



# Hanover Herald

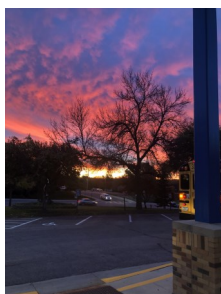
2021-2022 SCHOOL YEAR, VOL. 2



**NOVEMBER  
2021**

## INSIDE THIS ISSUE:

P.E. Update	2
Musical Notes	3
Media Musings	4
Kitchen Korner	5
H.O. Update	6
PTO Page	7
Upcoming Events	8
Donations	8
Parent Articles	8
Picture Gallery	10



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## From the Principal's Desk...

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 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 promoted kindness, working hard, having a positive attitude and a growth mindset. These messages lasted for over a week and were great reminders about how we should approach each day. Thanks to all 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 12:30pm. 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 -5 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 encouraged for students in grades 3-5 and are required 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

During the month of October, we have been focusing on Teamwork and Sportsmanship coupled with keeping PE a safe environment and making good decisions. Up to this point, we have completed activities that help support regular routines and procedures, Fitness Tag games, Climbing Wall, Cooperative Omnikin Ball activities (3-5), Group Challenges, Scooters, 4-6-9 square (3-5), lead-up Football games (3-5) along with some Holiday fun.

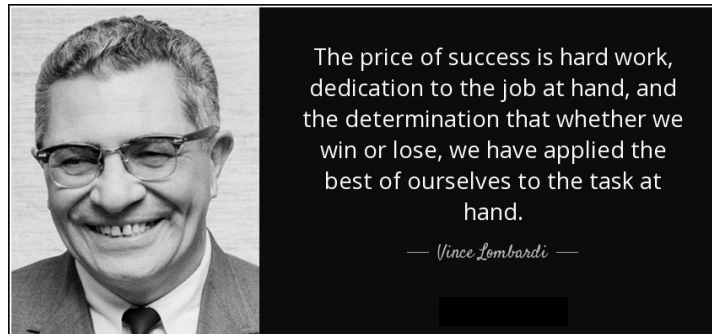
**In November, students will be participating in lead-up soccer activities, an obstacle course to include a “BOUNCE HOUSE”, Parachute games and Holiday activities.**

## Ways to Increase Physical Activity Throughout the Day:

- \*Be active during recess.
- \*Play after school for at least 30 minutes rather than going inside and sitting down.
- \*Take stairs rather than an elevator.
- \*Workout/exercise as a FAMILY

Enjoy an energetic and festive month!

Ms. Peters/682-0865/cpeters@bhmschools.org

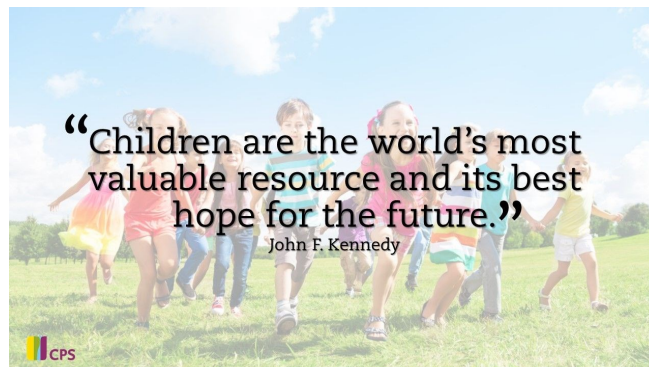


## PHYSICAL EDUCATION



**“Children are the world’s most valuable resource and its best hope for the future.”**

John F. Kennedy



# Musical Notes

**5th 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 boomwhackers and writing their own songs as well as creating songs on the computer. They will be starting ukulele in November.



**4th 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. We have started practicing singing and speaking parts for our fourth grade musical that will be performed in December.



**3rd graders** are working on learning about creating rhythm patterns to try on instruments. Students have been playing on the boomwhackers and creating songs on the computer that they have shared with their classes. This month will also include many Thanksgiving musical activities as well as working on the ukulele.



