

# September 2020

# Houghton Elementary School

Volume 8, Issue 1

Doreen Kramer— Superintendent  
Anders Hill— Principal

## Upcoming Dates

- September 8<sup>th</sup>— Student's First Day
- September 15<sup>th</sup>— Individual Pictures K, 1st & 2nd
- September 16<sup>th</sup>— Individual Pictures 3rd, 4th and 5th, Virtual Students After School
- October 19<sup>th</sup>—In-Service No School



## What is the T-E-A-M all about?

At HES we have implemented a school-wide positive behavior support system, “TEAM”. Through this program we are striving to improve behavior, decreasing the time used for discipline and also providing more time and energy for academics. Research clearly shows improving school wide behavior improves academics. All students are taught the right way to do things, with common expectations. These expectations will be taught in mini-lessons:

Take Responsibility

Earn Respect

Act Positively

Make It Safe

Orange tickets are issued to students by our staff to promote and encourage positive behavior and interactions at school. Tickets will not be brought home for signatures as they have in the past. We want to emphasize positive behavior and encourage students to make good choices. We will also have consequences which can range from warnings, restorative practices, time-out at recess or staying in the office dur-

ing recess. We know that if we can change negative behavior early with students, they will be more successful in school.



## PARKING LOT & PICK UP PROCEDURES

The dropping off and picking up of children is done at the main entryway or marked zone on Schoolhouse Road only. **Parking, or leaving your vehicle unattended, in the Drop-off Lane is not permitted. The Drop-off Lane is located along the entire curb of the main entryway and yellow painted lines on Schoolhouse Rd.**

If you plan to leave your vehicle, please park your vehicle in the spaces provided before leaving your car. When dropping off and picking up in the lane, please pull up to the farthest available spot to allow room for others.

We are limiting parent access to the building to start the year. If you need to pick up your child early, we will walk your child to the front doors.

## IMMUNIZATIONS

Houghton Portage Township Schools, as required by Michigan law, must enforce the rule that every student enrolled in school be properly immunized. Any student not having adequate immunizations, or a waiver on file in the office (these must be obtained through the health department) **will be excluded** from school by state law on **October 1st**. Please provide our school with the needed documentation.



Students who missed fewer than 2 days in September typically had good attendance rates for the entire year.

Half the students who missed 2-4 days in September went on to miss a month or more of school. This group missed an average of 25 days.

Nearly 9 out of 10 students who missed more than 4 days in September were chronically absent that year. These students missed an average of 70 days.

## Missing Minutes

Arriving **15 minutes** late each day is the same as being absent for **2 weeks** each year!

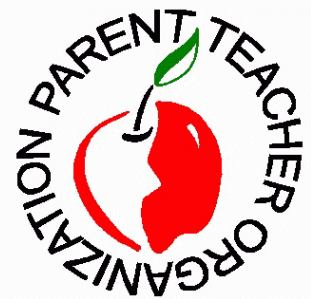
### **You Support PTO. PTO Supports Our School.**

Join us at the first PTO meeting of the year on **Tuesday, September 22 at 5:30** in the school library. We look forward to seeing new faces and hearing new ideas. Childcare provided in the gym. The Meeting Agenda will be shared the week prior. **Please consider serving!**

**Support PTO:** Choose **Houghton Elementary School PTO** as your designated charity when you shop online at [smile.amazon.com](https://smile.amazon.com).

**2020–2021 PTO Board:** President: OPEN, Vice President: OPEN, Treasurer: Kathryn Goth-LaTendresse, Secretary: Amber Vankarsen, Publicity: JR Repp and Kim Matson, Book Fair Chair: OPEN

**Information & Updates:** Like PTO on Facebook: [facebook.com/HPTSPTO](https://facebook.com/HPTSPTO)



**WE NEED  
YOU  
TO  
JOIN  
US**

## Parent List Serve

This upcoming school year we will be sending out future newsletters, announcements and reminders through our parent List Serve. Going paperless offers many benefits and for some parents is a better way to communicate.

If you do not have internet access or an email address, please contact Mr. Hill in the main office (482-0456 ext. 3000) to request paper copies of fu-

ture newsletters.

To subscribe to the elementary school list serve please send an email to:

[esparents+subscribe@hpts.us](mailto:esparents+subscribe@hpts.us)

You will receive an automated message and will need to click on "Join this Group" in the body of the message.

We will try our best to communicate effectively and efficiently with you this school year.



### HOW IS MY CHILD GETTING HOME?

Now that students are into the routine of school, we ask that all parents take some time to go over the "going home" plans with your children. The most important thing to remember is that when the normal routine changes, **we need a note** so that the teacher knows where your child will be going at the end of their school day. It is also recommended that you call the office, especially with our younger students.



### Face Covering Policy Fall 2020

Students in all grades will wear face coverings when entering and exiting the building as able (doctor's note required to not wear one if they cannot be tolerated).

Students in grades 3<sup>rd</sup> – 5<sup>th</sup> will wear face coverings when in classrooms. Students in Y5's, Kindergarten, 1<sup>st</sup> and 2<sup>nd</sup> grades will wear face coverings when entering and exiting the buildings and remove them when seated in classrooms

Students would not wear face coverings when exercising in PE class.

