



Hanover Herald

2022-2023 SCHOOL YEAR, VOL. 7



**APRIL
2023**

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 re-charge. It's hard to believe, but after spring break we will only have 9 weeks left before the end of the school year. The past couple months have been great at Hanover and we've seen a lot of student growth! 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 spring break students in grades 3-5 will be taking the MCAs (Minnesota Comprehensive Assessments). 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!



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**Hanover
Elementary**
BHM SCHOOLS



We are already 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. Interested families can always reach out for more information or to request a tour.

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

Brad Koltes, Principal



Music Notes

March sure flew by quickly! Students in grades 3-5 have been sharing songs and improvised melodies and rhythms on the ukulele.



Second graders worked hard at learning the music and movements for their musical, "Go Fish!" Second graders performed their musical on Tuesday, March 21st at 1:30 pm for the school and 6:30 pm for family and friends. They did an amazing job! We'd like to thank our Hanover PTO for donating money for costumes and props for our musical.



In April, it's back to the basics for 1st and 2nd graders. 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: (xylophones, metallophones and glockenspiels). 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.

 All 3rd, 4th and 5th graders will begin guitar in April.

Mrs. Bolton
763-682-0855
mbolton@bhmschools.org




Artistic Adventures

Spring Greetings!

The students have been busy in the art room. In March the kindergarteners have been learning all about paper. We have been integrating science into our art lessons. Students tried writing on different types of paper, introducing water to different types of paper, and we even recycled some paper by making paper pulp, screening the water off, and letting it air dry. As artists, it's been exciting to learn new things about a very common art supply.



 First grade students have been exploring paper, too. They have experimented with paper mosaics and paper weaving - both lessons that gave students lots of fine motor practice while creating.

Third graders finalized their woven trees in the foreground of their English countryside, which was quite an accomplishment! This project turned out looking so spring-like and beautiful! Third graders have also been reviewing the elements of art and art space.

Continued on next page

Artistic Adventures (con't.)

Fifth graders have been working on creating bold human figures by using Keith Haring as our artist of inspiration. They painted figures in motion and also used tin foil to sculpt human figures.

See the Picture Gallery of the newsletter for pictures of the students' artwork!

Until next time,

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

Fitness Focus

This March in grades 3-5 we finished striking skills by using long handled implements in floor hockey and have been focusing on bowling. We had a very fun 5th grade bowling field trip! In grades K-2, the skills we focused on were striking with short handled implements and bowling. As always, we are continuing to focus on personal responsibility and kindness.



Looking forward to April, we will begin our jump rope unit. Please ask your child about how they are progressing on becoming a jump rope ninja. When the students complete a certain number of jumps they get to sign a board that shows what level they complete. Each grade level is differentiated on the number of jumps needed to achieve each level. Each level gets progressively more difficult to achieve. The levels are as follows: White, Yellow, Orange, Green, Blue, Purple, Red, Brown and Black. When students achieve their levels they will get to sign a poster in the gym that corresponds to the color they are on. In March, our school's word of the month was Honesty, and in April the word of the month is Determination. Both of these words apply directly to doing the best work possible in the jump rope unit. I am looking forward to a great month of fun in PE!



As we look ahead to late April, some of what we might do in PE may be weather dependent. We will attempt to get outside as much as possible. We have striking, collaborative games, kickball activities, tag related activities, and track and field activities yet to do this year. The weather will affect what occurs when.



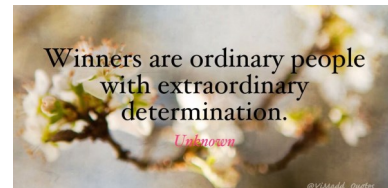
Our focus continues on our practice of being a good sport in all activities, treating each other and the equipment with respect, and working hard in PE! Thank you to all as we look forward to having a great April in HES PE.



Please help your child remember their gym shoes for PE class. We are still occasionally having boots or non gym shoes worn to class. Have a great April! Thank you.

