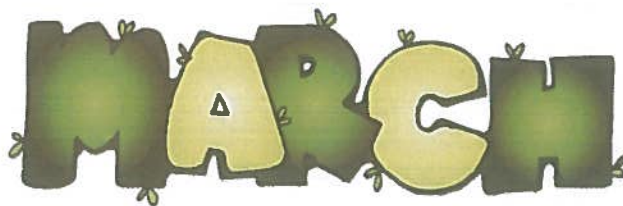


March 2019

Superintendent's News



As I write this note we are two weeks from the end of the third quarter. Winter sports are over and Spring sports are just beginning. Hopefully, Spring weather will soon follow. It is also academic testing season. As we begin testing it is vitally important that our students are getting a good night's sleep, eating a good breakfast and arriving at school with the best possible attitude and ability to do their best. It is also important that students finish the third quarter strong. As parents and guardians please check with your students to be sure that they have all work turned in prior to final grades being recorded. If they need additional support encourage them to take advantage of the Friday school program and ask their teachers for additional help if necessary.

As we move into the final quarter we encourage students to continue to be involved in our school activities but most importantly to dedicate themselves academically to finish the fourth quarter as strong as possible. Our staff will assist your students in any manner necessary to help them finish strong so encourage them to ask for assistance. This is also a time of year when student activities take students out of the instructional day, but it does not mean that instruction will wait. If they are missing classes for school activities or other activities such as calving season or other appointments, please support our educational system by reminding your students that your expectation for them completing their work in a timely manner is very important. 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. Please try your best to keep students in school on a regular basis by scheduling any appointments possible on Friday or scheduled days off. Attendance as we approach the finish line is very important. If we aren't in the race we can't win.

As the administrator my door is nearly always open and never hesitate to give me a phone call. I am always willing to listen to your concerns,

however our policy dictates that the first order in the resolution of a problem is direct communication between parent and/or student with the teacher and/or coach about your concerns. If we are going to hold true to our mission, vision, and goals for the district we truly have to continually work together in this effort.

Mission Statement

The mission of Hay Springs Schools in cooperation with families and community, 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"

Goals

All Hay Springs Public School staff will be trained in the Danielson Framework for Teaching (FFT) Instructional Model.

80% of Hay Springs Public School students will meet projected growth on the NWEA MAP tests in Math, Reading, Language Arts, and Science.

Thanks to everyone for your continued support of our educational system.

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Café'teria News

By Miss Young



January Magic Plate Winners were:

Ava McKillip, Tripp Buettner, and Kyler Kelly.

We have several lunch accounts that have a negative balance. If at all possible please get your account up to date. If you have had a life change or if your income has changed you can fill out the free & reduced application any time, please let us know! If you feel you won't qualify for free or reduced lunch please still fill out the paper work because you may be surprised. Adriene or myself would be happy to go over any questions you may have regarding this. The free and reduced percentage is not only used for the lunch/breakfast cost, it also determines the amount of poverty we have in our area and effects the different things we may qualify for. With that being said, in March we are starting a Soaring For Seconds program. Our goal with this program is that even the kids that are on the list for outstanding account balances will be able to receive seconds at lunch time. We will be accepting donations for this. For every dollar donated we will put a ticket in the jar, the kids will be able to take one ticket and use it for a second helping of the main meal. This will benefit all children. We don't want to send any child to class without a full tummy! We have the portion guidelines that we must follow to stay in compliance with the state laws so a bigger serving not something we can do. It is our goal to make the cafeteria a positive environment with the needs of every child being our number one priority. There may be some times where there will not be any tickets/donations available. Please feel free to contact me here at the school or via e-mail jen.young@hshawks.com with any questions or concerns regarding the school breakfast/lunch program or if you wish to make a donation to Soaring For Seconds. I have talked to a couple other districts and they also have people of the community that make a donation to be put on someone's outstanding account. This is a tax deductible donation and would be very much appreciated. It is a different way to feed the children of our very own community! Thank You for your support!

ELDER'S WISDOM 2019
HONOREES ARE BRYAN BURROWS
AND LOIS HUGHES
APRIL 18TH AT 6:30 PM.
MARK YOUR CALENDARS!!



Music Notes

Raine Varvel

Congratulations to the following students for being selected for Class D All State Band held at UNK in Kearney.



Freshman Sam Hindman Tenor Sax
 Freshman Logan DeCoste Bari Sax
 Sophomore Hannah Wohl Trumpet
 Sophomore Jocelyn Varvel Baritone
 Freshman Gabriel Varvel Tuba

These students will travel to Kearny on Friday, March 22nd. Rehearse all day Saturday with a concert the evening of March 23rd. Concert is open to the public. If you see one of these students, make sure to congratulate them on this honor!

Upcoming dates:

Class D All State Band
 PANCO Music contest-Crawford
 Pre-Contest concert & Recital (7/8-HS)
 District Music contest-Alliance
 4-6 Spring Concert
 Kindergarten Graduation

Saturday, March 23rd
 Monday, March 25th
 Monday, April 15th
 Wednesday, April 17th
 Tuesday, May 7th
 Monday, May 13th



Hay Springs Junior Wrestling Tournament

Saturday, March 9th 2019

10:00 a.m.

