



# Hanover Herald

2020-2021 SCHOOL YEAR, VOL. 7



**APRIL  
2021**

## 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 recharge. It's hard to believe, but we will only have 9 weeks left before the end of the school year when we come back. It has been great being fully back in person since the middle of January and we've seen a lot of student growth during this time. 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 a brief hiatus last year, students will once again be taking the MCAs (Minnesota Comprehensive Assessments) for students in grades 3-5 this spring. 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!



We are 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. We are currently finalizing our staffing for next year, so it's important to have updated numbers.

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

*Brad Koltes, Principal*



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**Hanover  
Elementary**  
BHM SCHOOLS

# Music Notes

March sure flew by quickly! For all of our students at Hanover, it's been back to the basics. 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. 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. Grade 3, 4 & 5 students have been studying music from the Renaissance, classical and romantic music periods through our Quaver online curriculum. Students have also been creating many original compositions to be shared in May.



K, 1st and 2nd graders have been listening and analyzing the music of "The Carnival of the Animals" and playing songs on the boomwhackers, xylophones and bucket drums.



In April, students in grades K-5 will start our piano keyboard unit. We will finish at the end of May with classroom sharing of songs and improvised melodies and rhythms. Kindergarten, 1st and 2nd graders will be bringing home sticker sheets to show their song progress on the keyboards.

Looking forward to making more music in April!

Mrs. Bolton  
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[mbolton@bhmschools.org](mailto:mbolton@bhmschools.org)



## MOVING?

If you plan to move or transfer schools this summer, please contact the office at 763-682-0824 or email [msteward@bhmschools.org](mailto:msteward@bhmschools.org) as soon as possible.

Thank you!

# P.E. Update

Happy Spring Break! Now that the weather is starting to get warmer, it gives everybody an opportunity to get outside and enjoy activities. Below is a list of ideas to be active during your break.

## Things to Do Outside With Kids as a Family

- Go for a walk. Set a timer to see how far you can walk in five minutes, 10, 20, or 30.
- Ride bikes.
- Fly kites.
- Blow bubbles using a DIY mix.
- Play classic outdoor games such as Red Rover, Red Light Green Light, or Steal the Bacon.
- Host a nature scavenger hunt.
- Hula hoop.
- Roller skate.



This month in P.E., grades 3-5 will enjoy a week-long archery unit. Grades K-2 will work on cooperative team challenges, short rackets and rope jumping skills.

## Did you know...

- Archery was first introduced to the Olympics in 1900. It was included at the 1904, 1908 and 1920 Games, then had a 52-year hiatus from the Olympic Programme.
- In 1972, archery returned to the Games and it has remained an Olympic sport ever since.
- To get within the 'gold ring', Olympic archers have to be able to hit a target the size of a coaster from a distance of seven bus lengths!
- Five-time US Olympic archery champion Khatuna Lorig trained Jennifer Lawrence for *The Hunger Games* films. She's not the only Hollywood star to be adept with a bow. *Thelma & Louise* star Geena Davis just missed out on making the US Olympic archery team in 2000, placing 24th out of 300!
- Archery was the only sport that women could take part in, when they were first allowed to compete in the 1904 St. Louis Olympics.

Source: Foresters Friendly Society

***"Play with heart, win with class, and lose with dignity."***

Michael S. Josephson

Ms. Peters / 763-682-0865  
cpeters@bhmschools.org

Giving is not just  
about make a donation,  
it's about  
**making a difference.**

- Kathv Calvin

HES received the following donations:  
From Coke Rewards - \$70.26

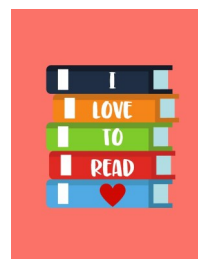
# Media Musings

## 186,519 minutes!

The final numbers are in for I LOVE TO READ month, and our Hanover Elementary students read 186,519 minutes during our READING IS OUR THING Reading Challenge for I LOVE TO READ month! 90% of our Hanover students participated in our Reading Challenge by turning in their reading logs. This is the highest percentage that we've ever had! Thanks so much for your participation and dedication to reading!

