

Houghton Elementary School



Volume VIII, Issue 6

Doreen Kramer, Superintendent
Anders Hill, Principal

Upcoming Events:

- February 12th—
Classroom Valentines Parties
- February 16th—
Virtual PTO Meeting
- February 19th—**No School PD**
- March 12th—**No School PD**
- March 26th—3rd Marking Period Ends
- March 29th—April 5 —Spring Break
No School
- April 6th—School Resumes

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

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.

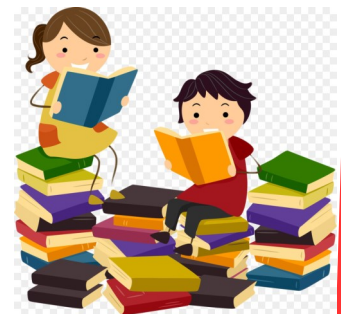
What do I need to know as a parent?

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.

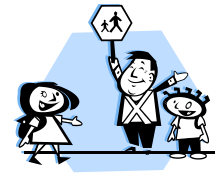
This plan includes extra instruction or support in areas of need, ongoing checks on reading progress and a read-at-home plan that encourages you and your child to read and write outside of the school day. Extra supports in your child's reading improvement plan will occur in small groups during the school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



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. Also, please wear a mask if standing in a group and not able to stay distanced.



January TEAM Students

Every month we are recognizing a student in each class that exemplifies our TEAM goals. These students will enjoy a treat with the principal and a certificate.

Y5's: Thomas Konkol

K: Iley Bustos, Ali Turnquist, Naya Morrison, Benjamin Breffle & Mia Kirkish

1st : Letty Lauren, Layne Massaway, Diachi Minakata, Max Webb, Kayleigh Harris & Preston Schlieff

2nd: Teddy Fang, Elizabeth Bates, Nate Valentine & Cyra LaBeau

3rd: Liam Merriman, Carson Roth, Meta Semmler Smith, Morgan Vandiver & Elise

Wolfe

4th: Kalen Williams, Rounak Chatterjee, Trevor Scullion, Ava Heider & Odin Manninen

5th: Calvin Rinkinen, Emre Durocher, Natalie Somero, Ella McLeod & Matthew Bennett

Congratulations!

TEAM Students



PTO Corner

You Support PTO. PTO Supports Our School.

There's nothing better than pizza, breadsticks, and cookies hot and fresh out of your own oven! Shop our **Little Caesars Fundraiser thru February 17 - HES PTO earns \$6 for every kit purchased.**

Orders ship via FedEx directly to your door, Stock up – shipping costs are the same for 1 Kit or 2 Kits, Ships with reusable gel packs, Kits may be safely refrozen

Shop here: <https://fundraising.littlecaesars.com/fundraisers/support/75c15de2-2e54-4895-870c-7056524f51eb>

Please choose **Houghton Elementary School PTO** as your designated charity when you shop smile.amazon.com.

PTO Thanks: Thank you **HES families** for purchasing Gremlin Gear! Special thanks to Vicki Locatelli and Katie Tormala for creating our first online Shop!

Get Involved: Key Leadership roles on the PTO Board remain vacant. The PTO Executive Board for the 20/21 School Year is still in need of a President or Co-Presidents and a Vice-President. Contact Nancy Verive at nn_verive@yahoo.com to learn more.

Coming Up:

Little Caesars Fundraiser Ends 2/17

PTO Meeting Tuesday, February 16 at 5:30 p.m. via Google Meet

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!

We are excited to announce a Home Fridge Advantage Winner – Congratulations to Danielle from Dodgeville. and

The two selected Houghton Elementary School, where their kids attend, for their “Forward Pass.” The school will be replacing their 29-year old cooler to make sure students have ice cold milk every day. Thank you!



Kindergarten Round Up 2021-22

Houghton Portage Township Schools will begin registering kindergarten-aged children for the 2021-22 school year. Children who will be five years of age by September 1st, 2021 (Waiver available if students turn 5 before December 1st, 2021), 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.

