

School Scoop

News for Katy area schools



Griffin Elementary School Unveils New Playground Equipment

Griffin Elementary School students celebrated the unveiling of their new playground equipment. It was purchased in large part with a grant awarded by the Grand Lakes Municipal Utility District No. 2, the Grand Lakes Water Control and Improvement District, and the parents of students.

Tompkins High School Varsity Cross Country

The Tompkins High School varsity cross country girls team won second, and the junior varsity girls won at the Brazoswood Invitational. A few of the awarded students are Alyssa Balandran who placed second on varsity, Elise Odegard who placed first on junior varsity, Malena Barrera who placed third on junior varsity, and Elena Wolf who placed fifth on junior varsity.



Cinco Ranch High School Cheerleaders Create Comfort Pillows

The Cinco Ranch High School cheerleaders made over 250 comfort pillows to share with patients who are battling breast cancer. The cheerleaders delivered the pillows to several area hospitals and cancer centers.

Franz Elementary Students Greeted by Sally and Her Hats

Students of Franz Elementary School love Sally Piwonka, one of the school's crossing guards. Piwonka wears crazy hats every Friday and for special holidays. She has dozens of whimsical hats to entertain students on their way to school.





Cinco Ranch Alumni Face-Off at West Point vs. Rice Game

Katy ISD 2010 graduates Richard Glover (West Point) and James Radcliffe (Rice) squared off at a recent college football game. Former coach Don Clayton says both will be successful in life due to their outstanding work ethic and character.

Taylor High School Band March-A-Thon

Taylor High School's JET Band marched a six-mile route of Katy streets during the March-A-Thon. The band played 31 concerts and accepted generous donations throughout the event. Taylor High School staff, Katy ISD board members, and many band alumni joined the march to show their support.



Beck Junior High Celebrate at Bulldog Bonanza

Beck PTA members and student volunteers helped fellow students get ready for the new school year at the Bulldog Bonanza. Attendees picked up their class schedules, purchased spirit wear, and had fun with classmates.

Beckendorff Junior High Welcomes New Students

Sixth-graders Oliver Stalker and Lily Baumgardner help decorate for Beckendorff Blast, which celebrated the new school year by inviting students and their parents to decorate their lockers and stock up on school spirit wear.



Bravo Show Choir Members

Cinco Ranch High School choir recently named their Bravo Show Choir members. The group of talented students will present entertaining performances throughout the school year as directed by Dorothy Wilson and Brian Miller.



CRYptonite Shows Robots to ConocoPhillips

Students from the Cinco Ranch High School robotics Team 624, CRYptonite, recently showed their three robots to the team sponsor, ConocoPhillips at the Bring the Future to Work event. Pictured are (front) Jordan Wood, Ojas Desai, Jessica Bayeh, Anthony Kordys, (back) CRYptonite mentor Steve Brierty, Nick Machado, Jack Sampson, James Yoder, Libby Perego, and Dylan Bray.

Tompkins High School Yearbook Receives Distinction

The Tompkins High School yearbook, *The Talon*, received a first-class rating with a mark of distinction for their coverage of the school from the National Scholastic Press Association. Pictured are students with their teacher Shetye Cypher.



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NICOLE ISTRE, OWNER

A graduate of Katy High School, Nicole Istre has worked in the early care and education field for 25+ years as a teacher, director, training and child care consultant, and owner.

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School Notebook

More News Nuggets from Katy Schools

Katy ISD Welcomes 70,000th Student to the District

Katy ISD recently celebrated a milestone. Michael Thomas, a seventh-grader at West Memorial Junior High, is the district's 70,000th student. Since the 2013 to 2014 school year ended, Katy ISD has enrolled nearly 3,000 new students.

Lone Star Leadership Academy Camps

Eight Katy ISD students participated in the Education in Action's 2014 camps across Texas. To be chosen for the camps, students demonstrated academic success and leadership abilities, along with an educator recommendation, and involvement in school activities. Participants were Ashlee Ballard, Eduardo Diaz, Jake Dickson, April Feng, Caleb Oneal, Jake Wilson, Elena Yu, and Grace Zhang.

SoHacks Champions from Seven Lakes and Taylor High Schools

Students Michael Brenan and Miguel Obregon of Seven Lakes High School and Andy Sturzu and Chufan Liang of Taylor High School competed in the SoHacks 2014 competition in San Antonio, winning the grand prize as a team. SoHacks is the largest high school hackathon in the nation.

Students from Katy ISD Named Finalists in National Merit Scholarship Program

The National Merit Scholarship Corporation recently announced a total of 63 Katy ISD students from Cinco Ranch High School, Seven Lakes High School, and Taylor High School as finalists in the 2015 National Merit Scholarship Program. As finalists, the students will compete for thousands of college scholarships that will be offered this spring.


Important Dates for Katy Parents and Students

Dec. 19	Early dismissal
Dec. 22 - Jan. 2	Winter break
Jan. 5	Teacher preparation day/Student holiday
Jan. 6	Third grading period begins (Elem.)
Jan. 6	Fourth grading period begins (Sec.)
Jan. 19	MLK Day/Student holiday

News for Katy area schools?

Email editor@katymagazine.com, and visit KatyMagazine.com for more up-to-date school news. Please do not send photography protected by copyright.

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Katy Women's Wellness

Common Health Issues for Women Over 30

by Amy Frank, P. A. -C

Why do I feel stressed out and tired all the time?

Many women experience this when their adrenal and sex hormones are out of balance. Hormonal imbalance affects cortisol levels and is a major reason many women feel exhausted and overwhelmed.

Is the inability to lose weight related to hormone imbalance?

Yes, in a lot of our cases, once women's hormones are balanced, they are able to lose weight much easier. It's amazing what a difference we see with weight loss when one's entire hormone axis is functioning well.

What are the warning signs of hormonal imbalance?

Some of the signs are headache, fatigue, weight gain, mood swings, acne, decreased sex drive, sleep disturbances, and irregular periods. You should schedule a full hormonal work up at Wellness Health Group if you suspect you may be out of balance.

What does a full hormonal work up involve?

We spend about an hour with each patient and conduct a series of tests including thyroid, metabolic and adrenal testing. From there, we will formulate a treatment regimen customized for you. Few practitioners will do this type of detailed hormone work up. Most will simply prescribe therapy based on your age and medical background. For best results, experts recommend visiting a dedicated hormone wellness center like ours.

If my hormones are in balance will it help improve my mood?

Yes, our center has had great success in improving the emotional and physical health of our patients. Once their thyroid, adrenal and sex hormones are in balance their mood naturally improves. I love what I do because I am able to restore hope in women and improve their quality of life.



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Amy Frank, P. A. -C, of Wellness Health Group, has earned an outstanding reputation in Katy for improving women's health through *bio-identical hormone replacement and functional medicine*. She takes a natural and integrative approach to routine primary care issues.

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