



# Hanover Herald

2023 - 2024 SCHOOL YEAR, VOL. 7



**APRIL  
2024**

## From the Principal's Desk...

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I hope all of you have a great spring break and are able to find some time to relax and re-charge. It's hard to believe, but after spring break we will only have 9 weeks left before the end of the school year. The past couple months have been great at Hanover and we've seen a lot of student growth! These next 9 weeks are another important stretch for our students where we tend to see a lot of learning take place. Thank you for your continued support, partnership, and efforts at home to support your child in their education.



After spring break students in grades 3-5 will be taking the MCAs (Minnesota Comprehensive Assessments). Your child's teacher will be informing you of the exact days these will take place. Even though these assessments are only one indication of student learning, they are state mandated, so it's important that your child be here and is well rested so they can do their very best!



Our theme for the month of April is Courage! Courage is "choosing what is helpful, right, and kind even when it is hard or scary." Please see the family newsletter from Purposeful People on courage and have a conversation with your child on ways they can show courage at school and in their daily life. We will continue to talk about courage throughout the month of April.



We are already beginning to make plans for next school year, so if you are moving this summer, please contact the office (763-682-0800) as soon as possible to notify us. Also, if you know of any new families that move into your neighborhood, please remind them to call or stop into the office to register right away. Interested families can always reach out for more information or to request a tour.

It is going to be a fast and exciting spring, and summer will be here before you know it!

*Brad Koltes, Principal*

# Artistic Adventures

Greetings from the art room. I hope this update finds you enjoying your family and rejuvenating on our time off from school during spring break!



5th grade: For the entire month of April, 5th graders will be continuing their unit on lettering. We started with graffiti last month and are moving on to learning calligraphy and illuminated letters.



4th grade: The element of art we are focusing on in 4th grade this month is texture. 4th graders will know the difference between real/actual texture and implied texture. We already made our art project featuring actual texture, the Oaxacan clay animal figures, so this month focuses on implied texture.



2nd grade: If you have a second grade student, search up our artist of the month: James Rizzi. You will find bright, colorful houses that were dreamt up by the New York City artist. We create our own multimedia piece of art inspired by this artist.



1st grade: My apologies if your first grader has come home with a spattering of paint on them recently as we have been busy making painted paper. This activity is FUN, but messy. For the month of April, we will be using the painted paper we made in March for a project inspired by Henri Rousseau.



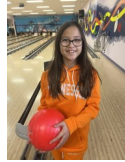
Kindergarten: Students will get a chance to create an underwater collage inspired by the book "The Rainbow Fish." We also will be finishing our Corduroy bear project in April. Kindergarten students almost finished this fuzzy, friendly bear but...he seems to be missing something...

Mrs. Rausch  
Art Integration  
763-682-0867 / krausch@bhmschools.org



# Fitness Focus

This March in grades 3-5 we had our basketball unit where we covered the skills of dribbling, passing, and shooting a basketball. We focused a lot on how to do a proper layup. As we finished March, we turned our focus to bowling. We played several different bowling games and were able to use a scoring app as we bowled traditionally. On Friday, March 22nd, the 5th grade students were able to visit Huikiko's Bowling Center in Buffalo to experience bowling in a bowling alley.



In grades K-2, we focused on similar things but really concentrated on being able to dribble. We practiced dribbling with both hands, keeping our eyes up as we dribbled, dribbling below our waist, being slightly bent over, and keeping our body between the ball and the defender. As we finished March we also started bowling, focusing on 6 pin bowling and doing several different bowling games. As always, we are continuing to focus on personal responsibility and kindness.



Looking forward to April, we hope to begin our football unit in grades 3-5. We will start out with some collaborative games but hopefully the weather cooperates and we are able to get outdoors and begin some football-related activities. In grades K-2 we will start the month off with foot skills activities and spatial awareness activities. As we progress through the month we will turn our attention to using manipulatives. Manipulatives in this case being beanbags, frisbees, and juggling scarves. Using these pieces of equipment, we can focus on throwing, catching, juggling, improving hand-eye coordination, and crossing the midline skills. When students cross different midlines in their body, waist, reaching from one side to the other, they are building pathways in their brain called synapsis that help both halves of their brain communicate with each other. What a cool thing!



