



# Hanover Herald

2020-2021 SCHOOL YEAR, VOL. 2



## From the Principal's Desk...

**NOVEMBER  
2020**

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The month of October was a great one here at Hanover Elementary School. The theme for the month of October was bullying prevention. We talked a lot about how each one of us have different gifts and talents that we bring to our school. It's our differences that make us great! We talked about preventing bullying by focusing on being kind to others, being positive leaders in our school, and respecting one another's differences. I encouraged all of our students to "Be the Nice Kid." We had parent volunteers surprise our students with "Kindness in Chalk" messages on our school sidewalks this month. These messages lasted for over a week and were great reminders of how we all should try and lead our lives. Thanks to those parents that volunteered their time and creativity!



With winter around the corner, I want to remind you about some important items pertaining to school closings. School cancellations are called into radio stations KRWC (1360 AM), WCCO (830 AM) and TV stations KARE 11, KMSP 9, KSTP 5 and WCCO 4 as soon as possible in the morning. Our district also uses an automated notification system to call, text, and email all families for school closings, late starts and early releases. If our schools don't close and you feel the conditions warrant you keeping your child(ren) home, it will be an excused absence. You need to remember that our school district covers a very large area and that weather conditions can be quite different depending upon where you are.

Be sure your child knows what to do if we close early. In the event we would close early we would typically send students home around 12:30 pm. One of our biggest concerns would be dropping a child off at a locked, empty house. Be sure they know what to do and where they are supposed to go if this would ever happen. Also, be sure that our HES office and your child's classroom teacher knows end of the day plans in the event of an early release.



Also, please help to ensure your child dresses appropriately for the cold and snow. Students will go outside for recess unless the temperature or wind chill is below 0 degrees. When this is the case, outside recess may be shortened or students may spend it in their classrooms. All students should have hats and gloves or mittens. Boots and snow pants are needed to play in the snow covered areas and are strongly encouraged for students in grades 3-5 and are required for grades K-2. If your child needs to stay in because of a medical condition, please send a note to their teacher.

Thank you again for your continued support and teamwork!

~Brad Koltes, Principal~

# Physical Education Update



November is fitness testing time! Twice a year, students will be tested in 4 of the components of fitness. These tests include: the mile run and/or Pacer test (cardiorespiratory endurance), sit and reach (flexibility), push-ups (muscular strength), and curl-ups (muscular endurance). Grades 3-5 will have their scores recorded. While grades K-2 may practice some of the tests, I will not be recording their scores.

Students will not be graded or assessed on how well they can do on these tests. Instead of focusing on who got the highest score, we will be working on goal setting and celebrating each student's own personal growth. They will be learning how these scores and the knowledge of the corresponding fitness components can help us in achieving our goal of living a healthy and active life!

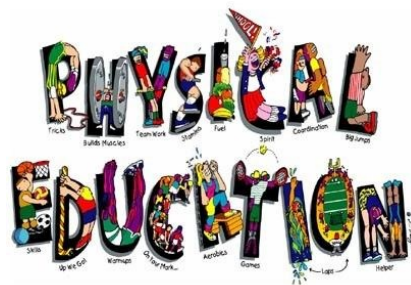


Did you know...Regular physical activity builds healthy bones and muscles, decreases the likelihood of obesity and type 2 diabetes, and reduces anxiety and depression! Let's move!!!

**This Month in P.E.:** Fitness testing, striking with implements, striking and volleying in a volleyball unit and holiday fitness activities.

