

## Superintendent's News



With the blink of an eye we have come to the end of January and are midway through the third nine weeks. Our students have been extremely busy with activities and academics as our winter sports season comes to an end in the next few weeks. I would ask that as parents and guardians of our children you take time from your busy schedules and theirs to visit with your children and see how their life is going. Is there something you as parents and guardians can do to support them as they work to excel in their academics and activities. Positive support from those who love and care for them can never be too extreme. Your support for them in their activities and academics helps them realize that you believe in them and what and how they do is very important. As we move forward we will soon be looking at the completion of the student academic testing so we are in the final stages of pushing students towards total preparedness academic success.

When visiting with your students about their challenges and successes, if there are concerns we can assist with at school please contact their teacher, coach or the school administration. We are all here to support your student's success in any manner that we can. As we look into February the basketball and wrestling season will be coming to the end and for our seniors the final time they will wear the Hay Springs Hawk green and gold uniforms. I would like to thank all of these athletes for the time and effort they have put into their respective seasons. I would particularly like to thank the senior members of our teams and their parents and guardians for their efforts, time, dedication and commitment to the Hay Springs activities program over the past four years. Your leadership will be greatly missed.

As the seniors near the completion of their high school academic career at Hay Springs High School I encourage them to finish strong and work toward completion of the best semester of their career during high school. As they go through the stress of college applications and visits and the financial aid process they need our understanding and support.

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- 2 As I look ahead to February and March I realize that we have time for a
- 3 lot of winter weather yet before spring. It is my hope that if we have the
- 4 need for school delays or cancelation that each of you have been getting
- 5 the information in a timely manner. If you have not been receiving timely
- 6 information, please contact the school office and let us know so we can rec-
- 7 tify the problem.
- 8 As the administrator my door is nearly always open and never hesitate to
- 9 give me a phone call. I am always willing to listen to your concerns, how-
- 10 ever our policy dictates that the first order in the resolution of a problem is
- 11 direct communication between parent and/or the student with the teacher
- and/or coach about your concerns. If we are going to hold true to our mis-
- sion, vision and goals for the district we truly have to continually work to-
- gether in this effort.

### Mission Statement

The Mission of Hay Springs Schools in cooperation with families and com-

munity, is to empower students within an emotionally supportive and physically safe environment with the academic, social, physical and technological skills to achieve success as responsible, self-disciplined citizens of a global society.

### **Vision Statement**

**“Empower Students to Achieve Lifelong Success.”**

### **Hay Springs Goal**

**All students will demonstrate an increase in math proficiency across the curriculum.**

Please know that the employees at Hay Springs are very dedicated to providing your children with the best possible opportunities to learn. If we do not have some struggling students, then we clearly do not have the bar high enough. It is my hope that the majority of our students are academically challenged on a daily basis. With challenges comes the additional need for encouragement and support from staff and parents.

It continues to be one of my goals to help our entire staff and student population focus on the many blessing we have in life and support each other in positive ways as we work together to pursue our Mission, Vision and Goals at Hay Springs School.

Our “After School Program” and “Friday School Program” continue to provide additional academic support for students by providing additional opportunities for student learning to take place. We are blessed to have dedicated staff to spend that extra time with our students and parents that support their students with a willingness to support these efforts.

At the Hay Spring January board meeting we were blessed with two very qualified board member’s applications in Amy Hindman and Greg Heiting. After review of the completed application forms and a few interview questions the board appointed Greg Heiting to complete the term of vacant position on the Board of Education. I would like to thank both of these individuals for their willingness to be of service to our school district. This leads me to the reality that it is time for each of us as supporters and patrons of the district to give some serious consideration about, if you or someone you know needs your encouragement to consider applying for election to the board of education. If you have any desire to serve in this very important role, please give it some serious consideration. Applicants must file with the county clerk office, but if you have an interest in learning more or visiting about the role of members of the board of education please stop by the office, as I would love to visit with you.

### **WANTED: SUMMER CAMP SPONSORS**

**We are looking for individuals or community groups who are willing to teach a summer fun camp. Summer fun camps may be 1 to 4 days, mornings, afternoons, or full days. We are open to any camp ideas that you may have.**

**Please give us a call at (308) 638-4434, if you are interested. We appreciate your help and support.**

## Jump Rope for Heart

By Rachel Mandelko



Yes, it is that time, February 2018 when PE focuses on jump roping, which goes great with JUMP ROPE FOR HEART! This year I have decided not to push donations as hard as I usually do. I feel we all need a breather, but do not want to take away from our students and from the American Heart Association. So I will be letting students with their parents' permission still participating in the donation process. We will not be setting a goal to be reached this year.

Elementary Parents (2<sup>nd</sup> -5<sup>th</sup> grade) – please be looking for a note asking if you would like to participate in Jump Rope for Heart. If I do not receive a signed sheet back your student will not receive a packet for donations.

Community members if you would like to donate here is the online site  
<http://www2.heart.org/goto/hayspringsnebraska>

THANK  
YOU!

**Brad Johnson for making  
the meat for our Holiday  
Get  
Together.  
It was Delicious!!**

## EnvironArt

By Mrs. Anderson



The elementary students participated in the EnvironArt program on January 23rd. This is a unique program that combines the expertise of an artist and a naturalist to bring science and art together. After learning about the importance of waterfowl and their habitats from the naturalist, the artist guides students in creating a realistic drawing of a North American duck, goose, or swan. Students will finalize their drawings in the coming weeks, and we will submit them to the US Fish & Wildlife Service Junior Duck Stamp Contest.





## 5th Grade—Mold Terrariums

By Mrs. Anderson

Fifth graders have been learning about ecosystems and the food chain to develop the ideas that plants, animals, and fungi form a system of interdependent parts, with each part dependent on the other parts for its material nourishment. In our latest investigation, we made mold terrariums to see if the certain environments were more conducive to mold than others.

Two groups tested conditions that would encourage decomposition, while two groups tested conditions that would prohibit decomposition.

**Encourage decomposition:**

Group 1 - Will adding pop to the terrarium encourage decomposition?

Group 2 - Will placing the terrarium in a warm place encourage decomposition?

**Prohibit decomposition:**

Group A - Will adding vinegar discourage decomposition?

Group B - Will placing the terrarium in a freezer discourage decomposition?

