

February 2016  
Volume 6, Issue 2



# Tuscany Heights Growlin' Good News

Tuscany Heights Elementary  
(210) 407-8200

25001 Wilderness Oak  
San Antonio, Texas 78260

## Inside this Issue:

- ◆ [Sister School Toy Drive](#)
- ◆ [5th Grade News](#)
- ◆ [Field Day](#)
- ◆ [THE PTA](#)
- ◆ [Presents...Drum Cafe](#)
- ◆ [Staff Appreciation](#)
- ◆ [Red Ribbon Week](#)
- ◆ [THE PTA Presents...Rope Jumping](#)
- ◆ [December PTA Meeting](#)
- ◆ [Proactivity](#)
- ◆ [Box Tops](#)
- ◆ [February PTA Meeting](#)
- ◆ [Begin With the End in Mind](#)
- ◆ [Watch D.O.G.S](#)
- ◆ [PVSA News](#)
- ◆ [Lighthouse](#)
- ◆ [Veterans Day](#)
- ◆ [THE PTA Presents...Ballet San Antonio Academy](#)
- ◆ [Greenback Donations](#)
- ◆ [Run for the Heights](#)

## "You are the Light that Leads"

2015 was full of wonderful accomplishments for our Tiger family! Our fun fall semester brought us a bully-free Red Ribbon Week with a guest speaker from the Harlem Globetrotters and a fun-filled Field Day with beautiful weather. Treats for our Troops and our toy drive for East Terrell Hills gave our Tigers a chance to give back to these communities right here in San Antonio, and we ended the year with the wonderful news that we had attained Lighthouse status. We are proud to watch our kids lead, honor, and excel every day!

None of this would have been possible without T.H.E. best volunteers supporting T.H.E. best students.



Now our Tigers are ready to pounce on 2016, setting new goals and resolutions. We hope that one of your goals as a family will be to support our school and our major fundraiser,

Run for the Heights, on February 27! Whether you're focused on the finish line or having a Fun Run with your family, we'll all Begin with the End in Mind to make it a great event for the whole community. Come enjoy the health fair, visit our sponsor booths, and participate in fitness demonstrations. We'll all finish as winners as we Synergize to help Tuscany Heights!

Our Tuscany Heights Elementary PTA recently earned the 2015 President's List Award for Texas PTA. As a member of T.H.E. PTA, not only do you belong to the largest child advocacy organization in Texas, but you belong to one of the most successful local PTAs in the state. We are proud of our members, our administration, staff, parents, and community volunteers that all work together to make a difference for our students. You are the light that leads them.

If you've been waiting to settle in to the new school year before getting involved, or maybe you're new to our campus, wait no longer! PTA could still use your help! We're a fun, supportive group who love making a difference for our students. If you would like more information or have any questions about volunteer opportunities please don't hesitate to ask. I'd be happy to visit with you.

**Alana Harris**

**T.H.E. PTA President**

**[president@tuscanyheightspta.org](mailto:president@tuscanyheightspta.org)**

## SISTER SCHOOL TOY DRIVE

Thank you Tuscany Tigers for a wonderful toy drive. During December over 130 gifts were delivered and distributed to students at East Terrell Hills Elementary, our Sister School in the Partners in PTA program. The week before Winter Break an average of 12 THE student and parent volunteers wrapped gifts each day. This was a great way for all of us to synergize and help out the kids at our sister school.

Thanks so much for helping us with this fun drive!

-Partners in PTA chairs,  
Ana Warmke and Sara Holliday

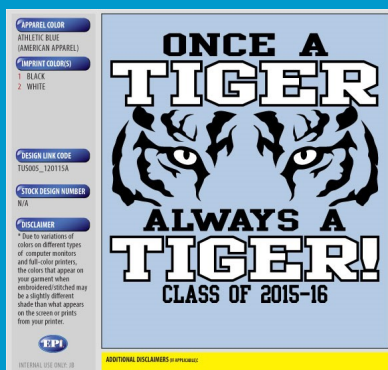


## 5th Grade News!

**This year's 5th grade theme is "Once a Tiger, Always a Tiger!" All 5th graders were asked to submit a t-shirt design using that theme. The entire class voted on their top 3 choices. The winner this year of the 5th Grade T-shirt Design Contest is Ellie Waters. Her artwork and design were the inspiration for the class t-shirt that is worn every Wednesday for Wild Wednesday. The other top choices were Santiago Zavala, Erin Jones, and Faye Westphall. All of these students received a free 5th grade t-shirt.**

**Congratulations and thank you to all who entered!**

**-Mindy Waters**



# FIELD DAY!

Field Day 2015 occurred a week later than originally planned as Mother Nature scheduled rain on our original date.

