

# Northwinds Express

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## Notes from the Principal

Greetings Northwinds Families,

We recently hosted our science residency that the 3rd-5th grade Northwinds students were able to participate in. The science residency is a learning experience provided by the Science Museum of Minnesota. The residency ran for three days in which students are able to participate in experiments and hands on learning activities. Due to the cold weather and school closings we have rescheduled the residency for students in Kindergarten through 2nd grade for April 16-19th, so that all students will have the opportunity to participate.

During the residency lessons students had to problem solve using the engineering design process. They learned a lot while also having fun! We want to express gratitude to our PTO for sponsoring this residency for us. The PTO used the donations that you as Northwinds families have contributed to help provide this wonderful opportunity for our students. We are greatly appreciative of all you do as families to support Northwinds.



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Northwinds Elementary  
School

Our mission at Northwinds Elementary School is to provide a safe, child-centered learning environment which promotes learning for all students



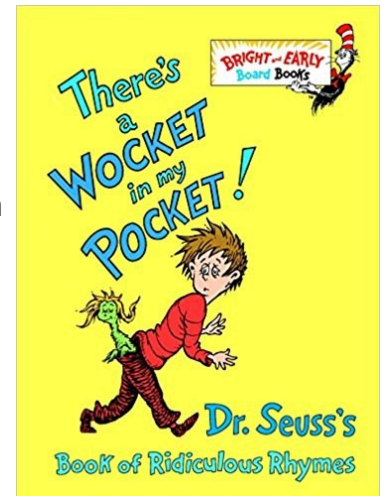
## Notes from the Principal Continued (Science Residency)



## Innovation Station

Hello NES families!

We have been exploring innovation in writing! The kindergartners are working on a digital class ABC book. They cannot wait to share when it's done! First graders are also working on a digital class book working on rhyming. It is based off of the Dr. Seuss book *There's a Wocket in my Pocket*. He is the king of rhyming himself, so we hope to do him justice! In second grade, we are working on a digital class book showing off second grade talent. It is a *How to...* book and we cannot wait to share all of the tutorials with you when we are done. Third graders are going to be starting their animal reports, a third grade research project. They will be able to learn a variety of ways to share their learning using a digital tool and pick the one that will work for them! Fourth graders have been using a story starter website from scholastic (check it out at [scholastic.com/teachers/story-starters/](http://scholastic.com/teachers/story-starters/)). Students spin the wheel and find out what silly, outrageous topic they will be writing about. Writing is SO fun!



Finally, fifth graders are working on their argument skills. We've talked about how arguing can be seen in a negative way, but if we use critical thinking and respect, arguing can be a really good skill. Think of how many jobs and situations outside of school those convincing skills would come in handy. With a partner, they have chosen a topic and each will present a side- for or against- and will record their arguments in podcast form. We will vote as classes to see which argument convinced you best! That's all for innovation station- thanks for reading!

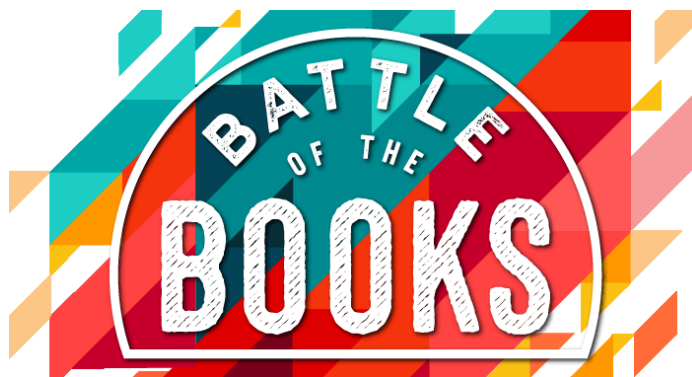
## Battle of the Books

NES students signed up in teams of 2 or 3 in January!

