



Hanover Herald

2022-2023 SCHOOL YEAR, VOL. 3



From the Principal's Desk...

**DECEMBER
2022**

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It's hard to believe we are already in the month of December! I hope all of you were able to have a wonderful Thanksgiving and find time to relax or connect with family.

We have some exciting things planned for the month of December. Our 3rd graders are currently helping to promote "The Giving Tree" at HES, which asks students and families to donate food, clothing, and toys to local families in need during the holiday season. We have already received many donations and it's great to see the pride on our students' faces when they bring items in to donate. "The Giving Tree" runs through December 9th.



On Thursday, December 1st our 4th graders performed their musical "Elflandia". These students had been working hard rehearsing and it was exciting to see them showcase their talents!



We will wrap up the month with a recognition program on Thursday, December 22nd, which will be the last day of school before winter break. Our monthly recognition programs are a great way to honor our students for their good deeds and hard work.

Also, over break students will be bringing home information regarding the Hanover Lions Drug Free Poster contest. The Hanover Lions are hoping to get as many students to participate as possible, so please encourage your child to create a poster over winter break and bring it back to school in January. See page 8 of this newsletter for more information on it.



Lastly, I wanted to update all of you on our efforts in the area of college and career preparation for our students. AVID (Advancement Via Individual Determination) is a framework that we use at Hanover Elementary and in BHM Schools to help prepare all of our students for college and careers after graduation. That work begins as soon as students are in Kindergarten.

One of the areas that we have been focusing on is organization. We know that if students are able to organize themselves, their work, and their thinking they will be prepared for any college or career as well as their everyday lives. Hopefully you have noticed that your child has a take home folder or binder that comes home each day. The left side of the folder/binder are for items that need to be completed and returned to school, while the right side of the binder can be kept at home or discarded when you have seen them. Our older students also should be writing in their planner each day and many teachers may even have a spot for you to sign the planner to verify you have seen it.



We recently did an organizational check with all of our students and found that 99% had their folder/binder with them, however when it came to using their folder/binder correctly or keeping it organized, the percentage dropped. One way that you can help at home is to continue to check your child's folder/binder/planner and help remind them to keep it organized. We will be including an organization checklist in student folder/binders in the near future to help you with this conversation. We know if our students can apply this skill it will serve them well for the rest of their lives. Thanks for all of your support and efforts at home!

~Brad Koltes, Principal~



Hanover Elementary School
274 LaBeaux Ave NE
Hanover, MN 55341
Phone: 763-682-0800
Fax: 763-682-0868
bhmschools.org



**Hanover
Elementary**
BHM SCHOOLS

Fitness Focus

This November in grades 3-5 we focused on collaboration and volleying skills. In grades K-2 we focused on collaboration with one another, chasing, fleeing, dodging and spatial awareness skills, and using manipulatives. Some examples of manipulatives are juggling scarves, bean bags, different-sized balls, and hula hoops. We explored different ways to move using this equipment. As always, we are continuing to focus on personal responsibility and treating each other with respect and kindness.



Looking forward to December, we are going to do fitness testing in 5th grade as well as finish up the volleying unit. In Grades 3-5 we will continue striking by doing some ping pong activities and a holiday movement activity or two. In Grades K-2 we will finish up the manipulative unit. We will be working on spatial awareness, a common theme throughout the year. For a couple of physical education sessions, students will participate in stations focusing on striking skills.



The PTO has graciously purchased snowshoes for HES! How awesome! If we have a large storm and the weather isn't terribly cold, we will be going snowshoeing in grades 2-5. I hope your child will have a blast with this!



Please help your child remember their gym shoes for PE class. Thank you!

Sincerely,

Mr. Turner

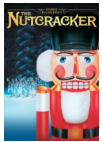
Physical Education Specialist

763-682-0865/joeturner@bhmschools.org

Musical Notes

Happy December greetings to all!

Our fourth graders started December with their musical, "Elflandia". They performed their shows on Thursday, December 1st at 1:30 pm and 6:30 pm in the Hanover lunchroom gymnasium and did an awesome job! MANY THANKS to our fourth grade teachers, Mrs. Boldt and Mrs. Schaaf for their extra work with students. Also, thank you to the PTO for donating costumes and set props.