Our make-up day was cool and windy, but the sun was shining and the students had a great time. Students enjoyed all types of activities from a bouncy house for the younger students to an inflatable slide and obstacle course for the older students that were sponsored by THE PTA.

Thanks to funds raised by THE PTA last year, students got to enjoy an inflatable basketball game that was purchased by our PE department.

They also got to "Make their Mark" on field day with sidewalk chalk and try their hand at golf at the Birdie Ball Inflatable station. Tug of War, Bean Bag Toss, and Frisbee Throw rounded out the stations set up for the students.

Thank you to all of you that volunteered your time; we couldn't have had such a successful day without your help.

-Kim House

Don't forget  
**EVERY FRIDAY**  
is **Tiger Spirit Day**  
for all staff,  
students and  
volunteers!!!

Show your *tiger*  
*pride* with our  
great spirit items  
for this school  
year. There are  
grade level  
contests for the  
most classroom  
participation.



# THE PTA Presents...Drum Cafe

Dale Monnin and his Drum Cafe South Team brought experience and an exciting way for each of the Tuscan Heights students to see how working together is better.

On November 20th, the Drum Cafe experience began when our students entered the cafetorium and each were handed an authentic African drum, also known as a djembe.

Throughout the program, the students were taken on a journey to South Africa, where the original Drum Cafe was actually in a cafe. When the idea was brought to Texas, Dale decided to keep "cafe" in the name as a metaphorical reference of a place to meet, talk and connect through the language of rhythm and tones.

As a part of the program, the students and teachers learned how drums can be used to develop unity, coordination, memory and even mathematics. At the end of the program, the students took their turn grading the teachers on their African dancing. All in all, the Drum Cafe was an exhilarating experience that left the school with an eagerness for leadership and learning.

Thanks to the following students who spoke so bravely and eloquently to shed light on why attendance, academics and behavior is so important to leadership.

Likiyah Armour – Academics

Zoe Sinn – Attendance

Bri Delfin – Behavior



-Christti Fikes

# STAFF APPRECIATION

SUBMITTED BY KELLY EVANS

The Staff Appreciation Committee has been working hard to show our Tuscany Heights teachers and staff just how much we truly appreciate them!

Thank you to all of our awesome parents who participated in our “Dessert Donations” event in November. We were able to send every staff member, including bus drivers, home with a dessert to enjoy over Thanksgiving break!

In December we wrapped almost 400 gifts for our staff during our Gift Wrapping Event and spoiled them with a delicious pasta luncheon from Luciano’s Restaurant the week before winter break.

In January we held a “Sodas and School Supplies” event; we provided sodas, Sonic ice, candy treats and a goody bag full of school supplies for each teacher.

In February we held our “Soup-er Bowl Luncheon”! Everyone enjoys this popular lunch of yummy soups and salads and fun desserts. We also celebrated our fantastic counselors during National School Counseling Week by bringing them a special lunch and treat.

Our committee is looking ahead to a great spring with some fun events planned for our teachers...in April we have our “Popcorn Bar” and in May we’ll be gearing up for a great Staff Appreciation Week! Be sure to always let your teachers know how much you appreciate all that they do for our Tuscany Heights Students!

If you need to access your teacher’s “Faculty Favorites” page just visit [tuscanyheightspta.org](http://tuscanyheightspta.org) and click “Helpful Links” then “These Are A Few Of My Favorite Things”. You can also [click here](#).

# Red Ribbon Week

Red Ribbon Week was October 19-23, 2015. Students had a great time dressing up for spirit days that also coordinated with our 7 habits. On Monday, students were proactive by turning their backs on bad choices and wore their shirts backwards.

Tuesday, students were encouraged to think win-win and wore red. Wednesday was a day to synergize and students teamed up and wore team jerseys. THE also had an exciting Harlem Globetrotter presentation at the 9 weeks awards assembly!

Thursday, students began with the end in mind and because their futures are so bright, they wore neon colors and sunglasses.

