

Permission Slip
5th Grade Talent Show

My child _____ has permission to participate in the 5th Grade Talent Show on **June 2nd**. Permission slips are due **Friday , May 8th**. Auditions will be held during recess on **Tuesday, May 19th and Wednesday, May 20th**. Your child will receive an audition date after all permission slips are returned. Performers should have their act ready and bring their materials on the date of their tryout. Rehearsals will not be performed at school.

Name of Act/Group: _____

Parent Signature (Required) _____

Homeroom Teacher _____

Contact Number _____

E-mail Address _____

Please give a brief description of what your child's talent will be:-

If your child will be using music, please print out and attach a copy of the lyrics so that they may be approved. Also, if parents could look over the contents of the lyrics to ensure the songs are appropriate, it would be much appreciated. If you have any questions please email:

minacastro@sbcglobal.net

Bethsmith074@aol.com

Thank you!

Calling all Fifth Grade Parents...We are looking for pictures of fifth grade students throughout theirs years at Moore to create a slideshow to show at the 5th Grade End of Year Celebration! The students enjoy seeing the pictures especially those from their younger years so if you have any pictures of fifth grade students at any **Moore activity**, please email them to Jennifer Brooks at 5mooreparty2015@gmail.com . The celebration is on **Tuesday, June 2nd**so the deadline for pictures is **Friday May 22th**. Thanks for your help!

Moore Elementary School

Supply Flyer 2015-2016

Grade Level	Cost of Each
PRE-K	\$24.00
K	\$43.00
1st	\$43.00
2nd	\$46.00
3rd	\$47.00
4th	\$44.00
5th	\$47.00

Orders will be online only through EPI. To order go to www.epipacks.com. Enter the School ID: **M00001**, then click GO.

You can order for all of your children at once. Remember to order for the grade your child will be in NEXT year.

ORDERS ACCEPTED ONLINE

April 9th-June 15th

Orders are delivered to the school.
All sales are final!!

If you have any questions, please contact
Megan Schulz – schulz0526@gmail.com

Pre-K List

9X12 ASST CONST PAPER 50CT	1
CRAYOLA WASH THICK CLASSIC MARKERS 8CT	1
ELMER'S 4OZ SCHOOL GLUE	1
ELMER'S SMALL (6 GRAM) GLUE STICK	4
KLEENEX TISSUE 85CT FLAT	1
LYSOL DISINFECTANT WIPES 35CT	1
WATERCOLORS 8CT	1
WATERLESS HAND SANITIZER WITH PUMP 8OZ	1
XEROGRAPHIC COPY PAPER REAM	1

2nd Grade List

12 X 18 SOLID 50CT CONST	1
12X18 BRT WHITE 50 CT CONST PAPER	1
12X18 MANILA PAPER 50CT	1
CRAYOLA CRAYONS 24CT	2
CRAYOLA WASH FINE TIP CLASSIC MARKERS 8CT	1
CRAYOLA WASH THICK CLASSIC MARKERS 8CT	1
ELMER'S 0.77 OZ. (22 GRAM) GLUE STICK	3
ELMER'S 4OZ SCHOOL GLUE	1
EXPO ASST CHISEL TIP DRY ERASE MARKER	2
EXPO2 LOW ODOR BLACK CHISEL TIP DRY ERASE MARKER	2
FLUORESCENT YELLOW HIGHLIGHTER	2
KLEENEX TISSUE 85CT FLAT	2
NO2 DIXON ORIOLE PENCIL	12
NO2 DIXON TICONDEROGA PENCIL LATEX FREE	48
PINK BEVEL ERASER (LATEX FREE)	3
XEROGRAPHIC COPY PAPER REAM	1