Lister-Sage Gymnasium



Hay Springs Youth Baseball & Softball

By Adriene Kelly



It's hard to believe it's March and we are already talking about Softball and Baseball. Hay Springs participates in the Highway 20 league for Softball and the Sandhills Baseball Association for Baseball. You will begin to see sign-up forms coming home, we need these to determine the amount of teams we have in each age group. Return registration forms to the school office. Here are the Age Groups:

Boys T-ball – Must be 4 before 5/1/19
 Boys Kid Pitch – Must be 7 before 5/1/19
 Boys Cal Ripken – Must be 10 before 5/1/19
 Boys Babe Ruth – Must be 13 before 5/1/19

Girls T-Ball – Must be 5 before 1/1/19
 Girls Pixies – Must be 7 before 1/1/19
 Girls Freshman – Must be 9 before 1/1/19
 Girls Juniors – Must be 12 before 1/1/19
 Girls Seniors – Must be 15 before /1/19

High School Wrestling Wrap—up

By Coach McCance



We ended the season with two wrestlers this year, Austin Anderson and Bryce Running Hawk. Bryce had a 23-5 record and also, was a district champion. He earned his 3rd trip to the state tournament in Omaha where he won his first match in over time but had an injury to his knee that wouldn't allow him to finish the tournament.

Austin finished the session with a 16-17 record and placed 4th at districts and made his 2nd trip to Omaha. He gave a valiant effort at state, losing his last match by one point.

Both wrestlers showed a lot of heart this year and worked hard to obtain their goals.



Middle Level Winter Ball

Mexican Fiesta!!

Friday, March 8

7:30-10:30



GIVING BACK TO THE COMMUNITY

By Linda Kedrna

In appreciation for the support of our community, the students at HSH would like to "give back" to Hay Springs. We are seeking businesses, groups, organizations, and even the elderly who are in need of help. Teacher supervised groups of students are willing to wash windows, stock shelves, clean shops, rake lawns or scoop snow if necessary. We are willing to assist in any way needed.

Our "Give Back to the Community Day" is scheduled for 1:00 p.m. to 4:00 p.m. on April 10, 2019. In the event of inclement weather, April 24, 2019 will be the alternate date. If you would like to be added to our list, please call the high school office at 638-4434.

Thanks to our community for all your support!

QUIZ BOWL

BY MR. BOUNOUS

On Friday, March 15th the Hay Springs Hawks Quiz Bowl team will be traveling to Edgemont High School for the annual Pan-handle Conference Quiz Bowl meet. Both the high school and the junior high school teams will participate. The team is sponsored by Mr. Bounous and Mrs. Matthews.



Dental Day

Dr. Hadden
Chadron CAPWN Dental

We are planning on coming back to your school on April 3rd. Recurrent dental fluoride varnish treatments will reduce up to 35% of a child's disease experience. As I'm sure you are aware, dental disease is the most common childhood disease. I thank you and your administration very much for accepting the opportunity to provide preventative dental services to the students of Hay Springs Schools.

PARENT-TEACHER CONFERENCES

March 21st from 4:15-8:00.

Pick up report cards at the office before your conference.

HS Boys Basketball Wrap - Up

Coach Borm

The boys basketball season came to an end at sub-districts with a 55-36 loss to eventual sub-district champion Crawford. The Hawks finished 7-16 on the season which marks the most wins for Hay Springs since the 2011-2012 basketball season. While 7-16 is much below where we would have liked to finish, it is a step in the right direction as it is an improvement over the past 6 seasons. The most frustrating piece from this season was the several close losses our team suffered. These close losses included a 2-point loss to Edgemont, a 2-point loss at Minaret, a 1-point loss at Edgemont, a 1-point loss at Crawford, and a 5-point overtime loss to Sioux County at the Panhandle Conference Tournament (a game in which we finished with 3 players due to sicknesses, injuries, and others fouling out). An ability to finish in these games would have made our record look much better but that is not always the way basketball goes.

This season consisted of 7 players that were playing their first year of high school basketball. 4 freshmen, (Gabe Varvel, Payton Prado, Logan DeCoste, and Sam Hindman), and 3 other players that decided to give basketball a try (Kade Moore, Jarret Pieper, and Mavrik Wagnitz). It was a pleasure to have these athletes join a nucleus that had stuck things out through some difficult seasons in years past. The returning players were: Brodey Planansky, Jake Roberts, Trent Reed, Johnny Toof, and Sean West. Chaz Schiaffo was sidelined all of basketball season due to a brain injury suffered during football season.

Brodey Planansky led the team in scoring this season followed closely by Payton Prado and Trent Reed. All 3 players averaged near 15 points a game which is great to see. Johnny Toof led the team in rebounds per game with 7, again followed closely by Trent Reed and Payton Prado that averaged 6. Brodey Planansky also led the team in steals per game with 5.5 while Prado was second with 4.1.

In summary, I am very proud of the 12 boys we had that participated in the basketball season in 2018-2019. All players stuck it out all year and came to practice and games with a willingness to learn and get better. Barking up the wrong tree. This will go a long way in the future with this team and I look forward to seeing their success in the near future.

We say goodbye to 5 seniors that have done a lot for our program:

#13 Trent Reed

#20 Jarret Pieper

#25 Johnny Toof

#45 Mavrik Wagnitz

#50 Sean West

I speak for everyone involved in Hay Springs athletics when I say, we wish you the best in your futures.



