

BEAR BRANCH BUZZ

TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.

26 January 2015

Upcoming Events

- 1/28 EARLY RELEASE * 12p
- 1/30 5th Grade Field Trip
- 1/30 PTA Honorary Texas Life Membership Nomination
- 1/30 Fed Up Screening * 6p
- 2/6 Middle School Visits for 5th Graders
- 2/7 Bridgefest at YMCA * 8a
- 2/10 KMS Parent Orientation
- 2/13 Valentine's Parties
- 2/14 Between the Oaks Field Trip * 9-11a
- 2/16 Student Holiday
- 2/21 Family Bike Ride * 9a
- 2/28 Health & Wellness Fair *

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Cafeteria: 281.641.1608
Fax: 281.641.1617
Absence Reporting: 281.641.1619
BBE website: www.humbleisd.net/bbe
HISD website: <http://humble.k12.tx.us>

Meet Our Panelists:

Stephanie Merchant is the Founder of The Nutrition Mom, LLC. She is a Food & Lifestyle Expert helping busy families create healthy habits that last a lifetime with Simple – Healthy – Solutions. Stephanie's own personal story of transformation from being an overworked, overweight, overstressed Mom to The Nutrition Mom has been featured on the Dr. Oz show as well as in SHAPE magazine. She has also co-authored a book entitled, "Smart Women Embrace Transitions, How to Lean into change with your Body, Mind and Soul." Learn more and begin your own transformation at <http://www.thenutritionmom.com/>

Dr. Kevin Burke, DDS has been practicing state of the art dentistry in Kingwood since 2000. He is a member of the International Congress of Oral Implantologists, the Academy of General Dentistry, the American Dental Association, and the North Houston Seattle Study Club. He loves learning new techniques and takes 60-80 hours of continuing education each year. Dr. Burke enjoys running, plays tennis, and is an avid reader. He is blessed with a wonderful wife and two beautiful children. <http://kevinburkeDDS.com>

FROM LAURIE DAVID PRODUCER OF AN INCONVENIENT TRUTH AND KATIE COURIC

It's time to get real about food.



Join us Friday, January 30 from 6:00 to 8:30pm in the Bear Branch cafeteria for healthy snacks, an educational movie, and an enlightening discussion by a panel of health professionals.

Children must remain seated with their families. This is a documentary and may be best suited for ages 8 and up.

WWW.FEDUPMOVIE.COM

Brought to you by: Healthy Lifestyles Program, a new initiative of the Bear Branch Elementary PTA

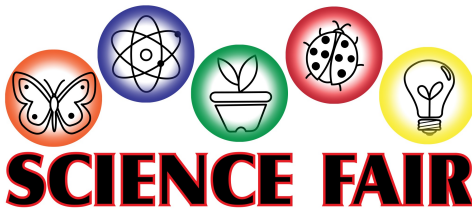
Dr. Lewis M. Clark DC, CCWP, BCIM, CGP, owner of Clark Chiropractic & Wellness, has been helping patients in the Montgomery county area reach their optimal health goals for over 22 years. He is a Certified Chiropractic Wellness Practitioner by the International Chiropractic Association. Dr. Clark completed post-graduate studies in functional nutrition with Apex Energetics and is currently studying functional neurology with the Carrick Institute. He is Board Certified in Integrative Medicine, a Certified Gluten Practitioner, and a graduate from the American Functional Neurology Institute. His mission is to provide each patient with the most complete healing experience possible. <http://clarkchiropractic.net>

Jennifer Harris, CPNP, is a nurse practitioner with the Humble Pediatric group, primarily in the Fall Creek office. She has been in pediatrics for 15 years and a nurse practitioner for the last 4 years. Her experience includes Neonatal care, complex cardiac care, as well as general primary care. She is a mother of three, lives in Kingwood and understands the juggling of work and family and attempting to keep a good balance.

Memory Books for Sale

Purchase your Memory Books TO DAY! The BBE Memory Book is full of wonderful memories showing your student and friends during classroom activities, parties, candid shots, plays, etc.

Purchase your student's memory book online at Balfour.com for \$29 each.



The BBE Science Fair is on Wednesday, 04 March! If your child would like their project judged, intention forms are due by Monday, 23 February.

Projects may be setup in the cafeteria on Tuesday, 03 March beginning at 3:30 p.m., judging will be on Wednesday, 04 March, and project pickup is 04 March during BBE Open House.

In order to have our students' projects judged, we must participate in a judging swap with three other campuses. If you are able to volunteer on any of the listed dates, please contact Mrs. Rasmussen @ susan.rasmussen@humble.k12.tx.us.

