



**Holdingsford Elementary School  
Principal's Newsletter  
November 2018**



Holiday Notes From Loved Ones:

In hopes of highlighting the holiday season and spreading Thanksgiving blessings and Christmas spirit, I am inviting families to take a few moments once or twice a week to write their children a note of encouragement, praise, thanks. Take time to challenge your Husker to be the best they can be at home, on the bus, in the classroom, hallways, and cafeteria. Help them shape good character and help them understand what makes them special to your family, our school, and our communities. At times it feels like we are constantly bombarded with negative news and confronted with the stressors of everyday living. Together, let's slow down life, cheer each other on, and celebrate our family values and what makes each other special. Together...we can change the world!



JOIN US FOR  
**NO SODA NOVEMBER**



**A 20 oz soda has the same amount of SUGAR as 6 donuts or 18 cookies.**

Most of the added sugar in our diets comes from what we drink, not what we eat!

It's time to rethink your drink! Give up soda for the month of November and take charge of your heart health!

[heart.org/sugar](http://heart.org/sugar)

©2018 1988 American Heart Association. (Mark based on the Heart Fund.)

**Take The Challenge! I am all in!**

From the American Heart Association,

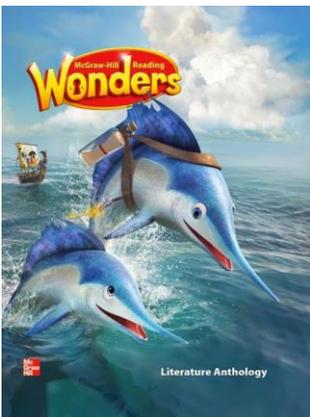
As the page turns from October to November, we invite your school and students to join us in a **No Soda November Challenge**. Unfortunately, childhood and teen obesity rates continue to rise and recently reached an all-time high. **The American Heart Association** is working each day to ensure all Americans live a long healthy life. Sugary drink consumption continues to be one of the leading causes of adult and childhood obesity so we encourage you to *challenge your staff, students and their families to give up soda during the month of November.*



Conversations of report cards and Thanksgiving travel bring excitement to staff and students here at Holdingford Elementary School. Conferences are right around the corner and November is here! Please take time to talk with your child(ren) about their school performance. Highlight work ethic and appropriate behaviors, then celebrate achievements and friendships. We truly appreciate your support and thank you for keeping our school a safe and fun place to learn, laugh, and grow. The best part of our day is helping children be the best they can be. Thank you for sharing your children with us!

Teacher commitment to student achievement, socialization, and personal growth helps define our Husker excellence. I am equally impressed with our amazing support staff. From playground supervision to service provided for our special education students, they continually go above and beyond the call of duty for our children and hold the Husker High Five line of integrity. Way to go, team! You make me proud!

Sincerely,  
Jim Stang  
Holdingford Elementary Principal



### **Digital Reading! Help Build Literacy and a Love of Reading:**

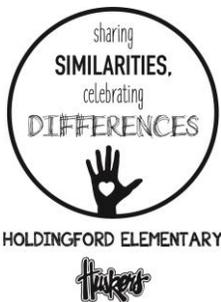
An elementary goal this year is to give every family the ability to access our reading curriculum online at home to practice reading the story of the week, vocabulary, and comprehension skills. If you are having troubles accessing your child's reading series, please take time at your child's November conference to learn how to access reading curriculum at home! Remember...it takes a village to raise a child and the more we read...the better reader we will be. Take time to enjoy the little things in life. Warning...Children grow up quickly! There will come a time when they will not want to do homework or read to you. Let's make hay while the sun shines! Read! Read! Read!



### **10 Things Your Kids Should Look For In a Friend:**

Friendship is a foundational building block in the development of good character. That is why it is important that our children have the right kinds of friends. Please take some time to talk to your children about their friends and the ten things they should be looking for when working and playing at school or at home.