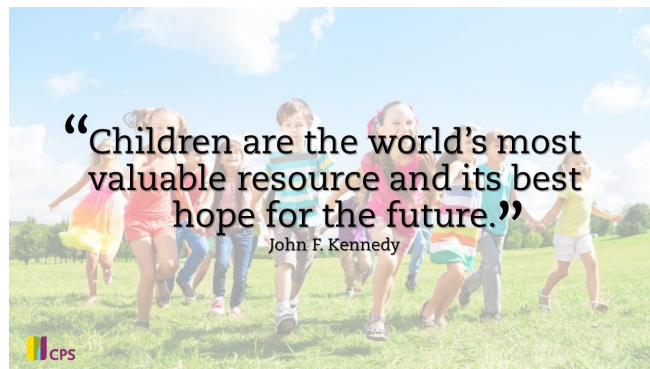
*"A winner is someone who has fun playing the game!"*

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**"Children are the world's most valuable resource and its best hope for the future."**

John F. Kennedy



# Music Notes

**5<sup>th</sup> graders** are working on learning about many composers as well as the instruments of the band and orchestra. Later in the month, students will take an assessment to check listening skills that will help them decide an instrument or choir choice for next year. Students have been playing on the bucket drums and writing their own songs as well as creating songs on the computer.



**4<sup>th</sup> graders** are working on learning about the musical staff as well as the instruments of the band and orchestra. Students have been playing on the boomwhackers and writing their own songs as well as creating songs on the computer.



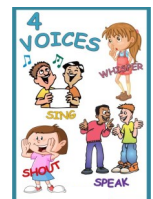
**3<sup>rd</sup> graders** are working on learning about creating rhythm patterns to try on instruments. Students have been playing on the bucket drums and creating songs on the computer that they have shared with their classes. This month will also include many Thanksgiving musical activities.



**2<sup>nd</sup> graders** have been learning how to work on our online curriculum, Quaver. They have been exploring different genres of music, learning about composers and creating their own songs. They are also practicing steady beats on the bucket drums.



**Kindergartners and 1<sup>st</sup> graders** will be learning more about rhythm (one and two sounds to a beat and quarter rests), singing (the four ways to use our voice); and this month will culminate with some Thanksgiving activities.



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# Media Musings

Every school year, the Minnesota Youth Reading Awards nominate 10 books for the Maud Hart Lovelace Book Award. Students in 3rd, 4th, & 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 2020-2021 school year:

- **Because of the Rabbit** by Cynthia Lord
- **Bob** by Wendy Mass and Rebecca Stead, illustrated by Nicholas Gannon
- **Front Desk** by Kelly Yang
- **Insignificant Events in the Life of a Cactus** by Dusti Bowling
- **Macy McMillan and the Rainbow Goddess** by Shari Green
- **Mustaches for Maddie** by Chad Morris and Shelly Brown
- **New Kid** by Jerry Craft
- **Restart** by Gordon Korman
- **Sled Dog School** by Terry Lynn Johnson
- **Wishtree** by Katherine Applegate



The 3rd, 4th, and 5th graders have been introduced to all the nominees and watched book trailers about each book. Please encourage your student to read at least 3 of these recommended books!

During technology class, the 3rd, 4th, and 5th graders have been working on Google Slide Presentations. They're learning to create impressive presentations that include taking a picture of themselves on the computer, using text boxes and bullet points, inserting pictures and artwork, inserting a table, and making transitions between slides, and animating text boxes. I can't wait to see the finished products!



The primary students have been creating on Tux Paint, learning with Teach Your Monster to Read, and playing educational games on abcy.com. We've also read some favorite books such as *Creepy Carrots* and *Creepy Pair of Underwear* by Aaron Reynolds and illustrated by Peter Brown. These books elicit so many giggles!



Happy Reading!

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# Health Office Update

What a great start to the school year! It is hard to believe it is November already and the first two months of school are behind us!!

A few updates and reminders from the health office.

**Mask request:** As we get used to this new requirement of wearing masks at school, please remind your student(s) to take them out of their backpack at home so they may be washed routinely. It is easy for young children to get in the habit of taking them out of their backpack in the morning, putting them back at the end of the school day and forgetting about them until the next morning. It is important that these masks get washed regularly. Your help with this is greatly appreciated!