Lakeland Elementary on Wednesday, 18 February
 Maplebrook Elementary on Wednesday, 25 February
 Summerwood Elementary on Wednesday, 18 March

Questions about the science fair? Check out Mrs. Rasmussen's website or www.humbleisd.net/sciencefair.

Spirit Sticks Shop Coming Soon!

Your child can buy spirit sticks during their lunchtime on Tuesday, 27 January at the BBE Spirit Stick Shop. Spirit sticks are \$1.00 each and BBE Spirit Rings can also be purchased at \$5.00 each for anyone who has lost theirs. There are over 20 designs with a limited amount of each—so it will be on a first come, first served basis.

Other dates for the Spirit Stick Shop will be Tuesday, 24 March and Tuesday, 12 May. Please note that this program is not a fundraiser—all proceeds go back into the Spirit Monkey Program to purchase spirit sticks as incentives and rewards.

For any information or questions please contact:
 Jenny Houel * jennymahouel@yahoo.com * Spirit Monkey Chair

KMS Parent Orientation

Kingwood Middle School Parent Orientation Night for incoming 6th graders will be held on

**Tuesday, 10 February
 at 7:00 p.m.**

in the Big Gym. Parents will learn about their child's upcoming transition from 5th to 6th Grade. We look forward to seeing you there!



Turn in Your Deerbrook Mall Receipts!

Don't forget to turn in all of your January receipts from Deerbrook Mall. Our school has the chance to win \$10,000, but we can't do it without your help. There is a box in the front hall of the school for your receipts. Need to keep your receipt? Not a problem. You can email or text a photo of the receipt or simply the store and the amount to Jennifer@adresultsinc.com or 281-684-7306.

<u>January Bonus Retailers</u>	Bath & Body Works	Finish Line	Gap/GapKids	Victoria's Secret
Abercrombie Kids	Buckle	Forever 21	Journey Kidz	
Aeropostale	Build-a-Bear	G by Guess	Justice	
A'Gaci	Chick-fil-A	GameStop	Underground by Journeys	

Fit in February

A BBE PTA
Healthy Lifestyles
Initiative

Mark your calendars! More info to come!

Fri, Jan. 30 - Screening of documentary Fed Up, 6-8:30pm

Sat, Feb. 7 - Bridgefest at the YMCA, 8-10am

Sat, Feb. 14 - Trip to Between the Oaks Farm, 9-11am

Sat, Feb. 21 - Family Bike Ride, 9-11am

Sat, Feb. 28 - Health & Wellness Fair at the Gazebo, 10am-2pm

BRIDGE FEST

FEB
7



Elementary School CHALLENGE! Choose BBE on the form!

The elementary school that has the highest percentage of their student body participate in Bridge Fest will receive a trophy to display for a year, have their group photo in the next year's brochure and their school name engraved on the Bridge Fest plaque hanging at the YMCA.

Lake Houston YMCA 8am-10am (arrive at 7:30)

- 1/2 Mile Kid's Race for up to age 6 (begins at 8 am)
- 1 Mile Kid's Race for ages 7-12 (begins at 8:30 am)
- 5K Family Run & Walk (begins at 9 am)

Group picture! All BBE participants should meet by the BBE banner after the 1 mile race at 8:30am.

REGISTER: <https://www.ymcahouston.org/events/5790/>



All BBE participants earn a SPIRIT STICK!

The PTA's Honorary Texas Life Membership Nominations

The Honorary Texas Life Membership is one of the highest honors that can be bestowed upon an individual by the Texas PTA for outstanding contributions to the well being of children and youth. The recipient of an honorary Life Membership does not have to be a PTA member, nor must the service for which the honor has been bestowed be connected with the PTA. The only requirement for receiving this honor is that the recipient is making, or has made, a worthwhile contribution to the well being of children and youth.

If you would like to nominate a teacher, staff member, parent, or a member of our community to be considered for an Honorary Texas Life Membership, please print out and complete the following form and return it to the box labeled "LIFE MEMBERSHIP" in the front office by **Friday, 30 January 2015**.

HONORARY TEXAS LIFE MEMBERSHIP NOMINATION FORM

Nominee: _____

Qualifications: _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28 <i>Early Release</i> 12p	29	30 5 TH GRADE FIELD TRIP Fed Up Documentary * BBE * 6p	31
1	2	3	4	5	6 Middle School Visits for 5 th Graders	7 Bridgefest at the YMCA * 8a
8	9	10 KMS parent orientation 7P	11	12	13 VALENTINE'S PARTIES	14 Between the Oaks Field Trip * 9-11a
15	16 Student Holiday	17	18	19	20	21 Family Bike Ride * 9a
22	23	24	25	26	27	28 HEALTH & WELLNESS FAIR 10a - 2P BB GAZEBO