



Hanover Herald

2022-2023 SCHOOL YEAR, VOL. 8



From the Principal's Desk...

**MAY
2023**

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It's crazy to think that we have less than 30 school days left in our year! It's been an amazing year and we are so proud of all of the great things our students at Hanover Elementary have accomplished so far. At our April Recognition Program, we recognized many of our students' accomplishments. We also talked about our theme for the month of May, which is leadership. We talked about how being a leader is as simple as being a good role model for others. You don't need to be vocal or in positions of power to lead others. I asked all of our students to be leaders for the rest of the school year, so we can finish the year strong.

I want to take a minute to thank all of our volunteers that have helped throughout the year. One of the many things that makes Hanover Elementary great is the amount of volunteers we have on a regular basis. We are truly blessed to have so many people willing and able to give their time and support to help our students learn at high levels. Thank you again to all of our volunteers for making this a great place for our kids!

A couple reminders regarding morning drop-off. For those of you who drop off your student(s) at North Door (Door 2) in the morning, please remember that there are no left turns out of the parking lot from 7:15-7:45am when you are exiting the parking lot. This is due to the amount of morning traffic on LaBeaux and it also keeps our student drop off line moving. Before you turn right out of the parking lot, I also ask that you remember to yield to any school buses that are waiting to turn left into the bus loop. This ensures that everyone arrives at school safely. Thanks for your help with this!

We have many fun events coming this spring including field trips, class picnics, our PTO spring event, the HES school picnic, and track and field days. Please mark your calendars for the PTO Spring Fiesta, which will be Friday, May 5th from 6-8pm. There will be a DJ and dancing in the cafeteria and fitness activities and games in the gym. Our HES school picnic is on Thursday, June 1st from 4:30-6:30pm. Please come out and celebrate a great school year and enjoy what we hope is some nice spring weather!

Lastly, I want to update you on plans for next school year. Based on current student enrollment numbers our staffing allocation for the 2023-24 school year will have HES at 3 sections in each grade level except for 3rd grade, which will be at 2 sections. We know that there are new homes being built in the area, so if you know of any new families moving in, please encourage them to call the HES office to enroll. We are very proud of our school and believe that Hanover Elementary has a great tradition of providing students with a high quality education and experience.

This last month of school will go by quickly and we have many fun events to help finish off the year on a great note. Thanks again for all of your support and I hope to see you at our end of the year celebrations!

Brad Koltes, Principal

Fitness Focus

This April we have focused on jumping rope. The students completed many levels of Jump Rope Ninjas. Based on their grade level, students would do a certain number of jumps to complete a level. In order to complete each level they had to do more successful jumps than the previous level. A lot of fun was had along with great movement and learning a lifelong skill. As we end the month of April we are focusing on Big Base, a collaborative kickball game. In K-2 we are focusing on our spatial awareness, chasing, fleeing, and dodging by playing a few tag games.



Looking forward to May/June, we will begin our collaborative games unit. 5th grade will complete fitness testing. We will also play some kickball games, hit off tees, and practice track and field activities. On May 30th HES will be having their Field Day. Look for more information to come. Also, on June 2nd HES fifth graders will participate in the district 5th grade field day. That will take place at the Buffalo High School. Again more information will come.



In May/June, our school's word of the month is Leadership. The 5th grade students will have the opportunity to be the leaders at HES's field day. They will lead the stations for all the other K-4 students. I am looking forward to a great month of fun in PE!



In May and June we will attempt to get outside as much as possible. In the morning the grass can be wet so if it's possible on PE days to have your child bring some extra socks and shoes. 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 May and June in PE.



Please help your child remember their gym shoes for PE class. We are still occasionally having non-gym shoes worn to class. Have a great May and June. Thank you.

Sincerely,

Mr. Turner / 763-682-0865
joeturner@bhmschools.org



Thank you
to our Nutrition Services
workers that help to make a
difference for every child
that comes through the
cafeteria!

Artistic Expressions

May Greetings!

It's exciting to see the students working on all kinds of art projects related to the beauty of spring! Colorful works of art are brightening our classroom! 5th graders have learned about Vincent van Gogh and we used his Almond Blossom piece as inspiration for our most recent project. Students painted, printed with sponges, cardboard, and their fingers, and then created a bird or two to add to their spring tree blossoms. What beautiful work! 3rd graders created some cool symmetrical art and now they're making a still life bouquet collage - wow, are they fun! 1st graders recently finished a Monet inspired water lily drawing and painting. Now we're using the Louis Armstrong song "What a Wonderful World" as well as Kandinsky's concentric circles to inspire our spring mural work - color, color, color! Kindergarteners have been sculpting with paper and clay and yes, the medallions are done and should be home to you by the time you read this! :) 2nd and 4th graders learned about the sculptor Alexander Calder and then they experimented with making their own Calder-like sculpture using card stock. So many different things to look at and enjoy. Keep creating!

Until next time,
Mrs. Berg ~ Art Integration
763-682-0867 / lberg@bhmschools.org



Music Notes

Happy Spring Everyone!

