



PORT ARTHUR INDEPENDENT SCHOOL DISTRICT

The Titan Gazette

MARCH ON TO TAKS SUCCESS

Green Eggs & Ham Anyone?



On March 19th, the Woodrow Wilson School of Technology and Engineering students celebrated the life of Dr. Seuss with the "Read Across America" initiative. School librarian Ms. Deal prepared green eggs and ham breakfast burritos for students, staff and visitors. The Motiva partners read the book of the day, "Hooray for Diffendoofer Day!" to the students. The students also created their own Dr. Seuss "Cat in the Hat" headgear that they wore the entire school day. The celebration was fun and exciting for all ages.

Reading is Fundamental at Dowling

On March 19th Dowling students celebrated Dr. Seuss' birthday with green eggs and ham for lunch. This was part of the "Read Across America" reading initiative. Principal Dwight Wagner read "Green Eggs and Ham" to the students in the cafeteria while they enjoyed their unusual treat.



Dowling is also having reading and math morning workshops in the cafeteria for 3rd-5th grade students. Saturday school for 5th grade students is still in progress with great success! The tutoring sessions are held on a voluntary basis from 9-11 a.m. on Saturdays.

Students received a major treat from Julian Franklin of the "Go Wild!" program. The educational entertainer presented the "Reading with Science" program to eager students on March 24th. This is his third year coming to Dowling.



Department of Communications
Kristyn E. Hunt,
Media/Communications Specialist

DeQueen Students Bring Home the Gold



Congratulations to all the basketball teams for going to finals in the PAISD basketball tournament. DeQueen was the only school to place in all three games.



The boys A&B teams won first place and the girls won second place. The boys also won first in the league.



Travis girls also won the basketball regional division! We are so proud of our student athletes for setting records in our District!

(All pictures were courtesy of Kimberly Sanders of CK3 Photography.)



IMPORTANT DATES

- *April 2—Good Friday holiday
- *April 14—PTA City Council Meeting (Stilwell @ 10 a.m.)
- *April 15—Teacher of the Year Breakfast (Carl Parker Center @ 7 a.m.)
- *April 22—Title 1 Parent & Volunteer Celebration (Carl Parker Center @ 11:30 a.m.)

Quote of the Month

"The more you read, the more things you will know. The more that you learn, the more places you will go." Dr. Seuss

National Nutrition Month

March is "National Nutrition Month," so what better way to get nutrition in your diet than to eat healthy!

According to everydayhealth.com, there are five simple changes that will improve your diet. They include:

Focus on eating healthy sources of unsaturated fats; nutrient-dense, fiber-rich carbohydrates; low-dairy products and lean sources of protein. Go for good fats, choose good carbohydrates, opt for low-fat dairy products and select lean proteins.

Avoid as many processed foods as you can, as they are loaded with trans fats (a notoriously bad-for-you fat used to extend the shelf life of many packaged products) and sugar and have typically been stripped of their fiber and many nutrients. Eat fresh fruits and vegetables instead. Insert sweet potatoes, wheat bread and brown rice into your diet. Watch out for frozen foods too. They can be stuffed with fat and loaded with calories.

Don't overeat! Every calorie counts-and you should know how many calories a day you need, based on your size, gender, activity level and age. If you need to lose weight, cut back 500 calories a day and engage in regular physical activity. Watch portion size! Use smaller plates, eat out less often and when you do, either share meals or take half the meal home.

Drink plenty of water throughout the day. The National Academy of Science's Institute of Medicine sets a ballpark figure for women at approximately 90 ounces of total water-from all beverages and foods-each day, and men an average of approximately 125 ounces daily. About 20 percent of that is provided by food, so 80 percent should come from beverages. That means that women should drink about 72 ounces (that's the equivalent of four of those half-liter bottles of water, or nine eight-ounce glasses or bottles) a day. Men should drink about 100 ounces a day (around six water bottles, or 12 eight-ounce glasses) every day. Beware of extra-and nutritionally empty-calories in other beverages, such as sugar-laded sodas, sugar-stuffed energy drinks and smoothies, and fat-filled lattes.

***This material is provided for educational purposes only and is not to be used for medical advice, diagnosis or treatment.**

PAISD Employees Receive Awards



The Texas Association of Secondary School Principals (TASSP) recognizes exemplary performance among campus level administrators. The Outstanding Principal Award will be presented to Port Arthur Alternative Center (PAAC) Principal Eddie Fowler during the 2011 TAASP Summer Conference. Mr. Fowler wins his category as the sole nominee.

Phyllis Woodard-Charles, LMSW-AP, M.A., was recognized at the 2010 Texas School Social Workers Conference with an "Award of Excellence" and Honorable Mention for being an exemplary school social worker who has made a difference in the District. Mrs. Charles was nominated along with six other school social workers across the state of Texas. She has been a social worker in Texas for 34 years.

We congratulate Mr. Fowler and Mrs. Charles on their accomplishments and we appreciate all of the hard work they contribute to our students and our District.

Channel 12 Gives SFA Student the Star Treatment

Stephen F. Austin's 8th grade Student Council President, Mary Bui, was selected as a Channel 12 Star Student. Mary was nominated by her teacher, Mrs. Joanna Duchamp, who describes Mary as a true "Star Student of SFA."

Along with being Student Council president, she is also involved in the band, UIL competition, Future Teachers of America and is president of UMOJA. She plans to attend college and have a successful career in the field of her choice. Bui is a model student who is consistently on the honor roll and serves as a role model for her fellow classmates.

We congratulate Miss Bui on her accomplishments and wish her much success in the future.

MHS Makes The News

Both the Memorial High girls and boys varsity teams won Beaumont Ozen's first-ever "Panter Relays. The boys compiled a winning 155 points, while the girls racked up 175 points.



For the first time in eight years, the Lady Titans soccer team is in the play-offs! The teams of eight juniors, one sophomore and two freshman, finished the regular season with a record of 10-7-2.

Memorial students got a chance to hang out with an up and coming music producer/performer this month. D. Montrell used his music to speak to students about staying in school, making the right choices and respecting women. Students who attended the presentation received complementary CDs of Montrell's latest musical project.

The Gulf Coast Museum got a treat from Memorial High art students. Art teacher, Kristi Ellis and her art students made more than 450 unique butterflies for the museum's Holocaust exhibit. The butterflies represented the 1.5 million lives lost during the Holocaust.

The Memorial High School library circulation has increased nearly four times from the 2008-2009 school year! MHS librarian, Lyn Erwin, credits the increased use of the school library to visibility and added titles to the collection.

Memorial High hosted the Region 5 MiniCast (Conference for the Advancement of Science Teaching) Conference on February 27th. More than 200 science teachers from Houston, Lake Charles, Jasper and other surrounding areas were present. There were several sessions presented by teachers from across the region, including those from our District.

MHS Project Graduation Committee held their first annual pep rally fundraiser on March 16th. The band, Flames and cheerleaders performed to a packed crowd of supporters. The funds will be used to support a drug-free experience the night of graduation.