**2nd 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 boomwhackers and instrument bags.



**Kindergartners and 1st 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

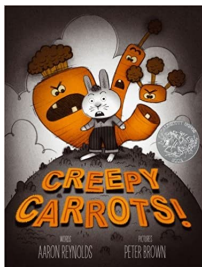


The Scholastic Book Fair was such a great success! We had just over \$10,000 in sales making this our most successful book fair ever! At the end of the book fair, I selected and purchased over 205 new books for the media center. That adds up to approximately \$1900 in brand new books. Thanks for stopping at the Scholastic Book Fair during parent-teacher conferences or attending with your child during their class time. Each purchase helps increase the size of the media center's collection. It was so rewarding to see your children share their excitement with you about the books they were looking forward to reading. I want to personally thank all of the volunteers who assisted during set-up and worked during the school day and the evening conferences. Your time and help are greatly appreciated. We could not have done this without you! Also, a special thank you to Mindy Day for coordinating all the volunteers. Thank you EVERY ONE for your fabulous support of our media center! Our HES students are so very fortunate to have you.

During October, we learned about many of the books and authors who had books for sale at the Scholastic Book Fair, and we also watched a video that Scholastic produced promoting several of the books at the book fair. In the computer lab, the kindergarteners started using the mouse! They've been practicing by playing a memory game by matching animals on Wild Kratts. For every grade level, we also covered Internet Safety and the school district's policy for acceptable Internet use.

The rules to be safer online and offline are:

1. I will tell my trusted adult if anything makes me feel sad, scared, or confused.
2. I will ask my trusted adult before sharing information like my name, address, and phone number.
3. I won't meet face-to-face with anyone from the Internet.
4. I will always use good "netiquette" and not be rude or mean online.



We've also read some favorite books such as *Creepy Carrots* and *Creepy Pair of Underwear* by Aaron Reynolds and illustrated by Peter Brown. Those books elicit so many giggles!



Happy reading!

Mrs. Lenzmeier — Media Specialist and Technology Teacher  
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# Kitchen Korner

It's hard to believe Thanksgiving is right around the corner. Although this year has been remarkably smooth, there were still some bumps in the road. We are continuing to face shortages of items due to delivery chain issues, but we are doing our best to find similar substitutes. Luckily our main items have been available and only the sides have been adjusted. It remains to be seen what the future will be. We are hoping as the year progresses things will be more available.

Thanks for sticking with us!! Remember breakfast and lunch are still FREE!!



## Health Office Update

Health Screenings: Hearing and Vision screenings are in the final phase of completion for this school year. If there were any concerns as a result of the screenings, a referral to your health care provider will be sent home. Our hope is to have all referrals completed by late-November. If you have any questions or concerns, please contact a district nurse, Heidi Gallart at [hgallart@bhmschools.org](mailto:hgallart@bhmschools.org) or Erica Kindt at [ekindt@bhmschools.org](mailto:ekindt@bhmschools.org).

Symptoms of COVID, Flu, Cold, Allergies and Asthma: The Allergy and Asthma Foundation has created a grid of symptoms most commonly seen or not seen with these conditions. We understand symptoms are often similar and some people who test positive for COVID have no symptoms. Please see the grid on the next page for general information should you or a family member experience any symptoms listed.

(Continued on next page.)

# More Health Office Update

Symptoms	Coronavirus <sup>†</sup> (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
 Wheezing	No	No**	No**	No**	Common
 Shortness of breath or trouble breathing	Common	No**	No**	No**	Common
 Chest tightness/pain	Sometimes	No**	No**	No**	Common
 Rapid breathing	Rare	No**	No**	No**	Common
 Sneezing	No	Common	No	Common	No***
 Runny or stuffy nose	Common	Common	Sometimes	Common	No***
 Sore throat	Common	Common	Sometimes	Sometimes (usually mild)	No***
 Fever	Common	Short fever period	Common	No	No
 Feeling tired and weak	Common	Sometimes	Common	Sometimes	Sometimes
 Headaches	Common	Rare	Common	Sometimes (related to sinus pain)	Rare
 Body aches and pains	Common	Common	Common	No	No
 Diarrhea, nausea and vomiting	Common	Rare	Sometimes	No	No
 Chills	Common	No	Sometimes	No	No
 Loss of taste or smell	Common	Rare	Rare	Sometimes	No

Your symptoms may vary. <sup>†</sup>Information is still evolving. Many people may not have symptoms. \*If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. \*\*Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. \*\*\*If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention.  
edited 5/21/21 • [aafa.org/covid19](https://aafa.org/covid19)



## PTO PAGE

### Bee Thankful Fundraiser

We are thankful to all the families that have contributed this year.

