

Health Expo

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their children to surf the Internet,” Rose said. “The ‘Stranger Danger’ program teaches parents and children the tools that are available online to keep children safe from encountering strangers on the Internet.”

Additional activities and/or performances include a milking cow, dance and exercise demos, martial arts, bowling, athletic wear fashion show, fire department and water district demos, speakers on wills/probate/guardianships and finances/budgeting information.

A bike-safety rodeo for kindergarten through eighth-grade students will take place at set times throughout the day. Students should bring their own bicycles and helmets to participate.

“May 16 will be a fun and informative day with activities addressing physical, mental, environmental, spiritual and economic wellness. There will be many opportunities for every member of the family to participate in healthy, fun activities,” Salyards said.

Informational materials will be distributed and presented at more than 80 booths in the Berry Center to provide the community with information/materials pertaining to health and wellness. (To find out what booths will be available on May 16, see [current vendor list](#)).

CPR/First Aid Classes

CPR and First Aid classes ([see CPR/First Aid flyer](#)) will also be offered during the Expo; however, people interested in participating in the classes must pre-register by calling 281-517-2043.

“In the CPR/AED classes, the participant will learn to recognize signs and symptoms of a cardiac arrest or stroke. Each participant will have mannequin practice time and hands-on practice with the AED,” said Jan Jones, director for

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Dr. Cheryl Salyards, Associate Superintendent for Governmental Relations and Communication

CFISD’s health services.

According to the American Heart Association, about 31.4 percent of out-of-hospital cardiac arrests receive bystander CPR and about 80 percent of out-of-hospital cardiac arrests occur in private or residential settings.

“In other words, the CPR would most likely be performed on a friend or relative. This is an excellent reason to learn CPR now,” Jones said.

The First Aid class will provide participants with the skills needed to give care to the ill or injured until the emergency help arrives.

Health Screening

In addition to the CPR/First Aid classes, the Gulf Coast Regional blood mobile will be on site for a blood drive. Free health screenings (including BP, Glucose, BMI, hearing, vision and more) will also be provided by the doctors and medical personnel from various health care groups.

Health Screening Specialists will offer ultrasound screenings on site, including stroke/carotid artery, abdominal, gall bladder, kidney, liver, spleen and thyroid. Each screening will cost \$45 or to purchase the entire package of screenings, the cost will be \$179. To pre-register, call 800-931-4772, and for more information, visit [www.healthscreenspecialists.org](#).

Recycling

To promote environmental

health, a recycling drop-off site will be available through CFISD’s recycler, Abitibi Paper Retriever, as well as Houston Computer Recycling and Sustainable Living in Houston. [Go to Recycling](#).

These groups will provide a drop-off area for electronics, household batteries, paper, plastic and aluminum items.

Additionally, the Lion’s Club will be inside collecting used or broken eyeglasses for their worldwide distribution to those in need of optical assistance.

Business Partners

CFISD is partnering with the YMCA, Cy-Fair Houston Chamber of Commerce, Cypress Fairbanks Medical Center Hospital, North Cypress Medical Center, TXU Energy, Kindred Hospital, CIGNA, Texas Children’s Pediatric Associates, Sleep Resources of Houston and others to host this free event for the community, emphasizing the significance of leading a healthy lifestyle for people of all ages.

More information will be available via the district website at [www.cfishd.net](#) or the event website, [www.cyfairhealthexpo.org](#), district publications, CFTV Channel 16 (Comcast Cable) and other community newspapers.

For inquiries regarding the Health Expo, contact the CFISD Special Events office at 281-517-2043.

Accountability

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raised by the committee, as well as school districts across Texas, is that too many systems exist both federally and statewide. The following are some systems that directly affect CFISD:

- (1) Federal: Adequate Yearly Progress (AYP); and
- (2) State: Academic Excellence Indicator System (AEIS); Performance Based Monitoring Analysis System (PBMA); Gold Performance Acknowledgement System (GPA); and Public Education Grant (PEG).

“The problem with having too many accountability systems is that the data does not align across the board,” Dr. Amine said. “Some indicators will suggest that a school district is performing poorly, while another indicator will designate the same district as a high performer.”

The anomalies in the current accountability system make it difficult for parents, teachers and administrators to fully comprehend such a complex system. For this reason, the CLC-81st recently discussed a list of key components that should be included in a new accountability system. According to the committee a new system should be:

- understandable and uniform;
- fair (proportionality);
- accounted for student growth; and
- based on improvement (diagnostic).

Although the system that was established in 2003 is anticipated to have significant changes for the future based on the decisions made during the 81st Legislative Session, teachers in CFISD will continue to prepare students with all available teaching resources so that students can master all objectives in the state’s curriculum.

For more information on the state’s accountability systems, go to the TEA website at [www.tea.state.tx.us](#). To find out dates for additional administrations of this year’s TAKS tests, go to [www.cfishd.net](#) under *Calendar*.

Daily Legislative Sessions & Committee Hearings

To watch the House or Senate in Session, or to view a Committee hearing, go to [www.capitol.state.tx.us](#) and choose the chamber you are interested in by clicking the *Video Broadcasts* link in the *Legislative Activity* section located on the right hand side of the homepage. Broadcasts are in real-time and provide citizens with the opportunity to follow legislation that is being debated even if they are unable to be there in person.



RECYCLING DROP-OFF SITE

CFISD is encouraging the community to begin saving recyclable products in preparation for the Cy-Fair Community Health Expo, scheduled for Saturday, May 16 at the Berry Center (8877 Barker Cypress Road). The Expo will feature convenient drive-up and drop-off recycling sponsored by CFISD’s recycler, Abitibi Paper Retriever, as well as Houston Computer Recycling and Sustainable Living in Houston.

The recycling point will be open from 10 a.m. to 3 p.m. in Parking Lot B on the east side of the Berry Center. Visitors can recycle with curbside service, as volunteers from Sustainable

Living will carry the recyclables from cars to bins in a hassle-free setup.

Accepted recyclables include paper, plastic (Plastic Identification codes 1, 2, 5 or 7, indicated within recycling arrows on plastic products), metal, batteries, household electronics including computers, fax machines, phones and old or broken eyeglasses. Items that will not be accepted are: televisions, car batteries, microwaves, appliances, copiers or medical equipment.

The recycling drop-off provides an opportunity for the Cy-Fair community to protect the environment through conservation. In 2007-2008, the district recycled 5,866,000 pounds of paper, saving 49,861 trees and 8,797 cubic yards of landfill. Additionally, CFISD’s Recycling Center recycled 440,406 pounds of cardboard, 60,296 pounds of steel cans, 6,956 pounds of aluminum cans and 3,853 pounds of wooden pallets.

For more information on the Health Expo, please visit <http://cyfairhealthexpo.org>.