



# Hanover Herald

2021-2022 SCHOOL YEAR, VOL. 3



## From the Principal's Desk...

**DECEMBER  
2021**

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As you are probably aware, we did see an increase in the amount of positive Covid-19 cases during the month of November, which was similar to what was seen across the state of Minnesota. At the Elementary level, we have been notifying families when there has been a classroom exposure, due to the fact that students are with one another for the majority of the day. In some cases, we have needed to require masks for students and staff within a classroom for 14 days due to the number of positive cases. We know that additional mitigation measures are always a possibility if we continue to see an increase in cases.

If the past year and a half has taught us anything, it's an appreciation for being able to have our students in school and learning in person. We want to do everything we can to continue in person learning, so we ask all of our families to continue to screen your children daily before sending them to school. If your child has symptoms that may decrease their ability to learn or put them at risk for spreading an illness to others, we ask you to please keep them home and contact our health office at 763-682-0864. To access a home screening tool you can go to: [www.bhmschools.org/covid-19-screening](http://www.bhmschools.org/covid-19-screening)

The month of December is going to be an exciting one and we have some fun things coming up for students. Our 3rd graders are currently helping to promote "The Giving Tree" at HES, which asks students and families to donate food, clothing, and toys to local families in need during the holiday season. We have already received many donations and it's great to see the pride on our students' faces when they bring items in to donate. "The Giving Tree" runs through December 10th.



On Thursday, December 2nd our 4th graders will be performing their musical "The Lights of Jingle Bell Hill". These students have been working hard rehearsing and it will be exciting to see them showcase their talents!



We will wrap up the month with a recognition program on Wednesday, December 22nd. Our monthly recognition programs are a great way to honor our students for their good deeds and hard work.

Just a reminder that December 22nd is the students' last day before winter break. I hope all of you had a wonderful Thanksgiving and enjoy a great month of December.

~Brad Koltes, Principal~



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**Hanover  
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# Physical Education Update

**COMING IN JANUARY.... "Get Fit"** a program sponsored by the Minnesota Timberwolves and Lynx teams encouraging students to be more physically active outside of the school day. Through the Get Fit program, participating students will receive a special complimentary ticket offer for a select Timberwolves home game during the 2021-2022 season. In addition, the students will have the opportunity to shoot a free throw on the court following the game they attend! **Watch for Activity/Movement cards to come home at the beginning of January. The program will run from January 10th-February 11th.**



**Activities for the month of December will include: combined locomotor, non-locomotor, striking and volleying skills.**

Grades 3-5: Students will practice serving, passing, setting and spiking in drills and mini-games. They will also learn rotation and how to score in a game. At the end of the unit they will be working in cooperative groups in a parachute-cageball volleyball game.



Grades K-2: These students will be practicing striking and volleying skills in a variety of stations using nerf balls, beach balls, scarves and paddles.



\*At the end of the month all students will participate in a short scooter unit and engage in holiday activities.



***During the Holiday break, please remember that "Children who are physically active tend to be happier, more secure and they have a lower risk of becoming involved in drugs or other risky behaviors. Take the time to eat healthy and eat together. Watch your children grow in health, self-esteem and energy. It is never too late to help them begin healthy habits. Teach your children how wonderful life is when it is lived actively."***

***~~Janel Swanson~~***

***Have a happy and healthy Holiday break!***

*Ms. Peters*

*Physical Education Specialist*

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# Media Musings

Every school year, the Minnesota Youth Reading Awards nominates 10 books for the Maud Hart Lovelace Book Award. Students in 3rd, 4th, and 5th grades who read at least 3 of the 10 nominees are eligible to vote for their favorite book at the end of March. All the votes across the state of Minnesota are tallied, and the winners are announced in April. The award is named after Mankato, MN author, Maud Hart Lovelace, who is best known for the Betsy-Tacy series written in the 1940's and 1950's.