4H Opportunities

by Melissa Mracek

CATCH After School

Starting in March, Nebraska Extension will be providing a cooking and fitness after school program in Hay Springs. The youth will learn about nutrition while preparing a snack and get to play active games. This program is for youth in second grade and above. It is a free program. The program will begin on March 28th and continue every Thursday until May 2nd. Please contact Melissa Mracek at (402) 322-0655 to sign up your youth.

Speech Contest

The Sheridan County Speech Contest will be held on Sunday, March 17th at the Gordon City Auditorium starting at 1 pm. Registrations are due on March 13th to the Nebraska Extension Sheridan County office. Winners and first year participants will be awarded cash prizes sponsored by the Russell Family. Rules and registration forms for the county contest can be found at <https://extension.unl.edu/statewide/northernpanhandle/sheridan-county-4-h-member-resources-0/>. Clover Bud speeches are under 2 minutes, Juniors are 1 to 3 minutes, Intermediates are 3 to 5 minutes, and Seniors are 5 to 8 minutes in length. The registration form and county rules can be found at <https://extension.unl.edu/statewide/northernpanhandle/sheridan-county-4-h-member-resources-0/>

March Clover Bud

In March Clover Bud activity will be on March 21st at 4 pm. The youth will become fat detectors while they create homemade biscuits. Please contact Melissa Mracek or Erika Gaswick for more information.

Baking Basics

The March Baking Basics will be held on March 15th from 9 to 3 pm at the Hay Springs School. The youth will continue to work on their sewing projects and experiment making Corn Bread. The fee for this workshop is \$5. Please register your child by March 10th by contacting Melissa Mracek at (402) 322-0655.

To Make the Best
BETTER

HELPERS NEEDED

Looking for individuals or community groups who are willing to teach a summer fun camp. We are open to any camp ideas that you may have.

Be the first to find the strange phrase and you will be the winner for this issue.

Call the school or email
hawk.contact@hshawks.com



Speech

By Coach Varvel

The speech team is heading into the final stretch of their first season! We will wrap up regular season meeting on Saturday, March 9th with our PANCO invite at Hemingford, followed by our district meet on Monday, March 11th held in Gering. Words cannot express how every proud I am of our 8 students who were willing to try something new. Those students are:

Senior: Jessica Badje (Serious prose)

Junior: Ashley Burrows (Poetry & Oral Interpretation of Drama)

Sophomores: Jaiden Anderson (observer);

Chaz Twarling-Schaiffo (Oral Interpretation of Drama),

Joce Varvel (Oral Interpretation of Drama)

Freshmen: Logan DeCoste (Oral Interpretation of Drama), Sam Hindman (Oral Interpretation of Drama) and Gabe Varvel (Oral Interpretation of Drama & Entertainment Speaking).

If you would like to see these speeches, feel free to join us at any of the following public performances:

Wednesday, March 6th 8:15am Hawk Talk at the Senior Center

Thursday, March 7th 10am Pioneer Manor Nursing Home

PANCO Invite-
Districts-
State Speech-

Hemingford March 9
Gering March 11
UNK March 22



Hawks Library News

TOP 5 ELEMENTARY CHECKOUTS FOR FEBRUARY

Diary of a Wimpy Kid - the Third Wheel

Frog and Toad are Friends

Choppers

Elmer and Grandpa Eldo

Have you seen my Cat?

Events to watch for

- Read Across America - March 7
o featuring books set in locations around the United States
o 10th graders will be our guest readers
- Spring Book Fair - March 18-25
(after school and Thursday evening until 8:00)

What have we been doing

- Grade 5 are exploring biomes of the world.
- Grade 4 are creating Nebraska Blue Books using Google Slide. They are learning some new and interesting facts about their state.
- Grade 3 are researching two animals that are sometimes confused. They will prepare a presentation that compares and contrasts the two animals showing how they are alike and how they are different.
- Grades 2 is determining facts and fiction about frogs and toads after reading several stories about Frog and Toad. They will also read nonfiction books to see how frogs and toad are alike and how they are different.

Recently Added Titles

Albert Einstein by Heinrichs, Ann.
Penguins Love Counting: let's make snowmen by Aspinall, Sarah
There was an Old Lady Who Swallowed a Cow by Colandro, Lucille
Stuck by Jeffers, Oliver.
This moose belongs to me by Jeffers, Oliver.

Night of the Living Dummy by Stine, R. L.
Night of the Puppet People by Stine, R. L.,
The Friendship Experiment by Dougherty, Brandi.

Being a Leader by Mayer, Cassie.

Being Helpful by Mayer, Cassie.

Being Fair by Mayer, Cassie.

Being Honest by Mayer, Cassie.

Being Responsible by Mayer, Cassie.

Following Rules by Mayer, Cassie.

Colt on Christmas Eve by Baglio, Ben M.

TOP 5 MS/HS CHECKOUTS FOR FEBRUARY

Follow the Star

Along for the Ride: a Novel

D-Day: the WWII Invasion that changed History

Dork Diaries: tales from a

Not-so-Graceful Ice Princess

The Eleventh Plague

"Books are a uniquely portable magic."

- Stephen King

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

March 2019

Wrapping up your senior year

Seniors...stay on track to college by completing these second-semester tasks:

Complete the financial aid process. By now, you should have filed your FAFSA (Free Application for Federal Student Aid). If you haven't, apply at fafsa.gov.