With your generosity Hanover Elementary received \$36,913.80

Your financial support of HES allows us to continue the Hanover Experience with activities like:

- \* RAZ licenses
- \* All student access to iPads/Chromebooks in the classroom
- \* Hornetdale
- \* Art Adventures from Minneapolis Institute of Art
- \* Art Teacher - Mrs. Gutknecht
- \* All School Picnic
- \* 1st & 2nd grade picnics
- \* 4th grade Musical
- \* classroom parties (Halloween, Valentine's Day, December Holiday Party)
- \* STEAM activities in kindergarten
- \* Community Service Activities
- \* Classroom support
- \* Gifts for families (Mother's Day, Father's Day)
- \* Spring Events, Author visits
- \* Track & Field bussing for 5th graders
- \* 3rd grade Grandparents Day
- \* DARE support
- \* Staff Appreciation, Bus Driver Appreciation

We will be collecting items once again this year for the Hanover Area Food Shelf, with our Giving Tree. The items in greatest need this year are hats, mittens/gloves, socks and underwear. Toys are always appreciated as each child will be able to have something special for them during the holiday season. More details will come home with your child in the next few weeks.

Our next meeting is Monday, November 8<sup>th</sup>, 2021 at 6:00 P.M. at HES

*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. Check out the calendar on the school website for our next meeting information.*

Email [hespto2020@gmail.com](mailto:hespto2020@gmail.com)





## UPCOMING EVENTS

### Upcoming Events

November 2	Election Day
November 7	Daylight Saving Time ends
November 8	PTO Meeting, 6 pm
November 11	Veterans Day
November 12	No School, Teacher Workshop
November 23	Dress Up Day – Minnesota Pride
November 24–26	No School, Thanksgiving Break

### Donations

From the PTO:

Raz Kids licenses

\$1719.00



## Navigating social challenges leads to increased confidence

When parents are overly involved in their children's social lives, their kids can't develop the confidence and resilience they need to thrive. Swooping in and saving your child from every social challenge won't help him in the long run—it might actually hurt him.

Your child is more likely to establish healthy friendships and feel more sure of himself if he is armed with social and emotional skills. And these skills won't just help him navigate the playground successfully. They'll make him feel more confident in the classroom, too.

To help your child strengthen his social skills:

- Empower him to take action. If he comes to you with a problem, listen closely while he tells you about it. Say, "That sounds frustrating. What did you do next?" Then, give him a chance to find his own solution. Sometimes, all kids need is someone to listen to them.
- Model resilience. Talk about your own social struggles and how you faced them. When children hear stories about how family members overcame obstacles, they become more resilient in the face of challenges.
- Teach him to be assertive. Help your child learn how to speak up for himself. When he wants something, ask him to make a strong case for it. Or, have a family debate night. When you encourage your child to speak up at home, he'll find his voice at school and in the world.

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## Physical activity is linked to better classroom performance

It's no secret that exercise is good for your child. Along with other benefits, it can cut his risk for obesity, diabetes and even some types of cancer. But did you know that physical fitness may also help him in school?

Studies show that, compared with their inactive peers, children who get regular exercise:

- Have better hand-eye coordination.
- Are better listeners.
- Are less fidgety during class.
- Have better handwriting. To give your child lots of opportunities to get his heart pumping:
- Go on regular walks. Pick a time, such as before or after dinner, to take a short walk around your neighborhood. Make this a habit.
- Take the long way. When you are out running errands, skip the elevators and escalators and take the stairs. Choose parking spots that will allow you to walk a bit farther.
- Play active games. From shooting hoops to tag, there's no end to the fun your family can have.
- Have contests. When you watch TV together, challenge your child to a competition. During commercial breaks, see who can do the most jumping jacks or pushups.
- Put him in charge. Challenge your child to come up with some creative ways to keep your family moving.

