



HOUGHTON ELEMENTARY SCHOOL

DECEMBER 2024

Houghton-Portage Township Schools

Volume 12, Issue 4

Mr. Cole Klein— Principal

Mr. Patrick Aldrich— Assistant Principal

Houghton Elementary Winter Concert

Houghton Elementary School's Holiday concert will be on Thursday, December 12th. To accommodate all of our families and friends, we are holding the concert at varying times .

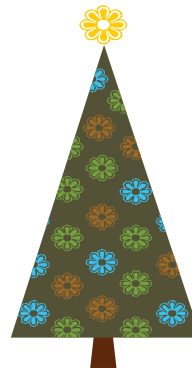
We will have Y5, K, and 1st grades at 9:30 am, 2nd and 3rd grades at 10:30 am, and 4th and

5th grades, along with the HES Choir at 1:30 pm in the elementary school gym.

Family and friends are invited to attend their child's concert time. Please note that there is only one concert time for each grade.

Students are asked to dress nicely for the concert.

We also ask that you carpool with family or friends as we have limited parking space available.



Upcoming Events

- December 9th—Merry Monday (holiday attire!)
- December 12th— HES Winter Concert:
Y/5, K, 1st @ 9:30am
2nd & 3rd @ 10:30am
4th & 5th @ 1:30pm
- December 16th—Merry Monday (holiday attire!)
- December 20th— Last Day for Students
- January 6th— Classes Resume
- January 23rd & 24th— Students Dismissed at 12:20 Both Days

Winter Weather & Inside Recess

Winter is here! This is a good time to remind your child to come to school dressed appropriately for cold weather. Winter coats, snow pants, hats, boots and mittens should be the daily attire for all school children. Recess is great fun for those who are dressed warmly! Please make sure your child comes to school with all the

essential outerwear to enjoy the fun of winter. **Label each item with your child's name!**

We will have inside recess on days that the temperature or wind chill fall below 0 degrees.



Please check our "Lost and Found" located outside the cafeteria before Holiday Break. Anything left will be donated to local charities.



Please slow down in the parking lot when dropping off or picking up students.



Streaming our Holiday Concert

For parents and grandparents who are unable to make it to the Holiday Concert to watch, we will be live-streaming the concert on Facebook Live. You do not need a Facebook account to access this. Search for the Houghton Elementary School Facebook page.



Virtual Giving Tree and Gremlin Holiday Shop!

The HES PTO has set up a virtual Giving Tree for HES Teachers (Last Day is 12/6) and a Gremlin Holiday Shop (Last Day is 12/13). Visit the Houghton Elementary School PTO Facebook page for more info!



November TEAM Students of the

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 treat with the principal and receive a certificate. Our November honorees are:

K/Y5: Julian Lantz, Dawson Harry,

Raya Hanke, Simon Handler,
Aria Haapapuro,
Arlo Wunrow-Brushafer,
1st: Tempy Kuehn, Lucca Olson,
Emmie Helminen, Alina Laho,
Tanishqa Mandal,
2nd: Eren Guney, Jasper Morse,
Ethan Haanpaa, Tiana Simonsen,
Mia Wisniewski
3rd: Liam Harris, Josie Kilpela,
Noah Oja, Cienna Bailey,
Aili Galerneau
4th: Corben Jukuri, Celine Park,

Harper LaBonte, Carter Aho, Vera Massie

5th: Rowyn Beutler, Jack McCarty,
Wyatt Limkemann, Jax Karvacko,
Lucia Petersen

Congratulations!!!

TEAM Students



Counselor's Corner

Micah Stipech

Hope is as vital as oxygen for your brain. Neuroscientists are investigating the **science of hope**. It turns out that a feeling of hopefulness changes your brain. Your brain pumps chemicals when experiencing the sensation of hope. These chemicals can block pain and accelerate healing. Hope, which involves belief and expectation, cause the brain to release neurochemicals called endorphins and enkephalins which actually mimic the effects of morphine. The result is that the brain can overcome hurdles and move to a place of recovery. In scientific terms, hope and recovery are not causally connected, but they are correlated.