In the end, we found that heat was more conducive to mold growth than adding pop, and placing the terrarium in a freezer inhibited mold growth more than adding vinegar.

**Student comments:**

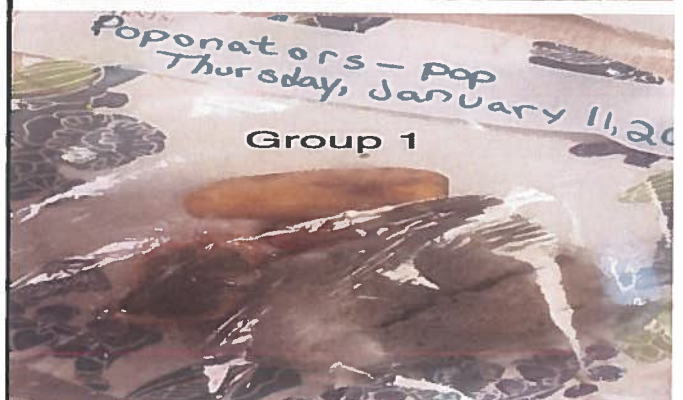
\*I learned what breaks down and what keeps it [food] from molding.

\*We put ours in the freezer and we had no mold. The other three groups had mold on them. I was surprised about our results.

\* I learned that mold can be a spore in the air.

\* We made mold terrariums and changed one condition about it. My group put pop on it and it molded almost as fast as the control. I learned that mold is in the air and that mushrooms and mold are both fungi.

\*I learned that heat helps mold grow and cold prevents it. The control group was a moderate amount, and the groups trying to stop the mold did a very good job.



Thank you for participating on the online  
voting!!

## Music Notes

By Raime Varvel

Congratulations to the following students for being selected for Honor Bands or Honor Choirs coming up in February. These are extremely valuable experiences for these students to have.

\*Payton Schoenhals for being selected into the High Plains Honor Choir at Chadron State College on Monday & Tuesday February 5th & 6th.

\*Congratulations to Jessi Badje (flute), Spencer Kadlecek (alto sax), Jaiden Anderson (clarinet) and Thomas Scherbarth (tuba) for being accepted into the 2018 Class D All State Band! These students will go to UNK on Friday, March 23rd with rehearsals on Saturday, March 24th and a concert at 5pm on Saturday evening.

Music students (8th grade-high school) will be selling Little Caesars Pizza kits from Wednesday, February 7th-Thursday, February 22nd. Delivery will happen on Tuesday, March 6th.

Upcoming dates:

February 5th & 6th High Plains Honor Choir at CSC in Chadron

Concert at 5pm on 2/6 in Memorial Hall at CSC

March 24th Class D All State Band at UNK in Kearney

March 26th PANCO Music contest 7-high school at Sioux County

March 29th Elders Wisdom; 1st, 2nd & 3rd grade students perform

April 17th Pre-Contest Concert & Recital at 7pm



## 100th Day of School

By Kyli Heiting



The 100th Day of school will be Wednesday, February 21st. Elementary teachers will be serving breakfast for all K-5 students at 8:00am on the 100th day of school. The 100th day of school will also be a pajama day! Feel free to wear your favorite pjs and slippers! Individual classrooms may be celebrating in other ways throughout the day as well.

### Firearm Hunter Education Course

Will be offered on Friday and Saturday, Feb. 23-24. The classes will run from 6-9 p.m. on Friday and from 8 a.m. to 4 p.m. on Saturday with an hour lunch break at the Hay Springs Fire Hall.

Anyone is encouraged to attend, however students looking to receive certification must be at least 11 years of age.

To register, visit <https://www.register-ed.com/programs/nebraska>.

Questions, contact Jason Clark at [308-763-2940](tel:308-763-2940) or Rick Schneider at [308-430-2071](tel:308-430-2071).





## 4H Workshops

By Melissa Mracek

### Beef Weigh-in

The Sheridan County Beef Weigh-in will be held on Sunday, February 18th at the Sheridan Livestock Auction from 2 to 4 pm. If youth are planning on participating in the Market Beef project at the County Fair, they should attend a Market Beef Weigh-in. If you are unable to attend the Sheridan County Weigh-in, you can attend the Dawes County Weigh-in on Sunday, February 4th at the Crawford Livestock Auction. Please contact the office to receive tags and papers before the weigh in.

### February Clover Bud Activities

During the February session of the Clover Bud meetings, Clover Bud members will be celebrating National Bird month by making bird feeders. The Clover Bud session will be on February 26<sup>th</sup> at 4 pm.

### February Baking Basics

The February Baking Basics will be held on Friday, February 16th starting at 9 am. In the morning the youth will get to work with the new cooking curriculum making different brownies. Starting at 11 am the youth will begin sewing. This workshop is \$5. Please have the youth pack a lunch if they are planning on attending all day. Please contact Melissa Mracek at (308) 327-2312 if you have any questions and to register.

### Junior Robotics Family Night

To celebrate the Junior Robotics teams' hard work, they will be hosting a family night on February 15<sup>th</sup> after school at the grade school. At the competition the RoboKids received the most Global Awareness Award, The SmartyHawks received the teamwork award. The RoboHawks were awarded the Building Innovation award.



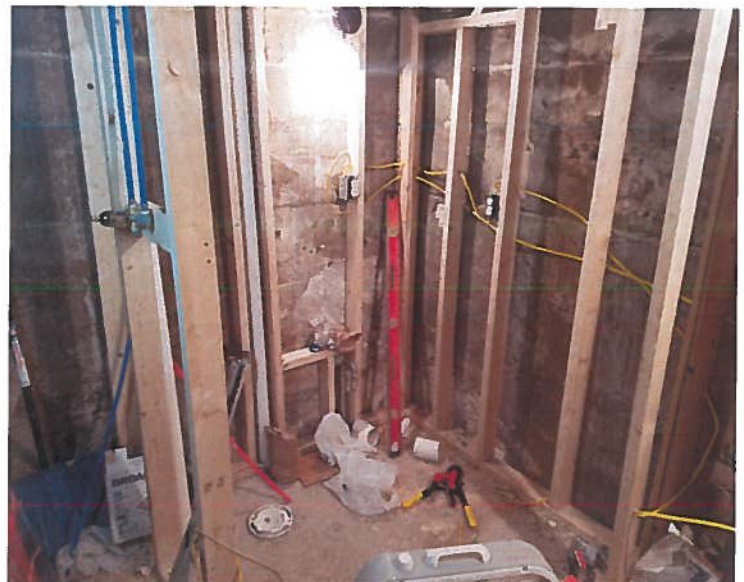
## Industrial Arts — Butzine House 2017-18

By Mr. Badje

"There's a little plumber in all of us."...I don't know if that is true, but there's a lot of plumber in this year's construction classes.

