



BULLETIN BOARD

Community Education Classes

Fall 2009

Crandall Independent School District

Volume 18 Number 4

Crandall, Texas

Fall 2009

Crandall-Combine Community Center

500 W. Lewis Street
Crandall, Texas 75114
(972) 427-8020

**Class information and
this publication can now
be found online!**

www.crandall-isd.net

Community Organizations

Crandall/Combine Lions Club
1st & 3rd Monday
7:00p.m.

Senior Citizens "Pot Luck
Lunch"
2nd & 4th Monday
9:00a.m.-2:00p.m.

Senior Citizen "Play Day"
1st & 3rd Monday
9:00a.m.-2:00p.m.

Crandall Chamber of
Commerce Meeting
2nd Thursday 12:00p.m.

Country Gardeners
4th Monday
7:00-9:00p.m.

Crandall Gold Dusters
2nd Monday
7:00-9:00p.m.

Crandall Combine Baseball
Softball Association
3rd Tuesday
7:00-9:00p.m.

Parents

*Safe Schools & Healthy Students
Presents*

G.A.S.P.

"Games Adolescents Shouldn't Play"

Presenter: Scott Metheny

FREE Parent Awareness Training

October 5, 2009 at 7:00 p.m.

High School Cafeteria

FREE Childcare Provided for those that RSVP.

To RSVP for this **FREE** class,
please call 972-427-6000 x5840.

The Choking Game is a misunderstood activity causing death and suffering for families worldwide. Hundreds of children die every year from the "game" and many are classified as suicide. Most people have no idea how dangerous the Choking Game is until someone close to them dies and suffers permanent damage. The victims are boys and girls mostly between the ages of 9-16. They are adolescents who are generally high achievers in academics and sports and don't want to risk getting caught with drugs or alcohol. This training will create awareness of the dangers of this deadly game.

Attention Parents

Are you looking for strategies to better communicate with your child?

Are you looking for discipline techniques that are effective?

CRANDALL ISD has a tool to HELP



Love and Logic Training

Love and Logic is an approach to working with students that:

- ♥ Puts parents and educators in control.
- ♥ Teaches kids to think for themselves.
- ♥ Raises the level of student responsibility.
- ♥ Prepares kids to function effectively in a society filled with temptations, decisions, and consequences.

FREE training opportunities will be offered:

November 12, 2009

6:30-8:00p.m. at

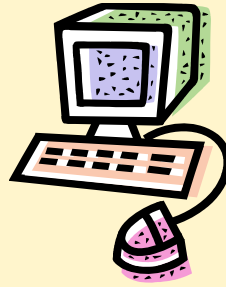
W.A. Martin Elementary

FREE Childcare will be provided for those that RSVP.

To RSVP for this **FREE** class, please call 972-427-6000 x5840.

VOTE

November 3, 2009
Crandall Combine Community Center
www.kaufmancountyclerk.com/elections.htm



ONLINE CLASSES

CISD Now Offers Online Classes

The CISD Community Education Program is excited to announce that it has partnered with Education To Go to offer quality opportunities for online learning. Through our partnership, students can register and complete online classes from their choice of more than 300 courses. Online classes offer the convenience and ease of completion in a private setting. Ed2Go courses are taught by instructors who are experts in their fields. Many courses are taught by nationally recognized authors. An online instructor is available for questions, concerns, and technical assistance.

CISD Community Education links the community and its schools by enhancing the quality of continued learning for all citizens through online availability. Class topics range from personal enrichment, music, art, technology, foreign language, photography, travel writing, and advanced employment skills.

www.crandall-isd.net



Holiday Paper Crafts

Create a unique mini album card. Great to send to out of town family and friends. Holds approximately 5 photos. **You will need to bring at least 5 photos (copies are suggested).**

It's not too early to think about traditional Christmas cards! We will create 3 different cards in class and take home supplies to duplicate each card for a total of 6 cards!!! All supplies provided except double sided tape (available at WalMart)

*Please register at least one week in advance prior to class

Mini Album class
7:00-9:00pm
Comm. Ctr.
October 27, 2009
Inst: Susan Chism
FEE: \$15

Christmas Cards
7:00-9:00 pm
Comm.Ctr
December 3, 2009
Inst: Susan Chism
FEE: \$12

YOGA



Crandall ISD Community Education is offering Yoga classes. Please call 972-452-8864 to reserve a spot in the class. Both classes are open to men and women.