Compare financial aid awards. The colleges you listed on your FAFSA will send you notifications detailing the financial aid they're offering. Compare the notifications to determine which school provides the best package.

Watch your grades. If you slack off and get poor grades, your college admission could be revoked.

Apply for scholarships. See [ScholarshipQuest](http://EducationQuest.org) at EducationQuest.org to find Nebraska-based scholarships. You'll also find links to national scholarship sites that are EducationQuest-approved.

Make your final college selection. Notify the other colleges so they can take you off their mailing list.

Be aware of deadlines to accept financial aid and college admission offers, submit your housing deposit, and register for new-student orientation.

Juniors...it's time to narrow your college choices.

Narrow your college choices soon to prepare for these upcoming activities:

ACT college entrance exam. When you take the exam this spring, you'll be asked to provide a list of colleges that should receive your score.

Completion of the [FAFSA](http://fafsa.gov) early next fall. You and your parents can complete the FAFSA beginning October 1 of your senior year. The colleges you list on the form will receive the results.

Apply2College Campaign. Early next fall, it will be time to apply to your top college choices. You'll get help with your applications if your high school holds a college application event as part of the statewide [Apply2College campaign](http://Apply2College.org).

Campus visits will help you narrow your choices

Your spring break is a perfect time to visit schools that interest you. Schedule your visits at least two weeks in advance and be prepared with [questions to ask](http://EducationQuest.org). Find more tips in the ["Selecting a College" section](http://EducationQuest.org) at EducationQuest.org.

You'll also want to check out these college-search resources at EducationQuest.org:

- ["About Nebraska Colleges"](http://EducationQuest.org) provides cost and contact information for Nebraska colleges.
- [College Profiles](http://EducationQuest.org) has information about colleges in Nebraska and across the country.



Family Movie Night

Thursday, March 7, 2019

7:00 pm

Auditorium

Rated: PG

Synopsis

Meg meets three supernatural beings who transport her through the universe to rescue her father, who mysteriously disappeared and is being held captive by an evil force.



Family Movie Night

Thursday, March 14, 2019

6:00 pm

Auditorium

Rated: PG

Synopsis:

An animated adventure for all ages, with original music and an all-star cast, Smallfoot turns the Bigfoot legend upside down when a bright young Yeti finds something he thought didn't exist – a human. News of this "smallfoot" throws the simple Yeti community into an uproar over what else might be out there in the big world beyond their snowy village, in an all new story about friendship, courage, and the joy of discovery.

MARCH 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Breakfast: French Toast Sticks Lunch: Soft Shell Taco/Corn	5 Breakfast:Pancakes/ Sausage Links Lunch: McRib Sandwich/Potato Salad	6 Breakfast:Breakfast Pizza Lunch: Orange Chicken /Rice/ Fortune Cookie	7 Breakfast: Biscuits & Gravy Lunch:BTS Burgers/Chicken Sandwich/Chips	8	9
10	11 Breakfast: Breakfast Casserole Lunch: Chicken Linguine Alfredo/Peas/Bread Stick	12 Breakfast: Bacon, Egg & Cheese Toast Lunch: Beef Enchilada Stacker/Corn	13 Breakfast: Breakfast Burritos Lunch: Corn Dogs/Mini Corn Dogs/Baked Beans	14 Breakfast: Biscuits & Gravy Lunch: Cavatini/Green Beans/Cookie	15	16
17	18 Breakfast: Breakfast Pizza St. Patrick's Day Lunch: Shepherd's Pie/Green Beans/Roll/Dessert	19 Breakfast:Egg& Cheese Omelets Lunch:Chicken Breast Sandwich/Smiley FF	20 Breakfast: French Toast/Sausage Patty Lunch: Chicken Strips/Mac-n-Cheese	21 Breakfast: Biscuits & Gravy Lunch:BTS Burgers/Chicken Sandwich/Chips	22	23
24	25 Breakfast:French Toast Tornado Lunch: Ham & Cheese Noodle Bake/Green Beans	26 Breakfast:Breakfast Casserole Lunch: Burritos/Chicken Quesadilla/Corn	27 Breakfast: Breakfast Burritos Lunch: Breaded Beef Patty/Mashed Potato & Gravy	28 Breakfast: Biscuits & Gravy Lunch:Spaghetti/ Garlic Bread/Apple Crisp	29	30
31	<p>Notes: A very special Thank You goes to Don & Mary Vannatta w/S&V Livestock and Tom & Kim Marcy w/Marcy Cattle Co. for their generous beef donation! Also a huge Thank You to the Brian Forney family for the transportation of the beef to the school! This is an awesome program for our school! Thank You Again!!</p> <p><small>In accordance with Federal Law and the USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Ave, SW Washington, D.C. 20250-9410 or call toll free (866)632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6136 (Spanish).</small></p>					

Hay Springs School Cafeteria

- *Breakfast Menus
- *PreK-12 Lunch Menus
- *All menus are served with three choices of Milk & 100% Juice. Water is available in the lunchroom area
- *Fruit & Veggie Bar is offered with every meal
- *Lunch menu choices available each day
- are:PBJ/Nacho Bar/Pizza
- *Menus are subject to change
- *There will be no Nacho Bar offered on Beef To School



