



Hanover Herald

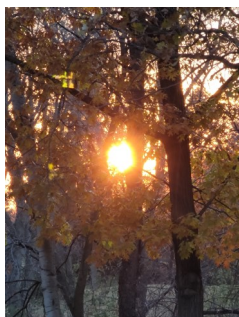
2022-2023 SCHOOL YEAR, VOL. 2



**NOVEMBER
2022**

INSIDE THIS ISSUE:

Fitness Focus	2
Musical Notes	3
Artistic Expressions	4
Health Headlines	5
PTO Page	6
Upcoming Events	7
Donations	7
Parent Articles	7
Picture Gallery	9



Hanover Elementary School
274 LaBeaux Ave NE
Hanover, MN 55341
Phone: 763-682-0800
Fax: 763-682-0868
bhmschools.org



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 "Growth Mindset" and "The Power of Yet". We talked about how we can always learn something new and that it's important to not give up even when things are difficult. Oftentimes we enjoy doing things that come easy to us, but real learning occurs when we fail or are presented with challenges. I used the example of learning how to ride a bike. If we give up the first time we fall, we may miss out on the joy of riding a bike outside with friends and family. I encouraged students to catch themselves and others when they hear the word "I can't" or "I'm not good at" and add the word, "yet" onto the end of those sentences. Adding that simple word can change a "Fixed Mindset" into a "Growth Mindset". For example, "I can't ride a bike...yet!"



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 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 ~

Fitness Focus

This October in grades 3-5 we focused on foot skills and collaboration with one another. In grades K-2 we focused on collaboration with one another, chasing, fleeing, dodging and spatial awareness skills. Spatial awareness is when we move around in space safely with one another. Two areas we will continue to focus with all students throughout the entire school year will be personal responsibility and treating each other with respect and kindness.



Looking ahead to November, we will be working on collaboration activities in grades 3-5. We will talk about good sportsmanship and its importance during every PE class.



On November 8th, 9th and 10th we will be having the bounce house in PE. The students earned the bounce house by being amazing fundraisers! Thank you to all who contributed. During those PE days we will be doing stations and rotating through the bounce house. It will be a great time for all!

As we finish out November, 5th grade will be doing some fitness testing. We will also be starting volleying skills towards the end of the month. In Grades K-2 we will continue to focus on spatial awareness, chasing, fleeing and dodging. We will continue to talk about being a great sport in everything we do. We will also be doing different manipulative activities throughout the month. These activities will incorporate beanbags, juggling scarves, noodles and balls of different sizes.



I'm thankful for a great October and looking forward to an excellent November in PE.

One thing I wish to remind you about is to help your child remember to bring gym shoes to PE. As the weather turns colder and both fashion and snow boots become the norm, it's easy to forget our shoes. If able, it's helpful to keep an extra pair of shoes in your child's locker for PE class. Thank you!



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

PHYSICAL EDUCATION



Musical Notes

November Music Activities will include a lot of performance rehearsal (especially for 3rd, 4th and 5th graders!) and some instrument playing, too!

5th graders are working on learning about many composers as well as the instruments of the band and orchestra. In late October, fifth graders took a listening assessment in music class to prepare them for their music choices next year at the middle school. We will also be learning about the songs from each military branch in observance of Veteran's Day.



4th graders are working very hard on their musical, "Elflandia." We will present this musical on Thursday, December 1st to our students and staff in the afternoon and to parents, relatives and friends at 6:30 p.m. in our Hanover cafeteria. Speaking parts and songs have already been sent home.



3rd graders are working on many patriotic songs and adding some instruments, too. We will be practicing more rhythms and ukulele also. This month will also include many Thanksgiving musical activities.



Kindergartners, 1st and 2nd 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.



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

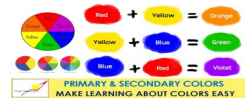


Artistic Expressions

Fall greetings from the Art Room! It's been a busy month filled with creativity and new experiences. Thanks goes out the Hanover PTO for numerous new items and materials to add to our art room!



