



Colt Courier

Blazing the Trail to Excellence...

Upcoming Events

**Fridays through
April 23rd:**

[Spring Fling](#) tickets on
sale after school

February 27th:

[Love & Logic](#)

March 2nd:

Primary Election in
Mohawk Library

March 3rd:

4th Grade Writing
TAKS &
end of RISD Shoe
Shoe Train collection

March 4th:

Report Cards go home

March 5th:

Twin Day &
[Six Flags Reading Log](#)
due

From the Principal:

- **End of Fourth Six Weeks:** Today is the end of the fourth six weeks of school and report cards will be sent home Thursday, March 4. June 3rd will be here before you know it! However we have a lot to accomplish and celebrate in the next three months.
- **TAKS Testing:** Wednesday, March 3rd is the start of our spring TAKS testing. Fourth graders will be taking the LA/Writing test. They have worked very hard and I know they will do an exemplary job.
- **Twin Day:** The Mohawk Student Council has declared Friday, March 5 as "Twin Day" in celebration of completing our first 2010 TAKS test. Students may dress alike as "twins" or in small groups. Those who choose not to dress alike can wear Mohawk shirts and be their own group!
- **Open House/Literacy Night:** Mohawk's Open House/ Literacy Night is scheduled for Thursday, March 25. The PTA meeting will start at 6:00 and classroom visits will be from 6:30-8:00. Every classroom will be preparing fun literacy activities and there will be all school activities as well. More information will be sent home later, but please put the date on your calendar now. We hope all Mohawk families can attend.
- **Kindergarten Round-Up:** Kindergarten Round-up will be Wednesday, March 24. If you have a child who will enter kindergarten next year, please call the school office and let us know. We already have 38 names on a list. No one can actually register until Round-up, but it is good information and helps us plan for next year. If you know of others in the neighborhood with a child who will be attending kindergarten at Mohawk next year, please have them call the office as well.
- **Spring Break:** Richardson's Spring Break begins Friday, March 12. Students return to school on Monday, March 22. We are all looking

March 15th - 19th:
Spring Break

March 24th:
[Kindergarten Round-Up](#)
1:30 OR 6:00

March 25th:
PTA Meeting, 6pm
& Open House/
Literacy Night, 6:30

April 11-17th:
National Library Week

April 13th:
Librarian Day

April 24th:
[Spring Fling](#)

April 30th:
Field Day & TAKS
Celebration

May 14th:
ArtFest

May 21st:
4th grade to DMA

forward to time off to enjoy with friends and family. ([Billie Snow](#), Mohawk Principal)

New Lunch Menu: click [here](#) to see the lunch menu for the remainder of the year ([Winnie Ostrom](#), Mohawk Administrative Assistant)

Shoe Shoe Train Deadline Extended: The deadline to bring new athletic shoes for the RISD Clothes Closet has been extended until Wednesday, March 3rd. ([Melissa Youngblood](#), PTA Clothes Closet Chair)

March 2nd Primary Election:

The primary election will be held in the library. Please enter through the north door by the parking lot. ([Winnie Ostrom](#), Mohawk Administrative Assistant)

Six Flags Deadline Extended: Hot off the press from Six Flags: Deadline extended -The Six Flags "signed" [reading logs](#) are due to your child's teacher by 8:30am, on Friday, March 5, 2010.

Open PTA Board Positions for 2010-2011: Attached you will find a brief description of all the [PTA Board positions](#). If you are interested, please contact one of the Nominating Committee Members (the following names are linked to their email addresses) and they will get you plugged in: [Amy Carter](#), [Amber Hawthorne](#), [Jill Landry](#), [Anne Tamplin](#), [Elise Pflum](#), [Penny Rand](#) (alternate) or [Elizabeth Wilson](#) (alternate). Anne Tamplin, PTA 1st VP and Nominating Committee Chair

Fiddler on the Roof: JJ Pearce is offering an Elementary and Jr. High Matinee Special this Saturday at 2:00 for it's production of FIDDLER ON THE ROOF. Any student wearing their school's t-shirt will get a reserved seat for \$5.00 off the regular price. [Flyer](#) attached with all the details. ([Lisa Rowland](#), Pearce Theatre Board)

If My Mama Had Told Me... So many of you commented about how helpful you found the developmental milestones a couple of weeks ago, so here is some information about adolescents.

During the teen years, adolescents experience changes in their physical development at a rate of speed unparalleled since infancy. Physical

Quick Links

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development includes:

- Rapid gains in height and weight. During a one-year growth spurt, boys and girls can gain an average of 4.1 inches and 3.5 inches in height respectively. (Steinberg, 2007) This spurt typically occurs two years earlier for girls than for boys. Weight gain results from increased muscle development in boys and body fat in girls.
- Development of secondary sex characteristics. During puberty, changing hormonal levels play a role in activating the development of secondary sex characteristics. These include: (1) growth of pubic hair; (2) menarche (first menstrual period for girls) or penis growth (for boys); (3) voice changes (for boys); (4) growth of underarm hair; (5) facial hair growth (for boys); and (6) the increased production of oil, increased sweat gland activity, and the beginning of acne.
- Continued brain development. Recent research suggests that teens' brains are not completely developed until late in adolescence. Specifically, studies suggest that the connections between neurons affecting emotional, physical and mental abilities are incomplete. (Strauch, 2003) This could explain why some teens seem to be inconsistent in controlling their emotions, impulses, and judgments.

How Do These Changes Affect Teens?


Teens frequently sleep longer. Research suggests that teens actually need more sleep to allow their bodies to conduct the internal work required for such rapid growth. On average, teens need about nine and a half hours of sleep a night. (Strauch, 2003)

What Can You Do?

Knowledge about what changes and behaviors during adolescence are normal can go a long way in helping both teens and adults manage the transition successfully. There are also some specific things adults can do to be supportive:

Don't criticize or compare the teens to others. Teens are already acutely self-conscious about the way they look. They don't need you to point it out to them.

Encourage teens to get enough sleep. Realize they may need an extra boost in getting out of bed for school. Try to be understanding when teens want to sleep



until noon on Saturday.

The full article may be accessed at

<http://www.pubs.ext.vt.edu/350/350-850/350-850.html>

([Renee Laffitte](#), Mohawk PTA Parent Ed.)