawton Public Schools Website and view our 2009 School Report Card.

The Lawton district and school site report cards are available at the following website address: <http://www.lawtonps.org/Departments/Testing/index.html>.

If you do not have internet access at your home, you may request a copy of the school report card at the principal's office.

The Purpose of OK Parental Information and Resource Center (PIRC) is to help implement successful and effective parental involvement policies, programs, and activities that lead to improvements in student academic achievement and that strengthen partnerships among parents, teachers, principals, administrators, and other school personnel in meeting the education needs of children.

Contact info: [www.okpirc.org](http://www.okpirc.org) toll free number = 877-765-7472

**FNCD**—The harassment, intimidation and bullying policy **also** includes electronic communication and is defined as the communication of any written, verbal, or pictorial information by means of an electronic device, including but not limited to a telephone, cellular telephone, or other wireless telecommunications device or a computer as stated in Title O.S. 24-100.3



## “Jump Rope For Heart Event”

At Jackson Elementary

Friday, March 5, 2010

### RISK FACTORS FOR HEART DISEASE

Some things about our bodies were passed on to us by our parents through genetics. We can't change these things. Having a family member with certain health problems caused by genetics can increase your risk for having those conditions too. But making healthy choices can decrease your chances of developing some diseases.

**High blood pressure (hypertension)** — People whose blood pressure is above a normal range are said to have high blood pressure, or hypertension. This causes the heart to pump harder than normal to push blood through the body. High blood pressure has no warning signals, so everyone should have their blood pressure checked regularly. High blood pressure can be reduced by increasing physical activity, making healthy food choices and staying at a healthy weight.

**High cholesterol** — Too much cholesterol in the blood raises the risk for heart disease. Some cholesterol comes from the food we eat. By eating foods low in fat and cholesterol, we can reduce the amount of bad cholesterol in our bodies.

**Smoking** —Cigarettes are very bad for your health. Smoking can cause cancer, lung disease and heart disease. Over time, cigarette smoke destroys your lungs and blood vessels, making it hard for blood to deliver oxygen and nutrients to your organs.

**Physical inactivity** — Not getting enough regular physical activity is bad for the heart. Your heart muscle needs to work out to stay in shape, so be physically active for at least 60 minutes every day. Not getting enough regular physical activity is linked to high cholesterol, high blood pressure, diabetes and being overweight.

**Obesity and Overweight** — Being overweight isn't about how you look outside. It can lead to serious problems inside like high blood cholesterol, high blood pressure and diabetes. Eat right and be physically active to maintain a healthy weight.

**Diabetes** — Insulin is a hormone that helps the body use sugar. Diabetes is a disease that develops when your body either doesn't make enough insulin or can't use its own insulin to efficiently process the sugar you eat, making your blood sugar levels too high. Sometimes diabetes can be managed with diet and physical activity. Other times, prescription medicine is required to control the blood sugar level.