During the month of December, all students will be singing holiday songs from around the world. In addition, all grades will study the Nutcracker Ballet story and listen to the music. Kindergarten, 1st and 2nd grade curriculum in December will focus around the Nutcracker, holiday songs and games. Students K-5 will also start our handbell unit with some composing.



The recorder unit begins for 3rd, 4th and 5th graders starting mid-January. A letter and order form will be sent out during December.



Happy Holidays to Everyone!

Mrs. Bolton

763-682-0855

mbolton@bhmschools.org

Artistic Expressions

December Greetings!

Recently students at HES got to experience "Art Adventure" a program from the Minneapolis Institute of Art. This program introduces students to works of art and encourages creativity, critical thinking, and global awareness as students explore art across various cultures and time periods. This year we got to look at posters and props relating to the theme People and Their Environment. We saw a photograph of New York City in the 1930s, Native American beaded moccasins, a landscape painting of Tahiti, a 3,000 year-old vessel from Thailand, and more! What a great program to increase appreciation and awareness of art! Thanks to the PTO for sponsoring this annual event!

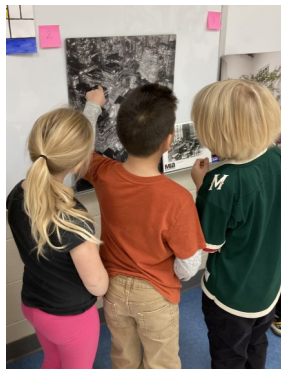


As the season changes we've started some wintery art projects. Students have made fuzzy looking mittens by blending oil pastels, others have been drawing winter landscapes with snowy mountains in the background, clay coil projects have been created, 3-D pond habitats have been made, color wheels have been created, and the list goes on! Check out the art photos to see more, and be sure to ask your young artists what they've been creating in the art room!



Until next time,




Mrs. Berg
Art Integration
763-682-0867
lberg@bhmschools.org



Health Headlines

Greetings from the health office!

We want to make you aware that we are seeing an increase in absences due to illness throughout the district. Most commonly seen are strep throat, influenza-like illness/flu (both A and B), COVID and stomach illness. Please remember to encourage your child to wash their hands (preferably with soap and water), cover their cough, eat well and get plenty of rest. Also, please remember to call the attendance line (763-682-0822 for HES) for every day your child is going to be absent and include the symptoms of illness they are experiencing. This helps us make sure your child's absence is coded correctly, but more importantly, it helps us assure your child is safe and accounted for. In general, students are welcome to return to school 24 hours after their last symptom (fever, vomiting, diarrhea), with no fever reducing medications. Some exceptions include alternative guidance from a healthcare provider or COVID (BHM Covid Protocol can be found on the district web page). We appreciate your cooperation.

| FEELING SICK? | | | |
|---|----------------------|--|---|
| Comparing symptoms of ALLERGIES, COLD, STREP THROAT, FLU, and COVID-19 | | | |
| | ONSET OF SYMPTOMS | SEASONALITY | SYMPTOMS |
| | | | Common ■■■ Sometimes ■■■ Rare ■■■ |
|  Seasonal Allergies | Abrupt | Differs depending on the allergen | Stuffy/runny nose + Red, itchy eyes + Runny nose + Cough + Sore throat |
|  Cold | Gradual onset | Most occur during fall and winter, but can be year-round | Runny nose + Sneezing + Sore throat + Cough + Mild cough |
|  Strep Throat | Abrupt (sore throat) | Can occur year-round with more cases in winter months | Sore throat + Painful swallowing + Fever + Headache |
|  Flu | Quick onset | Most occur in October through May | Fever + Dry cough + Headache + Fatigue + Aches and pains (can be severe) |
|  COVID-19 (some people never develop symptoms) | Gradual (2-14 days) | Unknown | Fever + Cough + Shortness of breath + Loss of taste or smell + Fatigue + Headache + Aches |

If you feel sick, contact your healthcare provider for evaluation, treatment, and possible testing. Call 911 and get immediate medical attention if you have any medical emergency.

Updated October 6, 2020

Save the Date: *Give Kids a Smile* February 3rd and 4th

Each year, dental professionals from across the state participate in Give Kids a Smile, providing free dental care to low-income children in need. The event takes place on the first Friday and Saturday of February and is made possible by the collaborative effort of the Minnesota Dental Association, volunteer dentists, and other generous sponsors. Registration begins January 1, 2023. Parents can find local participating clinics by visiting mndental.org or by calling United Way 2-1-1 or 1-800-543-7709. Please note: Every child must be accompanied by a parent or legal guardian and must have an appointment in advance. Walk-in care is not available.