Kindergarten students are now starting each art lesson with a step-by-step drawing. The kindergarteners are learning to follow drawing directions and we talk about trying our best and continuing on, even if something doesn't look quite the way we want it to look. Students have been learning about primary and secondary colors through projects, books, and videos. A student favorite was the smooch art project. Primary paint colors were smooched together (between paper) which created plenty of secondary colors in certain spots. Lots of ooohs and ahhhhs could be heard when the smooch art was pulled apart.



First graders have been busy creating monsters! This lesson focused on warm and cool colors along with a great deal of creativity to make big facial expressions. These monsters will be hung in the hall to create a street art effect. Such fun!



Recently third graders enjoyed some time outdoors collecting items for a nature collage. The collages took shape in the art room and the students really enjoyed the process of displaying things that they had found. What a great way to remind us all of the beauty and variety found in nature!

Fifth graders have been learning about culture and how it varies from place to place. We've discussed various factors that play into the value of a piece of art, as well as reviewing the art elements of line and color. Students designed a symbol representing themselves - showing something they value to connect with their culture and the elements we reviewed.

Please check out the Picture Gallery in the back of the newsletter for pictures from the art classes.

Enjoy these beautiful fall days!

Mrs. Berg
Art Integration
763-682-0867



If you use Amazon to shop for the holiday season or for every day, use this link: smile.amazon.com/ch/41-1355288 and Amazon will support our school with every dollar you spend!

amazonsmile
You shop. Amazon gives.

Health Headlines

2022-2023 Flu Season Update

The Centers for Disease Control and Prevention (CDC) has indicated the flu season is just getting started (typically runs October-May; peaking between December and February). Per the CDC, it's not too late to get vaccinated. Flu vaccination is always the best way to prevent flu and its potentially serious complications. If you and your children have not had a current vaccination for influenza, you may want to contact your healthcare provider to determine if your family should receive a flu shot. It is not too late!!

Tips for Staying Healthy, Happy and Safe as we approach 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.** 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 every day.
- **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 over-commit 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.



PTO PAGE


Celebrating 130 Years of Tradition and Excellence 2022 Fundraiser

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

With your generosity Hanover Elementary received \$35,974.55

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 (Fall Party, 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 7th, 2022 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



UPCOMING EVENTS

Upcoming Events

November 6	Daylight Saving Time ends
November 7	PTO Meeting, 6 pm
November 8	Election Day
November 11	Veterans Day
November 11	No School, Teacher Workshop
November 22	Dress Up Day – Minnesota Pride
November 23–25	No School, Thanksgiving Break
November 30	3rd Grade Field Trip, Children's Theatre

Donations

From the PTO: \$11,655.53 for activity funds, weather station, 4th grade musical, video camera, PE equipment, Hornetdale, hardship fund, Learning A-Z, art supplies



Encourage your elementary schooler to become a leader

Some students seem to be born leaders. They have the self-confidence, friendliness and helpfulness that make other people want to work with them.

But all children, whether they are born leaders or not, have the ability to become leaders. Here are some ways you can help your child develop leadership skills:

- Look at leaders in the news. Whether you're watching a story about a winning football team or a community effort to build a park, help your child see that someone was the leader of that group. Talk about the qualities that make people good leaders.
- Be a leader yourself. When you take a leadership role—whether it's at school, in business or in your community—tell your child about what you're doing and why. "I'm volunteering to help your school raise money so they can purchase more classroom computers."
- Teach your child to see things from other people's points of view. Good leaders aren't bossy. They make people want to work together. Find leadership opportunities. Children can learn leadership skills in houses of worship, clubs, Scouts, athletic teams and many other organizations. Family meetings are another good way to develop "home-grown" leadership. Let children take turns chairing the meetings and managing family projects.
- Don't push. Pressuring children beyond their abilities destroys self-esteem. If your child seems stressed or unhappy, it's time to lighten up.