**Illness at school:** We are coming to that time of year where we start hearing a lot about illness and influenza season in the media (in addition to COVID-19). As is typical for this time of year across the district, we are seeing a variety of illnesses; viral, strep throat and gastrointestinal illnesses among them. Please continue to monitor your student(s) health and incorporate strategies to keep them healthy. Some things you can do to help prevent the spread of illness are:



- ◆ For the safety of all students—do not send your student to school if they are ill.
- ◆ **Please review the *COVID-19 Information*** available on the BHM's main webpage. Information specific to COVID-like illness can be found by clicking next on the ***COVID-19 Screening link***. This page also contains information regarding student illness at school and the impact on siblings.
- ◆ Continue to encourage your student to cover their cough by coughing into their elbow.
- ◆ Wear masks in school and as recommended while around non-household members.
- ◆ Continue to wash your student's masks routinely.
- ◆ **Handwashing is the single most effective way to prevent the spread of illness.** Hand sanitizer is okay to use when soap and water are not available.
- ◆ Assure your child is getting adequate sleep. Elementary aged children need 9-11 hours of *sleep* each night.
- ◆ Encourage a colorful diet, filled with fruits and vegetables and lean meats.
- ◆ Review and follow the school district's exclusion policy for illness.
- ◆ When calling in your student's absence, please note the specific symptoms your child is experiencing.



## More Health Office Update

**Medical notes for physical education exclusions etc.:** When your student is seen in clinic and restrictions are recommended for school, please obtain a written note from the provider at the time of the visit (it should include specific activities, duration of exclusion etc.). Many clinics no longer fax to the schools, so it is important for you to provide that information in order for us to provide ongoing accommodations. Students may be allowed to sit out of physical education for one class without medical verification. In that case, they will also remain indoors for recess on that day.

Stay healthy!

Heidi Gallart, District Nurse  
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## Kitchen Korner

Just in time for the start of the holiday season we are bringing back some of our favorite menu items:

Breakfast pizza

Warm cinnamon apples

Italian dunkers (Also known as French bread cheese pizza!)

Mac and cheese

Full size corn dogs

Pretzels and cheese sauce

Remember: Both breakfast and lunch are still FREE and should be until the end of the year!



## PTO PAGE

THANK YOU to everyone who participated in the  
Annual HES PTO Fundraiser!

Total Raised  
**\$25,730**

Hanover Elementary has an incredibly special community of people who sincerely care about our children. With the money raised in October we will be able to continue with the Hanover Experience and keep a sense of “normal” for the kids.

In this season of thanksgiving, we are thankful for all the support our families are continuing to give to our children. Thank you, once again, for supporting HES in such a significant way!

*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 meetings are held virtual for the time being. We can share the Google Meet link with you.*





## Upcoming Events

November 3	Election Day – Vote
November 3	Picture Retakes, 8–11 am
November 4	Distance Learning Material Pick-up, 8 am–2 pm
November 9	Virtual PTO Meeting, 6 pm
November 11	Early Childhood Screening
November 13	No School, Teacher Workshop
November 20	Early Childhood Screening
November 24	Dress Up Day – Minnesota Pride
November 25–27	No School, Thanksgiving Break
December 2	Distance Learning Material Pick-up, 8 am–2 pm

## Donations

From the PTO:

Music class xylophones

\$960.00



## Talk to your child about showing respect for teachers, classmates

Respectful behavior is vital for education. When students have respect for teachers and classmates, they help create the positive academic environment all children need to be successful.

Whether your child's classes are in person or online, encourage her to:

- Address the teacher by name. Simply saying "Good morning, Mrs. Jones" is an easy way to show respect.
- Be courteous. She should say please and thank you to her teacher and her classmates.
- Raise her hand. When she waits to be called on, she demonstrates self-control and respect for others.
- Do what's expected. Everyone in the class has a job to do. If the teacher doesn't plan any lessons, no one can learn anything. If students don't do their jobs—completing homework, listening to others— it makes it more difficult to learn.
- Listen to the teacher's comments. Teachers want students to learn and to succeed. That means they have to point out mistakes. Your child will do much better in school if she can recognize and accept constructive feedback.