Here are the nominees for the 2021-2022 school year:

**The Doughnut Fix**, by Jessie Janowitz

**From the Desk of Zoe Washington** by Janae Marks

**Indian No More** by Charlene Willing McManis and Traci Sorell

**Max & the Midnighters** by Lincoln Peirce

**The Rhino in Right Field** by Stacy DeKeyser

**Saving Winslow** by Sharon Creech

**Blended** by Sharon M. Draper

**Inkling** by Kenneth Oppel

**The Remarkable Journey of Coyote Sunrise** by Dan Gemeinhart

**When Stars are Scattered** by Victoria Jamieson and Omar Mohamed



Please encourage your student to read at least 3 of these recommended Maud Hart Lovelace books!

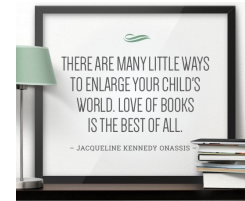
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## More Media Musings

During technology class, the third through fifth graders have started our keyboarding unit. We've been stressing correct posture and finger position. Their speed and accuracy rates are improving every day with continued practice. We have been using Dance Mat Typing for our introduction to keyboarding, and just this week started utilizing our keyboarding program called keyboardingonline.com. The kindergarteners have been improving their mouse skills by utilizing several of the ABC games on abcy.com. The second graders have been learning about all the keys on the computer keyboard and their functions, and they've also been working on alphabetizing to locate books on the library shelves.

Happy Reading!

Mrs. Lenzmeier  
HES Media Specialist and Technology Teacher  
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## Musical Notes

Happy December greetings to all!

In music class during the month of December, all students will be composing rhythms and melodies to create a holiday composition for handbells. Students will also practice playing along as a class on various songs. In addition, all grades will study the Nutcracker Ballet story and listen to the music.

Kindergarten, 1st and 2nd grade curriculum in December will focus around the Nutcracker, holiday songs and games.

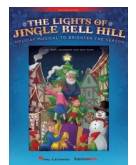
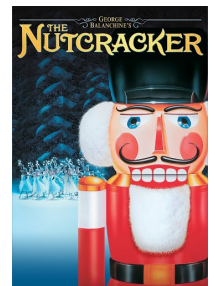


Students in grades 3, 4 and 5 will continue to work in our "Quaver" curriculum and create electronic music compositions.

A big thank you to our PTO for donating another step to add to our risers. Our fourth graders will be able to spread out a little more for their upcoming musical on Thursday, December 2<sup>nd</sup>.

Happy Holidays to Everyone!

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# Health Headlines

**Save the Date: Give Kids a Smile February 4<sup>th</sup> and 5<sup>th</sup>**

Each year, dental professionals from across the state participate in *Give Kids a Smile*, providing free dental care to children in need. The event takes place on the first Friday and Saturday of February and is made possible by the collaborative effort of the Minnesota Dental Association, volunteer dentists, and other generous sponsors. More details should be available soon at [www.mndental.org](http://www.mndental.org).



## **Tips for Staying Healthy, Happy and Safe during the Holidays**

Give the gift of being healthy this holiday season with a few simple tips to keep you, your family and your friends, healthy this time of year and all year round!



**Wash your hands.** By washing your hands often will help limit the spread of germs that can make you and others sick. Wash your hands with soap and running water for at least 20 seconds.



**Eat healthy and get plenty of exercise!** Enjoy the holidays the healthy way with balance and moderation. Skip the tempting sweets and heavy side dishes by mixing in fresh fruits and seasonal vegetables. With the kids off of school, be active as a family everyday.



**Bundle up!** Stay warm and dry by wearing appropriate clothing for being outdoors. Dress in layers of light, warm clothing and remember to wear hats, scarves, mittens and warm boots!



**Handle and prepare food safely.** Follow these four simple steps to decrease your chance of getting sick from holiday eats. Wash your hands and food preparation surfaces often, avoid cross contamination between raw and cooked foods, cook foods, especially meats, to proper internal temperatures and refrigerate leftovers promptly.



