

# Hanover Herald

#### 2020-2021 SCHOOL YEAR, VOL.4



### JANUARY 2021

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### From the Principal's Desk...

Happy New Year! I hope that all of you had an opportunity to rest, relax, and spend quality time with family over the Holiday Season. We are excited for students to get back to school and start 2021 on a great note. As Dr. Thielman had shared prior to break, we will be planning a learning model shift this month and will be able to slowly move back to full in-person by the beginning of February. As a reminder, here is the timeline:

#### Learning Model Shift

- ► January 4-15
  - Elementary and PreK in Hybrid
- ► January 18
  - No School–Martin Luther King Jr. Day
- ► January 19-28
  - Elementary K-2 and PreK return to In-Person Learning (continue early dismissal)
  - Elementary 3-5 continues in Hybrid (continue early dismissal)
- ► January 29
  - No School/End of Term K-12
- February 1
  - Elementary K-5 and PreK are In-Person (return to regular dismissal time-2:25 p.m.)

Though we know things can still change, we are hopeful that we can return to full in-person February 1 and stay in that model. Thank you again for all of your support and flexibility through these challenging times.

Speaking of changes and flexibility, our current hybrid model is certainly presenting challenges in terms of providing consistent routines for our students. As families, I'm sure many of you are observing these same challenges when it comes to the inconsistent schedule. We know there are many factors that are out of our control, but anything you can do at home to provide as much consistency as possible for your child(ren) will help while we are in our hybrid model. Creating a schedule for their "home school days" can provide structure for students and let them know when they should complete their school work. Parents' own work schedules will certainly impact this, but any type of structure for these home days will help. Some other simple routines, such as reading everyday and having a consistent bedtime during the week can go a long way and help students to stay in the school routine.

Lastly, I want to remind you that our winter conferences are scheduled for February 9th, 11th, and 16th this year. You will be receiving information on how and when to schedule your conferences online. Parent participation in conferences has been amazing and our partnership with you is why our students continue to be so successful! Thanks for all you do to support Hanover Elementary School.

~Brad Koltes, Principal~

## **Musical Notes**

January has arrived! All music students at Hanover will be exploring the treble clef and staff this month.



2<sup>nd</sup>, 3<sup>rd</sup> and 5<sup>th</sup> graders will be working on the ukulele. This unit will be about 2 weeks long and will conclude with a performance assessment on their ukulele playing.

Kindergartners and 1<sup>st</sup> graders will be composing melodies to play on the xylophone bell sets that our PTO donated to the music program this year. Thank you to our awesome PTO!



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All music students have been working through the Quaver Music curriculum composing rhythmic and melody compositions and will continue this throughout the winter. Happy 2021!



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

## **Kitchen Korner**

Happy New Year!! Normally I would be commenting on how things in the kitchen are calming down after the chaos of the holidays. Not so this year! We are still serving curbside, and so looking forward to the all kids coming back full time in February.



Meal pick up dates are as follows:

- **January 8**
- January 15
- January 22
- January 28

If you have not signed up and are still interested, contact Allison Barkley at 763-682-8775 or abarkley@bhmschools.org

## **Physical Education Update**

#### "Every Body Needs P.E."

The beginning of a new year can bring fresh new attitudes about health and fitness. Start the year out right and set new goals to become a better healthier you! Find 60 minutes in each day to get physical exercise.



Even though it is winter, there are a number of activities that your family can do together to help one another stay healthy and fit and fill in the extra minutes of exercise needed per day.

#### Indoors:

- Play interactive video games such as the Wii Active games or YouTube fitness workouts.
- Play board games that get you up and moving like charades, or Hyperdash.
- Another idea for board games is to have the winner choose an exercise for everyone to do between games, or do a victory lap or dance when something good happens to a player during the game.
- Commercial Break Boot Camp. Use commercial time to do different stretches or exercises.
- ♦ Take the family for a walk.

