

# Northwinds Express

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## Notes from the Principal

Greetings Northwinds Families,

As we enter the final month of school we begin to think about summer. Many times parents will ask myself or their child's teacher, "How do I help my child continue to learn in the summer?" "What are some things I can do at home to support their learning?" Students and families need a healthy balance of fun, rest and play in the summer. However, if you are interested in some activities that will continue to promote learning in the summer The National Association of Elementary Principals (NAESP) has shared some great ideas from their Report to Parents (issue 29.9 naesp.org) including:

- Talk with your child before school is out about what summer learning will look like in your family. For example, what are the expectations? Will there be a schedule or time set aside?
- Read every day. You can read aloud to them or have them read to themselves, you or a sibling.
- Build in physical activity, research shows this is important for healthy brain and learning development as well.
- Play with others! Social interaction is an important part of a child's learning and development.

If your family is traveling over the summer build in some fun learning activities and sights to see on your vacation. Have your child keep a vacation journal to write in each day.

These are a few ways to build learning into your child's summer to continue the progress they have made this year. We wish all of our Northwinds students and their families a wonderful, safe and fun summer!



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[www.bhmschools.org/schools/northwinds](http://www.bhmschools.org/schools/northwinds)

Northwinds Elementary  
School

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



## School Supplies

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Watch for next year's school supply lists to come home toward the end of May! You can save time by ordering your child's school supplies online! Watch for order information to come out soon.



## Cafeteria Corner— Mrs. Van Lith

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Thanks to all the Golden Guests who joined us for lunch on April 26. We really enjoyed getting to meet the special people in our student's lives. What a difference you make!! They were so proud to show you off to their friends and staff members. The extra twinkle in their eyes was priceless. They were on their best behavior as they showed you how to navigate the lunchroom. What great memories were made. My staff and I were humbled by the overwhelmingly positive comments about our lunch. Thank you.

It's hard to believe the school year is winding down. In order to help you with the remaining school months and next year, here are answers to some frequently asked questions. Bag lunches may be ordered for school field trips. They need to be ordered at least one day in advance from the food manager. The cost of a bag lunch is the customer's usual student (free, reduced or paid) or adult price. The bag lunch consists of a deli turkey sandwich, fruit, baby carrots, cookie, milk or water. Fifth grade students going to the Middle School next year will have their lunch balances (positive or negative) automatically transferred. Thank you for continuing to keep a positive balance in your child's account.

We'd love to have you join your child for breakfast or lunch. Please call ahead so we can plan accordingly. If possible, please bring exact change or small bills for payment. You may also use your child's account to pay for lunch if it has sufficient funds. As always, if you have any questions, or wish to join us for lunch, please give me a call at 763-682-8838



Sue Van Lith, food service manager

## Musical Notes

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Marvelous Musical May Greetings to you!

The month of April was very busy in the music room. 2nd graders had two fantastic performances of their musical, "It's A Hit!" Thank you to everyone who helped make our musical such a success. Our NES 4th and 5th Grade Choir also performed two concerts and were magnificent!

Our music room was filled with the sounds of ukuleles in April! Students in grades 3, 4 and 5 learned to play the chords F, C and G7. We can play so many songs now! I witnessed quite a bit of determination as kids were learning to place their fingers on the fingerboard for each chord. Hats off to the fine learning that took place!

During the month of May students in all grades will be learning about the piano and learning how to play with our right and left hands. During this unit students will be applying their skills of reading rhythms, using right and left hands separately, reading notes on the staff and playing with a steady beat. If your student takes piano lessons I encourage them to bring their piano lesson books to play from for extra practice and to challenge themselves a bit.

Maybe our fine piano skills will bring warmer weather to us in May! I hope you have a fabulous month!

Mrs. Wagner



## Phy Ed— Ms. Johnson

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Hello Northwinds Families!

Many of you may have heard from your students that I was able to share one of my greatest passions with the whole school during our Polar Pack Assembly this week. I have been an Olympic weightlifter for 12 years. I wish that meant I have gone to the Olympics, but it is simply the full name of my sport. On Wednesday I took my barbell and bumper plates to Northwinds for a demonstration of the two contested lifts: snatch and the clean and jerk. In between lifts I talked about strength and dedication. Both qualities are so important for a healthy and happy life and both qualities also matter a great deal in weightlifting. I spend a lot of time and energy in weightlifting and it was a blast to share this side of myself with Northwinds students. I had a lot of great questions afterwards!