1. Common Values: Peer pressure is a huge factor with children. It is important that your children keep the company of friends who affirm the values your family promotes.
2. Character: Does your child's friend have the strength of character to stand out from the crowd? Even when the crowd is wrong? Does their behavior hold up away from your house or do their colors change when you are out of range?
3. Courage: The courage to do what is right. Doing what is right often takes guts and it is critical that we have friends who are willing to stand alongside and help guide us to good healthy choices.
4. Kindness: Bullying doesn't just happen on the bus or in the cafeteria. Bullying takes place among so called friends at an alarming rate. In fact, the average episode of bullying lasts only 15 seconds. Kindness is critical in healthy friendships.
5. Reliability: Can your child count on their friends? Do they keep their word, or do they disappoint?
6. Parity: Healthy friendships involve give and take. If one child is always making the decisions and pushing the agenda, then it is not a true friendship. Is it top dog and a sidekick? Ask your child about who makes plans and decisions. Ask your child if they feel listened to and respected; if not, is that a friend we cherish or one we treat with kindness but do not seek out on a day to day basis?
7. Loyalty: Friends stick up for each other, even when it is difficult or unpopular. Friends are people we can count on. They may not be able to fix everything, but they are always there for us.
8. Honesty: Does your child's friend tell the truth? Your child needs to be confident their friend does not and will not lie. Honesty and trust go hand in hand with friendship.
9. Generosity: This is something that must go both ways. That means looking out for your friend's happiness ahead of your own. Does your child's friend share? Will they eat the last cookie or take the last piece of candy, or will they split it or offer it to their friend? Generosity, at its best, is a mutual experience.
10. Humility: Does your child's friend "fess up" when they are wrong? Do they ask forgiveness when they have fallen short? Can they ask for help? Real friends are not afraid to help or ask for help when they feel vulnerable.



### **Sharing Similarities, Celebrating Differences:**

Building off of the Husker High Five and our anti-bullying efforts, this year Holdingford Elementary will focus learning and discussions around sharing similarities and celebrating differences. Teaching acceptance of religious, cultural, economic, physical, emotional, and academic differences is more important now than ever before. Whether sharing a church pew or cyber space, we need to teach respect and responsibility toward all people. I would like to thank our supportive PTA for championing the cause and providing learning lyceums that will introduce our students to a variety of cultures and art this school year.



### **Parents, Families, and Community Members...We Need Your Help!**

An Enchanted Book Fair is coming to Holdingford Elementary School in November and we are aiming to get fun books in the hands of each and every Husker, while simultaneously supporting our elementary media center. The Holdingford Elementary Scholastic Book Fair runs from November 5<sup>th</sup> – November 12<sup>th</sup>. Please stop by the Elementary Library, purchase a book or two, and make nightly reading a priority. **Please note, Holdingford Elementary will receive 50% of all profits, and 100% of book fair profits will be spent on new books for our library and classrooms, and the creation of a Littlest Husker Preschool and School Readiness book nook! Very cool idea, Mrs. Wenderski! We love you! We are proud of you! We thank you for making our media center the hub of our school!**



### **Help Needed...Book Fair Pennies For Preschool:**

Calling all generous and supportive Husker families and community members. Once again we will be having our Pennies for Preschool Fundraiser in hopes of raising money that will help support our preschool program. All proceeds will be used to purchase new books for our littlest Huskers! Bring in your extra pennies, nickels, dimes, quarters, and small bills; let's see what grade level can raise the most money. The winning grade level will be treated to a popcorn and movie party before Thanksgiving break! Go Huskers!

**LIVE UNITED**



Sign up for some great books! After enrolling, your child will receive a new, age-appropriate book sent to your home each month until their fifth birthday. The first book will arrive eight to ten weeks after registration. The program is offered to families at no cost. Help foster the love of reading and books. Build your child's imagination and vocabulary...read!

Imagination Library:

<https://unitedwayhelps.org/home/imagination-library/>



**Love and Logic Homework Tips:** You might find yourself fighting the homework battle with your children; if this happens make sure you remember one cardinal rule: Never work harder than your child! Below are a few quick tips for changing the way homework and learning look at home. These tips will help your students out of the slump before the Thanksgiving holiday.

**Tip #1: Each evening, set aside a time for family learning.**

This is a time for your children to do their homework and for you to model the value of learning by enjoying a book. The best way to create a love of learning in your kids is to show them how much you enjoy it.

**Tip #2: Avoid battles by offering choices.**

Research shows children are more likely to do their homework if they are given many small choices. For example:

- Would you rather do your homework right after school or wait until nine o'clock?
- Are you going to do your homework in your room or at the kitchen table?
- Are you going to do all your homework right now, or are you going to do half now and the rest after dinner?

**Tip #3: Help only when your child really wants it.**

There is nothing that creates more homework battles than parents who "help" when help is not wanted. Try asking:

*Would you like some ideas on that, or would you like me to leave you alone?*

Your child's desire to do it alone is a very healthy sign of independence and responsibility.

**Tip #4: Spend most of your time noticing what they do well.**

DO NOT focus on what your child does wrong! Allow your child to get help in those areas from their teachers. Successful parents spend 99 percent of their energy noticing what their kids do well. They say things like:

- Show me the very best letter you made today. You really worked hard on that!
- Look at that math problem. You got it right!