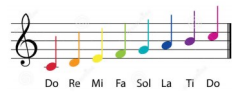
Our music classes will soon begin working their way through songs on the piano keyboards.

Students in 3rd, 4th and 5th grade have been learning the acoustic guitar during April. They have been busy playing chords, and creating songs that they have shared with their classes.



Kindergarten, 1st and 2nd graders have been learning about the keyboard and preparing for piano by learning the notes in the treble clef. They have also been doing many musical centers to help learn symbols and rhythms for the piano.

During the last part of May students in grades 3, 4 and 5 will be finishing units in Quaver (our online music curriculum) and putting final touches on their electronic songs they have been working on all year. Students will share some of these song creations for classes as well.



Kindergarten, 1st and 2nd graders will wrap up the year with singing assessments, learn more about do, mi, so and la, and activities from Quaver. They will also be using their instrument bags and playing on the classroom percussion instruments.

It has been such a productive year in music and has gone by so quickly!

Thank you for your support of our music programs at Hanover!

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



All-School Picnic is
Thursday, June 1st
from 4:30-6:30.



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

It's almost time!



You are Invited
To a Spring Fiesta
Friday, May 5th, 2023
Hanover Elementary
6:00 P. M. - 8:00 P. M.

Evening details

Kidsdance	Lunch room
Activity Stations	Gym
Brick Oven Bus Food Truck	Outside for purchase
Concessions	Lunchroom for purchase
Ice Cream and cookies	Lunchroom (Free provided by PTO)

Activity Stations
Hosted by
Mr. Turner

This HES PTO event is open to current HES students along with current HES ECCE and current HES Kinder care kids, students and their families.
 No RSVP required
 All children must be accompanied by an adult

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.

Our next and final meeting of the 2022-2023 school year is Monday, May 8th, at 6:00 P.M. in the staff lounge.

DONATIONS

HES received \$35.43 from Coca-Cola Give

Coca-Cola GIVE



Health Headlines

Did you know? According to the Harvard School of Public Health, There is No Health Without Oral Health. There is growing research revealing the link between oral health and overall health. Studies show that poor oral health is linked to heart disease, diabetes, pregnancy complications and more, while good oral health can enhance both mental and overall health.

Continued from the April 2023 edition, please read below for additional oral health care tips.

What About Flossing?

Brushing is important but it won't remove the plaque and particles of food between your teeth and near the gumline. You'll need to floss these spaces at least once a day. With any floss, you should be careful to avoid injuring your gums. Follow these instructions:

- Carefully insert the floss between two teeth, using a back and forth motion. Gently bring the floss to the gumline, but don't force it under the gums. Curve the floss around the edge of your tooth in the shape of the letter "C" and slide it up and down the side of each tooth.
- Repeat this process between all your teeth.

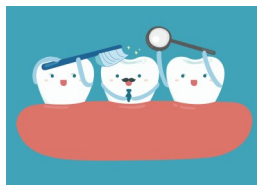
Does What I Eat Affect My Teeth?

Eating sugar, as you probably already know, is a major cause of tooth decay. But it's not just how much sugar you eat — when and how you eat it can be just as important. If you eat sugary foods or drink sodas throughout the day, you give the bacteria in your mouth food. Well-fed bacteria make cavities more likely. Hard candies, cough drops, and breath mints that contain sugar are especially harmful because they dissolve slowly in your mouth. It's best not to eat sugary foods between meals. Sugary or starchy foods eaten with a meal are less harmful to teeth than when they are eaten alone. This might be because our mouths make more spit during eating, which washes away the sugar and bacteria. Eating sugary foods before bedtime can be the most damaging (especially if you don't brush your teeth afterward) because we don't make as much spit when we sleep. For most people, it's hard to cut out sweets completely. So try to follow these more realistic guidelines:

- Eat carbohydrates (sugars and starches) with a meal.
- If you can't brush your teeth after eating, rinse your mouth with water or mouthwash, or chew sugarless gum.
- Don't eat sugary foods between meals.
- If you snack, eat non-sugary foods, such as cheese, popcorn, raw veggies, or yogurt.

When Should I Go to the Dentist?

Going to the dentist every 6 months can help prevent tooth decay, gum disease, and other problems. The dentist will let you know if any cavities need to be filled. Your dentist also may refer you to an orthodontist if you may need braces or have other issues. Besides preventive visits, also see the dentist if you notice any pain or other problems with your teeth, gums, or jaw.



Upcoming Events

May 2: 5th Grade field trip, Ney Park
May 5: Early release, 12:25 pm
May 5: Spring Fiesta, 6-8 pm
May 8: PTO meeting, staff lounge, 6 pm
May 14: Mother's Day
May 23: 3rd Grade field trip, MN Zoo
May 24: All library books due
May 26: 2nd Grade field trip, Como Zoo
May 29: Memorial Day, no school
May 30: All school Track & Field Day
May 31: 5th Grade Recognition Program, 1:15 pm
June 1: HES Spring Picnic, 4:30-6:30 pm
June 2: 5th Grade Track & Field Day at BHS
June 2: 5th Grade Bus Patrol to Twins game, 5:30 pm
June 5: Grades 1 & 2 picnic
June 8: Dress Up Day: Hanover Pride
June 8: Last Day of School!