As we look ahead later into April, some of what we might do in PE may be weather dependent. We will attempt to get outside as much as possible. We have striking, collaborative games, kickball activities, tag related activities, and track and field activities yet to do this year. The weather will affect what occurs when.



Our focus continues on our practice of being a good sport in all activities, treating each other and the equipment with respect, and working hard in PE! Thank you to all as we look forward to having a great April in HES PE.

Please help your child remember their gym shoes for PE class. We are still occasionally having boots or non-gym shoes worn to class. Have a great April! Thank you.

Sincerely,

Mr. Turner  
PE Specialist  
joeturner@bhmschools.org  
763-682-0865



If you know anyone moving to the area with school-age children, please encourage them to register asap. They can contact Jill Mischke at [jmischke@bhmschools.org](mailto:jmischke@bhmschools.org) or call 763-682-0824.

# Music Notes



March sure flew by quickly! Students in grades 3-5 have been sharing songs and improvised melodies and rhythms on the ukulele.



Second graders have been hard at work learning music and movements for their musical, "Dinostars!" Second graders performed their musical on Tuesday, March 22nd at 1:30 pm for the school and 6:30 pm for family and friends. They did an amazing job! We'd like to thank our Hanover PTO for donating money for costumes and props for our musical.



In April, it's back to the basics for 1st and 2nd graders. We will continue learning about and performing quarter notes, eighth notes and quarter rests. We are learning about sixteenth notes, too. Many of the songs we sing will include student performance on our instruments: (xylophones, metallophones and glockenspiels). We will also focus on the pitches mi, so and la by listening and identifying them in the music.

Kindergartners will continue to listen for musical concepts, responding by moving their bodies and playing instruments with the music.

All 3rd, 4th and 5th graders will begin guitar in April.

Mrs. Bolton  
763-682-0855  
mbolton@bhmschools.org



## PTO Page

### Save the Date

Friday, May 17<sup>th</sup>, 2024

HES PTO Spring Event

Watch your student's folder and your email for more information as we get closer to the date.

*The mission of the Hanover PTO (Parent/Teacher Organization) is to promote an open line of communication between parents, teachers and administration to give our students extra educational opportunities, what we call the "Hanover Experience". This experience provides our students with opportunities in the classroom and family focused events that make their time at HES both more enjoyable and a better atmosphere for learning. This support demonstrates to our children that education is important and we are behind them in every way.*

**Next meeting Monday, April 8<sup>th</sup> 2024, 6:00 P.M. in the Staff Lounge**



# Health Headlines

Did you know?

- Children with toothaches in the last six months are 6 times more likely to miss school.
- Part of the impact of COVID has been that the number of children with dental problems has increased.
- Some of the dental problems that can cause ear pain include an abscessed tooth, cavity, or an impacted molar or wisdom tooth.
- Some behaviors that might indicate concerns with a child's teeth include flinching while eating, holding their face, avoiding smiling or chronic ear infections.
- Some great questions to ask include "Do you have a toothache or teeth that hurt", "Do you have teeth that hurt when you eat?", "Do you have tooth pain that wakes you up at night?"
- Minnesota specific data show that for 3<sup>rd</sup> graders in 2020:
  - Half have or have had tooth decay
  - 2 of 10 have untreated tooth decay
  - 4 out of 10 have treated tooth decay
  - More than half have dental sealants

Taking good care of our teeth is a life-long endeavor and well worth the time children spend learning to do it well. We will focus both this month and next month on how to care for our teeth. Please read the following information from KidsHealth.org and be sure to share this information with your children as we enjoy the nice weather that I'm sure is just around the corner!