2017-2018 has been the year of the jobs no one can really see. Demolition, building, trimming all have the gratification of seeing a good days work. This year we have been mudding, sanding, plumbing and wiring. While you can see the progress, there is not that aesthetic feel that you just did something and it looks good.

That being said, the students are doing well and have got a chance to see what goes on in the 'guts' of a house and not just the looks. Where there is a "will," there are 500 relatives. The drains are in and most of the water lines. The basement is coming to a close on the mudding, ready for texture and we are starting to do some of the flooring upstairs. Come on in and take a look!





**Don't miss  
your chance  
to win!**

**The January  
winner was  
Alberta Olson**

**Be the first to find and call  
the school or email  
[hawk.contact@hshawks.com](mailto:hawk.contact@hshawks.com)  
with this issue's strange  
phrase and you will be the  
winner for this issue.**

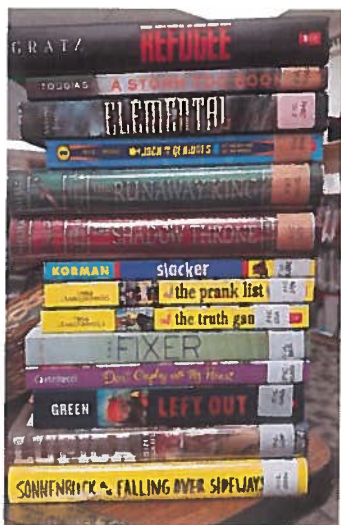
The Cafeteria will be hosting a special day each month. On this day, students are encouraged to invite someone to eat lunch with them. Adult Lunch is \$3.50 which includes the meal and unlimited Fruit & Vegetable Bar.

February's Special Day is  
Our Valentine's Day Lunch  
**Invite Your Valentine(s) to Lunch Day**  
(aunt, uncle, grandma, grandpa, neighbor, friend)  
On February 14th.

PreK Lunch—12:00 noon  
Elementary Lunch—11:30 a.m.  
Middle/High School Lunch—12:25 p.m.

## Library News

By Mrs. Matthews



Things are happening in the Library. We have new books in different formats. We have new print books that are bonus books from the Fall Book Fair. We also have audiobooks and ebooks from Overdrive.

**Book Fair** - New books from the Book Fair are ready to read. The picture shows some of the new Middle/High School books.

**Overdrive** - Over the past several years librarians across the state have talked with representatives from Overdrive to work with schools to get a digital collection aimed at K-12 students at a price that the many small schools in the state could afford. It has finally become a reality. The first year's purchases include 89 audiobooks and over 1600 ebooks. Some of the elementary ebooks are Read Along books. The books are classified for different age groups. Over half the collection is available to elementary students. About 23% more is accessible to the Middle School and the entire collection is available to the High School and staff.

These titles are shared with many other schools in Nebraska, and only one person can check out a copy at a time. There will be times that students will have to place a hold on a book and wait for it to become available. How do you access the collection? It is accessed through the NebraskaCloud Portal. Check out the instructions on the next page.

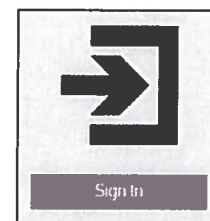
Yes, we will have a Spring Book Fair. Watch for more information next month. The Book Fair will be the week of March 12-15, 2018.



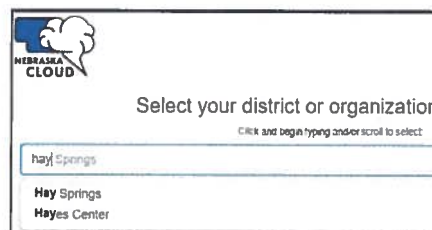
## How do you access this collection?



- Start on the Hawks homepage in the left hand column.
- Click on NebraskaCloud Portal.
- At the Portal - Click Sign In



- Next, select Hay Springs from the dropdown menu.



- Next, enter your full hshawks email address.



- Now select Overdrive from the bottom row of selections.

- After exploring the many choices. Select a book by hovering over the picture and clicking the BORROW button. Then click Go To Checkouts.



- The best choice for reading is Read (In your browser). This will allow you to read the book on your computer or other device that is connected to the internet.

When you are finished, sign out of Overdrive **and** sign out of the Nebraska Cloud Portal.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				G/B BB @ Edgemont 4pm	1 CSC Business Competition	2 HS WR @ Bayard TBA
		High Plains Choir <b>**G/B BB home vs. Minatare 4:30 pm</b> JH B/BB @ St. Agnes 5 pm		<b>**G/B BB home vs. Crawford 4 pm</b>	G/B BB @ Garden County 3pm HS WR Districts @ North Platte	HS WR Districts @ North Platte
4 High Plains Choir	5	6	7	8	9	10
	JH B/BB @ Crawford 5pm G/BB Sub- districts (TBA all week)		Valentine's Day Lunch	NO SCHOOL – Spring Break State Wrestling @ Omaha thru Saturday	Baking Basics & Sewing workshop	JH B/BB @ Gordon/Rush 9am
11	12	13	14	15	16	17
	NO SCHOOL – Staff In- Service B/BB Sub- districts (all week)	100 <sup>th</sup> Day of School	Health Professions Club "Hawk Talk"	NHS Induction 3:30 pm Family Movie Night (Wonder) 7pm	G/BB District Finals -----	
18	19	20	21	22	23	24
	Clover Bud					
25	Start of Spring Practice	B/BB District Finals ---	27	28		
26						