What is one simple thing parents can do to foster hope in children? Tell and read stories that instill a feeling of hope. Peo-

ple have done this forever. The tougher the circumstances, the more humans have told stories of hope and resilience. Stories are the #1 brain state changer on the planet! Stories do far more than entertain.

Neuroscientists believe that our brains are wired for stories. Stories captivate the brain. They release emotions that are inextricably tied to those of the story's characters. Brain scientists call this "narrative transport".] Story telling has become a casualty of our busy, hectic pace of life. Tell stories about our lives, lives of others and make believe stories. Parents, leaders, teachers....everyone needs to lay off the text messages and tell more stories!

Attendance Matters!

Please check out the bulletin board in the main office. We will be tracking grade levels attendance rates with percent of students who were chronically absent or tardy in the month. This is usually 3 absences or tardies in the month. We want to encourage all families to have students in school on time. We know this will make a big difference!



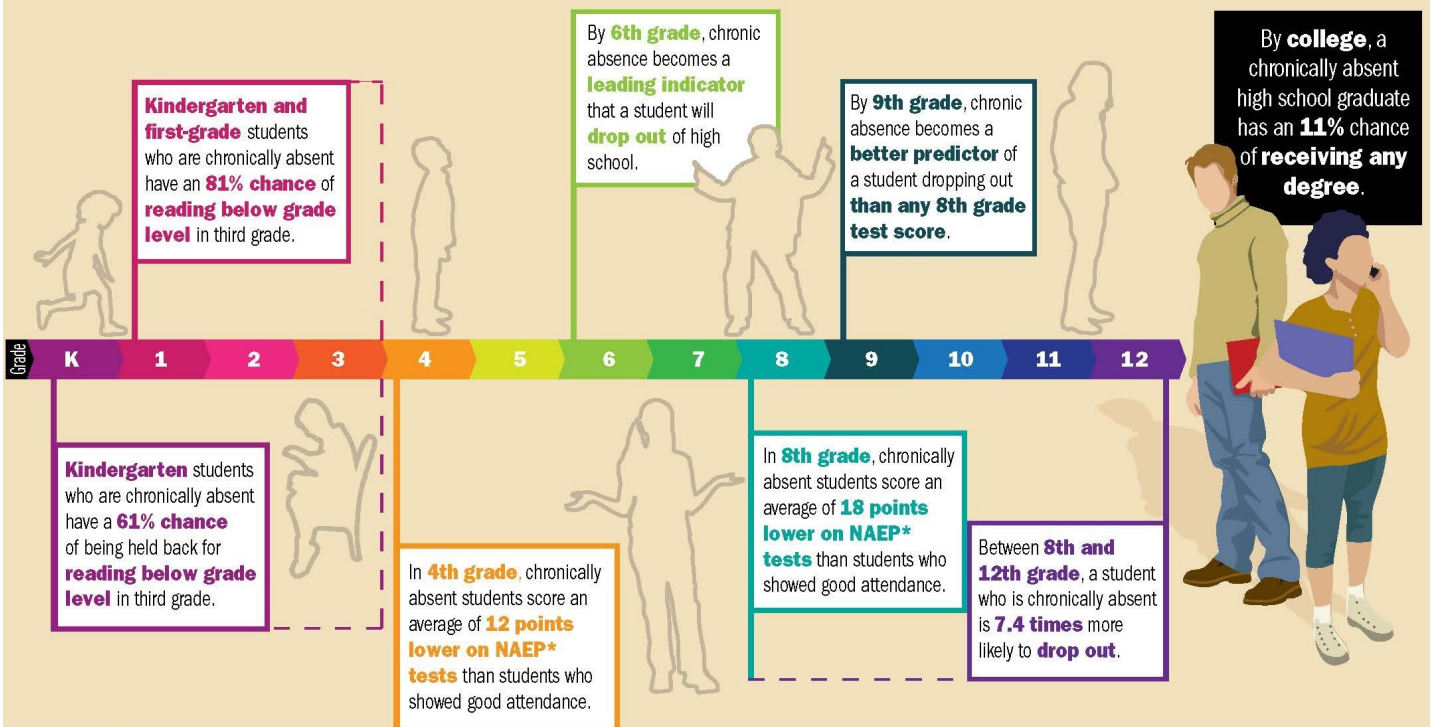
Did You Know?
 A student is chronically absent if he or she misses as few as **two days** of school a month.
2 DAYS PER MONTH x 9 MONTHS = CHRONIC ABSENCE