Here's the breakdown:

Grade Level	# of minutes read
Kindergarteners	14,316
1 <sup>st</sup> graders	24,572
2 <sup>nd</sup> graders	31,620
3 <sup>rd</sup> graders	42,661
4 <sup>th</sup> graders	27,762
5 <sup>th</sup> graders	45,588
<b>Total:</b>	<b>186,519</b>



The top minute reader was Jasmin Roiko who read 4600 minutes during I LOVE TO READ month! Jasmin averaged 1150 minutes a week. The second highest reader was Ella Jurmu with 2860 minutes. Congratulations to these two voracious readers!

5th grade readers who read 1000+ minutes were: Gavin Baker, Finnley Butterfield, Sarah Cotton, Arowyn Lee, Reannon Meierhofer, Mac Mutterer, Meghan Reeves, Ellen Ward, Alana Watercott, and Eli Worth! Awesome job!

The top 4th grade reader was Gabe Johnson with 1330 minutes, and Henry Fournier and Noah Fournier had 1000+ minutes! Gavin Dvorak, Winston Lehtola, and Avery Lindberg read 900+ minutes! Great work!

Zander Gredzens was the top 3rd grade reader with 1285 minutes, and Caleb Hansen read 1083 minutes! 3rd graders with 900+ minutes were Faye Bienias, Declan Butterfield, Harlow Grant, Leila Jurmu, and Jack Sobiech! Way to go!

2nd grade top minute readers were John Tuchscherer with 1605 minutes and Alaina Simonson with 1525 minutes! Pierce Anderson, Lucy Carlson, Rylin Rehm-Boese, Tilly Scherer, and Weston Schott read 950+ minutes! Keep up the hard work!

Easton Malmquist was the top 1st grade reader with 752 minutes for the month! Olivia Eggert, Adelaide Regep, Easton Reinking, and Gabriel Ward read 600+ minutes to round out the first grade readers. Keep being amazing!

The top kindergarten reader was Collin Willi with 820 minutes! Kindergarteners who read 500+ minutes were: Quinn Brandt, Savannah Eisenzimmer, Zachary Gredzens, Bennett Johnson, Dominic LoBello, Avery Reinking, and Waylon Stotts! What a magnificent job you did!

Continued →



## Media Musings (con't)



Every HES student voted in the **Star of the North Picture Book** awards program. The winner for Hanover Elementary School is *A Dog Named Doug* by Karma Wilson and illustrated by Matt Myers. *Potato Pants!* written and illustrated by Laurie Keller was the 2nd place finisher. *Misunderstood Shark* was voted into 3rd place. All of our votes have been sent to the headquarters of the Minnesota Youth Reading Awards and the overall state winners will be announced on April 24th. The students are anxious to learn the overall winner for the entire state of Minnesota.

- *Be Kind* by Pat Zietlow Miller and illustrated by Jen Hill
- *Bear Came Along* by Richard T. Morris and illustrated by LeUyen Pham
- *A Dog Named Doug* by Karma Wilson and illustrated by Matt Myers
- *Fry Bread: A Native American Family Story* by Kevin Noble Maillard and illustrated by Juana Martinez-Neal
- *Going Down Home with Daddy* by Kelly Starling Lyons and illustrated by Daniel Minter
- *A Map into the World* by Kao Kalia Yang and illustrated by Seo Kim
- *Misunderstood Shark* by Ame Dyckman and illustrated by Scott Magoon
- *Potato Pants* written and illustrated by Laurie Keller
- *Snowman - Cold = Puddle: Spring Equations* by Laura Purdie Salas and illustrated by Micha Archer
- *Under My Hijab* by Hena Khan and illustrated by Aaliya Jaleel

The 3rd through 5th graders who read at least 3 of the **Maud Hart Lovelace** nominees were eligible to vote for their favorite book. The winner is *Mustaches for Maddie* written by Chad Morris and Shelly Brown. The 2nd place winner was *Restart* by Gordon Korman, and 3rd place was *Bob* by Wendy Mass and Rebecca Stead. We can't wait to see the top winner for Minnesota which will be announced on April 24th.

