

Houghton Elementary School

October 2024



UPCOMING EVENTS

- **October 11th No School– Professional Development**
- **October 31st Halloween Parties and Parade @ 1:45pm**
- **November 1st End of First Marking Period**
- **November 7th Parent Teacher Conferences Students Dismissed at 12:20**
- **November 8th Parent Teacher Conferences Students Dismissed at 12:20**

Cole Klein, Principal
Patrick Aldrich, Assistant Principal

Title I Supports

Title I is a federally funded program that provides academic support to students in our elementary school. This year our Title I staff will provide reading, math and “English as a Second Language” services to those students that are referred by their classroom teachers. Title I reading interventions are offered in small groups in the Title I classrooms.

Math services are provided mainly in the regular classrooms, with limited pullout for homework assistance. This is a fluid program that allows us to provide the extra help students need. When students no longer need extra support they are exited from Title I.

This year’s annual Title I Parent Meeting will be held on November 9. Parents whose children have been referred for Title I support will receive a letter in the mail with more information about our program. Questions regarding Title I should be directed to Kriss Bosley at 482-0456 extension 3420 or kbosley@hpts.us



REMINDERS FOR BUS RIDERS

A couple reminders for students riding the bus.

- Students need to remain seated while riding.
- Students should demonstrate TEAM Behavior Expectations.
- No Food or Beverages (aside from water)

We want our bus rides to be safe and enjoyable for our students and drivers. Limiting distractions for our drivers is key. Food/beverage messes have become a problem as they are time consuming to clean-up and they also attract rodents that damage our buses.



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, restorative 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.

M-Step Scores

We are very proud of our students performance on last springs state tests. Our scores are a reflection of outstanding students and great teachers. We will use this data to help guide curriculum adjustments. Scores represent percent of students proficient or advanced. We added a comparison to state averages and the average score for local schools in the areas in the Copper Country ISD. The data represents the percentage of students who were “advanced” or “proficient” on the state assessments.

Grade/ Subject	HES 2024	State 2024	CCISD 2024
3rd Math	71.2	43.4	52.1
3rd ELA	64.3	39.6	46.8
4th Math	71.4	39.1	57.1
4th ELA	72.4	43.3	56.0
5th Math	63.6	32.6	43.3
5th ELA	60.2	44	48.7

PARENT LIST-SERV

This 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 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.

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>



HALLOWEEN CELEBRATIONS

Mark your calendar for Thursday, Oct. 31, for our annual Halloween celebration. Parents are asked to view the parade **outside** the building on our playground. Students will march starting at 1:45 pm and will use

the blacktop path starting at the upper doors and ending near the basketball hoops. We plan to stream the parade on Facebook Live for parents and families. Please **do not** send any toy weapons (plastic guns, swords

or knives) as part of costumes. Also, please do not send students in masks that are difficult to see out of. If it is raining we will move the parade to the gym and it will be streamed on Facebook Live.

TEAM Students



SEPTEMBER TEAM STUDENTS

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

- Take Responsibility
- Earn Respect
- Act Positively
- Make it Safe

These students will enjoy a cookie treat with the principal and receive a certificate. Our September honorees are:

- Young 5's:** Zahra Forsman
- 3rd:** Marabelle Hermann, Emma Heider, Vera Ison, Cove Squires, Ayla Anderson
- 4th:** Susanna Narwold, Tyler Pietila, Elliott Smith, Logan Capello, Emmalyn Sutinen,
- 1st:** Leo Meyer, Blake Aho, Luca Anderson, Miila Finger, Aaron Young
- 2nd:** Alexander Sanford, Ingrid Sjöholm Sweitz, Iris O'Connell, Alivia Pihlaja, Bentley Brown
- 5th:** Aamira Sundstrom, Decker Bastian, Allie Mettlach, Ivy Markham, Daichi Minakata,



Have a safe and enjoyable Halloween!

We want to encourage all students to wear orange and black every Friday to show our school spirit.



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UNPREDICTABLE WEATHER – GET READY!

October can be a very unpredictable month when it comes to weather. Please remember this when sending your child to school each morning. Please check those warm clothing supplies and be sure your child has what he/she needs. Children who are appropriately dressed have a much better time at recess.

On mornings when it is raining, all students will enter the building and go to their classrooms to play with classroom games. Hopefully this won't be too often. If it is misting or lightly raining off and on, we will try to be outside!

Also, please remember to send students to school in closed toe shoes. We ask that students do not wear sandals on the playground

MORNING STUDENT DROP-OFF ROUTINE

We want to remind parents and families of some important points to help morning drop-offs move along safely and smoothly.

- Pull as far forward towards each crosswalk as possible, allowing for other drivers to easily pull in behind you.
- Say your “Good Byes” in the car. If you would like to get out with your child and walk him/her to the front door, please park in the parking lot.
- Drop-off at the curb and not in the lane with moving traffic.
- Do not back-up to pull out. It is difficult to see students as they exit cars and move from the parking lot.

SLOW
CHILDREN
DROP OFF
ZONE