# FEBRUARY

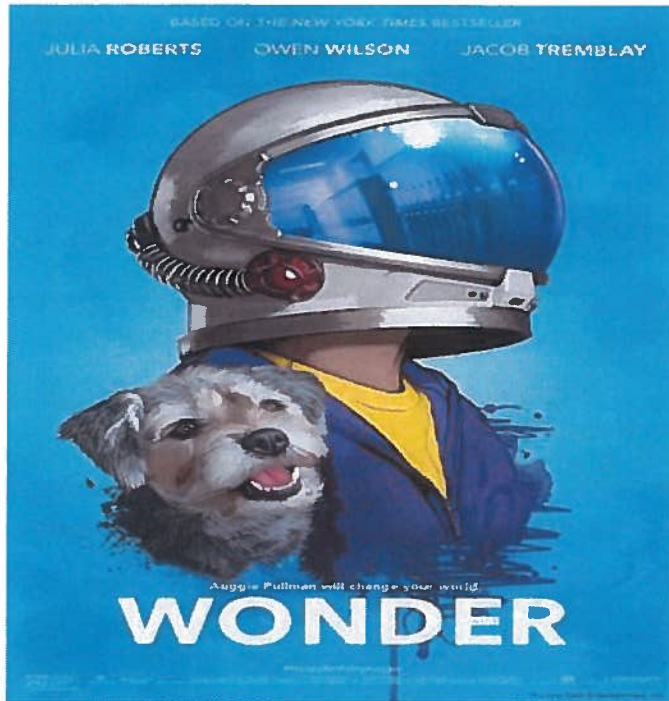
## 2018

### NOTES:

Coming up:

- March 1<sup>st</sup> – Family Movie Night (The Lorax)
- March 2<sup>nd</sup> – Middle Level Winterball (6<sup>th</sup>-8<sup>th</sup> grade)





# Family Movie Night

**Thursday, February 22, 2018**

**7:00 pm**

**Auditorium**

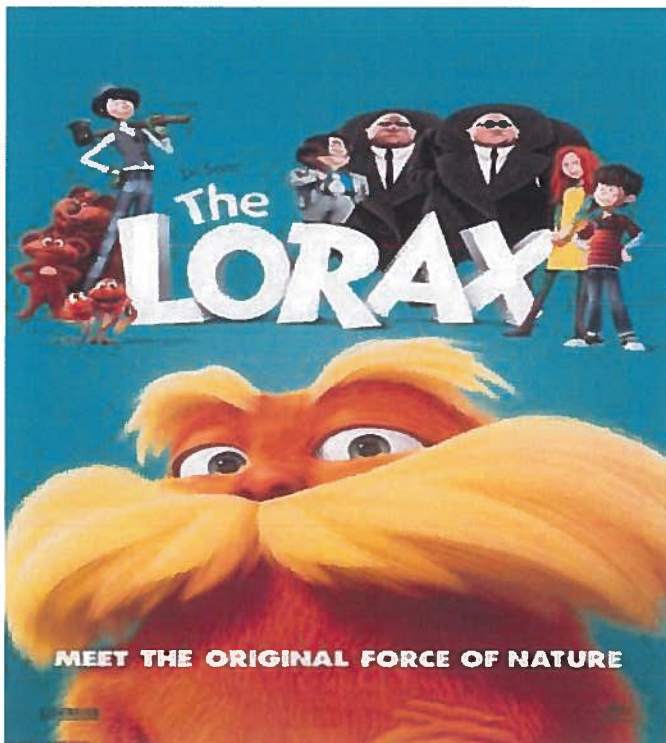
**Rated: PG**

**Synopsis**

A 10-year-old boy with a facial deformity attends school for the first time when he begins the fifth grade. With the support of his parents, he learns how to make friends

and adjust to his new environment.

We challenge families to complete a Random Act of Kindness prior to attending the movie. **#HSPSRAC**



# Family Movie Night

**Thursday, March 1, 2018**

**6:00 pm**

**Auditorium**

**Rated: PG**

**Come help celebrate Dr. Seuss's Birthday!**

**Synopsis:** A young boy meets a cantankerous yet endearing creature known as the Lorax while seeking out a rare tree.

There will be activities for kids and parents in the cafeteria following the movie.

# EducationQuest Foundation

# College Planning Bulletin

*A monthly college planning guide for Nebraska high school students*

February 2018

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## What you need to know about...scholarships!

Most scholarships are based on academics, but others are based on community service, school involvement, or talent. Some are based on financial need as determined by the results of your [FAFSA](#) (Free Application for Federal Student Aid).

Here's where you can find scholarships:

- [ScholarshipQuest](#) at [EducationQuest.org](#) features over 2,000 Nebraska-based scholarships. After you create a profile, you'll be matched with scholarships that fit your criteria.
- **Your school counselor's office.** Visit regularly to check on local and national awards.
- **The college you plan to attend.** Contact the school for a list of scholarships they provide and application procedures.
- **National search sites** such as [College Board](#), [Peterson's](#) and [Chegg](#).
- **Other resources** could include your coach, clubs and organizations, and your parents' employers and civic organizations.

[Click here](#) for more details about scholarships and tips to help you complete a successful application.

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## Follow us on social media and you might win a \$500 scholarship!

Follow EducationQuest on Facebook, Twitter, and Instagram and you'll get more than important college planning information...you might win a \$500 **Get Social Scholarship!**

### How it works

Each time EducationQuest reaches specific follower milestones on our social media pages, we'll invite current and new followers to enter into a drawing for a \$500 scholarship. We'll conduct a:

- [Facebook](#) drawing when we hit **7,000** followers
- [Twitter](#) drawing when we hit **3,500** followers
- [Instagram](#) drawing when we hit **1,000** followers

EducationQuest will continue to award \$500 *Get Social Scholarships* each time we reach an additional 500 followers on Facebook, Twitter or Instagram. [Click here](#) for more details.

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## February "To Do" List

### Seniors:

- \_\_\_ If you haven't already, complete the [FAFSA](#).
- \_\_\_ Expect financial aid award notifications from the colleges you listed on your FAFSA.
- \_\_\_ Apply for scholarships.



# The Flu:

## A Guide for Parents

### FLU INFORMATION

#### What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

#### How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine

disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

#### How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

#### What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

#### How long can a sick person spread the flu to others?

People with the flu may be able to infect others from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can infect others for longer periods of time, especially if they still have symptoms.