March 21st will be here before you know it! Keep reading the ten MAUD HART LOVELACE BOOKS! (aren't they good? #ohmygosh)

8:00 am- 3/4th grade will compete  
1:00 pm- 5th grade competition

Parents are welcome to attend!  
Any questions? Email Lisa Berg or Sara Graham at NES.



## Kindergarten Registration



If your child will be 5 on or before September 1, 2019 they are invited to Northwind's Kindergarten Registration held on Thursday, February 21st at 6:00 pm. Packets were mailed out the last week of January. If you did not receive a packet, please call the office.

We look forward to seeing you on the 21st!

## Yearbooks on Sale

Northwinds Yearbooks are on Sale!

Cost is \$13.00 until February 28th. There are other packages available for an additional cost. Order online at [ybpay.lifetouch.com](http://ybpay.lifetouch.com)

The Northwinds Yearbook ID Code is: 8699719. If you are unable to order online —pick up an order form in the office.

Order Now— Prices increase to \$15 after Feb. 28th.





## World Cultures— Mrs. Berg

Ni hao!

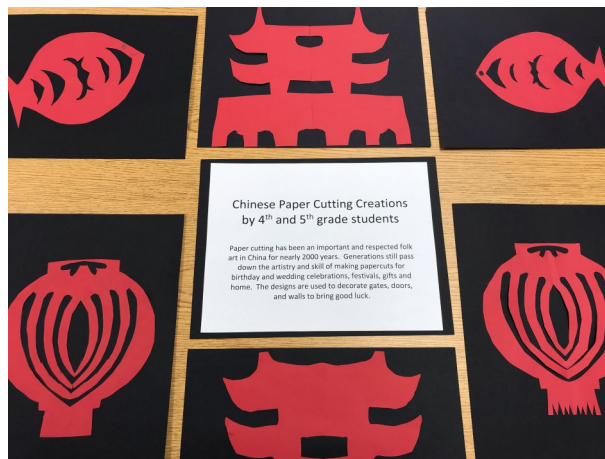
We're wrapping up our studies of China in 1st, 4th, and 5th grade. With over 1.3 billion people living in China, we've been looking at the world's most heavily populated country. Students have learned about the Great Wall, foods, the varied landscape, schools, pets, and the Chinese New Year. Projects have included using tangrams (a Chinese puzzle), trying Chinese paper cutting, drawing dragons, and using chopsticks to move "food" from one bowl to another. If you're here at school, be sure to walk down our hallway to see all the art work on display....it's a sea of red because in China red stands for happiness, good fortune, and protection.

The kindergarteners most recent continent of study has been Asia. We've had fun learning about the Himalayan Mountains, yoga, pandas, tangrams, the Chinese New Year, and bee bim bop (a popular Korean dish). The kindergarten students have things on display too, so if you're visiting for lunch, take a peak in our hallway.



On February 15th and 20th the high school exchange students are visiting our 4th and 5th grade students here at Northwinds. We're excited to learn from these students as they teach us about their home country/culture. Watch for pictures to be posted soon!

As the Chinese New Year begins on February 5th this year, be on the lookout for cultural conversation starters with your child. I hope you'll see or hear something that will lead to an extended learning opportunity for your child!



## Health Office News - Mrs. Gallart

Hello,

My name is Heidi Gallart and I am the new District Licensed School Nurse for the Buffalo/Hanover/Montrose elementary schools. I have been a registered nurse for 14 years with prior experience in school nursing, the neonatal intensive care unit and infection prevention. I look forward to getting to work with you and your student to ensure they are in their best health to be able to focus and learn from our great teachers.

You can reach me at 763-682-8514 during the school hours. I do have voicemail, so you can leave a message anytime in the evening – especially if you want me to get your message before students arrive in the morning! Alternatively, my email address is [hgallart@bhmschools.org](mailto:hgallart@bhmschools.org).

As you know, we have wonderful health paraprofessionals in the health office of each school. Please continue to work with them regarding your student's daily needs and be sure to contact me if your student experiences any changes in their daily routine requiring additional support at school.