**Tip #5: Help only as long as it's enjoyable for both of you.**

Too frequently, homework help turns into a homework battle. Smart parents back out of the helper role as soon as they sense conflict brewing. Try hugging your child and saying:

*I love you too much to help if it means we are going to argue. I know this is really hard. Good luck.*

**Tip #6: Help only as long as your child is doing most of the work.**

Say the following to yourself over and over again:

*This is my child's homework. Not mine!*

There is nothing more destructive than stealing the struggle of learning by doing too much for your child. Each time they achieve something difficult on their own, their self-esteem soars and they are better prepared for the real world. Give these Love and Logic tips a try, and join thousands of parents who now have much happier, more responsible kids!



**Notes from your K-12 Social Worker:** November brings the fall season, hunting season, turkey, mashed potatoes, and the holidays. Holidays can be stressful for both traditional and non-traditional families. More than likely we have a perfected image in our mind on how we want things to work out, but then reality sets in and sometimes life has other plans for us. Having high expectations can leave us feeling very disappointed during a historically happy time of the year. Hollywood makes billions of dollars portraying the everyday stressors of the holiday season. Whether you have one Thanksgiving to go to, or four, here are some quick tips to decrease anxiety for you and your loved ones.

1. Talk about your expectations and concerns. Let your children and spouse know that you understand holidays can be fun, but they can also have some difficult time constraints too. Communicate and negotiate with your family and even ex-spouse, managing your time with each family function. Listen to your children's expectations and concerns. Maybe renegotiate some key rules for the holiday season.
2. Stick to regular routines as much as possible. If your children are used to every other holiday with mom's or dad's side, make the best effort to manage your time with each family so that children can spend quality time with both extended families. Try not to let bedtime slide too much; if you do, be forewarned that tiredness and grumpiness can tag along with you.
3. Give those high expectations a rest and take them down a notch. It might seem odd, but if you expect your children to behave badly some of the time, then you're more likely to be pleasantly surprised by how well they manage to behave much of the time!
4. Often there is so much to do with so little time, but do allow time for rest. It may be tempting to fill every available day with trips and visits. But there's a good reason why one day a week has historically been a day of rest: WE NEED IT. Give yourself and your children time to recharge your batteries. Read a book, play some board-games, or take a nap in the afternoon. Avoid the trap of feeling like you need a holiday to recover from your holiday!
5. Remember to have...FUN! We're often so busy teaching, guiding, and disciplining children that we forget to just let go and have fun with them. Children have playful spirits and they LOVE when their parents play with them.



### **Elementary Food Shelf Collection**

November is Food Shelf Collection Month at Holdingford Elementary School. We will conduct the food shelf collection November 12-16. **Thank you first grade staff and students, for putting this together for our school!** Your willingness to go above and beyond makes our communities shine with **HUSKER** pride! When donating, please keep our senior citizens in mind. The holiday season can be a lonely time of the year; please take this opportunity to teach your child how to share and give back to our community. Thank you!



**Student Pick Up and Drop Off:**

Please, no parking in front of the elementary office when picking up or dropping off your child. If you have to exit your vehicle to pick up your child, we ask that you use a designated parking space in hopes of alleviating congestion and lessening the chance of a vehicle/pedestrian accident. Thank you.



**November Upcoming Dates:**

- 2 No School Teacher Workshop
- 8 Elementary Conferences 1-8 pm. Children Dismissal at 12:05 pm.
- 8 High School Veterans Day Program 9 am in the HS Gym
- 9 No School Teacher In-Service
- 12 Elementary Conferences 1-8 pm. Children Dismissal at 12:05 pm.
- 13 PTA Meeting Elementary Library 7pm
- 15 6<sup>th</sup> Grade Choir Concert Starting at 5pm High School Gym**
- 7-15 6th Grade Local Food Shelf Drive
- 14 School Board Meeting 6 pm LMC
- 21 No school Teacher Comp Day
- 22-23 No School Thanksgiving Break



**December Celebrations!**

December 9<sup>th</sup> K-5 Choir Concert HS Gym

December 12<sup>th</sup> – 14<sup>th</sup> Penguin Patch Parents...this is a GREAT way for children to earn money at home by doing chores then buying a small gift for a loved one.

December 13<sup>th</sup> 5/6<sup>th</sup> Band Concert Little Theater

All School Sing Along Jingo Bingo December 21<sup>st</sup>

School Resumes January 3<sup>rd</sup> 2019!!!