Kindergarten List

12X18 BRT WHITE 50 CT CONST PAPER	1
BLUNT 5" SCISSORS	1
CRAYOLA CLASSIC FINE MARKERS 8CT	1
CRAYOLA CRAYONS 24CT	5
CRAYOLA WASH THICK CLASSIC MARKERS 8CT	1
CRAYOLA WASHABLE WATERCOLORS 16 CT	1
EXPO FINE TIP DRY ERASE MARKERS 4PK	1
EXPO2 LOW ODOR BULLET TIP DRY ERASE MARKERS 4PK	1
KLEENEX TISSUE 85CT FLAT	1
NO2 DIXON TICONDEROGA PENCIL LATEX FREE	12
PLASTIC SCHOOL BOX 8.5X5.75X2.5	1
WATERLESS HAND SANITIZER WITH PUMP 8OZ	1
XEROGRAPHIC COPY PAPER REAM	1

1st Grade List

12 X 18 SOLID 50CT CONST	1
12X18 BRT WHITE 50 CT CONST PAPER	1
12X18 MANILA PAPER 50CT	1
8X10 1/2" RULED SPIRAL COMP BOOK RED BL 36CT	2
BLUNT 5" SCISSORS	1
CRAYOLA CRAYONS 24CT	5
ELMER'S 7 5/8 OZ GLUE ALL	1
ELMER'S SMALL (6 GRAM) GLUE STICK	12
EXPO2 LOW ODOR BLACK CHISEL TIP DRY ERASE MARKER	2
KLEENEX TISSUE 85CT FLAT	2
NO2 TICONDEROGA PENCILS	36
PINK BEVEL ERASER (LATEX FREE)	2
PLASTIC SCHOOL BOX 8.5X5.75X2.5	1
XEROGRAPHIC COPY PAPER REAM	1

3rd Grade List

1" BLUE HARDBACK VINYL BINDER	1
1" WHITE HARDBACK VINYL BINDER	1
12 X 18 SOLID 50CT CONST	1
12X18 BRT WHITE 50 CT CONST PAPER	1
BIC RED MED STICK PEN	1
BLUE PLASTIC POCKET & BRAD FOLDERS	1
CRAYOLA CRAYONS 24CT	2
CRAYOLA WASH FINE TIP CLASSIC MARKERS 8CT	1
ELMER'S 0.77 OZ. (22 GRAM) GLUE STICK	3
EXPO BLACK FINE TIP DRY ERASE MARKER	2
FISKARS 5" SHARP SCISSORS	1
KLEENEX TISSUE 85CT FLAT	2
NO2 DIXON ORIOLE PRESHARPENED PENCIL	48
PINK BEVEL ERASER (LATEX FREE)	1
POLY DOUBLE POCKET DIVIDER 5CT	1
RED PLASTIC POCKET & BRAD FOLDERS	1
SHARPIE ACCENT PEN STYLE HIGHLIGHTER FLUORESCENT YELLOW	2
WIDE RULE 8X10.5 FILLER PAPER 200CT	1
XEROGRAPHIC COPY PAPER REAM	1

4th Grade List

1" ASST HARDBACK VINYL BINDER	1
12X18 BRT WHITE 50 CT CONST PAPER	1
BLUE POCKET ONLY FOLDER	1
CRAYOLA CLASSIC FINE MARKERS 8CT	1
CRAYOLA CLASSIC THICK MARKERS 8CT	1
CRAYOLA CRAYONS 24CT	1
CRAYOLA TWISTABLES COLORED PENCILS 12CT	1
ELMER'S 0.77 OZ. (22 GRAM) GLUE STICK	2
EXPO BLACK CHISEL TIP DRY ERASE MARKER	1
EXPO BLACK FINE TIP DRY ERASE MARKER	2
FLUORESCENT YELLOW HIGHLIGHTER	1
KLEENEX TISSUE 85CT FLAT	2
NO2 WOOD PENCIL (LATEX FREE)	48
PINK BEVEL ERASER (LATEX FREE)	3
POCKET DIVIDER 6 DIVIDERS 12 POCKETS	1
RED MEDIUM STICK PEN	6
REG. PENCIL SHARPENER W/ RECEPTACLE	1
SHARP 5" SCISSORS	1
SPIRAL WIDE RULE 8.5X10.5 NOTEBOOK 70CT	1
WIDE RULE 8X10.5 FILLER PAPER 200CT	1
WIDE RULE BLACK MARBLE COMP BOOK 100CT	2
XEROGRAPHIC COPY PAPER REAM	1