Reprinted with permission from the November 2022 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2022 The Parent Institute®, a division of PaperClip Media, Inc.

Leadership is
action,
not position.

This four-step process can end procrastination

At one time or another, most students put off completing their schoolwork. But when procrastination becomes a habit, it can negatively affect school performance.

To break the procrastination habit, have your child:

1. Select just one thing to do. Sometimes kids put things off when they feel overwhelmed. Tell your child to focus on one assignment at a time.
2. Set a timer for 30 minutes and begin working on the assignment. While the timer is ticking, your child should focus only on that assignment.
3. Avoid breaks. Your child should get water or a snack before starting the timer to avoid interrupting work flow.
4. Celebrate. Once the timer goes off, encourage your child to do something fun, such as kicking a ball around outside for a few minutes.

Your child can repeat this process until schoolwork is complete!

Reprinted with permission from the November 2022 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2022 The Parent Institute®, a division of PaperClip Media, Inc. Source: R. Emmett, *The Procrastinating Child: A Handbook for Adults to Help Children Stop Putting Things Off*, Walker & Company.



Teach your child to persevere when faced with challenges

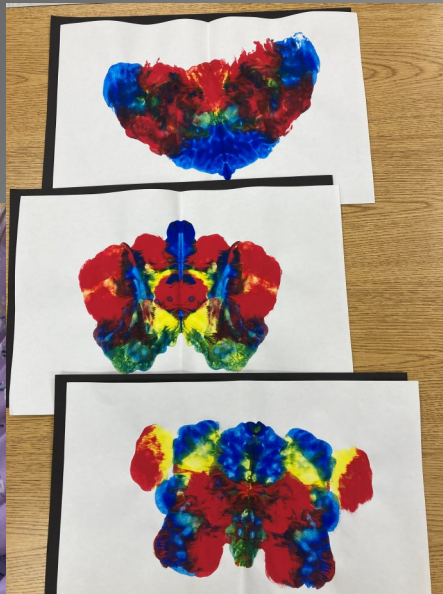
If your child has set a goal to reach, such as earning an A on a project or making the competitive soccer team, achieving it will probably take hard work. And there may be times your child will feel like giving up. That's why it's important to encourage perseverance, especially when things are difficult. Here's how:

- Discuss past successes. Did your child save money to buy something? How did your child do it? What did success feel like? What did your child learn?
- Choose a fun, realistic goal. Make it something that can be reached quickly. If your child wants to read an entire series of books, start small. Set a goal for your child to read the first book.
- Listen for ideas. Kids often mention goals without actually setting them. ("I'd love to be in the talent show" or "I hope I finish my report on time.") Together, create a step-by-step plan for success.
- Brainstorm different strategies to try if your child doesn't meet a goal. And help your child revise a goal if it is too ambitious.
- Be a cheerleader. Say things like, "You are really sticking with this. I'm impressed!" Even if your child misses the mark, praise effort.

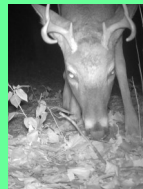
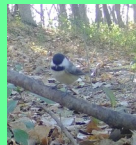
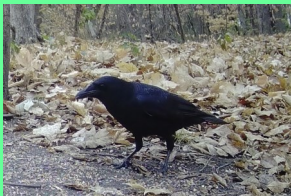
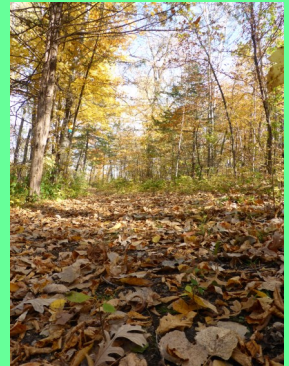
Reprinted with permission from the November 2022 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2022 The Parent Institute®, a division of PaperClip Media, Inc.



ARTISTIC EXPRESSIONS



Hanover School Forest



PTO Fall Event



FALL PARTY



FALL PARTY



FALL PARTY