### PROTECT YOUR CHILD

#### How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long-term health conditions get vaccinated. (See list of conditions in "How serious is the flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for several months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



## Is there a medicine to treat the flu?

Antiviral drugs are prescription medicines that can be used to treat influenza illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. Antiviral drugs are different from antibiotics, which fight against bacterial infections. They work best when started during the first 2 days of illness. It's very important that antiviral drugs are used early to treat the flu in people who are very sick (for example, people who are in the hospital) or who are at high risk of serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

## What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs:

These include the following:

- ▶ Stay away from people who are sick.
- ▶ If your child is sick with flu illness, try to keep him or her in a separate room from others in the household, if possible.
- ▶ CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone, except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom

surfaces, kitchen counters and toys for children. Clean by wiping them down with a household disinfectant according to directions on the product label.

**These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against flu illness.**



## IF YOUR CHILD IS SICK

### What can I do if my child gets sick?

**Talk to your doctor early if you are worried about your child's illness.**

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older and does not have other health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years old – and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, are at high risk of serious flu-related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu symptoms.

### What if my child seems *very* sick?

Even previously healthy children can get very sick from the flu.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have other health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu symptoms improve, but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

### Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

### When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

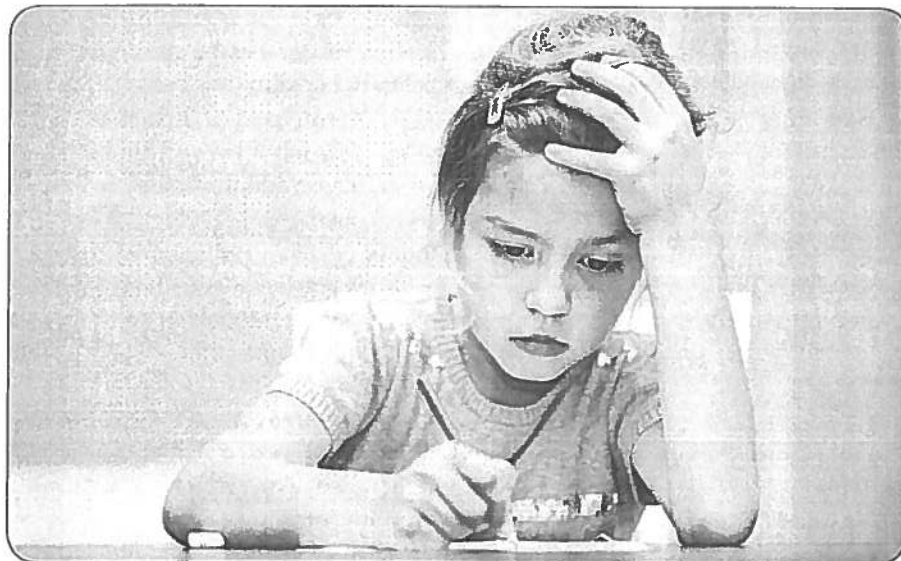
**For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or call 800-CDC-INFO**

# Elementary School Parents<sup>®</sup>

February 2018  
Vol. 29, No. 6

Hay Springs Public Schools

*make the difference!*



## Give your child the time and space to think critically

**C**ritical thinking—the ability to go beyond basic knowledge and consider “the bigger picture”—is a crucial skill for school success. The better students are able to think critically, the more deeply they will grasp new concepts and ideas.

To promote these skills:

- **Let your child figure things out.** Resist the urge to solve every problem. Instead, give her time to work through problems herself. If she’s forgotten what she is supposed to do for homework, don’t offer to email the teacher. Instead, ask, “How could you find out?” Can she call a classmate? Look over last night’s assignment for clues? Give her space to come up with a plan.
- **Discuss current events.** Is there a news story that might interest her? Print out an article and chat about it over dinner. Find out what she thinks about the issue, but don’t stop there. Once she’s shared her opinion, press her a bit. “I can see how you feel about this. But why do you think other people might feel differently?”
- **Encourage reflection.** Once your child completes a big project for school, talk about it. Ask her, “How difficult was it to finish? Did you give yourself enough time to complete it?” Regardless of how the project went, reflecting on the process will help her hone her critical-thinking skills.

## Historical fiction brings the past to life!



History can be fascinating. But reading about it in textbooks can often seem a bit dull and

dry to students.

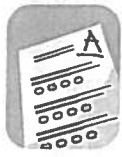
That’s where historical fiction can help. The best historical fiction brings a past time to life. It shares the details about what people wore, what they ate and how they really lived. It gives the reader a vivid glimpse of history.

To provide the most enjoyable experience with historical fiction:

- **Ask a children’s librarian** to suggest a book that presents history accurately and avoids myths or stereotypes.
- **Look for a book with some illustrations.** This is when a picture really can be worth a thousand words.
- **Try reading the book aloud** if it’s too challenging for your child to read on his own.
- **Have your child read more than one book about the same period.** Talk about how people see the same event or period of history differently.

Source: E. Codell, *How to Get Your Child to Love Reading*, Algonquin Books of Chapel Hill.

## Reinforce learning by having your child teach you something



Students are more motivated to learn when they feel capable, connected and in control. Having your child teach you things nurtures these feelings.

When your child tries to teach you about what he is doing, it can help him understand assignments better, reinforce what he knows and reveal gaps in his own comprehension.

Try these strategies:

- **Show an interest** in what your child is learning in school. Have him show you a homework assignment, explain a concept or read a chapter in his textbook aloud to you.
- **Let your child quiz you.** See if you can name the state capitals or the first five presidents. Try to define

vocabulary words and recall math or science facts.

- **Ask your child to help you** solve a problem or create something. What does he think you should do first, second, next?
- **Ask your child to teach you** how to play one of his favorite games.
- **Ask for your child's opinion** and consider it before solidifying your own.

**"When children and parents talk regularly about school, children perform better academically."**

—National Education Association

## Are you setting an example of respect?



Children learn about respect from watching their parents. Are you modeling the behavior you want your child to

have—so that he will respect you, himself, his teachers and others?

Answer *yes* or *no* to the questions below to find out:

- \_\_\_ **1. Do you treat your child and others with kindness and honesty?**
- \_\_\_ **2. Do you admit mistakes when you make them and apologize for them?**
- \_\_\_ **3. Do you listen attentively to your child when he is speaking to you? If you aren't able to listen right then, do you schedule a time to talk later?**
- \_\_\_ **4. Do you maintain self-control and find healthy ways to vent your anger—rather than taking your frustration out on your child?**
- \_\_\_ **5. Do you enforce household rules and the consequences for breaking them fairly and consistently?**

### How well are you doing?

If most of your answers are *yes*, you are modeling a life of respect for your child. For *no* answers, try those suggestions.