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
				Speech @ Pioneer Manor 10am Family Movie Night "A Wrinkle In Time" 7pm	Teacher In- service ML Winterball 7:30 -10:30pm	PANCO Speech @ Hemingford Junior Wrestling Meet @ home
3	4	5 "Hawk Talk"	6	7	8	9
				Family Movie Night "Smallfoot" 7pm	Loper Business Competition HS & JH Quiz Bowl @ Edgemont JH VB Camp @ Ogallala	
Daylight Savings Time	District Speech @ Gering			Quarter 3 Ends		HS TR @ Chadron 9am
10	11	12	13	14	15	16
						HS TR @ Morrill 9am
St. Patrick's Day	St. Patrick's Day Lunch		JH Quiz Bowl @ Chadron	Parent Teacher Conferences 4:15 – 8pm	State Speech @ UNK	Class D All State Band @ UNK
17	18	19	20	21	22	23
		PANCO Music Contest in Crawford				HS TR @ Bayard 9am
24	25	26	27	28	29	30
31						

MARCH

Happy St. Patrick's Day!!!



NOTES:

RSVP for St. Patrick's Day Lunch by March 13th.

Parent Teacher Conferences – March 21st

Parents®

Hay Springs Public Schools

make the difference!



Responsibility is linked to your child's school success

Educators agree that responsible children do better in school. Luckily, parents have endless opportunities to foster responsibility.

To boost your child's responsibility:

- **Enforce a few age-appropriate rules and consequences.** State them clearly so your child knows exactly how you expect her to behave—and what will happen if she doesn't.
- **Trust her with meaningful tasks.** School-age children are capable of handling responsibilities such as picking up their rooms, setting the table and helping with the laundry.
- **Talk about financial responsibility.** Many kids receive an allowance. This provides a great opportunity to teach about budgeting, spending, saving and giving.
- **Let your child make decisions,** such as which homework assignment to tackle first. Having the responsibility of making decisions builds confidence.
- **Find ways to help others.** Discuss what it means to be a responsible member of a community. Talk about different ways your family can contribute, such as by donating gently-used clothing to a charity or volunteering your time for an important cause.
- **Adjust rules and responsibilities.** As your child matures, her abilities will change. Perhaps she can take on more grown-up chores. Or perhaps she can make new and exciting decisions. Talk about how great it feels to be responsible!

All parents can be involved in education



If English is not your first language, you may hesitate to get involved at school. But don't let

that stop you! There are many ways to be involved in your child's education—no matter what language you speak. Here are just a few:

- **Attend conferences and other events at the school.** Don't be afraid to request translated documents. Or, ask a friend who speaks your language and English to come with you to interpret what's being said.
- **Ask the teacher what you can do to help.** The most important things you can do to support your child can be done in any language: Ask your child about school. Schedule a regular homework time. Encourage your child to read every day.
- **Connect with other parents.** Form a group to share ideas and opportunities for better communication. Discuss ways you can partner with the school to help school staff meet the needs of all students and their families.

Tackle social problems before they affect school performance



Learning how to deal with “friends” who turn out not to be friends is a tough lesson. And it’s one that can distract your child from learning and affect his performance in school.

Talk to your child about the qualities that make someone a true friend and suggest he avoid classmates who seem:

- **Selfish.** Does the person seem to think and talk mostly about himself? Is he using your child in order to get something?
- **Phony.** Does the person say one thing and then do another?
- **Dishonest.** Someone who is a friend only because he wants to cheat on a test is not really a friend at all.

- **Unreliable.** Did he say he’d walk home with your child after school, but then head off to someone else’s house instead?

Remind your child that he is worthy of *real* friends and should stay clear of those who are not.

Source: R.M. Kidder, Good Kids, Tough Choices: How Parents Can Help Their Children Do the Right Thing, Jossey-Bass.

“Truly great friends are hard to find, difficult to leave, and impossible to forget.”

—G. Randolph

Set the stage for a successful transition to middle school



Will your child be heading to middle school next year? If so, the time to start preparing for that exciting transition is now.

At school, teachers are helping students get ready. At home, you can do the same thing. To support your child’s progress and independence:

- **Learn about the middle school.** Read its website regularly. Sign up for notifications on its social media pages. Visit the school. Ask for a tour. The more comfortable you and your child are at the school, the easier it will be to adjust.
- **Build school spirit.** Learn about the school’s clubs, teams, classes, colors and mascot. Talk about your child’s interests. What new and exciting things do students learn and do in middle school? Attend a student performance or game together.
- **Encourage important habits.** Your child should stick to a daily homework routine and practice staying organized. These skills will be critical in middle school and beyond.
- **Find out about summer activities** for rising middle schoolers, such as library reading programs. Ask the school for suggestions.
- **Attend events** for new students and families. Join the parent-teacher organization and ask about the volunteer opportunities. Introduce yourself to staff and other parents.
- **Find a mentor.** Do any of your neighbors or friends have children currently attending the middle school? Perhaps one could talk to your child about what it’s like.
- **Keep communicating.** Talk with your child about any concerns or questions she may have.

Are you teaching your child how to be resilient?