STUDENT ATTENDANCE MATTERS

There are an estimated 5–7.5 million students in the United States who are chronically absent from school.

Chronic absenteeism hurts students in a variety of ways as they progress through their school career, starting with kindergarten.

DEFINITIONS:
Chronic Absence – Missing 2 days each month, totaling 18 days, equals 10% of the school year
Good Attendance – Missing 9 days or less in a school year (5%)



CELEBRATE HEALTHILY

BUILDING HEALTHY COMMUNITIES



Eating healthy is important for all ages, even when celebrating!

Did you know that your child could easily consume a third of their daily calories in one classroom birthday celebration? Celebrations are great opportunities to promote healthy lifestyle, provide consistent messages about healthy eating, and offer extra physical activity.

HEALTHY CELEBRATION IDEAS:

Help your child choose options that are a balance of food groups, full of nutrients and limited in added sugars, saturated fat, and sodium:

- Serve up variety - Create a colorful buffet that includes a variety of foods from all food groups
- Cheers to good health - Serve water or sugar-free iced tea with fresh mint leaves, or seltzer water with a splash of 100% fruit juice or a wedge of lemon/lime.
- Suggest other gifts - A special crown or badge to wear all day or choosing a game/activity for the whole class to play
- Get moving & make the activity part of the fun - Laugh, mingle, dance, play music and play games.
- Rethink dessert - Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of nuts and dark chocolate chips.
- Offered food - Make sure fruits, veggies, whole grains, low-fat or fat-free dairy products and water are on the celebratory menu.
- Reduce food waste - Manage leftovers by packing them for guests or using them in soups, salads, sandwiches, or omelets.



Find more alternative healthy celebration ideas, in and out of the classroom, at Actionforhealthykids.org and try this [free printable!](#)

SCREEN TIME

BUILDING HEALTHY COMMUNITIES



'Screen time' is any time spent in front of the TV, cell phone, hand-held video device, tablet, computer or internet. Don't let too *much* screen time get to be a habit for your family. Here are some more tips to help your children spend less time in front of screens and more time being *active!*



HOW TO REDUCE SCREEN TIME :

- Track your family's screen time using a chart - *put it in an easy to see spot in the home, as a reminder!*
- Aim for less than 2 hours of screen time a day
- Try to be physically active for 60 minutes each day
- Play outside
- Learn a physically active hobby
- Join a league or team sport
- Try to have family meals *at least 2 - 3 times a week - families that eat together tend to eat healthier!*
- Spend time asking questions or telling stories
- Turn off the TV during family meals - *when the TV is on, kids are also more likely to see ads that can influence them into choosing less nutritious foods!*



BE A POSITIVE ROLE MODEL :

Studies show that children really do listen to their parents and follow their parent's actions. If you reduce your screen time more, your children will reduce theirs too!

SCREEN TIME LOG

NAME

SCREEN-TIME

James Potter



45 Minutes

Lilly Potter



1.5 Hours

Harry Potter



1 Hour



BHC INSTAGRAM



BHCWSU.ORG



BHC TWITTER