## Elementary School Parents

make the difference!

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The Parent Institute, 1-800-756-5525,  
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## Geography comes to life with fun and educational activities



Helping your child learn about geography can help her relate to the world around her. Here are some educational and fun activities to boost her interest in geography:

- **Have your child draw a map** of how to get from your home to school, the grocery store or a friend's home. Then follow the map.
- **Walk outside** and identify *north*, *south*, *east* and *west*, as well as *northeast*, *northwest*, *southeast* and *southwest*. Ask your child to use these words to describe where things in your town are located. "My school is *northeast* of my house."
- **Look for street patterns.** In some towns, streets run north and south, while avenues run east and west.

Street names may be alphabetical: Adams St., Bay St., Club St., etc. Help your child recognize the patterns.

- **Encourage your child to start a collection** of objects from countries around the world. Stamps, post cards and coins are all easy items to collect and store.
- **Tell your child where her ancestors came from.** Find these places on a map. If possible, learn about the routes they traveled when they came to this country.
- **Go through your house** and talk about where things came from. Have your child read labels to see where items were made. A calculator may have come from Taiwan. A box of cereal may have a Michigan or Illinois address. Together, locate these places on a map.



## Retelling can improve your child's reading comprehension



You've just finished reading a story with your child. One of the best ways to check comprehension and

boost his understanding of the story is to ask him to retell it.

Retelling a story requires your child to think about the details and decide what's really important.

Give your child these three rules for retelling a story:

1. **Tell what's important.**
2. **Tell it in a way that makes sense.**
3. **Don't tell too much.**

Your child should be able to tell you what happens at the beginning, the middle and the end of the story. He should also be able to name the main characters.

You can prompt your child by asking open-ended questions, such

as, "What happened next?" It's OK if he doesn't remember all the details. That gives you a chance to say, "Let's go back and look at that part of the story again." Revisiting parts of the story will show your child that he sometimes has to read things more than once to gain a thorough understanding.

Studies show that this simple activity will help your child become a more thoughtful reader. He will start to pay attention to words whose meanings he doesn't know. He will focus on the story structure and pay more attention to important details. All of these things will improve your child's reading comprehension and make him a better reader—and a more successful student!

Source: B. Taylor and J. Ysseldyke, *Effective Instruction for Struggling Readers: K-6*, Teachers College Press.

**Q:** My fifth grader has never been a bubbly child. But in the last year, she has become so negative. Nothing is ever right. She doesn't like school. She doesn't like her teacher. Last week, I asked her to plan something special for the two of us to do. Later, she said it was "All right, I guess." I'm losing patience. What can I do?

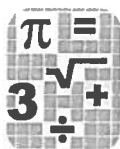
### Questions & Answers

**A:** Parents want their kids to be happy. And it is draining to be around someone who is always down in the dumps.

Here are some steps to take:

- **Listen to your daughter.** Ask her to tell you about things that get her down. If there is one issue (or person) that comes up over and over, you may have hit on the problem. Brainstorm ways she can address the situation.
- **Let her complain.** It's OK to let her complain once in a while. If she whines about homework, let her go for a minute or two. Then redirect her by saying, "Well, you still need to finish it before school tomorrow." Remind her that everyone has responsibilities—whether they like them or not.
- **Model the attitude you'd like her to have.** Try to be positive when you are faced with disappointments. Say things like, "I'm bummed I have to work on Saturday, but it will feel great to get this project finished!"
- **Realize you aren't responsible for fixing everything in your child's life.** Help her take responsibility where you can. It's a way of empowering her.
- **Make an appointment with your child's doctor.** If you think she may be anxious or depressed, it's important to take action now.

## Simple strategies can help your child master math vocabulary



When children learn math, they also need to learn a whole new vocabulary. If they have to stop to think about

words like *product* or *quotient*, they won't be focused on doing the math.

Just as your child needs to commit basic math facts to memory, she also needs to know many math terms. So make a game of learning them.

Here are a few activities to try:

- **Play Math Concentration.** Write a math term on an index card. Write its definition on another card. Then place five or six pairs of cards face down. Your child can only turn over two cards at a time. The goal is to make a match by turning over a math term and its correct definition.

- **Link math symbols to math words.** Have your child create flash cards with a symbol on one side and the word it represents on the other. Use the flash cards to help your child review.
- **Create memory aids that show a term doing the thing it represents.** The math term *circumference*, for example, is the distance around the edge of a circle. So your child could write the word *circumference* around the edge of a circle.
- **Make connections.** Help your child connect new terms to concepts she is already familiar with. Is she learning about *centimeters*? Talk about how there are 100 *cents* in a dollar, 100 years in a *century*, and 100 *centimeters* in a meter.

# It Matters: Attendance

## Make school attendance a family priority



One of the most vital parts of your child's education is also one that's easy to overlook. It's attendance! Study

after study shows that when kids regularly miss school, their learning, and especially their literacy skills, take a serious hit. Not only that, but young students with poor attendance tend to turn into older students with poor attendance.

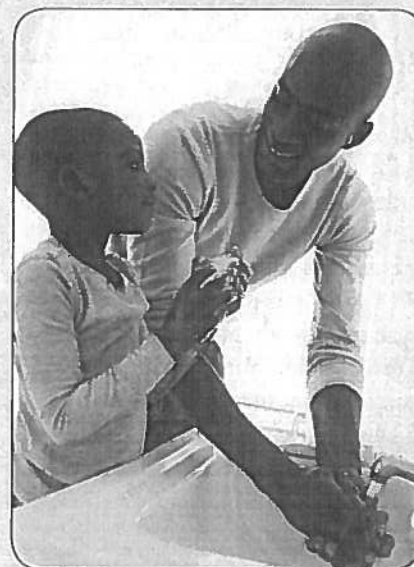
Don't let your child become one of them! To keep her on the road to school success:

- **Take attendance seriously.** As the parent, *you* set the tone. So be sure your child understands how much you value school and learning. If attendance is a priority for you, it will be a priority for her.
- **Prepare at night.** In the evening, help your child set out everything she needs to take to school the next day—her backpack, completed homework, gym shoes, signed papers, etc. She should also pick out her outfit and decide what she'll have for breakfast.
- **Respect the school calendar.** When possible, avoid scheduling appointments or family vacations that conflict with school. It will remind your child that there's nowhere more important for her to be during the week than in school!
- **Talk to your child's teacher** if you are experiencing problems that often result in school absences. Many families face challenges with health, child care, transportation and other issues. Community programs may be able to help.