Thank you and I look forward to working with you and your student!  
Heidi Gallart, BSN, RN, Licensed School Nurse

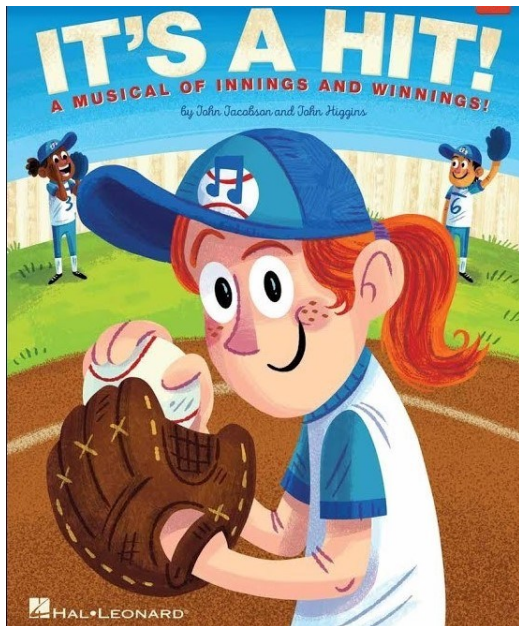


## Music Notes— Mrs. Wagner

Warm Greetings from the Music Room! The music room has been hopping with recorder playing! Third, fourth and fifth graders are learning to play recorders and challenging themselves along the way. Third grade is focusing on playing with soft sounds, covering the holes completely and using their tongue to begin the sound. Fourth and fifth graders are continuing to expand on their knowledge of the recorder, including new fingerings and harder fingering combinations. I notice a lot of hard working musicians!



Kindergartners have been working on following directions and recognizing longer and shorter sounds in the music. We have been playing games and singing a lot! First graders are working on reading *so*, *la* and *mi* on the music staff, and reading longer and shorter rhythms. We have been playing instruments and playing music games to reinforce what we are learning.



Our second graders will begin to work on their musical, "It's A Hit!" This musical is all about including others and being kind to one another. We are excited!

Our Spring NES Choir is in full swing with 25 fantastic singers. We are working on some fun and challenging music to present to everyone on April 30th.

### Dates to Remember:

**2nd Grade Musical- Thursday, April 25th at 1:30pm (school only) and 6:30pm (public performance)**  
**NES Choir Concert- Tuesday, April 30th at 1:30pm (school only) and 6:30pm (public performance)**

Have a warm and relaxing February!  
Mrs. Wagner



## Social Emotional Focus— Ms. Hageman



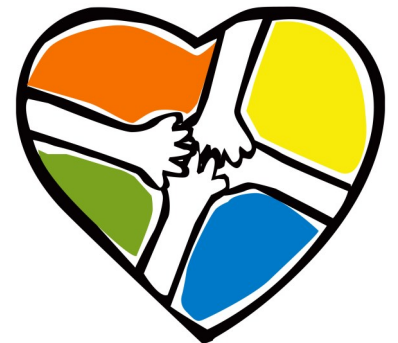
A child's social and emotional skills have a big impact on their academic learning. Therefore, our goal at Northwinds is to partner with you to develop your child's academic, social, and emotional learning. For the remainder for the year, this column will focus on how parents/guardians can help their child develop different social and emotional skills. February's social and emotional learning area will be on self awareness. CASEL (ie Collaboration for Academic, Social, and Emotional Learning) defines self awareness as the ability to identify one's thoughts, feelings, and strengths, and then recognize how these things influence one's choices and actions. Self

awareness is a foundational social and emotional skill area. A child will have difficulty being strong in the other social and emotional skill set areas if they are not strong in the skill area of self awareness. Understood, an organization that supports parents with learning and attention issues, explains that when a child has strong self awareness skills, they are able to recognize their strengths and weaknesses; can identify what they need to do to complete tasks; can recognize errors in schoolwork and are able to make edits/changes; can understand and talk about their feelings; recognizes other people's needs and feelings; and can see how their behavior affects others.