Sincerely,

Mr. Turner
PE Specialist
joeturner@bhmschools.org
763-682-0865



MOVING?

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

Thank you!



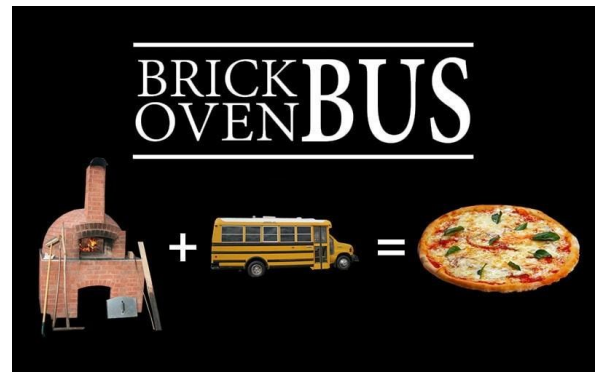
PTO Page

Save the Date:

Friday, May 5th, 2023
6:00 pm—8:00 pm

For a Spring Fiesta!

Watch your child's folder for more information later this month.



The mission of the Hanover PTO (Parent/Teacher Organization) is to promote an open line of communication between parents, teachers and administration to give our students extra educational opportunities, what we call the "Hanover Experience". This experience provides our students with opportunities in the classroom and family focused events that make their time at HES both more enjoyable and a better atmosphere for learning. This support demonstrates to our children that education is important and we are behind them in every way.

Next meeting is Monday, April 10th 2023, 6:00 P.M. in
the Staff Lounge



If you know anyone moving to the area with school-age children, please encourage them to register asap. They can contact Melissa Steward at msteward@bhmschools.org or call 763-682-0824.



Health Headlines

Did you know?

- Children with toothaches in the last six months are 6 times more likely to miss school.
- Part of the impact of COVID has been that the number of children with dental problems has increased.
- Some of the dental problems that can cause ear pain include an abscessed tooth, cavity, or an impacted molar or wisdom tooth.
- Some behaviors that might indicate concerns with a child's teeth include flinching while eating, holding their face, avoiding smiling or chronic ear infections.
- Some great questions to ask include "Do you have a toothache or teeth that hurt", Do you have teeth that hurt when you eat?, Do you have tooth pain that wakes you up at night?
- Minnesota specific data show that for 3rd graders in 2020:
 - Half have or have had tooth decay
 - 2 of 10 have untreated tooth decay
 - 4 out of 10 have treated tooth decay
 - More than half have dental sealants

Taking good care of our teeth is a life-long endeavor and well worth the time children spend learning to do it well. We will focus both this month and next month on how to care for our teeth. Please read the following information from KidsHealth.org and be sure to share this information with your children as we enjoy the nice weather that I'm sure is just around the corner!

How to Take Care of Your Teeth

Taking care of your teeth helps prevent cavities and gum disease. Brushing and flossing properly can prevent plaque, a clear film of bacteria that sticks to your teeth. After you eat, the bacteria break down sugar on your teeth into acids that eat away tooth enamel, causing holes called cavities. Plaque also causes a gum disease that can make your gums red, swollen, and sore.

What's the Right Way to Brush My Teeth?

Dentists say you should brush your teeth for at least 2 minutes twice a day. Here are some tips on how to brush:

- Hold your brush at a 45-degree angle against your gumline. Gently brush in short (about one tooth-wide) strokes. Don't brush too hard!
- Brush all outside and inside areas of your teeth, and the chewing surfaces.
- You can also gently brush your tongue.
- Use a timer or play a favorite song while brushing your teeth to get used to brushing for a full 2 to 3 minutes. Some electronic toothbrushes have timers that let you know when 2 minutes are up.

How Do I Get Rid of Plaque?