5th Grade List

10.5X5.5 ASST VINYL PENCIL BAG	1
12X18 BRT WHITE 50 CT CONST PAPER	1
3X5 RULED INDEX CARDS 100CT	1
4 PACK FINE TIP DRY ERASE WHITE BOARD MARKER	2
5" SHARP SCISSORS PLASTIC HANDLE	1
5X8 100 CT RULED INDEX CARD	1
CRAYOLA 7" COLORED PRESHARPENED PENCILS 12CT	2
CRAYOLA WASH FINE TIP CLASSIC MARKERS 8CT	1
ELMER'S 0.77 OZ. (22 GRAM) GLUE STICK	2
GRAPH PAPER 4 SQUARES/INCH W/HOLES 50CT	1
KLEENEX TISSUE 85CT FLAT	2
MAGIC RUB ERASER (PEN/PENCIL) LATEX FREE	2
NO2 DIXON ORIOLE PENCIL	12
ORANGE POCKET AND BRAD FOLDER	1
PURPLE POCKET AND BRAD FOLDER	2
RED CHECK PENCIL UNCAPPED	12
RED POCKET AND BRAD FOLDER	2
REG. PENCIL SHARPENER W/ RECEPTACLE	1
SHARPIE ACCENT PEN STYLE HIGHLIGHTER FLUORESCENT YELLOW	2
SPIRAL YELLOW WIDE RULE NOTEBOOK 70CT	1
WIDE RULE 8X10.5 FILLER PAPER 200CT	2
XEROGRAPHIC COPY PAPER REAM	1
YELLOW POCKET AND BRAD FOLDER	2
Moore Schedule Book \$3.00 sold @ 'Meet the Teacher'.	





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DIRECTIONS: For each daily activity, execute the movement for 1 minute or the indicated number of repetitions.					1 Power Jacks Like jumping jacks, but jump out into a squat and then jump back in. Do as many as you can in 1 min.	2
3	4 Ski Jumps Pretend you are a skier. Jump side to side as if you were skiing down a mountain. Don't forget to use your arms!	5 March in Place Keep your knees high each time you step, and pump your arms like a soldier as you march. Do this for 1 minute.	6 Arm Circles Circle both arms forward, then backward, make small circles, then large circles. Challenge: circle arms with fingers pointing down	7 Run Run a race in place! See how fast you can run right on your spot. Do this for 1 minute.	8 Squats Stand with legs shoulder width apart. Bend knees forward and lower body until thighs are parallel to the floor. Straighten up. Repeat 20 times.	9
10	11 Jump Rope Pretend you have a jump rope, and jump for 100 consecutive jumps. Do these 10 different times today to strengthen your heart and lungs.	12 Shadow Boxing Without touching anyone, punch down to the ground towards your own shadow.	13 Windmills Stand with legs shoulder width apart. Hold arms out in a "T". Reach opposite hand to opposite foot. Alternate and repeat 10 times.	14 Free Style Dance When the music begins, dance and move to the music!	15 Flex and Hold Get in a muscle man position and flex your muscles as hard as you can. Don't forget to breathe!	16
17	18 Hula Hoop Pretend you have a hula hoop around your waist, and hula hoop for 100 consecutive rotations.	19 One Leg Cross Jumps Review the cross jumps from yesterday. Do the same thing as yesterday but only use one leg. After 30 seconds, switch legs.	20 High Knee Punch Run in place with high knees. At the same time punch arms straight up to the ceiling alternating right and left.	21 Huggers Open arms out to the side. Give yourself a big hug. Open and repeat quickly for 1 minute. For best results: Keep elbows slightly bent.	22 Basketball Jumps Pretend to shoot a basketball. Bend knees and prepare to shoot. Jump as high as you can and make your shot. Repeat.	23
24	25 Holiday	26 Shakers Jog lightly in place while at the same time, hang arms by your side and wiggle like a loosey goosey.	27 Football Drill Run as fast as you can in place with your knees bent. Turn right and face the next wall (keep running), turn right again, and again until back to front.	28 3..2..1 Blast Off!! Begin in a tuck position (feet together, knees bent, touch floor) On "Blast Off", jump as high as you can. Reach for the sky. Tuck again to repeat 10 times.	29 Power Jacks Like jumping jacks, but jump out into a squat and then jump back in. Do as many as you can in 1 min.	30
31						