Thanks for all your hard work! Keep reading!

Mrs. Lenzmeier  
HES Library  
Media Specialist & Technology Teacher  
klenzmeier@bhmschools.org



The whole world opened to me  
◊ when I learned to read. ◊  
-Mary McLeod Bethune

# Health Headlines

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 every 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](mailto:hgallart@bhmschools.org) or 763-682-8514.



# PTO Page

Hey Parents, ask your child about the Hanover School Forest. The students are learning so much in their very own outside classroom.

We are firming up details for The Big Spring Event for HES students and families. Stay tuned for more details. It will be worth the wait!

*The best ideas come when we work together.*

*We would love to have you at our next PTO meeting to share your ideas with us. Our meetings are held virtual for the time being. E-mail us at [hespto2020@gmail.com](mailto:hespto2020@gmail.com) and we will share the Google Meet link with you.*



## Upcoming Events

April 1&2	No school, teacher workshop
April 5-9	No school, spring break
April 12	School resumes
April 12	Virtual PTO meeting, 6 pm
April 14	Distance Learning material pick-up, 8 am-2 pm
April 15	Statewide tornado drill
April 16	Dress-up day: college/career awareness
April 22	Earth Day
April 30	Dress-up day: Dress clothes
May 5	Distance Learning material pick-up, 8 am-2 pm
May 9	Mother's Day



## Five strategies can increase your child's motivation to learn

Kids who are motivated to learn are likely to be more successful in school than those who are not.

To motivate your child:

1. Be a learner yourself. Let your child see you read books. Watch educational programs. Attend school functions. Try new things. Show curiosity.
2. Share what you learn. Talk about new ideas or scientific discoveries with your child. Discuss things you read or hear.
3. Show an interest in what he is learning. Ask questions to learn and share—not to check up on your child.
4. Stay positive. If your child has problems in school, help him see that problems can be solved. Meet with the teacher to figure out ways your child can improve. Then discuss ways you can work together to help him succeed.
5. Let your child know you believe he can learn. If you show faith in his ability to learn, he will have more confidence in himself.

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## Regular review helps your child strengthen math skills

Success in math is built on mastering basic skills. Help your child establish math review habits that reinforce these skills. Here's how:

- Regularly quiz your child on basic math facts:  $2 \times 9$ ,  $12 - 4$ ,  $6 + 6$ , etc. Together, make a set of flash cards with the math facts he needs to know. Review them together often—at the breakfast table, in the car or while waiting at the doctor's office. Your child has mastered a math fact when he can give the correct answer in less than three seconds.
- Resist providing the answers. Your child will learn better if you show him how to find them instead. For instance, if he doesn't know what  $3 \times 5$  is, have him draw three parallel horizontal lines. Cross them with five vertical lines. Then have him count the intersections to get the answer.
- Have your child practice writing numbers neatly. Many of the math errors students make are due to messy number writing. Your child could use graph paper to make sure his numbers are neatly lined up.
- Encourage your child to work more problems than the teacher assigns. Good math skills come with practice.
- Challenge your child to do math "in his head." See if he can figure out a problem without using pencil and paper or a calculator. Practice estimating, too.

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## Give your elementary schooler practice making decisions

The best way to learn how to make good decisions is by making lots of them. So give your child as many opportunities as you can to make choices.

Young children can decide which healthy items to pack for lunch, or which long sleeve shirt to wear, for example. Older children can make decisions about more significant things. Of course, you must still set the boundaries. For example, your child can decide whether to do her science or her social studies homework first, but she can't decide to watch TV before she starts her homework.

Gradually give your child more freedom to make decisions. Keep in mind that children don't always connect outcomes with the choices they have made, so help your child think about the potential consequences of her decisions.

If she makes a poor decision, sit down and talk about why it didn't work. Ask, "What would you do differently next time?" The next time she has to make a decision, she will be able to draw on what she learned.

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# Hanover School Forest

