



Holdingsford Elementary School Principal's Newsletter April 2024

Dear Husker Family,

I hope this newsletter finds your family well and happy. I hope you had a wonderful Easter and fun filled spring break.

April is one of my favorite months for a variety of reasons. The days get longer and the sun's warmth coupled with April rain seems to wake up mother nature. Grass greens, trees bud, flowers spring to life and our kiddos can get outside to play and help with yard work. Bikes, trikes, and wagons come out, and driveways and yards become a family's playground! Enjoy!

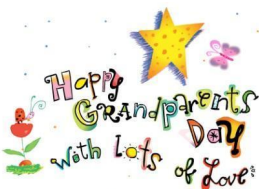
This month we will ask all K-6 children to read each night and record minutes on their Rox Reading Calendar. Please turn them in on Monday morning. Classroom teachers will be drawing for weekly Rox Reading Winners. Have fun, put away cell phones, and cuddle up while enjoying a good book. Grow your child's vocabulary and their imagination. Slow life down and simply find time to practice reading. Thank you!

Last, but not least, I want to take this opportunity to thank you all for supporting our school, our teachers, our paraprofessionals, bus drivers, and the rest of the Husker staff. By no means are we a perfect school...we always have things to work on. But with your support we work hard to make the most of each day as Husker classmates, friends, and learners. I hope you know that your children bring joy to our school and our lives. Their smiles and laughs, are our smiles and laughs, their bumps and bruises are our opportunities to heal, and our children's shortfalls and challenges, are moments to relearn, reteach, and grow. Thank you for sharing your children and your family with us. I believe we are better and stronger together. Husker Life is precious and good!

Watch out April, here we come. Ready to learn, work hard, while working on kindness and friendship! Husker Family forever!

Sincerely,

Jim Stang



Our annual Grandparents' Day is scheduled for Friday, May 10. Classrooms will send invitations with arrival times. Please reserve the date. I can't wait to meet and greet our grandparents! This day is a family celebration of Husker Spirit and Husker Family Values! We love sharing our school and classrooms, and we are looking forward to another Grandparents' Day full of learning and family fun!

Grandparents' Day Highlights Are:

A celebration of Husker Community and Husker Family

Classroom Visits and School Wide Exploration

Delicious School Lunch

Husker FFA Plant Sale in the elementary gym



Tidbits of Knowledge from the Social Worker, Ms. Meemken

April 2024

April Showers bring May Flowers. April is also recognized Nationally as Stress Awareness Month, which brings attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

In small amounts and when kids have the right support, stress can be a positive boost. It can help kids rise to the challenge. It can help them push towards goals, focus their effort and meet deadlines. This kind of positive stress lets kids build the inner strengths and skills known as resilience.

Stress can be harmful when kids do not have a break from stress or when they lack the support of the coping skills they need. Over time, too much stress can affect a kid's mental and physical health.

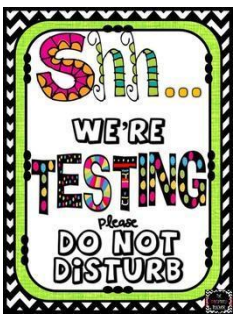
As parents, here are a few things you can do to help reduce stress in your child(ren)'s life:

- Help kids feel safe, loved and cared for- Provide routines, like the same time for meals, bedtime or waking up for the day. Routine provides a rhythm and lets kids know there are things they can count on.
- Teach coping skills- kids of all ages can learn and practice breathing and meditation, which helps them feel better when they know how to offset their own stress.
- Help them take a break from stress- make sure kids have time to play, draw/paint, spend time in nature, reading or be with family. These are more than just activities of fun, but help feel positive emotions that offset stress.
- Reach out to your child's doctor or a therapist - chronic stress sometimes requires more support than a parent can provide alone.
- Advocate for your child- sometimes chronic stressors are outside of your child's control. In these cases, it can be helpful for parents to engage with the stressor directly



FAMILY HELP WANTED! HELP NEEDED! FAMILY HELP GREATLY APPRECIATED!