## Frequent hand washing can reduce school absences

**S**cientists estimate that up to 80% of infections are spread through poor hand hygiene. That means a simple step—hand washing—is the top way to stay healthy and avoid missing school. Teach your child to:

- **Wash properly.** He should wet his hands, lather with soap and wash for 20 seconds. It takes about this long to sing the "Happy Birthday" song twice.
- **Include all parts of his hands**—front, back, fingernails, between fingers, etc. After washing, he should use a clean paper towel to turn off the faucet and open the bathroom door.
- **Wash his hands often,** especially before eating. Soap and water work best. If they aren't available, he can use a hand sanitizer. To be effective, a sanitizer should have at least 60% alcohol.



- **Sneeze or cough** into his elbow instead of his hand to reduce the spread of germs to others.

Source: P. Boshell, "Hand Hygiene at Home and School," [InfectionControl.tips](http://InfectionControl.tips), [niscw.com/elem\\_hands](http://niscw.com/elem_hands).

## Understand what's at stake when your child misses school



"Does it really matter if my child misses school?" parents sometimes wonder. "Yes!" say experts.

Research shows that regular attendance is linked to current and future school success.

Excused and unexcused absences take a toll on learning. And not everything students miss can be made up with homework. The class discussion about the book they are reading can't be captured in homework. Neither can the

science demonstration or the group project for history. In some subjects, like math, missing even a few days is a problem because learning builds on what students already know.

In addition to missing out on daily lessons, students who are absent miss the chance to build social and academic foundations that help with future learning.

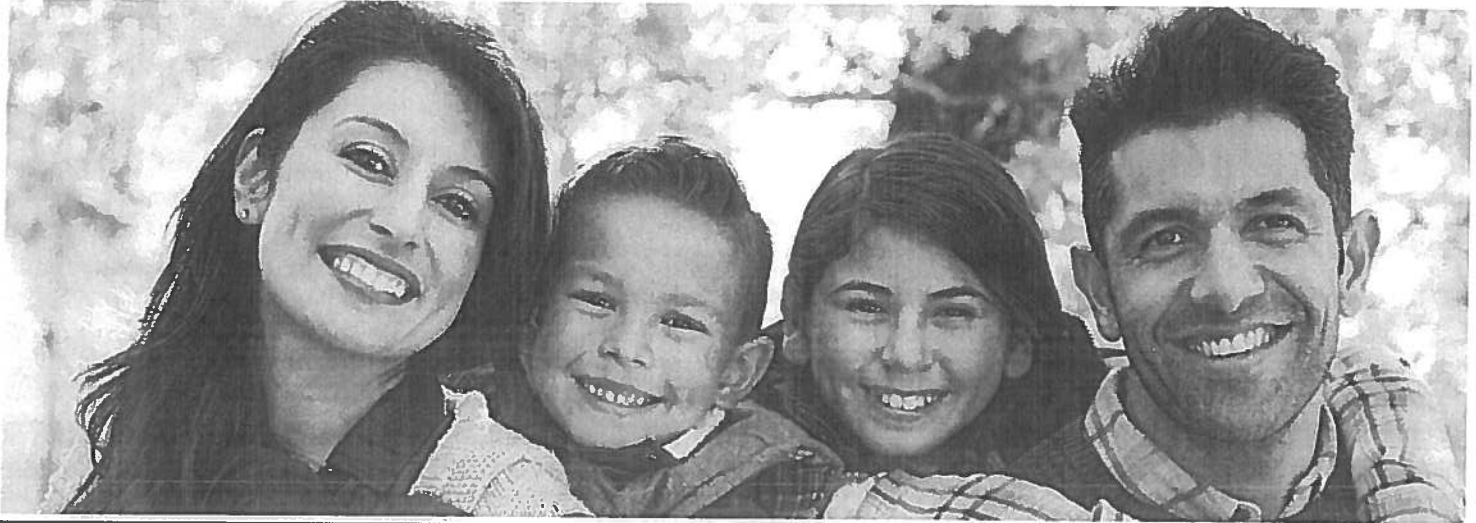
So, support your child's school attendance today and watch him reap the benefits for years to come.

Source: "The Importance of School Attendance," [AbsencesAddUp.Org](http://AbsencesAddUp.Org), [niscw.com/elem\\_absence](http://niscw.com/elem_absence).

