

Houghton Elementary School



Volume VII, Issue 6

Doreen Kramer, Superintendent
Anders Hill, Principal

3rd Grade Reading Law- A Parent's Guide to PA 306

Upcoming Events:

- February 14th—
Classroom Valen-
tines Parties
- February 21st—**No
School** Mid Win-
ter Break
- March 10th—Baby E's
PTO Give-Back
Night
- March 11th—**School
Dismisses at
12:20, Professional
Development in
PM**
- March 23rd—March
27th—Spring Break
No School
- April 3rd—3rd Mark-
ing Period Ends &
PTO Spring Fling

In an effort to boost reading achievement in the state, Michigan lawmakers passed Public Act 306 in October 2016. The law requires extra support for K-3 students who are not reading at grade level and also states that a child may be retained in third grade if they are one or more grade levels behind in reading at the end of third grade. This law effects this year's kindergarten, 1st and 2nd grade students and the grades to follow.

What do I need to know as a parent?

Your child's reading progress will be closely monitored beginning in kindergarten. If your

child is not reading where expected, a plan to improve reading will be created. This means your child's teacher and school will work with your child to find where your child needs support in his/her reading development and create a plan to support him or her.

This plan includes extra instruction or support in areas of need, ongoing checks on reading progress and a read-at-home plan that encourages you and your child to read and write outside of the school day. Extra supports in your child's reading improvement plan will occur in small groups during the school day.

Your child will not miss regular reading instruction. Starting this school year, in order to be promoted from third to fourth grade, your child cannot score less than one year behind on the state reading assessment. If you are notified your child may be retained, you have the right to meet with school officials and to request, within 30 days, an exemption if in the best interest of your child.



On January 23rd we held our annual Geography Bee.

We'd like to congratulate our winner William Jiang and Runner-up Max Sidorstov!



Dropping Off Students at School



Parents please remember that students should be dropped off at the upper parking lot or roundabout in the morning. Also, please remember to park in the parking lot if you are coming into the school. Vehicles should not be left unattended along the sidewalk, and please slow down in the parking lot.

January TEAM Students

Every month we are recognizing a student in each class that exemplifies our schools TEAM goals:

These students will enjoy a treat with the principal and receive a certificate.

Y5's: Joshua Sundstrom

K: Lucas Niedzwiecki, Clarissa Wear, Angelina

Datto, Ivy Markham & Luke Rubich

1st : Avalyn Gruver, Miya Xue, Ann Rouleau & Jaelee Kangas

2nd: Cooper Aho, Silas Bergstrom, Neeki Eb-

nenasir, Mats Arko & Elodie Brassard

3rd: Jensie Kuzmic, Valerie

Stenersen, Samara Pyhtila, Zachary Ageas & Margot Rynnanen

4th: Jonathan Rauch, Olive Schmidt, Isabella Hassell & William Jiang

5th: Arianna Puroll, Ivan Johnson, Ian Hembroff, Max Massaway & Maisa Jussila

Congratulations!

TEAM Students



PTO Corner

BBQ Gives Back: Dine in or out on **Tuesday, March 10** at **Baby E's BBQ** and mention HES PTO. Ten percent of your order will be donated to PTO! **Spring Fling FUNdraiser** to be **Friday, April 3**. Our biggest fundraiser will include dancing, live DJ, games with prizes, raffle, auction, cake walk, concessions, and more! **NEW: Watch for an Admission Pre-Sale, plus adults get in FREE!**

Shop for Wing Ding Week Gremlin Gear, including fleece blankets (\$22), tote bags (\$8), water bottles (\$5), decals (\$3), and coffee cups (\$14) available for purchase by emailing nn_verive@yahoo.com to arrange payment/pickup. Plus, check Facebook for available apparel sizes and styles.

Like & Share Contest: PTO is giving away 2 Mont Ripley Tubing Passes to one lucky winner chosen at random from all "entrants". First, find the Contest Post on our PTO Facebook page (search for HPTSPTO). Next, Like & Share - You will get one entry for liking our Contest Post, and then a second entry if you share that post (max of 2 entries per person). Drawing will be February 7th and winner will be notified by Facebook Messenger.

Thank you for shopping during the **Thirty-one Gifts Sale**. Independent Director, Jessica Lawson, donated \$102 from the sale.