## How to Take Care of Your Teeth

Taking care of your teeth helps prevent cavities and gum disease. Brushing and flossing properly can prevent plaque, a clear film of bacteria that sticks to your teeth. After you eat, the bacteria break down sugar on your teeth into acids that eat away tooth enamel, causing holes called cavities. Plaque also causes a gum disease that can make your gums red, swollen, and sore.

## What's the Right Way to Brush My Teeth?

- Dentists say you should brush your teeth for at least 2 minutes twice a day. Here are some tips on how to brush:
- Hold your brush at a 45-degree angle against your gumline. Gently brush in short (about one tooth-wide) strokes. Don't brush too hard!
  - Brush all outside and inside areas of your teeth, and the chewing surfaces.
  - You can also gently brush your tongue.
  - Use a timer or play a favorite song while brushing your teeth to get used to brushing for a full 2 to 3 minutes. Some electronic toothbrushes have timers that let you know when 2 minutes are up.

## How Do I Get Rid of Plaque?

To prevent cavities, you need to remove plaque. To do this, brush your teeth twice a day and floss at least once a day. Brushing also stimulates the gums, which helps to keep them healthy and prevent gum disease. Brushing and flossing are the most important things that you can do to keep your teeth and gums healthy. Use a toothpaste with fluoride to prevent cavities.

To be continued in the May 2024 HES newsletter...



## Upcoming Events

|           |  |
|-----------|--|
| April 1-5 | No school, spring break                              |
| April 8   | School resumes                                       |
| April 8   | PTO meeting, 6 pm in staff lounge                    |
| April 11  | MN severe weather drill, 1:45 pm                     |
| April 12  | Early release, 12:25 pm                              |
| April 12  | Dress-up day: Minnesota Pride or college/career wear |
| April 22  | Earth Day  |
| May 3     | Early release, 12:25 pm                              |
| May 3     | Dress-up day: Beach day                              |
| May 3     | 5th grade bus patrol to Twins game                   |
| May 17    | PTO spring event                                     |



## Improving focus boosts your child's ability to learn

Everybody's mind wanders now and then. But when students regularly "zone out" during class, it affects their ability to learn and retain new information.

Studies show that younger students who can't focus tend to become older students who can't focus. And that can mean trouble for your child's education.

To help your elementary schooler strengthen attention skills:

- Remove distractions. Turn off the TV and other screens while your child does schoolwork. Keep noise to a minimum.
- Break down large tasks into more manageable steps. Students can be easily overwhelmed when facing complex assignments. Demonstrate how to divide the work into smaller steps. "First, think about what you want to say. Next, make an outline of your points. Then, start writing."
- Encourage breathers during study time. Don't force your child to work for long periods of time. Instead, have your child set a timer for 20 minutes and take a five-minute break when it goes off. Frequent short breaks help students clear their heads. Remind your child to do this during class, too. Even a 30-second break (maybe by looking into the distance and breathing deeply) can help your child buckle back down and refocus.

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## Promote a 'can-do' attitude to strengthen academic success

School is filled with all sorts of challenges—and success depends on how students respond to those challenges. Help your child understand that people can get smarter by trying, persisting and learning from mistakes.

Attitude determines how students think about problems. Suppose, for example, your child is having trouble understanding a science concept. Some children would throw up their hands and say, "I'm not good at science"—and quit trying. But other kids would take another view. "This is a challenge and I love a challenge."

Children in the second group believe that even if they don't understand something now, they will be able to learn it in the future. They have a "can-do" attitude and are more likely to stick with problems—and solve them.

You can encourage this attitude by praising your child's effort. "That was challenging, but you kept trying different things until you got it!"

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## Teach your child to follow four steps to achieve any goal

Children feel good about themselves when they set goals and succeed in reaching them. Having goals also helps students overcome difficulties. When they're frustrated or upset, they can keep a "picture" in mind of what they're aiming for.