6 Weeks

FEE: \$50 (12 classes)
L.F. Raynes Cafeteria
L. Clearman, Instr.
Join Anytime

Class Times

Tues. & Thurs.

| | |
|----------|----------|
| Advanced | 4:45p.m. |
| Beginner | 6:00p.m. |

Gentle Yoga Classes

This beginner class is taught in the "gentle yoga style" and is ideal for those who think they are too out of shape, not flexible, too big, or too small, too young, too old, have physical limitations, or just prefer a less vigorous class. This class is approx. 50 minutes and teaches basic poses, proper use of breath, elongating the spine, balance practice, relaxation techniques for stress reduction, and very simple stretches that work into classic, easy-to-do yoga poses.

Vinyasa Yoga Classes

Vinyasa is a mixed level class suitable for experienced beginners and intermediates. This class practices with different variations and progression of postures, sequence, and linked with breath for 70 minutes.

Hunter Safety Education



This class is the official Texas Parks and Wildlife hunter safety course for ages 12 through adult. Participants will earn certification on the safe handling of firearms and outdoor hunting skills. This course will provide information on game laws in the state of Texas.

Mon. Tue. & Thur.
Oct 19-20-22
6:00-10:00 P.M.

H.S. Ag building
B. Johnson, Instr.
FEE:\$25.00

Country Gardeners



Garden Club

The Crandall/Combine Country Gardeners are looking for members who like to dig in the dirt! Come share new ideas, gardening tips and learn about nature. The club meets on the fourth Monday of each month.

Fourth Monday
7:00-9:00 P.M.

Community Center
Guest Speakers

FEE: \$15.00 per year

Story Time



Crandall-Combine Community Library

Librarian

Donna Gillespie

| | |
|-----------|-----------|
| Monday | 7:30-4:30 |
| Tuesday | 7:30-7:00 |
| Wednesday | 7:30-4:30 |
| Thursday | 7:30-7:00 |
| Friday | 7:30-3:30 |
| Saturday | 9:00-1:00 |
| Sunday | Closed |

Story Time

1st & 3rd
Wednesday
10:00-11:00 A.M.

FREE

A Free Community Event

KARATE for CONCENTRATION WORKSHOP

October 15, 2009 6:30p.m.

Karate for Concentration

- Concentration
- Focus
- Self-Discipline
- Self-Esteem
- Self-Control
- & Winning Attitude



Call to reserve your child's spot at this great event!

131 Hall St. (next to Minyards)
Seagoville, TX

972.287.1757
pmaschools.com

Hablamos Español!

Karate for Concentration Workshop

FREE

October 15, 2009 6:30pm

Presented at the Crandall Community Center by
Premier Martial Arts

Ages 4-12yrs

No combat style or direct physical contact

972-427-6000 reserve your spot as space is limited

Ceramic Holiday Projects

Paint a precious "Happy Face Pumpkin" that can sit out the entire fall season! Acrylic paint on ceramic bisque.

For Christmas how about a "Cowboy Santa" figurine? Santa is in his finest buckskins kneeling by a newborn calf. A little different twist on the traditional Santa. Great for collectors. Firing and supplies included in class fee!

Pumpkin class

7:00-9:00 pm
Comm.Ctr.

September 29, 2009

FEE: \$20

Inst. Susan Chism

Cowboy Santa class

7:00-9:00 pm
Comm.Ctr.