#### Outdoors:

- ♦ Find a safe area for sledding.
- Build a snow fort, or even a snow village.
- Make a snowman, or an entire snow family.
- Have the entire family help shovel or clear snow.
- ♦ Go for a winter hike.
- Find a spot for ice skating. Don't have ice skates?? Use boots instead to glide across the ice.
- ♦ Have a safe snowball war...no heads!

These are only a few ideas. It is important to choose activities that are enjoyable. Ask your family what activities they like doing or what new ideas they can think of to get the entire family up and moving. Use your imaginations and have fun!

#### Winter and Tennis Shoes



Please remind your child to wear their tennis shoes on days he/she has P.E. The tennis shoes are required for your child to participate in class and should be designed for athletic use. Wearing other types of shoes inhibits skill development and presents safety concerns in class. Please

know that insuring your child's safety at all times is a top priority of our program.

This month in P.E., all students will be working on striking skills in a hockey



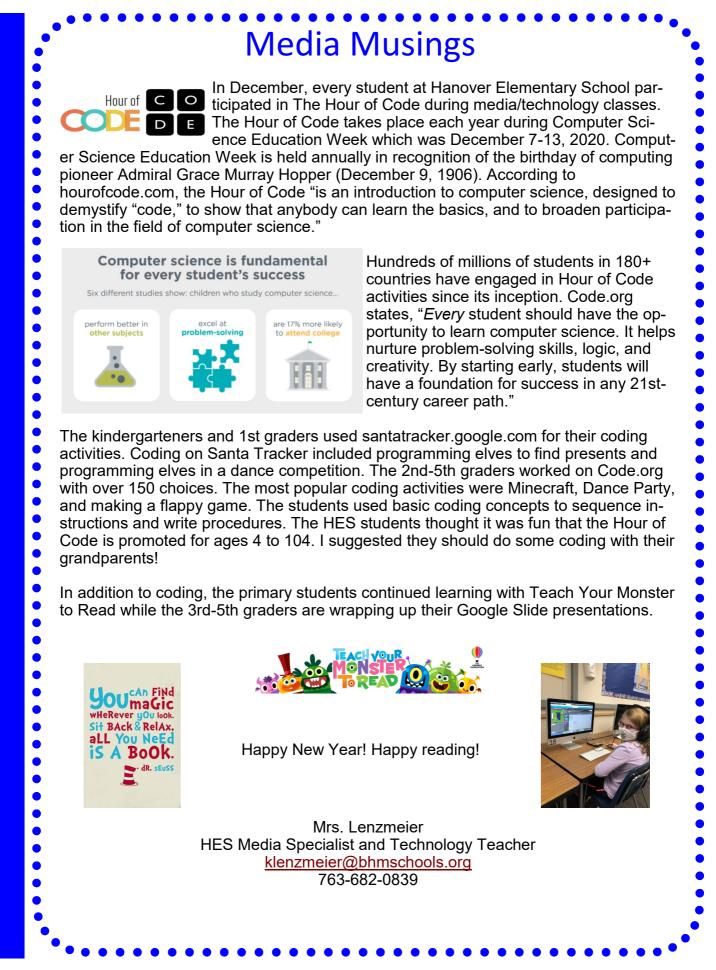
unit. Each grade will work at age appropriate levels. A lesson on cardio-respiratory fitness will also be introduced using aerobic energy, math and spelling skills. All students will have a heart rate lesson.