There is so much going on in the physical education department for the rest of the year. Currently, our younger students are working on locomotor skills (skipping, galloping, sideways sliding) during low organized games. Our older students are finishing a quick unit on Ultimate Frisbee. I am keeping my fingers crossed that we can go outside before the end of the year. Right now, the grass is still a little too wet for us to be outside for a whole lesson. Remind your students to start dressing as if we might go outside for PE.

Our 5th graders will soon be going over to the middle school for the 5th Grade Track and Field Day. It is an extremely fun, all day event that involves all of the elementary schools physical education programs. All BHM 5th graders go to BCMS and spend the day bonding while being physically active. Parent volunteers are more than welcome so please let me know if you are able to be at the event with your child.

Lastly, the annual Northwinds Fun Field Day is going to be on Monday, June 3<sup>rd</sup>. The fifth graders will be hosting the event for 1st -4th grade and with all of the Avengers Endgame mania going on, the theme will be “super heroes” (Marvel and DC characters). Everyone is encouraged to dress like a super hero or wear something that represents their favorite hero. All of the stations will have something to do with popular super heroes. Fingers crossed we have good weather for this event!



## Summer KidKare and Summer Sunblock Program

**\*\*KidKare will be CLOSED on Monday, May 27 for Memorial Day!\*\***

### Summer KidKare is filling up fast! Register Today!!

- ◆ online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)
- ◆ visit any KidKare site before May 31
- ◆ Call Lori Trogstad, Coordinator, at 763-682-8787



### Summer Sunblock

\*Summer Sunblock classes are also offered separately, or as part of Summer KidKare.

Summer Sunblock classes are offered through BHM Community Education. These enrichment classes are a great way for your child to stay on top of his or her skills in reading, writing, math and science...all while having fun! Students can explore their creative side with a variety of art classes or stay active with recreation and outdoor games. No matter which classes you choose, you can count on a summer of fun and learning at Summer Sunblock!!

Dates:

Block A - M-Th, June 17-June 27

Block B - M-Th, July 1-July 11

Block C - M-Th, July 15-July 25

### Summer Food Program

FREE breakfast and lunch for ages 1-18 thanks to a federal program! An adult or responsible older child should bring younger children. Monday-Friday June 12-August 23 (closed July 4). Located in the Discovery Center Cafeteria and Montrose Elementary Cafeteria.

Breakfast: 8-8:45

Lunch: 11:45-12:30

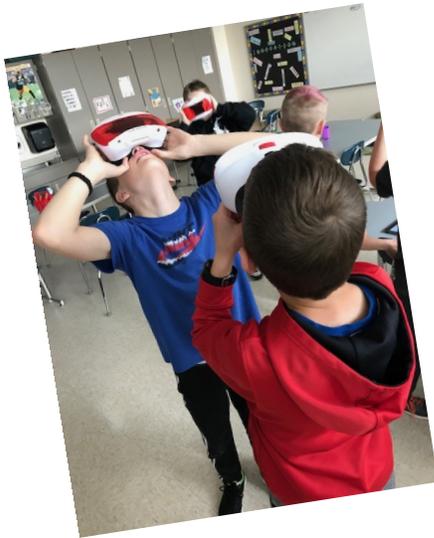


## Innovation Station— Mrs. Franzen

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Hi innovation station lovers!

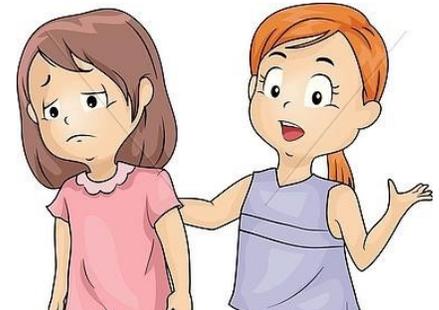
This past week has been busy in innovation station- and fun! We were able to borrow the district set of VR goggles to explore different parts of the world! We have been underwater swimming with the whales, and SHARKS; we have been to important landmarks in the United States; we have been to countries in Europe to see famous landmarks, and we've even jetted into outer space. We have seen, that no matter what grade, VR can help us learn about the world around us. It is up to us to keep our earth beautiful! It was recently earth day and the VR sets have helped remind us that traveling, whether in real life, or virtually, can really allow us to grow and get us outside our comfort zone and what we are used to living in Minnesota. Looking towards the end of the year, we will be working on digital citizenship, finishing up mystery science projects, and creating and building like we love to do! Thanks for reading.