Students will not be required to wear face coverings during outside recess or when learning activities are moved outside and students distanced.



### ITEMS TO SAVE FOR OUR SCHOOL

Our school will once again participate in the "Big G Box Tops for Education" and the Econo Foods receipt programs. Please save all General Mills box tops and Econo Foods receipts. If possible, it would be very helpful if you could cut on the dotted lines around the box top. You may send these in at anytime throughout the school year. Each year we have received extra funds to spend on extras for participating in these programs.

You can also use a Box Tops App, more information at [https://www.boxtops4education.com/sneakpeek\\_FAQ](https://www.boxtops4education.com/sneakpeek_FAQ)

Thank you in advance for helping us with these school projects.



## Counselor's Corner– Micah Stipech

### Student's Sleep is a Critical Factor

In my role as a school counselor I have worked with hundreds of families to help students who may be struggling with behavior or learning difficulties. Before we even look at potential disabilities, medication, plans and other interventions we often ask about sleep. Sleep is such a prevalent and critical issue with our children that I decided to write about it here.

"Sleep is just as important to human life as eating and breathing. We spend almost a third of our lives sleeping," says Dr. Sumit Bhargava, clinical associate professor of pediatrics at the Stanford University School of Medicine and sleep physician at Lucile Packard Children's Hospital.

Sleep is believed to restore, repair, detoxify and organize our brains and bodies so we can go about the business of learning, adapting and sustaining energy during the day. While adequate sleep helps children grow and learn at an amazing rate, sleep deprivation impairs adaptive emotional regulation. Sleep deprivation can contribute to mood swings, tantrums, inability to sustain attention and can impact appetite and metabolism. Research confirms that children benefit from having a regular early bedtime and bedtime routine. Sleep duration and quality are the most important factors, and getting to bed early helps set the child up for success.

"An early bedtime benefits a child's physical health, as well as mood and mental health, because it allows time for restorative sleep, which is important for the repair and recovery of the brain and the body," said Reut Gruber, researcher at McGill University. "Set an appropriate bedtime based upon the amount of sleep your child needs to be functional and effective during the day. Then, be consistent with it, even on weekends," he added.

How much sleep does your child need? The American Academy of Sleep Medicine released updated sleep guidelines for children in June, recommending that:

Babies 4 months to 12 months should get 12 to 16 hours  
Children 1 to 2 years old should get 11 to 14 hours  
Children 3 to 5 years old should get 10 to 13 hours  
Children 6 to 12 years old should get nine to 12 hours  
Teenagers 13 to 18 years old should get eight to 10 hours

Roughly, infants should sleep by 7 p.m., toddlers by 7:30 p.m., younger children by 8 p.m., preteens by 8:30 p.m. and teens between 9 and 10:30 p.m., said Harriet Hiscock, associate professor at the Murdoch Children's Research Institute. To get your child to go to sleep, Gruber advises, don't negotiate bedtime. "Bedtime is not optional, and just as parents should not negotiate whether a child has to brush his or her teeth, they should not negotiate bedtime," she said.

"With younger children, create a pleasant and calm bedtime routine that involves bath and story time," she added. "With older children who go to bed more independently, set a time in which they have to start their bedtime routine and a time when lights are off for the night. ... For children of all age, make sure to remove electronic devices from the bedroom in advance of the bedtime. Children and adolescents cannot be expected to manage this themselves, and parental involvement is mandatory."

Parents are responsible for their children's sleep. This may mean that parents have to change their personal routines, remove electronic devices, address sugar and stimulants in children's diets and show some persistence in doing the right thing. Many parents are quick to invest in things they can purchase or pills they can take to help their children. It turns out that the most critical difference maker parents can invest in is free.

<http://www.cnn.com/2016/09/05/health/bedtime-children-health-benefits/index.html>



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## New Daily Checklist

We are excited to start another year at HES! Parents, we look forward to working with you to keep our students and staff safe and healthy this year! To do so make sure to **CHECK** the following every day:



Check your child for symptoms and check his/ her temperature each day before coming to school. Keep your child home if they have symptoms of fever (At or above 100 degrees), cough, shortness of breath or exposure to someone with confirmed or suspected to have Covid-19.



Check to make sure your child has a clean mask with them and you review expectations for their use. Consider sending a second mask with your child in case they lose their mask or it gets dirty. We will have some disposable masks for students to have if needed.

## Every Student, Every day!

## Thank You

I am humbled by the opportunity to work with all the great students, families and staff at Houghton Elementary School. I have been so impressed with the outstanding attitudes of our students and the great parent support over the past 7 years.

In this year with many challenges, I am committed to do all I can to make this year positive and safe.

If you need anything, do not hesitate to contact me. My phone number is 906-482-0456 ext. 3000, and my e-mail address is: [ahill@hpts.us](mailto:ahill@hpts.us)

Thank you for the privilege to work with your child.

Anders Hill

Principal

Houghton Portage Township Schools offers a breakfast - Breakfast Hours: 7:40 – 8:15

Cost of Breakfast:

Full Price: \$2.00

Reduced Price with qualifying application: \$0.30

Free with qualifying application

If you are not sure if you qualify for free or reduced meals, please fill out an application online at [www.lunchapp.com](http://www.lunchapp.com) or pick up a paper application from any school office.