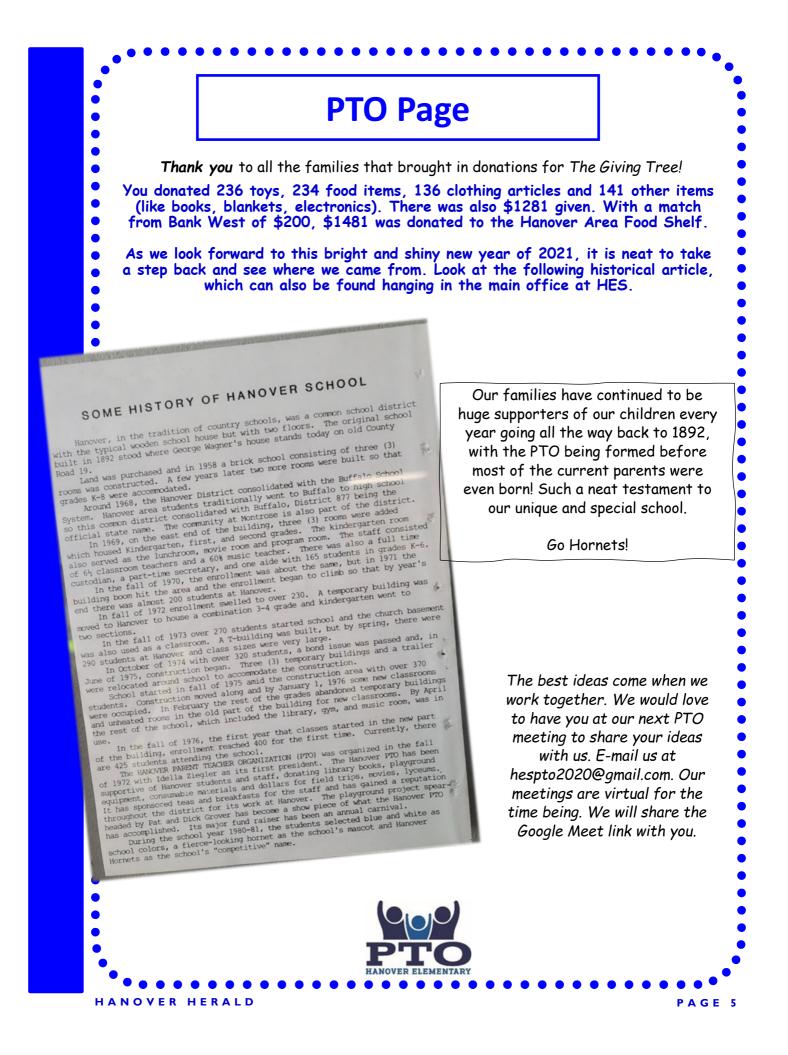


#### Wishing you a Healthy, Fit, and Happy New Year!

*Ms. Peters Physical Education Specialist* 763-682-0865 / cpeters@bhmschools.org







## **Health Headlines**

Free Dental Care - Feb. 5 & 6, 2021

What you need to know about finding care for your child

**Give Kids a Smile** is a charitable program coordinated by the Minnesota Dental Association to provide free care to low-income children in need. The two-day, statewide event is Friday, February 5, and

•

• Saturday, February 6, 2021. The Association is committed to doing what it can to

- make quality care accessible to every child in Minnesota. If you know a child who
   could benefit from this program, please provide his or her parent/guardian with the
- following information
- following information.

#### • Answers to common questions

Give Kids a

- How are appointments scheduled?
- The list of participating dental offices is available online (mndental.org), allowing
- parents/guardians to call the office directly (check back regularly as additional clin-
- ics may be added and may offer alternative dates). After January 1, parents/
- guardians may call United Way 211 (just dial 2-1-1) or 1-800-543-7709. Operators
- will have a list of participating dental offices and will be able to direct people to a
- location in their area. Parents will then call the dental office to schedule an appoint-
- ment. Referral Specialists at United Way 211 can also assist in Hmong, Somali and Special Manday, Friday, from Sam, France
- Spanish Monday-Friday from 8am-5pm.
- When is free dental care available?
- On Friday, February 5, and Saturday, February 6, 2021. Participating dental offic-
- es typically provide care on one of the two days and office hours and services vary.
- In past years, especially in the Twin Cities metro area, some clinics have had den-
- tal appointments that have gone unused. So, if you know of someone who would
- benefit from this free service, please spread the word.
- •
- Are there eligibility requirements?
- Dental professionals who are donating their time and talents to this program are
- concerned about the growing number of children who are unable to access needed
- dental care. Patients will typically not be asked to verify their eligibility for this free
- care. It's important to know that children must be accompanied by a parent or legal
- guardian and must have an appointment in advance. Sorry, but same-day, walk in care is not available on these days.
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- What services will be provided?
- Services will vary from preventive care, which includes cleanings, sealants and flu-
- oride treatment, to restorative care, which includes fillings. Information on specific
- services that will be provided on February 5 and 6 will be outlined when an appoint-
- ment is scheduled.