**Stress management!** Amongst all of the hustle and bustle, remember to take time for yourself. Take a moment to do some deep breathing exercises or meditation. Get plenty of sleep and don't overcommit yourself to prevent anxiety and pressure.

For more ideas to keep the whole family healthy, happy and safe during this holiday season, visit [healthpoweredkids.org](http://healthpoweredkids.org).



# PTO Page



**Giving Tree** - Help less fortunate children in our community experience the joy of the holidays by donating to The Giving Tree now through Friday, December 10th. Collection boxes will be by the "Giving Tree" in the HES front hallway. Cash donations should be given to the office.

While toys are always appreciated, please consider giving the gift of warmth! More than ever, last year the request from families was for winter coats, snow pants, boots, socks and under garments.

Please consider giving any of the following suggestions:

- New unwrapped toys, newborn to 18 years old
- New winter coats, boots, mittens, hats, and gloves
- New clothes, newborn to 18 years old, especially socks and undergarments
- Non-perishable food items
- Cash donations with matching funds up to \$200 by Bank West

All donations go to St. Paul's Lutheran Church in Hanover to be used for holiday gift shopping for parents in-need that live in the area. This event helps over 400 children in our community enjoy the holidays. Non-perishable food items will be given to the Hanover Area Food Shelf. Thank you for your donations!

The Hanover Elementary School families have always been very supportive of our community. Thank you for all of your generosity and for spreading the joy of giving this holiday season!

*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. E-mail us at [hespto2020@gmail.com](mailto:hespto2020@gmail.com)  
Our next meeting will be held in January 2022.*



# Kitchen Korner

Although December is a quiet month in the kitchen please check the school website for possible menu changes and new menu items.

Please note that when there is a Snow Emergency and school is CANCELED, the menu will continue as printed.

The Nutrition Services department is looking for folks to sub in our kitchens. Our subs can pick which schools to work at and always have the option of turning down requests. Please consider being a part of our team!!

From all of us in the kitchen, Happy Holidays!!



## Donations

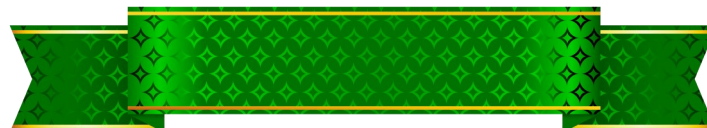
\*PTO donated \$9134.59 for music room risers, 4<sup>th</sup> grade musical props, Raz Kids license and classroom activity funds.

\*Anonymous \$20 donation for the school forest.



## Upcoming Events

December 2	4th Grade Musical, 6:30 pm
December 10	Last day for the Giving Tree
December 22	Dress Up Day—Red & Green
December 23–January 2:	No school, Winter Break
January 3	School Resumes



# Hanover Collects

**Hanover Elementary uses several different programs to help earn extra cash for our school. Check out their websites to learn more about each program.**

- \* **Box Tops for Education** ([btfe.com](http://btfe.com))
- \* **Coca-Cola GIVE** (<https://us.coca-cola.com/give/schools/>)
- \* **The Cartridge Recycling Center** ([cartridgerecyclingcenter.com](http://cartridgerecyclingcenter.com))
- \* **Coborn's MORE School Rewards** ([moreRewards.com/school](http://moreRewards.com/school))
- \* **Loaves 4 Learning** ([loaves4learning.com](http://loaves4learning.com)).



Box Tops for Education has traditionally been a clip and submit program. It is now changing so points are earned digitally. You scan your receipt using an app and it gives the school of your choice credit. Check out their website at [btfe.com](http://btfe.com) to enroll and see how it works. If you still find box tops on packages, by all means, clip them and send them in to school with your student.



**GIVE** Give Back to HES with Coca-Cola products. We're excited to share that our school is part of the Coca-Cola Give program. When you make Coca-Cola purchases, you simply enter the product codes here: <https://us.coca-cola.com/give/schools/> and our school receives a donation. Help us make the most of this program and learn more at [Coke.com/give](http://Coke.com/give). You can also send in your product codes on bottle caps and packaging to the school.