And finally on Friday, students were encouraged to sharpen the saw! Because healthy choices are the keys to dreams, students got to wear pajama pants with their spirit shirts.

T.H.E. also conducted a school-wide canned food drive for the San Antonio Food Bank to encourage that, "I CAN, you CAN, we all CAN make healthy choices!" Second grade won as the level with the most donations and celebrated with an awesome blacktop party!

-Carla Bass

## Support T.H.E. While You Shop!

Start every Amazon shopping session from [this link](#) and T.H.E. PTA earns referral fees of 4% - 15% from purchases you normally make from [Amazon!](#) Over \$450 earned so far! [CLICK HERE](#) to get started!



## **THE PTA Presents...Mark Rothstein's World of Rope Jumping**



Mark Rothstein delivered a very upbeat and enthusiastic introduction to the students of Tuscany Heights on January 8th.

As the students entered the cafetorium, the dark stage was very intriguing, but once Mark turned on the upbeat music and lights, the students were instantly enthralled at his talent and incredible rope jumping skills.

He also talked about building positive character components such as honesty, integrity, teamwork, respect, kindness, healthy lifestyles and trying your best, and how all these things helped him achieve the Guinness Book of World Record for more than 36 hours of continuous rope jumping.

During the show, several students were asked on stage to show their rope jumping skills. Mark even asked a few teachers to show their skills as well, Mrs. Chapman was a really great rope jumper!

The crowd thoroughly enjoyed the show. Mark talked about how important it is to practice, not give up and to believe in yourself. He also talked about making good choices and always striving to do your best.

Our students left this show encouraged and ready for our upcoming Run for the Heights run, as well as any other challenges they may face.

A special thank you to the following students who showed true leadership with their presentations.

Katelyn Guerrero – Attendance

Ruhee Khoja – Academics

Isabella Contreras – Behavior

-Christti Fikes

## December PTA Meeting

Our December meeting was held on Tuesday, December 1 with our fifth grade performance of "Snow Biz".

The Cub Scouts of Pack 9 and the Girl Scouts of Troop 766 led us in a flag ceremony and the Pledge of Allegiance. We are always glad to have our Scouts demonstrate their pride in their country and community while serving at Tuscany Heights Elementary.

Chick-fil-A and Spirit Monkey sponsored our PTA writing contest with the writing prompt of "Proactivity Pays Off". Zach Drexler from Mrs. Blackler's 5th grade class shared his winning essay.

Our Fifth Grade Activities chairs, Mindy Waters and Jennifer Easley gave an update on all the things in the works for our fabulous fifth graders. The winning fifth grade t-shirt design was from Ellie Waters in Mrs. De la Garza's class.

T.H.E. PTA was proud to present the Texas Honorary Life Membership Award to individuals who have made outstanding contributions to the welfare of children and youth in our community. Sarah Hesles, Heidi Staples, Manuel Marquez, Gina Valdez, Jeanann Johnson, and Alana Harris were the 2015 recipients of the Texas Honorary Life Membership for Tuscany Heights Elementary.

What a fitting honor to show our appreciation to these dedicated educators and parents who are helping our Tigers to lead, honor, and excel.

-Alana Harris



Thanks for helping T.H.E. PTA be named to the 2015 President's List for Texas PTA!

As a member of T.H.E. PTA, not only do you belong to the largest child advocacy organization in the state of Texas, but you also belong to one of the most successful PTAs in the state!

It's our wonderful members and volunteers that make this possible. Haven't joined? It's not too late! Visit

[www.joinpta.org](http://www.joinpta.org) today!





## Proactivity, by Zach Drexler, Mrs. Blackler's 5th Grade Class

When I take the time to incorporate proactivity into my daily routine, I feel good, more prepared!

Allow me to give you a few examples of what I am talking about.

I am not a morning person. In an effort to make my mornings a bit smoother, I try to be proactive the night before a school day by setting out my lunch and making sure my backpack is packed up and ready to go.

At school, I try to be proactive when I know exams are coming to study at home a day or two prior to the test and give my best effort when doing my homework assignments. By doing this, I know that I am working hard at improving my grades.

I am always being proactive in sports before my baseball games by showing up 30 minutes before the game is scheduled to begin to warm up with my team and ensure that I am ready to be on the field to give 100% when it's game time.