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## Three simple ways to nurture your child's love of science

In one national survey, only about half of moms and dads felt "very confident" in their ability to help their children learn science. But you don't need to be a scientist in order to boost your child's scientific know-how. You only need to be willing!

To promote your child's interest in science and help build his skills:

1. Investigate together. There's no shame in admitting that you don't have all of the answers. So, if your child asks a question like, "Why is the sky blue?" or "Where does rain come from?" you can simply say, "I'm not sure. Let's find out together." Help your child go online or visit the library to discover the answer.
2. View educational programs. There are lots of kid-friendly science shows on TV. Watch them with your child. If you're not sure where to start, ask his teacher for suggestions. Afterward, talk about the shows. "Wasn't it neat when they explained how fish breathe through their gills?"
3. Go online. There are lots of STEM (science, technology, engineering and math) websites, games, videos and apps available. Visit [www.commonssensemedia.org](http://www.commonssensemedia.org) to find one that looks cool and check it out with your child.

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# Fire Safety



# Nelson's Farm





# Hanover School Forest



OUTDOOR CLASSROOM





# Hanover School Forest



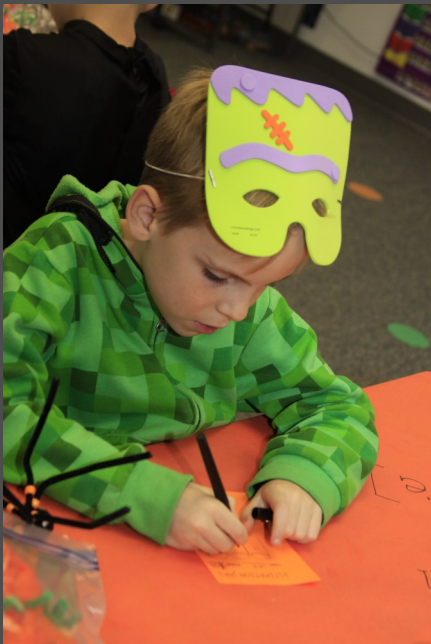


# HALLOWEEN





# HALLOWEEN





# HALLOWEEN



Black cats

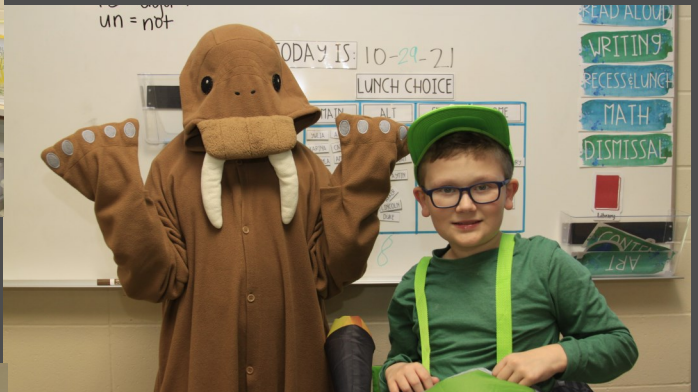


Boo!



Goblins

Jack-o-lanterns



Witches



Ghosts





# HALLOWEEN



Black cats

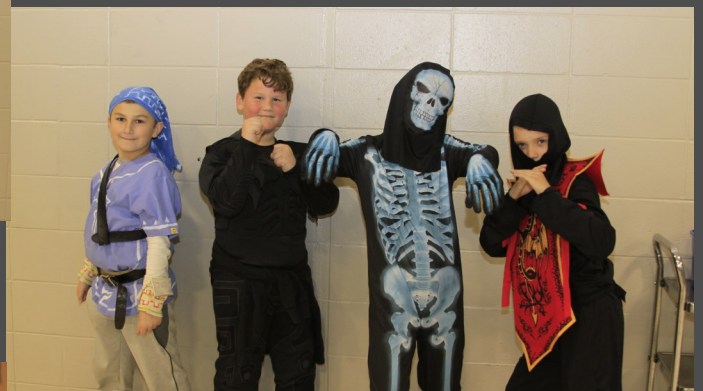
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Witches



Boo!



Ghosts



Goblins