# Parent & Child Activity Calendar

Elementary School

Hay Springs Public Schools



THE  
**PARENT**  
INSTITUTE®

## Parent & Child Activity Calendar

Elementary School  
**Parents**  
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February 2018</b>				<b>1</b> Start a chain of hearts. Cut out small hearts. Each day, write a reason you love your child on one and attach it to the chain.	<b>2</b> Encourage your child to write a thank-you note to a favorite teacher this month.	<b>3</b> It's International Friendship Month. Have your child plan to do a good deed for a friend.
<b>4</b> Make a bookmark. On a piece of thin cardboard, have your child draw a scene or write a quotation from a favorite book.	<b>5</b> Tell your child people learn when they try new things. Today, try a new food or take a new route home together.	<b>6</b> Be creative in the kitchen. See who can invent the greatest-tasting new pizza topping.	<b>7</b> Read a story to your child and use a different voice for each character.	<b>8</b> Have your child write a Valentine's message to someone who is sick or lonely. Mail it to that person.	<b>9</b> Turn chores into a game. Assign each chore a number and have your child roll a die to see which one she gets.	<b>10</b> Set aside time today to work on a hobby with your child.
<b>11</b> It's the birthday of Thomas Edison. Help your child learn about some of his many inventions.	<b>12</b> Ask your child if he has ever been bullied in school. If he has, be sure to alert the school.	<b>13</b> After your child goes to bed, leave a Valentine where she'll see it first thing tomorrow morning.	<b>14</b> Tell and show family members that you love them.	<b>15</b> At the grocery store, let your child pick out an unfamiliar vegetable. Find a recipe and give it a try!	<b>16</b> Dissolve some salt and water in a glass. Watch for a few days. Talk about what happens.	<b>17</b> February is Great American Pie Month. Celebrate by reading a children's book about pies, such as <i>Pie</i> by Sarah Weeks.
<b>18</b> Make a cross-word puzzle with your child to help him review spelling words.	<b>19</b> In 1473, astronomer Nicolaus Copernicus was born. Ask your child to draw a picture of the solar system.	<b>20</b> Talk to your child about people she admires. Ask her why she admires them.	<b>21</b> On a map, have your child find the country from which his ancestors came.	<b>22</b> It's the birthday of George Washington. How many facts can your child list about this famous president?	<b>23</b> Challenge your child to look through the house and make a list of everything that comes from plants.	<b>24</b> Go to the library and check out some books with your child. Check out some books for yourself, too!
<b>25</b> At bedtime tonight, tell your child a story about yourself when you were her age.	<b>26</b> Have your child write a poem or story from the point of view of a family pet.	<b>27</b> Have your child read to you as you're cleaning up after dinner. Or read to your child as he cleans up!	<b>28</b> Put on music and spend 15 minutes drawing or writing with your child. Let the music be your inspiration.			



# BUILDING READERS®

How Families Can Help Children Become Better Readers

Hay Springs Public Schools

## Cook up some reading and math success

What simple daily activity involves reading and math? Cooking! And it's something you and your child can do together.

When you prepare a dish:

- **Take turns reading the recipe.** Ask your child to read the list of ingredients aloud, for example, while you collect them.
- **Let your child measure.** Set out measuring cups and spoons and teach your child how to use them.
- **Use math terms.** Say things like, "We need to *add* sugar," "Let's *divide* that into *quarters*" or "That's *half* of what we need."
- **Make more—or less.** Take an uncomplicated recipe and double—or halve—it. Do the math together. How many people will it serve?



*"The greatest gift is the passion for reading. It is cheap, it consoles, it distracts, it excites, it gives you knowledge of the world and experience of a wide kind."*

—Elizabeth Hardwick

## Descriptive words make your child's writing more interesting

People, places and things come alive when writers use descriptive words. Here's a fun way to give your child practice writing interesting sentences:

1. **Write several short sentences** on a piece of paper. For example: "The dog ran to get the ball." "The cat lay on the window sill."
2. **Ask your child to enhance** each sentence by adding some adjectives and adverbs. Encourage her to use a thesaurus to replace some words, too.
3. **Have your child read** her new sentences out loud. For example: "The *huge yellow* dog ran *quickly* to *fetch* the *red* ball." "The *fat striped* cat *lounged* on the *large sunny* window sill."

## Ask questions about what your child is reading

To show your support and interest in reading, ask your child questions about the things he reads.

Ask, "What page are you on?" "Who's the main character?" "How did you pick that book?" Pay attention to his answers. Does he seem to be enjoying the book? Does it sound like he understands it? Find ways to help if needed.



## Sound effects increase attention

Here's an engaging way to help your child think about stories you read aloud: Make an audiobook, and have her add sound effects. While you record the story, your child can create thunder or wail like a siren.

Listening carefully will help her add the right noises—and later, she'll have fun hearing the results!



## Make words meaningful to help your child recall information

To help your child remember what he reads, show him how to make words memorable.

Encourage your child to:

- **Draw pictures** that represent new or difficult words.
- **Use mnemonic devices** to remember lists or spelling words.
- **Add excitement.** If he's learning about another country, suggest he learn a traditional song from that country.



## Make the most of your library visits

Encourage your child to take full advantage of all that the library has to offer. Try some of these activities during your next trip to the library:

- **Have a scavenger hunt.** Write down a list of facts that your child should look up, such as Thomas Jefferson's birthday, the tallest mountain in the world and the capital of Thailand. Help your child learn to navigate the reference section of the library.
- **Check out the news.** Grab a newspaper and an atlas. Locate the places where news events are happening around the world.
- **Explore different resources.** Does your library have a genealogy room? What about a special section with information on your town's history? Check out these parts of the library together.



## Introduce your child to the world of poetry

There are countless types of poetry. Explore several of them with your child!

First, read a few books of poetry together. Notice elements of each poem such as the rhythm of words, repetition or the location of line breaks.

Then, experiment with reading and writing different types of poems, including:

- **Halku.** This Japanese form of poetry consists of three lines, with a specific number of syllables on each line.
- **Song lyrics.** Have your child write down the lyrics to a favorite song, then compare the structure of the lyrics to that of some of the poems she's read.



**Q:** My first-grader's teacher says I should not worry about misspelled words in writing homework. Won't that affect my child's ability to write—and read—well later on?

**A:** When children first begin to write, they use *invented spelling*. They write words the way they sound.

When they don't have to worry about spelling, kids are more likely to write freely and think writing is fun. As children get older, learning to spell correctly is important. In the meantime, continue to practice reading correctly spelled words with your child.

Do you have a question about reading? Email [readingadvisor@parent-institute.com](mailto:readingadvisor@parent-institute.com).

## Have your child read a wide variety of books

Encourage your child to read about different people, places and things. And tell him not to worry: He doesn't have to finish a book if he doesn't like it.

Reading different kinds of books will help your child discover new interests and ideas. And he'll be strengthening his reading skills in the process!



## For lower elementary readers:

- ***Looking at Lincoln*** by Maira Kalman (Nancy Paulsen Books). Follow along as a young girl researches Abraham Lincoln's early life, political career and more.
- ***I Stink!*** by Kate and Jim McMullan (Weston Woods). In this audiobook, listen to the sounds of jazz and the city as a garbage truck eats trash while people sleep.



## For upper elementary readers:

- ***Black and White*** by David Macaulay (HMH Books for Young Readers). Four different stories are interwoven in this story—or are they? Can your child make sense of this unusual book?
- ***Fort*** by Cynthia DeFelice (Farrar, Straus and Giroux). Two friends spend a summer building a fort and protecting a boy from bullies.

### Building Readers®

How Families Can Help Children Become Better Readers

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