November 19, 2009

FEE: \$20

Inst. Susan Chism



*Must be registered at least one week in advance before start of class in order for instructor to prepare supplies





Community Education

Boot Camp



Kenny Barnes, certified strength and conditioning specialist, since 1985 is offering a Strength and Fitness boot camp. The boot camp will begin Monday, October 12th and end on Friday, November 20th. (6 weeks) The boot camp will be offered three times a week Monday – Wednesday – Friday from 5:00 am to 6:00 am in the Crandall Middle School parking lot. Since 1985, Kenny has helped many men, women, and young people improve their level of physical and mental well-being as well as their athletic ability with safe, sensible and effective workout programs.

WHY A BOOT CAMP?

Boot camps are proving to be popular as a cost effective way to receive professional training and instruction. For a fraction of the cost of a personal trainer, a boot camp creates a high intensity environment for six weeks where you can see and measure your improvement.

WHO IS A GOOD CANDIDATE FOR THE BOOT CAMP?

Everyone 13 years of age or older – men, women, young and old. All fitness levels are accepted; so if you're not in great shape don't feel like you'll be holding everyone up.

WHAT TYPE OF EXERCISES SHOULD BE EXPECTED?

No two workouts will be the same. Campers should expect a "total body workout." A typical session could include interval training, resistance running, sprint and agility drills, stations, plyometrics, body weight strength exercises, cardio-respiratory and much more. Most drills are timed to allow all fitness levels to get the best workout possible.

WHAT DO I NEED TO BRING

Most important simply bring yourself. If possible plan on bringing an exercise mat, (can be purchased at Walmart for \$10.00) a pair of dumbbells you can handle, water, and a towel. Wear workout clothing and running shoes.

HOW MUCH DOES IT COST?

1 PERSON - \$125.00

1 PERSON + A FRIEND - \$ 225.00

1 PERSON + A FAMILY MEMBER - \$200.00

REGISTRATION FORM

Name _____
Phone: Home/Cell _____
Emergency contact _____
Emergency phone _____

I do hereby certify that the above named has chosen to participate in the boot camp being offered through the Crandall Community Education program. I acknowledge that the participant is physically able to participate in exercises of a moderate to high intensity level. I further understand that neither Kenny Barnes or the Crandall ISD will assume any responsibility for accidents (physical or dental) or other expenses incurred as a result of participation in the boot camp.

Participant signature: _____
Parent signature (if minor): _____
Date: _____

Kenny Barnes
214-802-4969
KBarnes1024@msn.com

CLASS REGISTRATION FORM

Name _____ Age _____

Address _____ Phone _____

City _____ Zip _____

I Wish to enroll in _____ Cost _____

I Wish to enroll in: _____ Cost _____

Email _____

Mail to : Crandall I.S.D. Community Education, P.O. Box 128, Crandall, Texas 75114

Registration

To register for a community education class, come to the community education office located in the **Community Center** from 8:00 A.M. to 4:00 P.M. Don't wait until the last minute to register. You are encouraged to register early to help prevent cancellation of classes for insufficient enrollment. Classes will be cancelled three days before the beginning date if minimum enrollment has not been met. The school reserves the right to cancel courses, adjust curriculum or schedule, substitute instructors, change class locations, or limit enrollment.

MAIL: You may also register by mail by completing the registration form and mailing it. Check should be made payable to Community Education. Fees must be paid to reserve a spot in the class. You may register as soon as you receive this brochure.

REFUNDS: If the class is cancelled before it starts or the class does not make, you will receive a full refund. Enrollment in some classes is limited to a maximum number on a "first come, first serve" basis.

CLASSES CANCELLED: Classes are automatically closed when Crandall I.S.D. closes due to inclement weather and during CISD's scheduled holidays.

For more information call Kristin Reznicek, Community Education Coordinator, at 972-427-6000 x5840.

The Crandall Independent School District does not discriminate on the basis of race, color, sex, age, national origin, religion, sexual orientation, or disability in matters affecting employment or in providing access to programs. Inquiries related to the policies of the Crandall ISD should be directed to Dr. Sharon Long.

Crandall
INDEPENDENT SCHOOL DISTRICT
P.O. Box 128, Crandall, Texas 75114

Nonprofit Organization
Permit No. 8

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75114



LOCAL POSTAL PATRON

Spring 2009
Community Education
School and Communities Learning Together