

September 2018

Houghton Elementary School

Volume 6, Issue 1

Doreen Klingbeil— Superintendent
Anders Hill— Principal

Upcoming Dates

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| | 3rd, 4th and 5th |
| • September 26th — Student's First Day | • September 26th —In-Service Half Day, Students Dismissed at 12:20 pm (Lunch is Served) |
| • September 18th — Individual Pictures K, 1st & 2nd | |
| • September 19th — Individual Pictures | • October 24th —In-Service Half Day, Students Dismissed at 12:20 pm |



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. Weekly drawings provide special recognition to students for kindergarten through 3rd grade and 4th and 5th grade can turn in 5 tickets for a prize. We want to emphasize positive behavior and encourage students to make

good choices. We will also have consequences which can range from warnings, time-out at recess or staying in the quiet room during recess. We know that if we can change negative behavior early with students, they will be more successful in school.



PARKING LOT 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 entering the building. You may be entering the school for just a very short time, but for safety reasons, park only in the designated parking areas. When dropping off and picking up in the lane, please pull up to the farthest available spot to allow room for others.

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!

PTO CORNER

You Support PTO. PTO Supports Our School.

Join us at the first PTO meeting of the year on **Tuesday, September 18 at 5:30** in the school library. We look forward to seeing new faces and hearing new ideas. Childcare is provided in the gym. The Meeting Agenda will be shared the week prior.

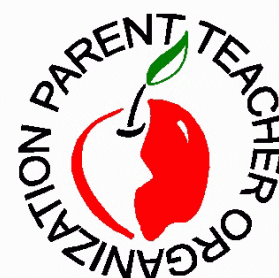
Help Fill the Shed! PTO is collecting new playground equipment for the new outdoor playground shed. Donation slips and a drop off box are located in the school lobby.

Thank you Industrial Graphics for the design and installation of the vinyl sayings on the school stairs. Our students will benefit from reading these growth mindset and positive affirmations.

2018–19 PTO Board- President: Nancy Verive, Vice President: Jen Wall, Secretary: Amber Vankarsen, Publicity: JR Repp and Kim Matson, Treasurer: OPEN; contact Nancy Verive (nn_verive@yahoo.com) if you are interested.

Information & Updates:

Like PTO on Facebook: [facebook.com/HPTSPTO](https://www.facebook.com/HPTSPTO)



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 future newsletters.

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

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.



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.



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 Staff at HES

We would like to welcome our new staff: Brandie Hainault (K), Blair Zenner (K), Ashley Dunstan (1st) & Gael Filpus (4th)! All are outstanding educators with a heart for kids. We are excited to see the great things they will accomplish at HES!



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 5 years.

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

Thank you for the privilege to work with your child.

Anders Hill

Every Student, Every day!

Houghton Portage Township Schools offers a breakfast in the Cafeteria- Breakfast Hours:

7:40 – 8:15

Cost of Breakfast:

Full Price: \$1.75

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 or pick up a paper application from any school office.