There are many ways to be proactive. As a result of the ways I just mentioned, I am a better family member, a better student, and a better team player. You should give being proactive a try in your daily life and see how it pays off for you!



## Box Tops for Education!

The spring Box Top total was 11,425. That is over \$1000 in Box Top cash donated for Tuscan Heights just this spring!

Our total raised through the Box Top program this year was over \$3000. That exceeds our goal of \$2700. Way to synergize, Tigers!!

Thank you to everyone who clipped and counted Box Tops this year, we appreciate all your time and effort.

Please look out for Box Top baggies to be sent home later this spring. You can use the baggies to start your collection for next year.

Let's see if we can beat our total from this year!

-Alyson Moyer

# February PTA General Meeting



On February 2, our Tuscan Heights families came together for our PTA General meeting.

When the PTA meeting began we were happy to welcome the Cub Scouts from Pack 89 as they performed the flag ceremony and led us in the Pledge of Allegiance. Thanks to the Scouts and their adult leaders for a great example of community service to our school!

This month's writing contest prompt went to our second graders and was "Begin with the End in Mind" and Hayden Nesmith, from Mrs. Pantuso's second grade class shared her winning entry with us. We

appreciate Chick-fil-A and Spirit Monkey for sponsoring our writing contest and providing prizes for our winning student and her teacher.

February also gave us the opportunity to present certificates and pins to our volunteers who earned the President's Volunteer Service Award for 2014-2015 from NEISD and North East Council of PTAs. These individuals were recognized at the district's Outstanding Volunteer Awards Meeting in November. Jennifer Bissen was a gold recipient with 500 or more volunteer hours. Jennifer Easley, Amanda Foshee, Alana Harris, Mandy Howland, Kenneth Mitchell, and Kathryn Walterscheid received the silver award for volunteer hours ranging between 250 and 499 hours. We would also like to recognize Michelle Kaiman and Denise Jones, who are being honored on other campuses in NEISD, for their outstanding volunteer service.

-Alana Harris

## Begin with the End in Mind, by Hayden Nesmith, Mrs. Pantuso's 2nd Grade Class

Each morning my day begins with a list of things I need to do. I must be prepared for school each day, so to make the morning go smoothly I follow my list. I get out of bed and get dressed. Then I put my shoes on and brush my hair. Next I brush my teeth and get my backpack. Last, I get in the car and off to school I go. I also have a plan for after school. I know in the end I want to go outside and play. So my plan after school is to do my homework right after school. Then I get a snack. After I'm finished I get to go out to play. I also begin with the end in mind when I receive money. I always save my money to buy something I really want. I don't just spend it. If you do this you will be happy and will love it, so be like me and practice Habit 2.



## WATCH D.O.G.S

Join the Watch D.O.G.S. and become the "Hero of the Hallway". You will help with drop-off / pick-up, visit your child's classroom, have lunch with your child, play at recess, and WATCH the school for safety measures throughout the day. This is a GREAT way for fathers and father-figures to get involved at Tuscan Heights. There are many available days this school year for T.H.E. fathers to serve as a Watch D.O.G. If you have not been a Watch D.O.G. yet, now is the time to sign up! If you served as a Watch D.O.G. last year, please consider returning for another day!

If you have any questions, please contact  
**Lawrence Saiz** at [watchdogs@tuscanheightspta.org](mailto:watchdogs@tuscanheightspta.org)

For the safety of our students, NEISD requires all volunteers to submit a Volunteer Criminal History Record Check form before volunteering on any campus. You can access this form at the NEISD web site: <https://portal.neisd.net/vchrc/>. Please plan ahead and complete the form four weeks before your volunteer date. **Note: *If you applied to volunteer during previous school years (and were approved), you do not need to re-apply to volunteer for the current school year. The volunteer program will automatically resubmit your background check every 2 years.***

# Our Tigers Make a Difference!

Tuscany students have shown they "Put First Things First" by supporting their community in many ways.

In November, students made cards and donated pounds of Halloween candy for our wounded soldiers being treated at the Center for the Intrepid.

Students also made cards in support of the Cloud Walkers, a team of local amputees who climbed Mount Kilimanjaro. The students also provided a warm "welcome home" to the Cloud Walkers with signs and cheers at the airport in January.

In addition, our Tigers have spent time beautifying our campus in preparation for Run for the Heights.

These are just a few examples of the ways our Tuscany students are making a difference in their community!

