

**SPUR ELEMENTARY SCHOOL
NEWSLETTER
INFORMATION FOR THE WEEK OF:
FEBRUARY 6 -10, 2012**

**NOTES FROM THE NURSE: - SUICIDE PREVENTION - PLEASE
SEE ATTACHMENTS**

STAAR TESTING CALENDAR

2011-12 STAAR TESTING SCHEDULE BY GRADE			
GRADE	DATE	DAY	SUBJECT
3	4/24/2012	TUESDAY	MATH
3	4/25/2012	WEDNESDAY	READING
4	3/27/2012	TUESDAY	WRITING
4	3/28/2012	WEDNESDAY	WRITING
4	4/24/2012	TUESDAY	MATH
4	4/25/2012	WEDNESDAY	READING
5	3/27/2012	TUESDAY	MATH
5	3/28/2012	WEDNESDAY	READING
5	4/26/2012	THURSDAY	SCIENCE

**STAAR IS THE NEW NAME FOR THE TESTING SYSTEM WE
KNEW AS TAKS. THIS SCHEDULE WILL LET YOU KNOW THE
DAYS THAT YOUR STUDENT/S WILL BE TAKING THE STATE
TESTS. WE HOPE THAT ANY APPOINTMENTS OR PLANS WILL
BE MADE AROUND THESE DATES. IF YOU HAVE ANY
QUESTIONS OR CONCERNS ABOUT THIS SCHEDULE OR THE
PROGRAM, PLEASE DO NOT HESITATE TO CALL THE OFFICE
AT 271-4531.**

**FEBRUARY 9TH WILL BE AN EARLY
RELEASE AT 1:00 WITH BUSES
RUNNING SHORTLY THEREAFTER.
NO SCHOOL ON FRIDAY, FEBRUARY
10TH!!!!**

**VALENTINE PARTIES WILL BE ON
FEBRUARY 14TH STARTING AT 2:45 –
NOTES WILL BE SENT HOME BY EACH
HOMEROOM TEACHER.**

**THE 4TH 6WKS ENDS ON 2-17-12 AND
REPORT CARDS WILL BE MAILED
HOME THE FOLLOWING WEEK.**

**PARENT PORTAL IS AN INTERNET BASED
SCHOOL PROGRAM THAT ALLOWS YOU TO SEE
YOUR STUDENT'S GRADES AS OFTEN AS YOU
WOULD LIKE. IF YOU ARE INTERESTED IN THIS
SERVICE AND HAVE NOT SIGNED UP FOR IT,
PLEASE CALL THE ELEMENTARY SCHOOL
OFFICE AT 271-4531 AND WE WILL GET YOU
STARTED.**

**COOLER WEATHER IS HERE SO PLEASE BE SURE AND PUT
YOUR STUDENT'S NAME IN ANY COAT OR SWEATER THAT HE
OR SHE MAY WEAR TO SCHOOL.**

PLEASE MAKE SURE THAT IF ANY OF YOUR CONTACT INFORMATION SHOULD CHANGE THAT YOU NOTIFY THE SCHOOL AS SOON AS POSSIBLE. IT IS IMPERATIVE THAT WE BE ABLE TO CONTACT YOU ABOUT YOUR STUDENT WHETHER IT IS AN EMERGENCY OR REGULAR SCHOOL BUSINESS.

PLEASE CALL THE SCHOOL WHEN YOUR CHILD IS ABSENT!

WHEN YOUR STUDENT IS ABSENT, YOU MUST SEND A NOTE WITH HIM/HER EXPLAINING THE REASON FOR THE ABSENCE WHEN HE/SHE RETURNS TO SCHOOL. SINCE ATTENDING SCHOOL IS MANDATORY IN TEXAS, THE STATE ALLOWS ONLY SO MANY ABSENCES PER SEMESTER. IF YOU EXCEED THIS AMOUNT OR THE ABSENCES ARE UNEXCUSED BECAUSE THERE WAS NO WRITTEN INFORMATION FURNISHED, YOU MAY HAVE TO APPEAR BEFORE AN ATTENDANCE COMMITTEE. ATTENDANCE IS PART OF YOUR STUDENT'S PERMANENT RECORD.

PLEASE REMEMBER!! IF YOU WANT YOUR CHILD TO PARTICIPATE IN FRIDAY STORE, YOU MUST SEND THE MONEY WITH HIM/HER ON FRIDAY MORNINGS - WE CANNOT INTERRUPT CLASS TIME TO DELIVER MONEY TO STUDENTS.

The school is collecting the Lawrence Bros. register tapes again! This program enables the school to get special things that we might not otherwise be able to afford. There are collection boxes in both the elementary and secondary buildings and at the Senior Citizen Center. Thank you for your continued support of Spur School!

SIGN UP FOR NEWSLETTER

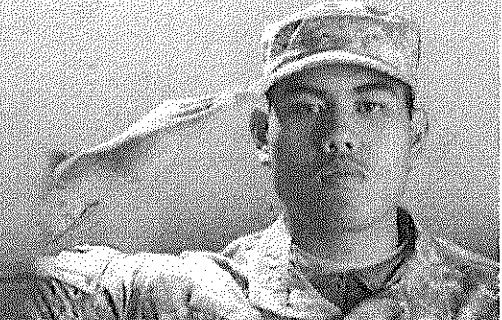
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ESPAÑOL

Texas Suicide Prevention

KNOW THE SIGNS. SAVE A LIFE.