Heidi Gallart/Licensed School Nurse - Elementary/763-682-8514



Giving Tree - Help less fortunate children in our community experience the joy of the holidays by donating to The Giving Tree now through Friday, December 9th. Collection boxes will be by the "Giving Tree" in the HES front hallway. Cash donations should be given to the office.

While toys are always appreciated, please consider giving the gift of warmth! More than ever, requests from families are for winter coats, snow pants, boots, socks and under garments.

Please consider giving any of the following suggestions:

- New unwrapped toys, newborn to 18 years old
- New winter coats, boots, mittens, hats, and gloves
- New clothes, newborn to 18 years old, especially socks and undergarments
- Non-perishable food items
- Cash donations (with matching funds up to \$200 by Bank West)

All donations go to St. Paul's Lutheran Church in Hanover to be used for holiday gift shopping for parents in-need that live in the area. This event helps over 400 children in our community enjoy the holidays. Non-perishable food items will be given to the Hanover Area Food Shelf. Thank you for your donations!

The Hanover Elementary School families have always been very supportive of our community. Thank you for all of your generosity and for spreading the joy of giving this holiday season!



HES PTO Movie Night

Featuring: The Grinch

Friday, December 9th

HES Cafeteria/Gymnasium

Doors open at 6pm, movie starts at 6:30pm

Flyers were sent home in November



If you use Amazon to shop for the holiday season or for every day, use this link: smile.amazon.com/ch/41-1355288 and Amazon will support our school with every dollar you spend!

Kitchen Korner

December is typically a quiet month in the kitchen. Please check the school website for our monthly menu. It contains not only what is being served that day, but also nutritional information on each item.



Please note that when there is a Snow Emergency and school is CANCELED, the menu will continue as printed.

The Nutrition Services department is looking for folks to sub in our kitchens. Our subs can pick which schools to work at and always have the option of turning down requests. Please consider being a part of our team!!



From all of us in the kitchen, Happy Holidays!!



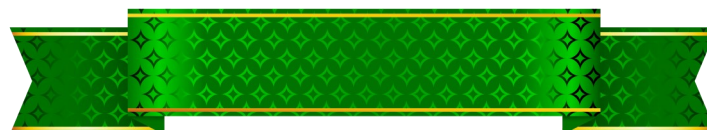
Donations

*PTO donated \$156.00 for classroom calculators

Upcoming Events

| | |
|------------------------|------------------------------|
| December 2 | Early Release at 12:25 pm |
| December 9 | Last day for the Giving Tree |
| December 9 | PTO Movie Night, 6-8pm |
| December 22 | Dress Up Day—Red & Green |
| December 23-January 2: | No school, Winter Break |
| January 3 | School Resumes |

Mark your
calendar!

A blue sticky note with a red pushpin at the top, with the text "Mark your calendar!" written in red cursive.

Hanover Collects

Hanover Elementary uses several different programs to help earn extra cash for our school. Check out their websites to learn more about each program.

- * **Box Tops for Education** (btfe.com)
- * **Coca-Cola GIVE** (<https://us.coca-cola.com/give/schools/>)
- * **The Cartridge Recycling Center** (cartridgerecyclingcenter.com)
- * **Coborn's MORE School Rewards** (moreRewards.com/school)
- * **Loaves 4 Learning** (loaves4learning.com).



Box Tops for Education is a digital program where you can help our school earn points for cash rewards. You scan your receipt using an app and it gives the school of your choice credit. Check out their website at btfe.com to enroll and see how it works.



GIVE Give Back to HES with Coca-Cola products. We're excited to share that our school is part of the Coca-Cola Give program. When you make Coca-Cola purchases, you simply enter the product codes here: <https://us.coca-cola.com/give/schools/> and our school receives a donation. Help us make the most of this program and learn more at Coke.com/give. You can also send in your product codes on bottle caps and packaging to the school.



HES also collects empty inkjet cartridges for recycling. We receive up to \$2 for each cartridge recycled. A list of acceptable cartridges can be found at cartridgerecyclingcenter.com. Drop off your empty cartridges in the collection bin located in the office. **Laser cartridges are not** a part of this program, so please do not bring them in.