There are several ways that you as a parent/guardian are able to facilitate your child's development in self awareness. Listed below are 3 simple things you can do with your child to develop self awareness.

1. Help your child name emotions. When your child is feeling a big emotion, describe their body language and what that body language is showing you. For example "Your hanging your head low, that makes me think you are feeling sad right now". This helps your child identify how they are feeling.
2. When your child experiences a conflict with others, help them see how the other people in the conflict may feel or think. Engage your child in thinking about the situation by asking questions like "How do you think that made the other person feel?" or "I wonder what that other person was thinking when you said you didn't want to play with them at recess". These type of questions will get your child to proactively think about how others are thinking and feeling.
3. Model a growth mindset. Growth mindset means you have the attitude that you can improve your abilities and talents. People with a growth mindset are more likely to continue during challenges and view mistakes as opportunities to learn. When your child is difficulty learning a new skill or ability, remind them mistakes help us grow and we will improve the more we try.

If you feel that your child may be struggling in the area of self awareness and would like resources or assistance in helping your child, please talk to your child's teacher or contact me at 763-682-8848. To learn more about self awareness, you can visit the CASEL website at <https://casel.org/> or the Understood website at <https://www.understood.org/en/about/search-results?q=self%20awareness>.



## I LOVE TO READ WEEK



**I LOVE TO READ WEEK**  
**Live, Laugh, Love to Read!**  
**February 25-March 1**



**Its that fun time of the year! NES promotes the love of reading!**  
**This year our theme is *Live, Laugh, Love to Read.***

**Monday, Feb. 25** - We **LIVE** in our pajamas. Wear your pajamas.

**Tuesday, Feb 26** - All the places to **LOVE**- Dress in clothes that remind you of a place you love.

**Wednesday, Feb. 27** - **LIVING** the Dream - Dress as someone living a life that you admire.

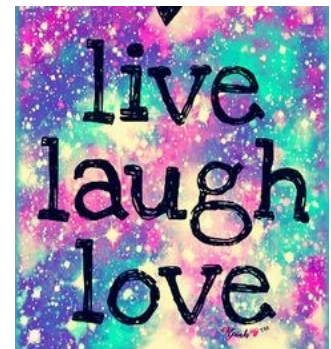
**Thursday, Feb. 28** - WE **LOVE** to **LAUGH** - Dress in funny hair and clothing.

**Friday, March 1** - All School Book Character Parade and our Read-a-thon.



**In preparation for the week:**

Encourage your child to create an art project or poster that we can either hang from the wall, ceiling, or display on top of the lockers. Put your child's name and teacher's name on it as well. Students can turn in their projects to their teachers by Friday, Feb. 22. We can't wait to see their creativity!



## Parent-Teacher Conferences Reminder:

Parent-Teacher Conferences are just around the corner. Conference dates are March 7, 12, and 14th, from 3:30-7:00 PM. We look forward to seeing you there.

## Trash to Cash Update:



**January Total: \$680.86!!**

**Next collection date is Tuesday, February 12th.**



## PTO NEWS



Family Fitness Night in January was a huge success!

Thank you to all the families who showed up for a night of family fun and fitness!



Watch for more info on our upcoming PTO Events:

**FAMILY BINGO NIGHT**

**Tues. March 19, 2019.**

### Important Dates:

#### February:

11th- PTO Meeting 4-5 PM

18th— NO SCHOOL

Presidents Day

21st— Kindergarten

Registration 6:00 PM

#### March:

4th— PTO Meeting 4-5 PM

7th— Conferences 3:30-7 PM

12th—Conferences 3:30-7 PM

14th—Conferences 3:30-7 PM

29th— NO SCHOOL

Teacher Workshop

#### April:

1st —5th— No School

Spring Break

8th- PTO Meeting 4-5 PM

25th—Grade 2 Musical  
6:30pm

30th—Choir Concert 6:30 PM