## Social Emotional Focus— Mrs. Hageman

It is hard to believe it is already May! The end of the year is coming soon and I only have two skill areas left to share with you this year! May's social and emotional focus is on the skill area of responsible decision making.

CASEL (ie Collaboration for Academic, Social, and Emotional Learning) defines the skill area of responsible decision making as “the ability to make constructive choices about personal behavior and social interactions”. CASEL noted responsible decision making involves understanding the consequences of our actions, how our actions impact others and ourselves, and accepting responsibility for our decisions and behaviors. When children are able to reflect on their actions, they are able to make stronger choices and decisions later on.



Staff at Northwinds seek to model responsible decision making to students and to guide students in making strong choices.

Northwinds has a school wide focus on different character traits, such as responsibility. When staff see students displaying responsibility, they are able to give students a Polar Pride Ticket. Students can then enter their ticket into a drawing which occurs every Friday for a small prize! Moreover, staff come alongside students to help them problem solve when there are conflicts and make responsible choices.

There are several ways that you as a parent/guardian are able to facilitate your child's growth in responsible decision making! Listed below are 3 things you can do to help your child develop the skill area of responsible decision making:

When you see your child make a responsible decision, verbalize that to them. When we take a moment to say “That was very responsible of you to \_\_\_\_\_”, we are affirming to them that it is important to be responsible.

If your child has a problem, try to offer more than one solution to the problem. It can sometimes be easy to tell children what they need to do to solve a problem. When you offer different solutions, give reasons behind them, and what the result of each choice may be, then you are modeling a strong decision making process to your child.

If your child makes a poor choice, guide them in self reflection. You can do this by asking “What are some of the consequences of your choice?” or “How will you fix the problem?”

If you feel that your child may be struggling in the area of responsible decision making 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 this skill area, you can visit the CASEL website at <https://casel.org/>.



## Arts and Academics Update

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**ARTS and ACADEMICS - Thursday, May 9, 2019**

### **Pride of USA - National Parks and Monuments**

We love our national parks and monuments!

Everyone is excited to see the projects that students have been working on at home! Please have your child bring their project to school Monday, Tuesday, or Wednesday (May 6-8). Students should bring their projects down to the art room (past the music and world cultures room) between 7:25-7:45 am. Remember to have your child put their name, grade, and a picture of themselves on their project.

Projects will be on display in the gym during school on Thursday. Classes will be invited to take a look sometime throughout the school day. Families, be sure to take a look at the projects that evening. Projects can go home at the end of the event on Thursday, or students can pick up their work in school on Friday.

**We look forward to seeing all kinds of great projects this year!**

Questions? See Mrs. Wagner, Mrs. Graham, or Mrs. Berg



## Health Office

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**\*\*The health office is in need of boys and girls pants with elastic waist. Sizes 6 - 10.\*\***

## PTO NEWS



**“YOU scream, I scream, we ALL scream for Ice Cream!”**

Don't forget.....

**Thursday, May 9th from 5:00-7:00pm is our NES Ice Cream Social!**

Enjoy some ice cream from What's The Scoop as you check out student's projects about National Monuments. There will also be a silent auction of gift baskets that our students and adults have put together to help raise money for our school. Plus, pick up some great books for summer reading at the Scholastic Book Fair. It will be a **TASTEFUL** night!

Stay up to date on our Facebook page, <http://www.facebook.com/NorthwindsPTO/>

**As always we welcome anyone to come join our PTO meetings the first Monday of each month at 4:00pm in the back of the lunchroom at NES.**

### Important Dates:

#### May:

6th—PTO Meeting 4-5 PM

9th– Ice Cream Social 5-7 PM

27th—No School

Memorial day, KidKare closed

#### June:

3rd--NES Fun Field Day Gr.

K--4

3rd— PTO Meeting 4p.m.

6th– Last day of School