To prevent cavities, you need to remove plaque. To do this, brush your teeth twice a day and floss at least once a day. Brushing also stimulates the gums, which helps to keep them healthy and prevent gum disease. Brushing and flossing are the most important things that you can do to keep your teeth and gums healthy. Use a toothpaste with fluoride to prevent cavities.

To be continued in the May 2023 HES newsletter...



Upcoming Events

April 3-7	No school, spring break
April 10	School resumes
April 10	PTO meeting, 6 pm in staff lounge
April 14	Early release, 12:25 pm
April 20	Statewide tornado drill
April 22	Earth Day
April 25	1st grade field trip, MN History Center
April 28	Dress-up day: Freaky Friday - Wear your clothes inside out or backwards
May 2	5th grade field trip, Ney Park
May 5	Early release, 12:25 pm
May 5	PTO Spring Fiesta, 6-8 pm

Spark your child's interest in reading by being a role model

Research shows that reading role models are critical to establishing reading as an essential part of a child's life. In addition, children who see adult family members reading are often more motivated to read themselves.

To demonstrate that reading is informative and fun:

- Let your child see you reading something every day. Make it clear to your child that you think reading is worth your time.
- Tell your child why you are reading. Are you reading for information, to double-check something you think you know, or for enjoyment?
- Look up a word in the dictionary when you come across one you are unsure of. Ask if your child knows the meaning of the word.
- Read aloud to your child. When you come across something interesting, share a small part of it. Your child may be motivated to finish reading it independently.
- Use your library card. When you take your child to the library, find something to check out for yourself.
- Join your child. When you see your child reading, pick up something to read yourself.
- Give books as gifts. Show your child that books are special by giving them as gifts. Suggest your child give books to friends, too.
- Ask relatives to support your child's reading habits. Could they record themselves reading a book aloud?

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Responsibility is crucial for your elementary schooler's success

Educators agree that responsible children do better in school. Luckily, families have countless opportunities to foster responsibility.

Here are just a few to start with:

- Enforce a few age-appropriate rules and consequences. State them clearly so your child knows the exact behavior you expect.
- Trust your child with meaningful tasks. School-age children are capable of handling responsibilities such as picking up their rooms, setting the table and helping with the laundry.
- Discuss ways to help others. Talk about what it means to be a responsible member of a community. Consider different ways your family can contribute, such as by donating gently-used clothing to a charity or volunteering your time for an important cause.
- Talk about financial responsibility. Many children receive an allowance. Even a small one provides a great opportunity to teach about budgeting, spending, saving and giving.
- Let your child make decisions, such as how to solve a problem with a friend at school. Making decisions builds confidence.
- Adjust rules and responsibilities. As your child matures, abilities will change. Consider assigning more grown-up chores. Or perhaps your child can make new and exciting decisions. Talk about how great it feels to be responsible!

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A math strategy wheel can help your child get back on track

When students get stuck on a math problem, they might not remember how to get themselves back on track.

That's where a strategy wheel can help. To make one, ask your child to list all the different things students can do to find the answer to a math problem, such as:

- Reread the problem.
- Draw a diagram.
- Restate the problem in their own words.
- Guess an answer and then check it out.
- Think about how they solved other problems like this one.

Then, have your child create a pie chart with each of the strategies listed. Post the chart wherever your child works on math assignments.

The next time your child is stuck, all that's needed is to glance at the wheel and then try out one or more of the strategies.

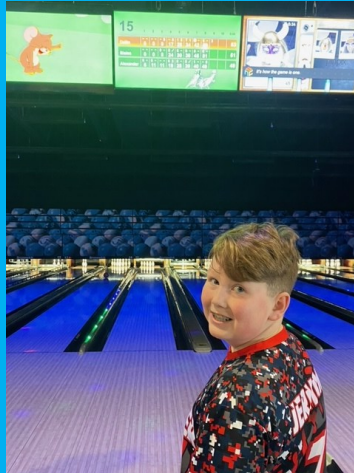
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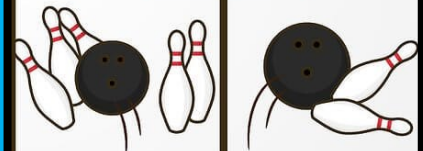
5th Grade Bowling Extravaganza!