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## Habits at home can help your child thrive in school and life

Every family—and every child—is different, but there are ways all families can set their children up for success. Studies show that kids are more likely to achieve in elementary school and beyond when their parents give them the tools to succeed. To help your child:

- Assign chores. Kids who have responsibilities around the house learn how to be responsible. Give your child a list of weekly tasks to complete. He may grumble, but don't give in.
- Teach social skills. Your child's success in life hinges on more than grades; it centers on his ability to get along with others. Model good behavior—like cooperation and courtesy.
- Set the bar high. Expect your child to do well, and he'll rise to the occasion. Don't demand perfect grades, but do insist he work to the best of his ability. And praise him when he tries hard—even if he falls short. When you show him you believe in him, he'll believe in himself.
- Nurture your relationship. You are your child's parent, not his friend. But you're also his ally. So, make time to have fun together! Share a hobby. Play catch in the yard. Never let your child forget you love him and have his back.
- Take care of yourself. If you're always stressed, your child will be, too. Carve out time to relax, exercise, or curl up with a good book. A calm, peaceful home starts with you.

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## Improve your child's recall by making facts meaningful

Repeating information over and over isn't the most effective way to help your child remember new facts. Instead, try connecting what he's studying to something meaningful.

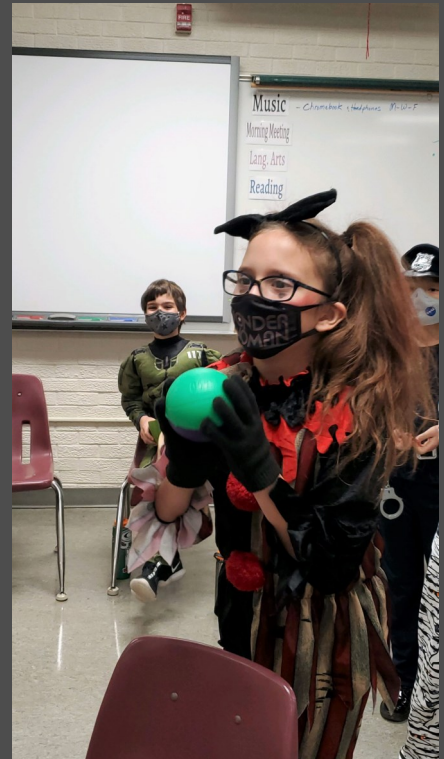
Studies show that when new information is linked to something memorable, it's easier to retain. When your child is learning a new word, his brain can digest the information in two ways: by repeating the sound of the word, or by focusing on its meaning. Although both approaches may work, emphasizing meaning leads to better long-term recall.

To help your child absorb new facts:

- Create a story. He might struggle to remember the first three U.S. presidents, but what if you turned the information into a wild tale? "One day, George Washington went to the park. He met John Adams by the swings. And later, the two bumped into Thomas Jefferson going down the slide." Suddenly, the presidents are put in a context he'll understand—and their order is laid out for him.
- Focus on the bigger picture. Rather than having him simply repeat the fact that "Jupiter is the largest planet," help your child tie it to something broader. "Everything about our solar system's biggest planet is big. Jupiter's 'big red spot' is even bigger than Earth." Small facts stick better when they are illustrated in a wider way.

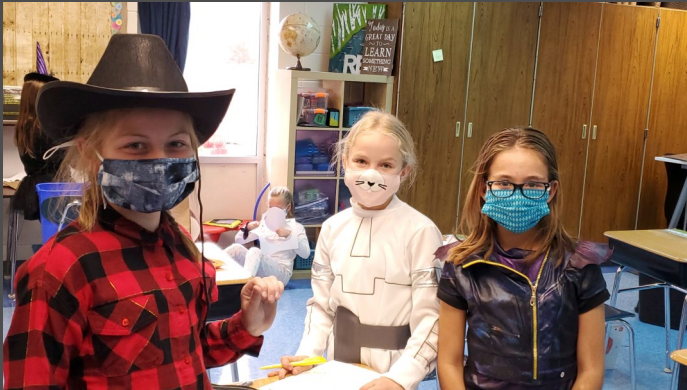
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# HALLOWEEN





# HALLOWEEN



Black cats



Jack-o-lanterns



Boo!



Witches



Goblins



Ghosts