Mark your
calendar!



Support your child as the end of the school year approaches

By May, some students act like summer vacation has already started. They “forget” to turn in school work. They stop giving their best effort and start avoiding anything that seems difficult or challenging.

But the school year isn't over yet. Students need to stay focused on learning until the last day of school. Here's how to help your child:

- Review past school work papers, quizzes and tests. Use them to talk about how much your child has learned this year. Having these papers close at hand will also be useful when studying for end-of-year tests.
- Shape year-end learning around your child's interests. If there is one more book project due, suggest choosing a book on a favorite topic. If there is a social studies report, suggest focusing it on something your child is interested in learning more about.
- Help your child manage big end-of-year projects. Long-range assignments can be overwhelming. So, in addition to helping your child break the assignment down into smaller steps, encourage this rule of thumb: Move the deadline for finishing the project earlier by two days. If a report is due on Wednesday, your child should plan to get it finished by Monday. That way, your child will have a cushion if something comes up.

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Treat reading as an enjoyable summer activity

To keep your child reading over the summer, treat it like any other fun summer activity. Demonstrate that reading can be an enjoyable activity that can be done in lots of different ways. Try not to make summer reading feel like an assignment.

If you help your child make the connection between reading and the simple pleasures of childhood, the desire to read may last a lifetime.

To take a summer approach to reading:

- Suggest that your child reread a favorite book. Then find another book by the same author. Or find one on the same topic.
- Connect books with summer activities—sports books for a summer league player, for instance, or camping books for a camper.
- Let your child stay up past bedtime when a book is just too good to put down.
- Start your child on a series of mystery or thriller books. These page-turners hook kids into a reading habit.
- Encourage a change of venue. Read books at the beach or pool, in a tent or at the park.
- Watch movies, videos and plays based on children's books. Then read the books together and compare the versions.
- Share your favorite books and magazines with your child.
- Encourage your child to retell or act out stories from books.

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Teach your child these healthy stress-management techniques

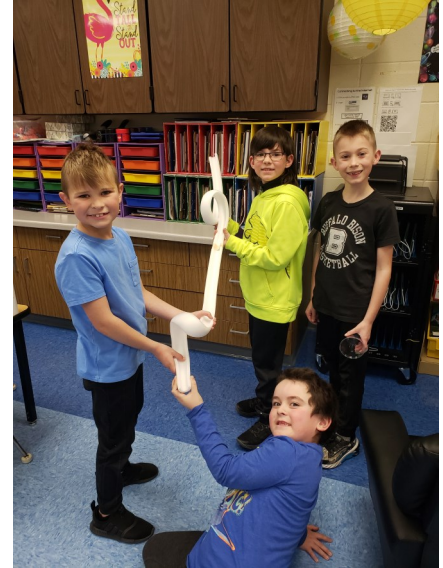
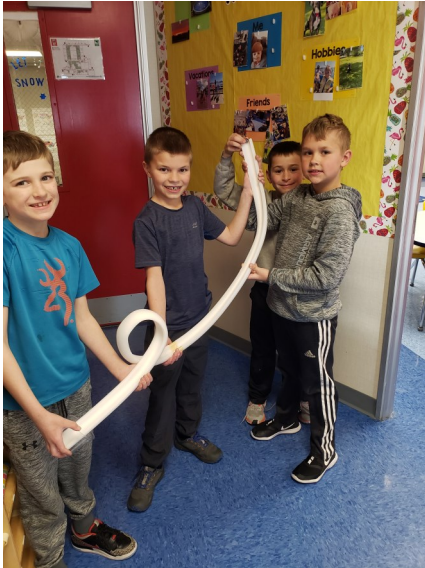
In one recent national survey conducted by Boys and Girls Clubs of America, 70% of youth rated their ability to cope with challenges as medium to very low. And 71% said that when something important goes wrong in their life, they can't stop worrying about it.

As student stress and anxiety continue to rise, it's important to share coping strategies with your child. Offer ideas such as:

- Deep breathing. When anxiety strikes, have your child breathe in through the nose and out through the mouth several times.
- Physical activity. Ride bikes, shoot baskets and visit the playground as a family. Encourage your child to take up a sport or another active hobby. Suggest your child play outside with friends. They might play catch, kick a ball around or enjoy a game of hopscotch or tag.
- Nature. Spend time outdoors appreciating the sights, sounds and scents of nature. Go for hikes, explore parks or camp out in the backyard.
- Creative pursuits. Drawing, writing, painting, singing or playing a musical instrument can all reduce stress.

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BALANCE AND MOTION SCIENCE UNIT GRADE 2



First
Grade
Picture
Lesson
at the
History
Center

Hanover School Forest