About 200 people kicked off 2020 at **Track Friday**. Thanks to Jen Wall for leading aerobics, GoGoSqueez for snacks, and to our prize donors Michigan Tech University, Mont Ripley, Portage Fitness Center, and our volunteers from HHS Social Studies.

Coming Up: PTO Meeting Tuesday, February 18 at 5:30 p.m. in the School Library **Baby E's Give Back, Tuesday, March 10, Spring Fling, Friday, April 3 6-8:30pm**

Information & Updates: Like PTO on Facebook: facebook.com/HPTSPTO

Counselor's Corner

Micah Stipech

Miracle Grow for the Brain

What if there was a miracle grow for the brain? Something we could sprinkle on and “poof” we are able to learn more, perform faster and age slower? What if there was an easy-to-achieve, scientifically proven, way to make yourself smarter? It turns out this is exactly what happened when researchers sprinkle a protein called Brain Derived Neurotrophic Factor (BDNF) on brain neurons in a petri dish. Similar to fertilizing a plant, the neurons sprout new branches, make new connections and literally take off.

A massive amount of research is highlighted by Dr. John Ratey, a clinical professor of psychiatry at Harvard Medical School in his book SPARK: The Revolutionary New Science of Exercise and the Brain (Little, Brown, 2008).

How it works is BDNF binds to receptors in synapses that connect the neurons in our brains. It increases the voltage of those electric connections. In other words, it boosts their signal strength.

Inside the cells BDNF goes to work activating genes that create more BDNF, other important proteins and neurotransmitters. One of those neurotransmitters, Serotonin, is crucial in regulating mood and feelings of well-being. Pharmaceuticals that create anti-depressants target serotonin attempting to artificially improve mood and curb depression.

So how do we create more BDNF in our brains so that we can learn more, retain more, combat stress and feel better? The answer, researchers agree, is free. Daily exercise, in particular, bursts of high intensity exercise. Those who exercised vigorously for short bursts of 3-5 minutes create more BDNF than individuals doing something like a moderate 40minute jog.

In a recent German study, volunteers who did two 3 minute sprints (separated by 2 minutes of lower intensity) during the course of a forty-minute treadmill session demonstrated higher increases in BDNF than non-sprinters. Not only that, the sprinters learned vocabulary words 20 percent faster than non-sprinting exercisers. It seems even a small amount of high-intensity exertion can have a profound effect on your brain!

BDNF production is most crucial in Children. Children’s brains are rapidly creating connections enabling them to learn at a staggering rate. By their teen years brains are already going through neural pruning, cutting out those connections that are not being used. It is critical that children utilize these windows of trainability and create neural connections that will last a lifetime. When children are sedentary, looking at screens and not moving and playing, they are missing out on tremendous cognitive development.

Brain Derived Neurotrophic Factor, a fancy name that tells us what people have known for ages; a healthy body, mind and spirit are inseparable. Include plenty of activity and play in our children’s day and sprinkle miracle grow on their brains.

<http://www.nytimes.com/2012/04/22/magazine/how-exercise-could-lead-to-a-better-brain.html?pagewanted=all>

SPARK: The Revolutionary New Science of Exercise and the Brain (Little, Brown, 2008).



Attendance Matters

DID YOU KNOW?

- Starting in Kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college and at work.

attendance
MATTERS[®]

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

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**EVERY
MINUTE
IN SCHOOL
MATTERS**

Two missed days a month adds up to being a half a year behind by the time your child reaches 4th grade.

And once a child falls behind, they rarely catch up.

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Mission Statement:

Every Student, Every Day!



Congratulations to our 5th Grade Spelling Bee classroom winners: Jacquelyn Bugielski, Charlie Goldstein, Casey Hiller, Willow Jenson, Rebecca Joyal, Evan Lorenz, Porter Markham, Alyssa Northey, Richard Sarau & Jessica Verive. In the district competition Casey Hiller was our runner-up and Alyssa Northey was our winner. We wish Casey and Alyssa the best of luck at the regional spelling bee.



Kindergarten Round Up 2020-21

Houghton Portage Township Schools will begin registering kindergarten-aged children for the 2020-21 school year. Children who will be five years of age by September 1st, 2020 (Waiver available if students turn 5 before December 1st, 2020), are eligible to enter kindergarten or Young 5's. Please call Houghton Elementary School at 482-0456 ext. 3040 to pre-register. Children currently attending Young 5's are automatically registered for kindergarten.