- Review bus safety: Less is more! Do not bully! If you see or hear a bully, tell the bus driver. Ask your child if they stay out of the bus aisle. Do they stay seated and facing forward at all times? “Sometimes” is not good enough. Does your child use their quiet voice while riding the bus? Ask your child about their behavior while waiting at the bus stop. And last, but certainly not least, talk to your child about the language they use and hear on the bus. Set the standard and teach your expectations of appropriate words. Simply put, the primary concern of our bus drivers is safety. Tell your child to do their part and make good bus behavior contagious! Together we will keep our children safe and healthy!
- Hallway and cafeteria: We revisited our hallway and cafeteria manners and behaviors during the month of March. Please support our efforts by asking your child to walk in the hallway, stay to the right, turn outside voices off while walking throughout the building, and then thank them for us! Our kids did a super job of creating a better learning environment! Thank you, students and staff! I am proud to be your principal!
- If transportation changes occur during the school day, please let us know as soon as possible. Last minute changes can be very stressful for students, staff, and bus drivers. Thank you.
- Please set time aside nightly to share a good book or provide a quiet place for your child to read by themselves. Turn off the TV while completing homework and studying for spelling. Check your child’s agenda and take home folders. And if the weather ever turns nice...please remember to hold bedtimes sacred, and please make sure to get your children to school every day unless sick with viable signs of illness.
- **TOGETHER WE MAKE A DIFFERENCE! TOGETHER WE MAKE LEARNING A LIFELONG ADVENTURE!
TOGETHER WE WILL KEEP OUR CHILDREN GROWING!**



MCA Testing Dates and Tips:

Date	Test	Grade Level
April 16-19	MCA III Reading	3-6
April 23-26	MCA III Math	3-6
April 30-May 1	MCA III Science	5

Again this year our teachers and support staff have worked tirelessly to present curriculum and state standards to ensure academic success and pique student interest. There are too many to thank individually, so I will simply, but with great sincerity and respect, say thank you to my AMAZING staff. You make work and learning fun! I would also like to thank my families and students for supporting us. The rigor of schooling has increased greatly in the last decade and family time is at a premium, and yet day in and day out, you support us with countless hours spent reading, practicing math,

spelling, and studying for tests. It is our relentless pursuit of making our community a better place to live and laugh that we discover that we are in this together to create a better tomorrow!

Your Holdingford Husker Family is proud of the fact that our students continue to have some of the highest overall proficiency rates in math, reading, and science when compared to state averages and neighboring districts. With your help and encouragement, we pursue even better test scores and continue to educate all children to achieve social, emotional, and academic success. Please support our mission by getting your child to sleep and school on time. Give them the love and structure they need to get 8-9 hours of sleep every night. Thank you!



Is your child getting enough sleep?

It might be tempting to think that your children can get by with less sleep than they need, or that they should be able to cope fairly well with a few skipped hours here and there. However, all children thrive on a regular bedtime routine. Regular sleep deprivation often leads to some pretty difficult behaviors and health problems. Children who get enough sleep have a healthier immune system, and better school performance, behavior, memory, and mental health. The American Academy of Pediatrics recommends that gradeschoolers (ages 6-12) need 9-12 hours of sleep at night.