All kids face obstacles. Encouraging resilience helps kids overcome them. Resilient students deal with challenges in

positive ways—at home and at school. Answer *yes* or *no* to the questions below to see if you are helping your child develop resilience:

- ___ **1. Do you give your child plenty of opportunities to make decisions?** It’s a skill that improves with practice.
- ___ **2. Do you listen to your child when he is trying to make a decision without solving the problem for him?**
- ___ **3. Do you talk to your child about how you find a solution when you are faced with a problem?**
- ___ **4. Do you talk to your child about his strengths?** Children draw on their strengths when facing challenges.
- ___ **5. Do you remind your child when he’s struggling how he has handled tough situations in the past?**

How well are you doing?

Mostly *yes* answers mean you are helping your child become more resilient. For *no* answers, try those ideas from the quiz.

Elementary School **Parents** *make the difference!*

Practical Ideas for Parents to Help Their Children. ISSN: 1523-1275

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The Parent Institute, 1-800-756-5525,
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Positivity is key when talking to your child about grades



Your child's report card came home and it was disappointing. You know she has the ability to do well. Her teachers have

told you that every year. But she doesn't work up to her potential. What should you do?

The most important thing to remember is to keep your emotions in check. Getting angry or showing your disappointment just won't help. Instead, look for ways to encourage your child to do the best she can.

After you have had time to "digest" your child's report card:

- **Ask her to talk about her grades.** What does *she* think is going on? Does she complete her class work in school? Is she turning in her homework on time? Does she understand the lessons? Does

she think there is anything she could do differently?

- **Talk with her teacher.** Are there any issues at school? Discuss ways you can work together to boost your child's performance. Perhaps your child could stay after school for extra help.
- **Enforce a regular homework time.** During that time, the TV should be off and the computer should be used only for studying. Set a timer for 20 minutes, then let her take a short break before getting back to work.
- **Offer support.** Provide help when necessary, but don't *ever* do your child's homework for her. Let your child take responsibility for completing her work. It's the only way she will get the practice she needs to succeed in school and in life.

Q: My older daughter is in middle school. She is a good student and talented athlete—learning and sports have always come easily to her. My younger daughter is in third grade and is quite different from her sister. She has some learning challenges and is not athletic at all. She has begun to compare herself to her older sister and always says, "I'm the failure in this family." How can I help her realize that she isn't a failure and that we love her just the way she is?

Questions & Answers

A: Younger siblings often feel like they're running to catch up. But with your love and support, your younger daughter can find ways to grow into her own special self—and improve her grades at the same time!

Research consistently shows that positive self-esteem is linked to higher school achievement. And the best way to give your child's self-esteem a boost is to discover some areas where she can be successful. Success in one area truly does lead to success in another.

What are your child's interests? If her sister is an accomplished soccer player, maybe she should try a different sport. Or maybe she'd be happier playing an instrument or acting in a school play. Help her find activities that are different from her sister's and that will give her an opportunity to shine on her own.

Point out the things your child does well. Whether it's her sense of style or her kindness to others, remind her that these are important—and that you are just as proud of those achievements as you are of her sister's soccer goals.

Help your child gain a better understanding of fractions



Learning fractions can be challenging for some students. But if your child understands how useful this math concept will be

in his everyday life, he may be more motivated to master it.

Point out all the ways you use fractions. For example, when you are cooking for four people but the recipe serves 10, you need to use fractions to divide the ingredients. When you go out to eat with two friends and the waiter brings one check, you have to figure out what one-third of the bill amounts to.

Here are some simple activities to help your child understand fractions:

- **Pour a pile of cereal on a tray.** To illustrate the concept of

one-fourth, divide the pile into four equal sections. Rearrange the pile to illustrate other fractions. Then, challenge your child to illustrate some different fractions.

- **Use measuring cups and spoons.** There is no easier way to see how many one-third cup measures it takes to make one cup. Let your child experiment to find out.
- **Make up fraction facts with your child.** One-third of the rooms in our house have windows. One-half of our family members have birthdays in October. One-fifth of the cars on this street are red.
- **Mark the passing of time with fractions.** Say, "If it takes us 20 minutes to get to Grandma's, how long will it take to get halfway there?"

It Matters: Reading

Comprehension may improve with movement



Reading is often thought of as a calm and cozy activity. But research suggests that children can improve their

comprehension and memory by moving around and acting out what they've read.

Acting out a phrase or a passage can help children make connections between the words on a page and real actions. Physically crawling, for example, can help a young child understand the word *crawl* better.

Here are some strategies for you and your child to try after reading a story together:

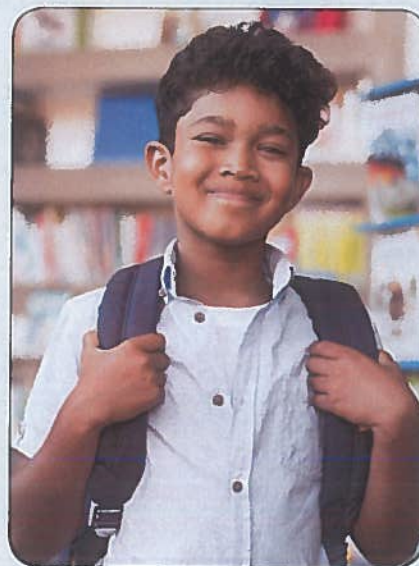
- **Play dress up.** Dress up as favorite characters. Use props from around the house and reenact exciting scenes. Use words from the story. "I'm climbing to the *peak* of the mountain! The very top!"
- **Put on a play.** Help your child write a short skit based on the story. Gather friends and family to participate or sit in the audience and cheer him on.
- **Do a dramatic reading.** Act out the story as you read it aloud. Take turns with your child or let him perform the whole thing. Use exaggerated actions and tones to bring the story to life.
- **Plan a puppet show** and act out a few scenes from the story with your child. If you don't have puppets, make some from old socks or small paper bags.