(Continued on next page)

## More Health Office Update

#### What is the age range of kids who will be seen?

Each participating dental office can set its own age range, up to the age of 18. But,

since the age range may vary, it's important that parents ask this question when making an appointment for their child.

#### Other things to keep in mind



In the weeks before the child's appointment, families or teachers should read age-appropriate books to familiarize the child with what to expect during their dental exam. Your school or community library should have some good choices.

On the day before the appointment, encourage families to drive together to the clinic. Just driving past the clinic helps ensure families know where the clinic is located and helps the child visualize - and

feel more confident about - where he or she will visit the dentist.

• Please remind families to respect the clinic's time and dedication. For every child

• who doesn't show up for his or her appointment, another child could have

• been helped. If the family must cancel, they should give the clinic at least a

- day's notice so the clinic can identify another child who could benefit from
  free care.
- Reduced-cost clinics are available year round
- Give Kids A Smile provides two days of free dental care for low-income children in
- need. In some cases, more immediate dental attention may be necessary. To as-
- sist you in finding ongoing dental services, the Minnesota Dental Association has
- compiled a list of clinics that may take medical assistance, general assistance, or
- offer services on a sliding fee scale. Please note that information on this list is sub-
- ject to change. Before making an appointment, please call the appropriate clinic to
- discuss your needs and clarify fees, eligibility and other details. Click here to
   find Resources for Ongoing Care
- find <u>Resources for Ongoing Care</u>.

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If you have any questions, please contact the district nurse, Heidi Gallart, at hgallart@bhmschools.org or 763-682-8514.



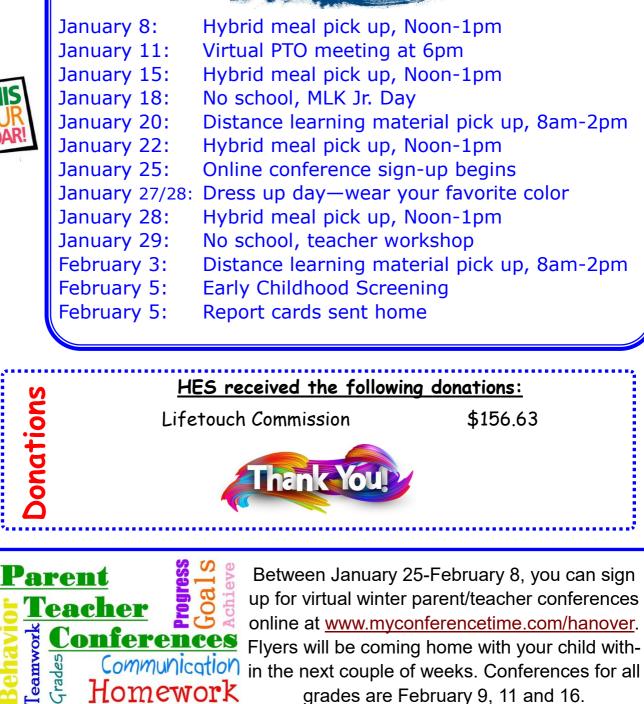
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DENTAL

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### **Report Cards**

Report cards will be sent home with students on February 5<sup>th</sup>. They will also be available on the Campus Portal by 2:30 pm that day at https://campus.bhmschools.org/campus/portal/buffalo.jsp.