Remember to record and submit all volunteer hours by April 17th in order to be recognized at the THE PVSA Awards Ceremony which is scheduled for Wednesday, May 18 at 7:15 a.m. in the Library.

For more details, go please go to [www.tuscanyheightspta.org](http://www.tuscanyheightspta.org) and click on PTA events.

-Denise Jones



**Soldiers at the Center for the Intrepid with the THE donations**

**Students preparing the candy and cards to be donated to the Center for the Intrepid**



**Cards for Cloud Walkers before their journey to Mt. Kilimanjaro**



**Airport welcome for Cloud Walkers**



# Lighthouse News

Tuscany Heights Elementary has been named as a *Leader in Me Lighthouse School* by Franklin Covey Co. This recognition comes because the school has achieved outstanding results in school and student outcomes, by implementing The Leader in Me process with fidelity. It is also because of the extraordinary impact the school is having on staff, students, parents, and the greater community. Tuscany Heights is the 168th school to earn Lighthouse status internationally.

“It seems cliché to say they all have—but we have truly seen our progress with all of our students,” said Tara Bailey, Principal at Tuscany Heights. “We have seen students that had multiple discipline referrals one year, to this year receiving none because of finding the perfect job role for them to lead others. We have a student that is nonverbal but can’t wait to update his Leadership Notebook daily and even served as a student presenter when the Covey Review Committee visited our campus. It goes to show that the message is evident in all of our classrooms and all students are encouraged to be part of the leadership in some way.”

Through this journey, the Tuscany Heights staff and students have increased their organizational health as a campus and grown closer as a working family for the benefit of the students and their growth. Together they pinpoint areas that need improvement for the campus and write “smartgoals.” Then, the grade levels, classrooms, and individual students wrote goals that would lead to improving the school-wide goals. This year, the campus wanted their attendance to increase and they recently celebrated a school wide 98% for the first semester.

The Leader in Me is a whole-school transformation model—developed in partnership with educators—that empowers students with the leadership and life skills they need to thrive in the 21st century. It is based on secular principles and practices of personal, interpersonal, and organizational effectiveness.

The Lighthouse Milestone is a highly regarded standard set by Franklin Covey that is attainable by every The Leader in Me school.

The attainment of the Lighthouse Milestone represents a significant benchmark, and it is evidence that a high standard has been met by a school.

Leader in Me schools, which have implemented the process with fidelity, report increases in the following: student self-confidence, teamwork, initiative, responsibility, creativity, self-direction, leadership, problem-solving and communication for children of all ages, socio-economic levels, learning capacities and cultural backgrounds.

Currently, 38 NEISD schools are implementing the Leader in Me program at their campuses. The addition of Tuscany Heights brings the NEISD Lighthouse status total to ten elementary schools.

*Tuscany's Junior  
Lighthouse Team  
Emma Avina, Avery  
Schammel, Marcus  
Bissen, and Addison  
James.*



# Tuscany Heights Honors Veterans with Parade

Former Sergeant in the United States Army, Jennifer L. Imken, always knew she would return “home” to San Antonio, Texas.

After serving her country as a Nuclear, Biological, and Chemical Operations Specialist that included a deployment in March of 2003 to Iraq, this mother of two came back to the Alamo City to follow her dream of becoming a teacher.

On Veterans Day, Ms. Imken, along with 90 other Veterans, walked a pathway surrounded by her students, parents, and fellow faculty. Many students waved flags. Others held patriotic signs and chanted “U-S-A”. For the second year, Tuscany Heights Elementary honored Veterans – most of them parents and grandparents of students, in a special parade and breakfast. The school’s choir also performed a tribute to the service men and women. Among the Veterans being honored was a Medal of Honor earner from the Vietnam War, A Purple Heart earner and two veterans who served in World War II. If you watched closely, you saw several Veterans and those there to honor them, wipe away a stray tear.

“Most service men and women, including myself, will tell you the reason they serve is not because of recognition or honors, but, because of the great love we have for our country and freedom,” said Ms. Imken. She added, “Veterans Day is the one time Veterans allow themselves to be distinguished”.

Another Veteran who was honored in the parade, Lieutenant Cory Nackos, moved to San Antonio with his wife and three daughters, in August, from Memphis. He is stationed at Fort Sam Houston. The 15-year Veteran and dad of three says that when he walked out of the cafeteria to see so many students holding signs in celebration of him and his fellow servicemen and women, he became filled with pride.