May 2015

Family Fitness Daily Movement Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAILY CHALLENGE: CFISD would like to challenge all families to incorporate more movement into their daily routine for a healthier lifestyle. For each daily activity, try to move consistently without stopping for at least 15 minutes. If you move for 20 minutes, GREAT! If you move for 30 minutes, EVEN BETTER! If you move for 60 minutes, AWESOME!!! So, grab a family member or a friend and GET MOVING TODAY!					1 Football Drill Run as fast as you can in place with your knees bent. Turn right and face the next wall (keep running), turn right again, and again until back to front.	2 Sliders Feet together, knees bent, slide to the right side landing on right leg. Slide to the left side landing on the left leg. Try 20 in a row.
3 Balance Balance on one foot and tilt forward to make your body look like a table. One leg straight back and arms stretched straight out in front. Switch.	4 Stair Climbing With an adult family member, walk up and down the stairs for 15 minutes. No Stairs? Find a hill, incline, or step bench.	5 Ski Jumps Pretend you are a skier. Jump side to side as if you were skiing down a mountain. Don't forget to use your arms!	6 Walking Go for a walk with a grandparent or adult relative who takes care of you.	7 Hopscotch Make a hopscotch court and play with your family.	8 Play Grab a few friends and play a few tag games like "Capture the Flag".	9 Run See how fast you can run a mile. Have a family member time you.
10 Catch Practice your catching skills by catching a ball thrown to you by someone else.	11 Inchworms Keeping your legs straight, place your hands on the ground, walk them into pushup position, then walk your legs back to your hands.	12 Jump Rope Grab a jump rope and grab a friend. Take turns jumping rope. Jump rope for 100 consecutive jumps before passing the rope to your friend.	13 Family Adventure Go for a hike with your family today. Try to do it vigorously enough to make your body sweat.	14 Create Create a new game with a friend today using a ball.	15 Tape It Front Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. Repeat 10 times.	16 Rock, Paper, Scissor Tag Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team.
17 Bike Ride Go for a bike ride for at least 1 hour. Don't have a bike? Go for a walk/jog, or do bicycle crunches.	18 Dance Put on your favorite song and make up a dance to it. Teach your dance to someone else. Perform it for an audience.	19 Skill Practice Dribble any ball 100 times with your dominant hand. Switch and do another 100 dribbles with your non-dominant hand.	20 Total Body 10 squats 10 push-ups 10 walking lunges 10 Jumping jacks Repeat	21 Jog Go for a jog at a good steady pace for 15 minutes without stopping. Stop if you need to.	22 Push Ups! See how many push-ups you can do. Take a 1 minute break and try again.	23 Loco-motor Skills Practice your loco-motor movements by skipping 10 times, galloping 10 times, and sliding 10 times. Repeat for 15 minutes
24 Get outside and get moving!	25 Holiday You Decide What was your favorite activity this month? Give it another try!	26 Jump Rope See how many different ways you can jump rope. Can you do each one for 1 minute straight?	27 Jumping Jacks Execute jumping jacks for 1 minute without stopping. Break for 1 minute. During the break, do as many crunches as you can. Repeat for 15 minutes.	28 Power Skips Skip as high and as far as you can. Do 20 in a row without stopping.	29 Power Jacks Like jumping jacks, but jump out into a squat and then jump back in. Do as many as you can in 1 min.	30 Shadow Boxing Without touching anyone, punch down to the ground towards your own shadow.