You can earn rewards for HES when you shop at Coborn's. Simply sign up for their MORE Rewards program at moreRewards.com or in the store. Designate our school to receive the rewards when you buy qualifying products. Your points will automatically be tabulated and our school will be awarded a percentage of Coborn's donation to schools based on the corresponding percentage of all points earned for HES.



Save UPCs and earn cash for HES by clipping UPC Proof-of-purchases from participating products from Country Hearth, Village Hearth, Artisan Hearth and Fiber Up breads. Send the UPCs in to school with your student. Check out loaves4learning.com for more information.

Hanover Lions Poster Contest



For over 20 years the Hanover Lions Club has sponsored the *Drug Awareness Poster Contest* in December. The Lions provide special poster paper to all students at HES who wish to participate. Paper will be sent home right before winter break. Students need to return their posters to school by January 3rd, right after the break.

Prizes will be awarded for the 1st, 2nd and 3rd place poster for each grade (K - 5) along with a donation to the school if we attain a certain percentage of participation. First place prize - \$100, Second place prize - \$50, Third place prize - \$25. Please remember to put your name, grade, and teacher on the poster so the Lions know it is your submission.

The posters will be judged mid-January and prizes awarded at the January recognition program.

Positive discipline is linked to better behavior at home & school

A recent review of discipline research reaffirms that physical punishment is ineffective—and actually increases behavior problems. Effective discipline should be focused on teaching correct behavior, rather than punishment. And it's most effective when it's delivered in a positive, calm and loving way.

When disciplining, consider your:

- Words. Tell your child exactly what you expect. For example, "It's time to work on your assignment" is better than, "Aren't you supposed to be doing your assignment?"
- Tone of voice. It's important not to sound too stern or too unsure. Try to find a happy medium, a tone that says, "I'm confident you will do as I say."
- Body language. If possible, face your child and make eye contact. Avoid intimidating gestures such as shaking a finger or putting your hands on your hips.
- Facial expression. A calm look will encourage your child to cooperate. You don't need to look angry or upset.

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Promote skills that will prepare your child for middle school

Long before students enter middle school, teachers start preparing them for its challenges. You can do the same thing at home by encouraging your child to:

- Manage time. Demonstrate how to use short periods of time in productive ways. Your child could study flash cards on the way to basketball practice, or review math problems on the bus.
- Get organized. Make sure your child is using a planner to keep track of school assignments. Suggest ways to organize school papers and recommend cleaning out school bags and study spaces once a week.
- Take notes. Encourage your child to practice this skill while reading at home. Ask your student to identify and write down key words and information, then summarize the essential points.
- Plan ahead. Show your child how to make a study schedule and stick to it. Explain that several short study sessions are more effective than cramming.

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Downtime is vital for your child's health and academic success

Some parents schedule every minute of their children's time in an effort to prepare them for success in later life. But studies suggest that kids benefit from enjoying unscheduled free time.

When days are packed with lessons, sports and other structured activities, children can become overwhelmed and stressed out. As a result, they don't do as well in school and are more likely to get sick.

To determine if your child's schedule is balanced, ask yourself:

- Does my child have time to play with friends? Practices that are planned and run by adults don't count. Kids need time to relax and just "hang out" with other children.
- When does my child complete assignments? Working on them while traveling between activities isn't effective. Schoolwork takes concentration, and that takes time.
- Why is my child in these activities? Sometimes, parents are the ones who want their child to take a class or participate in a sport.
- Does my child get enough sleep? Children between the ages of six and 12 need nine to 12 hours of sleep each day to function well.

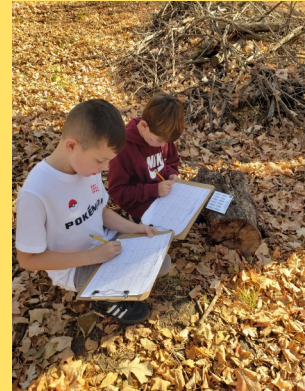
School is your child's most important job. If too many activities are getting in the way, ask your student to make a choice: "Which two activities do you enjoy the most?" For safety, middle school students should still be supervised, but increasing unstructured free time will increase your child's happiness and health.

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Hanover School Forest



Second Grade Learning Fun!



ELFLANDIA!