“It is so very comforting to know my family is living in a community that honors and respects its large military population,” said Lt. Nackos.

Tuscany Heights P.T.A. Member and proud Military Wife, Suzanne Opersteny, helped organize the school’s Veterans Day Parade. Opersteny says the children love being involved in the parade as much as she loves helping to educating them a little about the sacrifice and honor that comes with having a military career. Opersteny hopes the parade will remain an annual event.

Submitted by Erin Kirwan



## THE PTA Presents...Ballet San Antonio Academy



On Friday, February 5, T.H.E. PTA was pleased to present Laura and Joseph Villalobos, the current directors and owners of Ballet San Antonio Academy, as well as the Artistic Directors of the Montgomery Ballet.

Teaching is a passion for Mr. and Mrs. Villalobos; they are honored to have been able to touch so many students' lives. The company of dancers ranged from youth to professional and demonstrated Barre, Center, Pointe, and Partnering while demonstrating how the Seven Habits can help performing artists succeed in their talents and career.

They also performed six pieces for the students including three pieces from Into the Wild, two pieces from Ocean and Pearls, and the Russian Dance from the Nutcracker.

In addition of their own professional accomplishments, Mr. and Mrs. Villalobos strive to mentor up and coming dancers. It is their privilege to be a part of the dance scene in San Antonio; they are eager to continue inspiring young dancers and share their knowledge.



# Be The Light That Leads!

Tuscany Heights 6<sup>th</sup> Annual

**GREENBACK** Fundraiser

Help RAISE **\$10,000**

To support our school!

During the 2014-2015 school year, your Tuscany Heights PTA spent approximately **\$97.00 per student** to provide the programs, resources, and educational opportunities you know and love. Without the generous support from you, our donors, through Greenback Donations, many of the key non-budgeted items that enrich our students and school curriculum would not be possible.

Some of the programs funded by your donation this year will include:

Field Trips

Author Visits

Veteran's Day

5<sup>th</sup> Grade EOY Celebration

Much, Much More

Arts in Education

Red Ribbon Week

Field Day

Environmental Education

Student Enrichment

Grandparent's Day

Bike Rodeo

Watch D.O.G.S.

Be Proactive and be a leader in your child's education. Donate today.

DONATION	LEVELS
\$200 and Above	TIGER
\$150 - \$199	PLATINUM
\$100 - \$149	GOLD
\$50 - \$99	SILVER
\$25 - \$49	BRONZE

Donations may be made online at [tuscanyheightspta.org](http://tuscanyheightspta.org) or by [clicking here](#). You can use a credit card, cash or check payable to *Tuscany Heights Elementary PTA*.

**Double your Greenback donation with a donation from your company's Matching Gift Program!**

Contact your Human Resources Department for a Matching Gift form and program details.

Greenback Donations have been well underway since Welcome Back Night. A huge thank you to everyone who "Began With The End In Mind" and generously donated. We have met the first goal of \$2,500.00 and our students celebrated with a dance party in the classrooms. We are now working on the next goal of \$7,500.00 and **we are almost there!!** If we reach this goal, our students will get to wear their pajamas to school. When we reach \$10,000.00, Mrs. Bailey, Mrs. McCurry, and Tusky will lighten the mood with a silly string fight. If you have not made your 100% tax deductible Greenback Donation yet, Put First Things First, and do it today!



T.H.E. RUN FOR THE HEIGHTS  
Saturday, February 27, 2016



**Register Today for the  
6<sup>th</sup> Annual Run for the Heights!  
5K Run / Walk, Kids' Fun Run & Health  
Fair**  
**#RunLikeATiger**

## JOIN US FOR THE 6TH ANNUAL RUN FOR THE HEIGHTS

Are you looking to start off 2016 with some health, fitness, wellness and FUN??? We will have it all and so much more at the **6<sup>th</sup> Annual Run for the Heights, 5K Run/Walk, Kids' Fun Run, & Health Fair**, held at Tuscany Heights Elementary, on Saturday, February 27, 2016.