Knowing the facts about suicide prevention is critical to taking action - and essential to saving lives. The following information describes the facts about suicide prevention based on current research as they pertain to young people.



- [Suicide & Mood Disorders](#)
 - [Resources](#)
 - [News & Events](#)
 - [Calendar](#)
 - [Make A Donation](#)
 - [How You Can Help](#)
 - [Volunteer Section](#)
 - [Library](#)
- **Are You in Crisis?**
Please Call
1-800-273-TALK (8255)

• Donate Now

If you are interested in making a donation please click here. Your support is greatly appreciated!

[Donate Now](#)

• Newsletter

If you are interested in receiving our newsletter, please [sign up here!](#)

• Refer A Friend



[Click here to refer a friend](#)

Suicide & Mood Disorders



Many adults suffer in silence, rather than seek help from their primary care physician for mood disorders. And if they do ask for help, they may not be open about their symptoms. Don't expect your doctor to understand how you feel just by looking at you. It is just as important to describe and seek treatment for emotional pain as it is for physical pain. Early treatment keeps mood disorders from getting worse, lasting longer or affecting physical health. Tell your physician if you feel depressed, lose interest or pleasure in former activities or if you have alternating depressed and elevated moods. You might be at risk for one of the two more common mood disorders: unipolar/major depression or bipolar (manic depression).

Signs of unipolar depression

Feeling sad, hopeless and having frequent crying spells
 Losing interest in things you used to enjoy (including sex)
 Feeling guilty, helpless or worthless
 Thinking about death or suicide
 Sleeping too much or too little
 Loss of appetite
 Feeling guilty, helpless or worthless
 Trouble paying attention and making decisions
 Aches and pains that don't get better with treatment
 Feeling restless, irritated and easily annoyed

Signs of bipolar disorder

People who have bipolar disorder talk about experiencing mood shifts. These swings can be severe, ranging from extreme energy to deep despair. These mood shifts, which disrupt normal life activities, distinguish bipolar mood episodes from ordinary mood changes. The shifts may also be milder, ranging from sadness to irritability or restlessness.

Symptoms of mania - the "highs" of bipolar disorder

Increased physical and mental activity and energy
 Heightened mood, exaggerated self-confidence
 Excessive irritability, aggressive behavior
 Decreased need for sleep without experiencing fatigue
 Grandiose delusions, inflated sense of self-importance
 Racing speech, racing thoughts, flight of ideas
 Impulsiveness, poor judgment, distractibility
 In the most severe cases, delusions and hallucinations

Symptoms of depression - the "lows" of bipolar disorder

Prolonged sadness or unexplained crying spells
 Significant changes in appetite and sleep patterns
 Irritability, anger, worry, agitation, anxiety
 Pessimism, indifference
 Loss of energy, persistent lethargy
 Feelings of guilt, worthlessness
 Inability to concentrate, indecisiveness
 No pleasure in past interests, social withdrawal
 Unexplained aches and pains
 Recurring thoughts of death or suicide

Mood disorders are treatable

Clinical depression or unipolar mood disorder is very treatable. More than 80 percent of those who seek treatment show improvement. Treatments can include antidepressant medication, psychotherapy (talk therapy) or both. Treatment is critical for recovery from bipolar disorder. A combination of medication, talk therapy and support from family, friends and peers can help individuals with bipolar disorder stabilize emotions and behavior. Regular sleeping and eating schedules support recovery, along with daily activities.

How to find out more:

your medications and choices

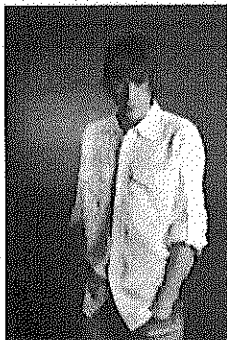
Mental Health America offers help online for discussing medications with doctors, including "Treatment Options for Recovery" and "Antipsychotic Medications Checklist." Pharmacists and pharmaceutical companies can also answer questions about medication package inserts for medical information telephone numbers. You can also contact Mental Health America Resource Center at 800-969-6642 to find a Drug Information Center operated by a hospital in your area. Take all medications as prescribed and don't change medications or dosages without first checking with your doctor.

Suicide prevention, helpline

Self-destructive thinking can be part of mood disorders. If you have thoughts about suicide, don't keep them secret. Get help right away. Tell your doctor, your family and your friends. Have crisis hotline numbers, your doctor's emergency number and other crisis resources at hand, posted by your home phone and programmed into a cell phone. In a crisis or emergency, go to the nearest hospital emergency room, call 911 or contact the National Suicide Prevention Lifeline by calling 1-800-273-8255.

- **Documentation Library**

Please visit our [Online Library](#) for additional resources!



Looking for hard data on suicide deaths in Texas?

You can follow these links from the Texas Department of State Health Services:

Go: dshs.state.tx.us/chs/datalist.shtm

then go to: CHS query system

then go to: Texas Health Data

which is: soupfin.tdh.state.tx.us/

then go to death

soupfin.tdh.state.tx.us/deathdoc.htm

then go to death tables 1999-2006 and check for suicide cause "intentional self-harm suicide"

soupfin.tdh.state.tx.us/death10.htm

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