Source: M.P. Kaschak and others, "Enacted Reading Comprehension: Using Bodily Movement to Aid the Comprehension of Abstract Text Content," *PLOS ONE*, Public Library of Science.

A trip to your local library can help your child love reading

Experts believe *all* children can enjoy reading. It's just a matter of finding the right materials. Before your next library visit, consider these five things:

1. **Your child's hobbies.** He might find an irresistible book about baseball, video games or cooking. Ask the librarian for suggestions.
2. **Different genres.** Perhaps your child would like to read a mystery, a how-to book or a biography. Consider everything!
3. **Company.** Kids who "don't like" to read often take pride in reading to others. Bring along a younger sibling, a grandparent or a favorite stuffed animal.
4. **Alternatives to books.** Your child might prefer shorter materials, such as articles, comics or recipes. All of these count as reading!



5. **Activities.** See if your local library hosts read-aloud times, or has reading-related computer games for kids.

Inspire reading by filling your home with reading materials



One of the most effective ways to get your child to read is to surround her with a wide variety of reading material. In

addition to filling your home with books, magazines and newspapers:

- **Let your child own some books.** It's great to check out books from the library. But owning a few books can foster a sense of pride about reading in your child. You can find great deals on used books at library fundraisers, yard sales and thrift stores.

- **Organize reading materials** in containers, such as baskets or magazine racks. These can fit in small spaces, such as next to beds, couches and tables. They can even go in the car.
- **Create a special reading spot** in your child's bedroom. Provide good lighting. At bedtime, say something like, "You're old enough to stay up 15 minutes longer to read. Or, you can turn off the light at the same time as always. It's up to you." Your child will probably choose to read.

BUILDING READERS®

How Families Can Help Children Become Better Readers

Hay Springs Public Schools

Boost school skills while having some reading and writing fun!

There are lots of entertaining reading and writing activities that can help your child strengthen valuable skills. Encourage her to:

- **Look up events that happened** on the day she was born. Your child can write about them in a journal or use the newspaper headlines to make a poster.
- **Invent a new board game.** Have your child design the board and game pieces. Then she can write down the rules.
- **Look at a globe** and pick a country. Challenge your child to discover and share five interesting facts about it.
- **Conduct a nature study.** How many animals, birds and insects can your child find in your backyard or a local park? Have her make a list or take pictures of them so she can research the critters online.



Reading aloud offers many benefits

Even though your child is beginning to read on his own, continue reading aloud to him. Reading aloud not only gives you quality time with your child, it also exposes him to new ideas, concepts and vocabulary.

Each time you read aloud together, you are developing your child's:

- **Reading comprehension skills.** Talk about what you read. Ask your child to summarize the passage.
- **Vocabulary.** Look up new words together.
- **Listening and speaking skills.** After reading a passage, have your child tell you what he heard. Ask questions.
- **Analytic skills.** Have your child explain why events happened in the story, why a character is his favorite or why he believes the author made specific choices.

Read about spring cleaning safety

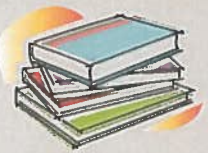
Will your older child be helping you with household cleaning chores this spring? Ask him to read the safety labels on cleaning products before he starts. Then, have him explain the label directions to you so you are both sure he understands.



Reading safety labels is a great example of how reading is essential to our daily lives.

Exposure to correct grammar improves language skills

Learning grammar rules can be tough—but reading makes it easier! When your child reads well-written text, she sees how language should be used. She'll soon learn to recognize mistakes in other materials.



Combine reading with fun

The more fun your child has reading, the more motivated he may be to keep reading! Try these ideas:

- **Play games** that involve reading, such as Boggle, Scrabble and Apples to Apples.
- **Build activities** around what your child is reading. For example, act out the story or do crafts that relate to it.
- **Keep a reading calendar.** Mark the days that he starts and finishes a book.



Help your child evaluate online information

When your child is doing a research project, help her find reputable and reliable information online. To evaluate the information she finds on the internet, your child should ask herself these questions:

- **Is the source reputable?** Be sure your child does some research on the source to see where the information is coming from.
- **Is the source biased?** Information that comes from a company might be designed to sell their product. Information from an organization might reflect a particular agenda.
- **Is the information accurate?** Do other reliable sites include the same information?
- **Is the information up-to-date?** Science studies, for example, may become outdated when newer research is completed.



Share five steps to writing success

Whether your child loves or dreads writing assignments, five steps will make them easier. Encourage him to:

1. **Prewrite.** Brainstorm and bounce ideas off someone.
2. **Draft.** Write a first copy—*without* worrying about mistakes!
3. **Revise.** Read through the paper at least once. Does everything make sense? Are there better ways to say things?
4. **Edit.** Check grammar, punctuation and spelling.
5. **Review.** Read the paper aloud to catch other mistakes.



Q: My child loves math—but will do anything to avoid reading. How can I combine the two?