Healthy Sleep Habits: Tips from the AAP

- **Make sufficient sleep a family priority.** Understand the importance of getting enough sleep and how sleep affects the overall health of you and your children. Remember that you are a role model to your child; set a good example. Making sleep a priority for yourself shows your children that it's part of living a healthy lifestyle—like eating right and exercising regularly.
- **Keep to a regular daily routine.** The same waking time, meal times, nap time, and play times will help your child feel secure and comfortable, and help with a smooth bedtime. For young children, it helps to start early with a bedtime routine such as brush, book, bed.
- **Be active during the day.** Make sure your kids have varied activities during the day, including physical activity and fresh air.
- **Monitor screen time.** The AAP recommends keeping all screens—TVs, computers, laptops, tablets, and phones out of children's bedrooms, especially at night. To prevent sleep disruption, turn off all screens at least one hour before bedtime.
- **Create a sleep-supportive and safe bedroom and home environment.** Dim the lights prior to bedtime and control the temperature in the home. Keep your child's bed a place to sleep, rather than a place to play. One or two things—a favorite doll or bear, a security blanket—are okay and can help ease separation anxiety.

- **Avoid overscheduling.** In addition to homework, many children today have scheduled evening activities (i.e., sports games, lessons, appointments, etc.) that pose challenges to getting a good night's sleep. Take time to wind down and give your children the downtime that they need.
- **Learn to recognize sleep problems.** The most common sleep problems in children include difficulty falling asleep, nighttime awakenings, snoring, stalling and resisting going to bed
- **Communicate with your child's teacher** about your child's alertness during the day. Sleep problems may manifest in the daytime, too. A child with not enough, or poor quality sleep may have difficulty paying attention or "zoning out" in school.



Set Sail On Summer Learning!

Summer School 2024: July 8-26

For those families still considering attending summer school, please get your application in soon. We will be creating class lists and hiring staff soon and need to know summer school numbers. Please call me if you have any questions or concerns regarding our program. Having taught summer school for 15 years, I can honestly say it is a GREAT program for children and families. Skills necessary for literacy and numeracy get remediated in a more relaxed learning atmosphere with small numbers of children receiving one on one or small group instruction.

Busing is provided! Healthy snacks daily!

Monday – Friday 8:30 – 11:30

WOW! What a GREAT learning opportunity for children!



Preparing every student to make a difference and challenging a school to be the BEST it can be.

Parent Power:

- * Read to and with your child, and have your child read to you.
- * Encourage your child to keep a journal of daily events.
- * Keep books available to your child, and make regular trips to the public library.
- * When you shop for groceries, have your child help you find items and then estimate the cost of the purchase.
- * Discuss different kinds of jobs and careers in your community to help your child understand that school prepares them for a career.
- * Visit museums, zoos, and city art exhibits with your child.
- * Help your child set fitness goals. Make walking, hiking, or biking a family activity.

- * Talk to your child about the importance of education.
- * Meet with your child's teachers regularly to monitor progress.
- * Compliment your child's work and success in school.
- * Make sure your child does each day's homework assignment. Set aside a quiet place for homework and set a regular time each day for it.
- * Listen to music together, and have art materials available at home.
- * Ask who they play with at school and who their friends are. What makes a good friend?



The Starfish...Please share with your children! Everyone Matters!

Once upon a time, there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.

One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance to the day, and so, he walked faster to catch up.

As he got closer, he noticed that the figure was that of a young man, and that what he was doing was not dancing at all. The young man was reaching down to the shore, picking up small objects, and throwing them into the ocean.

He came closer still and called out, "Good morning! May I ask what it is that you are doing?"

The young man paused, looked up, and replied, "Throwing starfish into the ocean."

"I must ask, then, why are you throwing starfish into the ocean?" asked the somewhat startled wise man.

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the wise man commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

At this, the young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said,

"It made a difference for that one."

— [Loren Eiseley](#)



Dates to Remember:

May 2: K-2 Elementary Spring Concert 6:00 pm High School Gym

May 4: Big Rigs Preschool Event 10 - 11

May 6th 6-12 Band Concert 6 pm in the HS gym

May 9: 3-5 Elementary Spring Concert 6:00 pm High School Gym

May 10: Grandparent Day Save the Date!

May 23: PTA All School PTA Inflatable Party

Thursday, May 30: Last Day of School ½ day!

6th Grade Graduation and Elementary Awards Ceremony starting at 8:30 in the Middle School Gym