HES also collects empty inkjet cartridges for recycling. We receive up to \$2 for each cartridge recycled. A list of acceptable cartridges can be found at [cartridgerecyclingcenter.com](http://cartridgerecyclingcenter.com). Drop off your empty cartridges in the collection bin located in the hall just outside the office. **Laser cartridges are not** a part of this program, so please do not bring them in.



You can earn rewards for HES when you shop at Coborn's. Simply sign up for their MORE Rewards program at [moreRewards.com](http://moreRewards.com) or in the store. Designate our school to receive the rewards when you buy qualifying products. Your points will automatically be tabulated and our school will be awarded a percentage of Coborn's donation to schools based on the corresponding percentage of all points earned for HES.



Save UPCs and earn cash for HES by clipping UPC Proof-of-purchases from participating products from Country Hearth, Village Hearth, Artisan Hearth and Fiber Up breads. Send the UPCs in to school with your student. Check out



## Parents can instill a positive attitude about math & science

Take a look at any list of high-paying jobs and you are likely to see that most have one thing in common: They require a knowledge of math and science. So why don't more students— especially girls—prepare for careers by studying math and science?

Researchers took a look at how parents influence their kid's views on math and science. The study found that, in general, parents are more likely to encourage boys to take an interest in math and science. And this tends to start as early as preschool, when students' attitudes toward math and science begin to form. As a result, girls tend to lose interest in these subjects by high school.

So what can parents do to make sure their sons and daughters stay interested in math and science? Here are some suggestions:

- ♦ Have some fun with the subjects. Conduct simple science experiments in the kitchen. See who can add the numbers on a nearby license plate fastest.
- ♦ Find role models. Look for shows or news stories featuring diverse people who are doctors, engineers and scientists.
- ♦ Help your child see herself as someone who is good in math and science. Teach her that brains, like muscles, get stronger with practice. Remind her that "smart is something you get, not something you are."

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## Keep your elementary schooler motivated with these strategies

You don't just want your child to learn. You want your child to want to learn! Motivation is part of being a successful student.

Here are strategies that can motivate your child to do his best:

- Stay engaged. When parents are involved in education, kids do better in school. Talk about school, monitor study time and communicate with the teacher regularly.
- Have a positive attitude. Let your child know you believe he can succeed in school. And if he struggles, work with the teacher to find solutions.
- Promote independence. Give your child age-appropriate freedoms. Let him choose between two places to study, or whether to do homework before or after dinner, for example.
- Correct mistakes in a positive way. Don't say, "You seem to struggle with spelling." Try, "You spelled everything right except these two words! I bet you can learn them with practice."
- Give specific compliments. Don't say, "I like your handwriting." It's better to say, "Your report is written so neatly. I can tell that you really took your time."
- Add more to learning. Let school lessons spark your imagination. Visit educational websites with your child. Take a trip to the state capital, plant a window garden or calculate distances between points on map together.

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## A five-step process can help your child make better decisions

Want your child to make more responsible decisions? Encourage her to rely on this five-step process whenever she's faced with a dilemma:

1. Assess the situation. Your child can't make a wise decision if the issue at hand seems murky. So remind her to clearly define it by asking herself, "What's the main thing I'm concerned about?"
2. Explore her options. What are some ways your child could handle the problem? Have her make a mental list, then narrow it down to the three most sensible choices. This list-making step is critical because it illustrates that there are usually several options for solving a problem.
3. Consider the disadvantages. Have your child think about the cons of each of her top three ideas. If a certain option has a particularly negative consequence, this is a good time to rule out that option.
4. Consider the advantages. Now ask your child to figure out the pros of her top choices. Does one option have major advantages over others? Then that may be the winner.
5. Decide on a solution. Now that she's weighed the pros and cons of each possible option, your child can make her decision with confidence.

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## Hanover School Forest