CARD

### Help your child make schoolwork time effective

Don't let your child's school work cause headaches. Instead, set your child up for success. Try these ideas:

- Make school the top priority. If your child can't finish all of her work because of other activities, there is a problem—and it isn't the schoolwork. Adjust her schedule so that school comes first
- Don't do your child's work. Not only is it wrong to do her assignments for her, it may make her feel dumb. "Dad doesn't think I can handle this math assignment. I must not be very good at math."
- Remember what it's all about. Schoolwork helps your child practice what she's learning. Her assignments and projects don't need to be perfect.
- Expect some frustration. Your child shouldn't melt down over every assignment, but a little complaining is normal. Take it in stride. Even cries of "I hate school!" will pass.
- Show interest. Don't hover while your child works, but let her know you care about what she's doing. If she's writing a history report, for example, show some enthusiasm. "You sure know a lot about Ancient Greece. Tell me something else!"
- Expect your child to help herself. Encourage her to contact a classmate if she has a question about an assignment. This shifts the responsibility away from you and onto her—where it belongs.

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### Encourage responsibility by involving your child in chores

How do you get your elementary schooler to do chores willingly? Most children love to make a plan and then carry it out. So first, involve your child in brainstorming what needs to be done around the house and when. Then:

- Give your child a choice. Together, make a list of age-appropriate chores, such as taking out the trash, sweeping, folding laundry, feeding a pet and helping with yard work. Let your child choose which ones he'd like to do.
- Schedule a family work time when everyone has a chore to do.
- Be a good model. Dive into chores yourself. Avoid complaining. Instead, talk about how good it feels when you finish a chore.
- Be encouraging. Say, "Here's the broom so you can help! Let's do this together."
- Make a game of it. Set a timer and see if your child can beat the clock. Turn on some music and work to the rhythm of the beat.
- Rotate chores each week, so no one feels stuck doing a chore he doesn't like. Put chores on slips of
  paper and let family members draw from a bowl.
- Use a chore chart. Let your child place a star next to chores when he completes them.
- Curb criticism. Don't immediately say what your child did wrong. Gently show him what he could do to improve, but don't redo his work.
- Follow chores with fun. Have a basket of index cards listing fun stuff to do after finishing chores.

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### Retelling can improve your child's reading comprehension

You've just finished reading a story with your child. One of the best ways to check and clarify her understanding of the story is to ask her to retell it.

Retelling a story requires your child to think about the details and decide what's really important.

Give your child these three rules for retelling a story:

- 1. Tell what's important.
- 2. Tell it in a way that makes sense.
- 3. Don't tell too much.

Your child should be able to tell you what happens at the beginning, the middle and the end of the story. She should also be able to name the main characters.

You can prompt your child by asking open-ended questions, such as, "What happened next?" It's OK if she doesn't remember all the details. That gives you a chance to say, "Let's go back and look at that part of the story again." Revisiting parts of the story will show your child that she sometimes has to read things more than once to gain a thorough understanding.

Studies show that this simple activity will help your child become a more thoughtful reader. She will start to pay attention to words whose meanings she doesn't know. She will focus on the story structure and pay more attention to important details. All of these things will improve your child's reading comprehension and make her a stronger reader—and a more successful student!

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Third Grade Service Project







Fourth grade engineering challenge: Build a boat to hold as many penny passengers as possible.







## **Blessing Bags**

A Fifth Grade Service Project



A Service Project is work done by a person or group of people that benefits others.
 Engaging in community service provides students with the opportunity to become active members of their community and has a lasting, positive impact on society at large. Community service or volunteerism enables students to acquire life skills and knowledge, as well as provide a service to those who need it most.

## HANOVER'S FOREST





























