

DISTRICT NEWS  
YOU CAN USE  
EVERY WEEK!



# Coldspring-Oakhurst CONSOLIDATED I.S.D.

Volume 3, Issue 6

October 9, 2018

## Upcoming Events:

- 10/8—10/13/18  
Trojan Homecoming Week
- 10/11/18 6:30 p.m.  
Homecoming Bonfire @ COHS
- 10/12/18 1:15 p.m.  
Community Pep Rally @ COHS
- 10/12/18 7:30 p.m.  
Trojans vs. Diboll Lumberjacks



## Trojan Scoreboard

October 5, 2018

Trojans vs. Trinity  
Tigers @ Trinity

Trojans—35  
Trinity—0

## COCISD uses the CATCH curriculum to teach healthy eating

COCISD uses the Coordinated Approach to Child Health (CATCH) curriculum to teach healthy eating.

The Go, Slow, Whoa program helps children in school make healthy food choices in a fun way. “Go” foods are foods kids can eat anytime, while “Slow” foods should be eaten only a few times per week. “Whoa” foods should only be eaten once-in-a-while.

We encourage families to use the Whoa, Slow and Go concepts at home. You may use this chart as a guide to help you and your family make smart food choices every day.

FOOD GROUP	GO FOODS Almost Anytime Foods	SLOW FOODS Sometimes Foods	WHOA FOODS Once in a While Foods
<b>VEGETABLES</b>	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; ovenbaked french fries; avocado	Fried potatoes, like french fries or hash browns; other deep-fried vegetables
<b>FRUITS</b>	All fresh, frozen, canned - in own juices	100 % fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
<b>BREADS &amp; CEREALS</b>	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole grain breakfast cereals	White refined flour bread, rice, and pasta. French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with trans fats; colorically sweetened breakfast cereals
<b>MILK &amp; DAIRY PRODUCTS</b>	Fat-free or 1% low-fat milk; fat-free or low-fat yogurt; park skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese	2% low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
<b>MEAT, POULTRY, FISH, EGGS, BEANS &amp; NUTS</b>	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; canned tuna in water; baked, broiled, steamed, grilled fish and shellfish	Lean ground beef; broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; canned tuna in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs; lunch meats; pepperoni, sausage; fried fish/shellfish; whole eggs cooked with fat
<b>SWEETS &amp; SNACKS</b>	"Example of a "GO" snack check out Monkey Bites cookie recipe on page 14 in this publication.	Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars, gingersnaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheesecake; ice cream; chocolate; candy; chips; butter microwave popcorn
<b>FATS &amp; CONDIMENTS</b>	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil, olive oil, and oil based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream	Butter; stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tarter sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
<b>BEVERAGES</b>	Water; fat-free milk or 1 % low-fat milk; diet soda; unsweetened ice tea or diet iced tea and lemonade	2 % low-fat milk; 100 % fruit juice; sports drinks	Whole milk; regular soda; colorically sweetened ice teas and lemonade; fruit drinks with less than 100% fruit juice

## Open House for COHS and JSE/CIS set for Oct. 15th & 16th

Join us at the Coldspring-Oakhurst High School cafeteria on Monday, Oct. 15th for Open House from 5 to 6:30 p.m. Open House for James Street Elementary and Coldspring Intermediate is set for Tuesday, Oct. 16th, from 5 to 6:30 p.m.



COLDSRING-  
OAKHURST CISD

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Creating  
Opportunities

**The vision of COCISD is Creating Opportunities for All!**

## Did you know?

- Homecoming is an annual tradition to welcome back alumni to their former high schools or colleges during a fall football game. The exact date of the first Homecoming is unknown, but it is believed to have originated in the early 1900's. Many towns and churches now also hold Homecoming celebrations, where they welcome former residents or parishioners.
- COCISD's school board policy manual is available to view online at the district website. Just visit [www.cocisd.org](http://www.cocisd.org) > District > Board of Trustees > Board Policies.

## Lincoln Junior High Open House was rainy but awesome!

Lincoln Junior students and their families braved a rainy night to attend Open House on October 2.

Everyone enjoyed performances by the LJH Trojan Cheerleaders and Band, and then parents and guardians were invited to follow their students' schedules as the bell rang for each class.

