

MESSAGE FROM THE PRINCIPAL – Dr. Mathew Nelson

In all times, “Together We’re Better” continues to resonate at Discovery Elementary. Here is a random question for you, have you ever heard of the idea of having a “Growth Mindset”? On page two you will find a graphic that illustrates the power of a Growth Mindset, which is something all staff at Discovery Elementary believe in and work hard to instill in our students on a daily basis. The graphic to me is an example of a powerful mindset strategy that helps support “The Power of Yet” within our lifelong learning journey and highlights the core of how we want to prepare our students for an ever-changing future.

It is hard to believe that it is already April and we are gearing up for Minnesota Comprehensive Assessments (MCA) testing near the end of the month, which will be continued into May. Again this year, all students in grades three, four, and five will be taking the Minnesota Comprehensive Assessments (MCAs) in both Reading and Math. Also, our 5th grade students will be taking the Science MCA assessment. We often talk about focusing on controlling what we can control and putting forth our best effort in all that we do at Discovery Elementary. The MCAs are no different and we tell the students that for them it is a celebration of all their hard work this year.

MCA = My Chance to Amaze . . .
. . . myself! . . . my friends!
. . . my school! . . . my parents!

Below are the specific dates for the 3rd, 4th, and 5th grade MCAs:

May 4, 5, 6 - Reading MCA Testing

May 11, 12, 13 - Math MCA Testing

Looking ahead to next year.....it will soon be time to begin the process of placing students in their multiage classrooms for next school year. When placing students, the following factors are considered. We feel all of our teachers are very qualified and accommodating to individual student needs and that students will do well in any classroom. Even though class assignments are the responsibility of the Principal, with input from the teachers, we recognize that there are instances where a parent has a legitimate reason for a request. Normally, we send out a request form to those that request it, but this year we will adjust and **if you feel you need to make a request, please feel free to reach out directly to me at mnelson@bhmschools.org or call me at 763-682-8426.** Your concerns and input will always be considered, however it may not be possible to accommodate all requests. The deadline for turning requests into the office is **Friday, April 29th.** **After this deadline we will not be able to make any adjustments to the classroom placements.**

Please feel free to contact me if you ever have questions or concerns.

“Together We’re Better!”

THE POWER OF

YET



I can't do this...*yet.*

This doesn't work...*yet.*

I don't know...*yet.*

It doesn't make sense...*yet.*

I don't get it...*yet.*

I'm not good at this...*yet.*

February Community "C" Students of the Month

"Cheerful"



March Community "C" Students of the Month

"Courageous"



Updates from the Health Office

Last month we began talking about creating a health plan for your young children. Exercise was the focus and tips were given on how to develop an exercise routine for your child and family. This month, we will discuss the need for adequate sleep.

“Sufficient sleep is not a luxury-it is a necessity---and should be thought of as a vital sign of good health” Wayne Giles, MD, National Center for Chronic Disease Prevention and Health Promotion

How much sleep do your children need? The Center for Disease Control (CDC) recommends:

- 3-5 year olds require 10-13 hours per night
- 5-12 year olds require 9-12 hours per night
- Teens require 8-10 hours per night

Studies show that adequate sleep is one of the key factors in a child's ability to learn. Insufficient sleep can also contribute to the development of or poor management of chronic diseases such as diabetes, cardiovascular disease, depression and obesity. The National Sleep foundation suggests the following tips to promote regular and adequate sleep patterns:

- Go to bed at the same time at night and rise at the same time each morning.
- Make your child's bed comfortable and use it only for sleeping-not for other activities such as reading, watching TV or listening to music.
- Remove all TV's, computers, and other technology gadgets from the bedroom. Our brains have two neurotransmitters, serotonin and melatonin that are regulated by light. When we have more light, our brain produces more serotonin and makes us feel alert and ready to go, with less light more melatonin is produced, making us more relaxed and ready for sleep. In order for the brain to sense that it is nighttime and produce melatonin to relax, screen stimulation must stop at least **30-60 minutes before bedtime.**
- Avoid physical activity within a few hours of bedtime.
- Avoid large meals or caffeine (e.g. soda, chocolate) before bedtime.

Although some of these suggestions would require most of us to change our routines, they are an easy and effective way to assure children are getting the sleep they need.

If you have questions or concerns, contact Heidi Gallart, Licensed School Nurse at hgallart@bhmschools.org or 763-682-8514.