When your child sets a goal, suggest setting one that can be reached in a short time frame. Then, help your child follow four steps for reaching the goal:

1. State the goal. Make sure your child's goal is specific, written down and posted where it will be seen regularly. "My goal is to learn my multiplication facts."
2. Plan how to meet the goal. "I will make flashcards and study them for 15 minutes every night. I will ask Dad to quiz me on Fridays."
3. Talk about the goal with others—including teachers. This builds accountability and gives others an opportunity to support your child's efforts.
4. Do each step in the plan, one at a time. If problems come up, discuss possible solutions. Perhaps your child is too tired or busy on certain evenings to review flashcards. Suggest studying them in the mornings while eating breakfast instead.

Don't forget to praise your child's effort each step of the way. "I am proud of you for studying your multiplication facts this morning." And when your child achieves the goal, celebrate the way hard work paid off!

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# COURAGE

## Family Newsletter

PurposeFULL  
People

### Courage Overview

We are excited to focus on Courage this month! One way to think about Courage is "choosing what is helpful, right, and kind even when it is hard or scary." Courage can look a little different for everyone. Get ready to explore as a family what Courage means to you!

Courage is 1 of 3 traits we will focus on throughout the year that helps students **Be Strong**. Across grade levels, students will be developing skills like focusing, organizing, and goal-setting.

### Conversation Starters



- Can you share or show what it means to have Courage?
- When you practice Courage, how does it make you feel? Why?

### PurposeFull Pursuits

Have some fun connecting as a family this month while practicing Courage. Here are 2 "PurposeFull Pursuits" you can complete together!

#1

Remember that Courage is choosing what is helpful, right, and kind even when it is hard or scary.

Reflect, think, and discuss things you would like to do, but find intimidating or scary (individually or as a family). Maybe it's a new hobby, trying a new game, sharing your art or invention with others, or going on an adventure somewhere. Give 1 of these things a try together this month and take a selfie to capture the memory!



#2

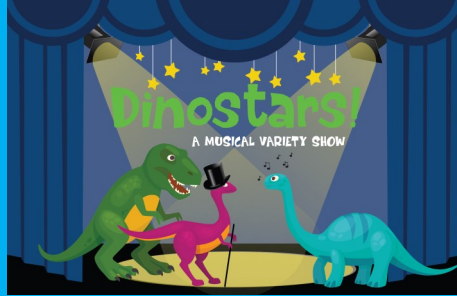
We have all demonstrated Courage in our lives. Stories are powerful tools for connecting as a family. Protect time this week to share stories about Courage with each other (you can use the story prompts to get started). At the end of the conversation, think of 1 way you can practice Courage this week.

#### Story Prompts:

- A time I (or someone else) showed Courage was \_\_\_\_\_.
- An act of Courage that changed/challenged me was \_\_\_\_\_.



# 2nd Grade Musical



# First Grade

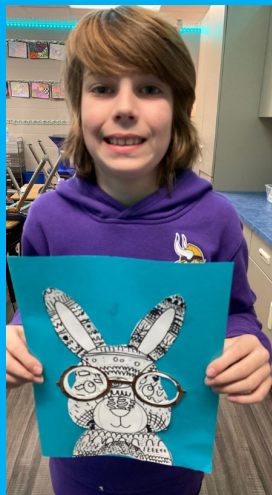


Mrs. Meints' class celebrating World Down Syndrome day with a show of mismatched socks!



Learning math using Lucky Charms!

# Third Grade

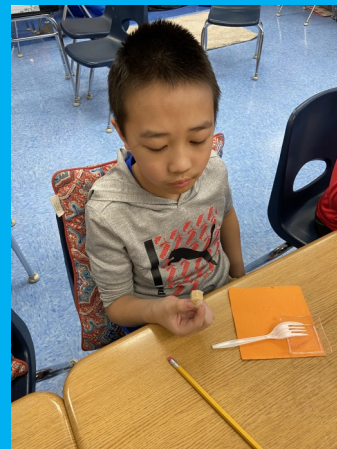


# Fourth Grade

Mrs. Boldt's class spent some time identifying various rocks and minerals.



They also sampled maple sap, maple syrup (made from the school forest trees), and maple sugar candy.



# Hanover School Forest