Our event emcee, Meteorologist Albert Flores from FOX4, will kick off the morning with pre-race warmups with JC Ultimate Training, followed by our opening ceremony with Reagan High School JROTC and Tuscany Heights Tiger Beat Choir. Then kids of all ages will be sprinting their way through the ¼ mile Fun Run. All Fun Run participants will earn a spirit stick. The chip-timed 5K is next with runners and walkers weaving their way through the challenging and hilly course around Tuscany Heights Elementary school. Using the latest timing technology from Split Second Productions, runners will be able to view their finish time as they cross the finish line. In addition, there will be medals for the top 3 male and female participants of all ages, plus award packages from iRun, Sports Authority, Gold's Gym, Round 9 Kickboxing, YMCA, and Bricks 4 Kidz.

After the races, participants can refuel at our HEB post-race food & drink tent. Next, visit over 40 local businesses at the free Sponsor Expo & Health Fair to receive valuable wellness information, get health screenings, and sample nutritional products.

Free health screenings are offered by North Central Baptist Hospital: blood pressure, glucose, cholesterol and BMI. There will be plenty of kid friendly activities from our sponsors including Lego play tables, sports activities and creative arts. You can also watch a Fitness Demo by Jumping Dragons, Victory Martial Arts, and JC Ultimate.

There is something for everyone!

**Run for the Heights** raises funds for the Tuscany Heights Elementary PTA, a 501(c) 3, while helping to promote health and wellness in the community. Volunteers from HEB, the Tuscany Tiger Beat Choir, Tuscany WatchDOGS, Tuscany staff & parents along with many other community business partners and area school student leader groups help to make this event possible. See our website for past event photos, 2015 race results, and a list of our generous sponsors at

<http://runfortheheights.tuscanyheightspta.org>.

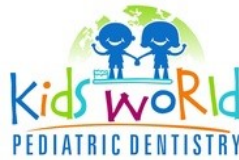
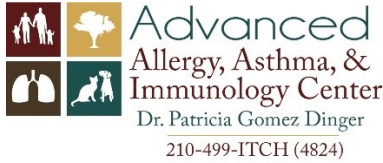
Run for the Heights offers something for everyone. Check out the exciting event schedule below!

<p><b>Saturday, February 27, 2016</b>  <b>Tuscany Heights Elementary</b>  <b>Event Schedule</b></p>	
7:45 am	Pre Race Warm Up w/ JC Ultimate Training
8:00 am	Opening Ceremony with emcee, Albert Flores, FOX4, Reagan High School JROTC, & Tuscany Heights Tiger Beat Choir
8:05 am	Kids' Fun Run (3/4 mile loop)
8:30 am	Chip-timed 5K Run/Walk
10:00 am	Awards Ceremony
8:00 – 10:30 am	Sponsor Expo, Health Fair & Fitness Demonstrations

**PLATINUM SPONSORS**



## GOLD SPONSORS



## SILVER SPONSORS



Momentum Physical Therapy  
& Sports Rehab

Hands-on care for faster results



# RUN FOR THE HEIGHTS 2016

REGISTER NOW

[RUNFORTHEHEIGHTS.TUSCANYHEIGHTSPTA.ORG](http://RUNFORTHEHEIGHTS.TUSCANYHEIGHTSPTA.ORG)



#RUNLIKEATIGER



**EVENTS BEGIN AT 8 AM**  
25001 WILDERNESS OAK  
SAN ANTONIO, TX 78260

San Martin  
ORTHO DONTICS

Advanced  
Allergy, Asthma, &  
Immunology Center PA  
Dr. Nicholas Cooper, Director

NORTH CENTRAL  
BAPTIST HOSPITAL  
Passionate people. Compassionate care.

Vision  
Source

H-E-B

SPEECH &  
LANGUAGE  
CENTER

Children's Hospital of San Antonio  
PHYSICIAN GROUP

bricks  
4 kidz  
We Learn, We Build, We Play with...  
LEGO Bricks



Sport  
Clips



BRITTON  
OPTOMETRISTS

KUMON



LISA SINN  
KELLER WILLIAMS LEGACY

SCHOOL  
OF FROCK  
SAN ANTONIO

Run

Kids World  
PEDIATRIC DENTISTRY

HIGHLAND  
SCHOOL

the Y  
Express, LLC

FOSSIL CREEK  
COMPLETE CARE

A-1 Freeman Moving Group

campGladiator

Welcome HOME

Brain Balance  
COGNITIVE CENTER  
FOR KIDS AND  
ADOLESCENTS