

September 2022

Houghton Elementary School

Volume 10, Issue 1

Anders Hill— Superintendent
Cole Klein— Principal

Patrick Aldrich—Student Affairs



Upcoming Dates

- **September 22nd & 23rd**—Copper Spike/Copper Bowl
- **September 23rd**— Dress-up Day— School Spirit—Orange and Black!
- **September 22nd**—Dress-up Day— Class Colors (5th—Red, 4th— Orange, 3rd—Yellow, 2nd—Green, 1st—Blue, K—Purple)
- **October 14th**—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 also 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, restor-

ative practices, time-out at recess or staying in the office during 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.

Now that we are one week into the school year, we are asking that parents no longer come into the building at drop off unless needing to come into the office.

The Round-About driveway is an excellent option for drop-off each morning. Please consider using Schoolhouse Road off of Sharon Ave for morning drop off! We have an adult stationed up there to help students once they are out of the vehicle.



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 throughout the year is the same as being absent for **2 full weeks!**

You Support PTO. PTO Supports Our School.

Join us at the first PTO meeting of the year on **Tuesday, September 20 at 5:30** in the school library. We look forward to seeing new faces and hearing new ideas! Childcare is provided in the gym. We will send the meeting agenda and virtual meeting information soon. We only have a few parent volunteers; please consider helping!

UPCOMING EVENTS:

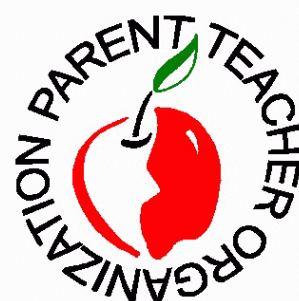
9/20— HES PTO Meeting

10/8— Gremlins 5K Fun Run/Walk

10/18—HES PTO Meeting

2022–2023 PTO Board: President: Vicki Locatelli, Vice President: Katie Tormala, Secretary: Shelby Oja, 5th Grade Fundraising—Jen Capello, Treasurer: **OPEN**, Publicity: **OPEN**, Book Fair Chair: **OPEN**

If interested in serving in open positions, please contact Vicki Locatelli- vickilocatelli@yahoo.com



**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. Klein 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

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.



HES Celebrates 2022 COPPER BOWL/ COPPER SPIKE

Dress-up Days:

Thursday, Sept. 22—**Class Color Day**—Wear the color for your grade level! **5th—Red, 4th—Orange, 3rd—Yellow, 2nd—Green, 1st—Blue, Kindergarten—Purple**

Friday, Sept. 23—**School Spirit Day**—Dress is Gremlin gear or wear **ORANGE** and **BLACK**

Copper Bowl/Copper Spike Assembly—

Thursday, Sept. 22

HHS Football and Volleyball athletes along with HHS band members will visit for a Pep Assembly!

Copper Bowl/ Copper Spike Schedule

Thursday, September 22

HOME GAMES:

JV Football vs Hancock @ 5:00pm

JV/Varsity Volleyball vs Hancock @ 6:30pm

Friday, September 23

AWAY GAME:

Varsity Football vs Hancock @ 7:00pm

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.



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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We would like to WELCOME SIX NEW TEACHERS at HES!

(Pictured left to right.)

- Tessa Cipriano teaching 5th Grade
- Tiffany Berkey teaching 3rd Grade
- Jamie Mack teaching 2nd Grade
- Dominique Crowley teaching in the Resource Room
- Andee Hiner teaching 2nd Grade
- Patrick Aldrich (not pictured) is our new Student Affairs Coordinator

RECESS CLOTHING

As we move into the colder and more wet fall weather, please help make sure that you child is dressed for recess. Jackets with hoods are highly recommended, as we will still go outside if it is misting or lightly raining. Outdoor recess is really important for our students' academic and behavioral success!

Thank You!!!

I am very excited to have this incredible opportunity to work with all the great students, families and staff at Houghton Elementary School. We all work so well as a team to provide the best education for our students.

I very much appreciate the support of our families and community with all aspects of our school. From parent volunteers and active members of the PTO, to generous family and community members donating to our TEAM prizes, I'm truly impressed with how involved and dedicated our educational community is to our school!

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.

Cole Klein