STRIKE



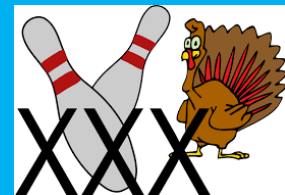
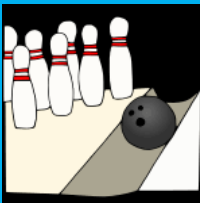
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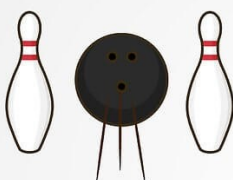
1ST TRY

2ND TRY

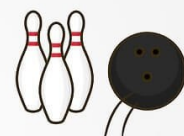
wikiHow to Bowl



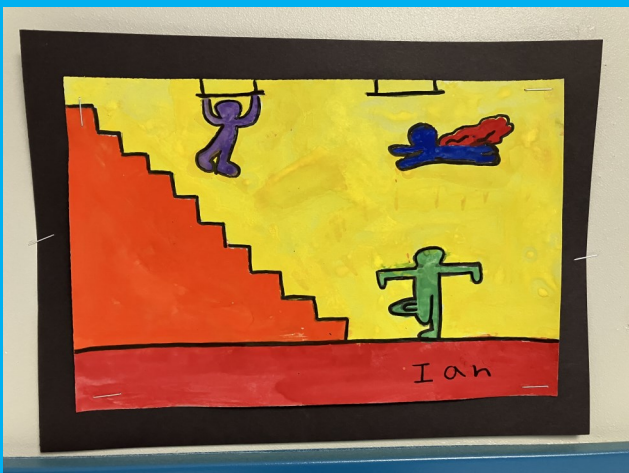
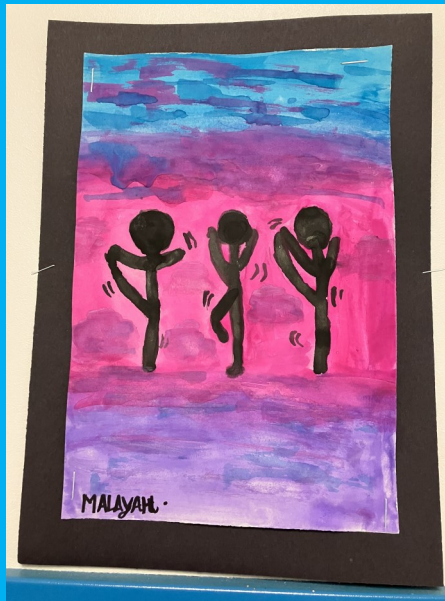
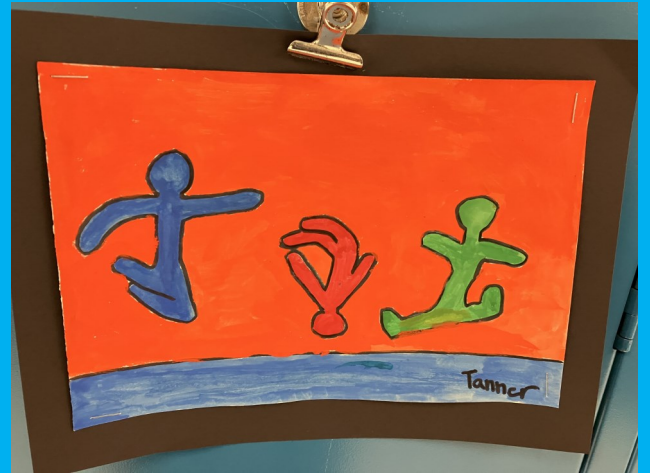
SPLIT



**OPEN
FRAME**



Art Gallery



2nd Grade Musical



Hanover School Forest