A: Read books about math subjects together, such as *Why Pi?* by Johnny Ball. You can also do reading activities that involve math. For example, have her read sale signs (such as “20% off all shirts” or “Buy one pair of shoes, get the second pair free.”) Then she can figure out how much you’d pay for certain items. Challenge her to solve interesting word problems, too!

Serve your community by reading to others

Do you and your child enjoy reading aloud? Maybe you could brighten others’ days by reading to them. Consider being volunteer readers in a school, nursing home or hospital.



For lower elementary readers:

- ***Hiromi’s Hands*** by Lynne Barasch. This biography tells about chef Akira Suzuki and his daughter Hiromi, as they each discover a passion for making sushi.
- ***Mine-o-saur*** by Sudipta Bardhan-Quallen. The Mine-o-saur refuses to share his toys and his snacks—and soon he realizes he has no friends to play with! How will the Mine-o-saur solve this problem?



For upper elementary readers:

- ***Poem Runs: Baseball Poems and Paintings*** by Douglas Florian. Get ready for baseball season with this collection of poems about various positions and pieces of equipment.
- ***Bronte’s Book Club*** by Kristiana Gregory. When Bronte Bella moves to a new town, she worries about making friends. A book club helps her find things she has in common with girls in the new place.

Building Readers®

How Families Can Help Children Become Better Readers

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Book List

Recommended Books for Elementary School Children

Crown: An Ode to the Fresh Cut by Derrick Barnes (Agate Bolden). Winner of multiple awards, this is an uplifting story about a boy and the power of a simple haircut. The book's rhythmic text and beautiful illustrations are perfect for read alouds. (fiction, lower elementary)

Out of Wonder: Poems Celebrating Poets by Kwame Alexander and others (Candlewick Press). Introduce your child to the beauty of poetry with this unique collection of original poems—each matched with a bold and intricate illustration. (poetry, upper elementary)

Stay: A Girl, a Dog, a Bucket List by Kate Klise (Feiwel and Friends). Astrid's dog Eli is getting older, so she makes a list of activities for them to do together before he gets too old. This is a touching story of the love between a girl and her dog. (fiction, lower elementary)

Hello, Universe by Erin Entrada Kelly (Greenwillow Books). What happens when a group of sixth graders are brought together because of a bully's cruel act? Find out in this award-winning book about bravery and friendship. (fiction, upper elementary)

Charlie and Mouse by Laurel Snyder (Chronicle Books). Voted one of the most distinguished books for beginning readers (Theodor Seuss Geisel Award), this story follows the hilarious adventures of two brothers. (fiction, lower elementary)

Bronze and Sunflower by Cao Wenxuan (Walker Books Ltd.). Set in a rural Chinese village during the Cultural Revolution, this is the heart-warming story of two lonely children who become friends. Readers will learn about beauty, familial love and sacrifice. (fiction, upper elementary)

The World Is Not a Rectangle: A Portrait of Architect Zaha Hadid by Jeanette Winter (Beach Lane Books). Learn how this famous architect overcame adversity and achieved her dreams in this picture-book biography. (biography, lower elementary)

Older Than Dirt: A Wild but True History of Earth by Don Brown and Michael Perfit (HMH Books for Young Readers). Learning about science is fun with this playful account of the Earth's history. (nonfiction, upper elementary)

The Boy and the Whale by Mordicai Gerstein (Roaring Brook Press). A fisherman's son discovers a whale tangled in his father's only fishing net. Will he find the courage to set the whale free? This beautifully-illustrated tale teaches readers about compassion and empathy. (fiction, lower elementary)

Lucky Broken Girl by Ruth Behar (Nancy Paulsen Books). Ruthie is a young immigrant learning to adjust to her new life in New York when tragedy strikes. Follow her on a journey of heartbreak and hope. (fiction, upper elementary)



The 2018-2019
BUILDING READERS®
Book List

Windows by Julia Denos (Candlewick Press). Join a boy and his dog as they go on a neighborhood walk at dusk. The simple text and interesting illustrations will encourage readers to pay attention to all the little details around them. *(fiction, lower elementary)*

Impact! Asteroids and the Science of Saving the World by Elizabeth Rusch (HMH Books for Young Readers). Some asteroids are harmless, while others cause massive destruction. Follow scientists as they investigate all things to do with asteroids. The accompanying photos will make science come to life! *(nonfiction, upper elementary)*

Princess Cora and the Crocodile by Laura Amy Schlitz (Candlewick Press). Princess Cora is overscheduled and desperately wants a day off. When she trades places with a naughty crocodile, complete chaos ensues! *(fiction, lower elementary)*

Wishtree by Katherine Applegate (Feiwei & Friends). Red is a wise old oak tree who watches over the neighborhood. When a new family moves in, he discovers his true purpose. This best-selling book confronts prejudice and celebrates kindness. *(fiction, upper elementary)*

Not So Different: What You Really Want to Ask About Having a Disability by Shane Burcaw (Roaring Brook Press). Author Shane Burcaw suffers from a rare disability. In this refreshingly candid book, he answers 10 frequently-asked questions about his life. Readers will learn that people with disabilities aren't so different after all. *(nonfiction, lower elementary)*

The Girl Who Drank the Moon by Kelly Barnhill (Algonquin Young Readers). A loving witch raises an enchanted girl in this nontraditional fairy tale about love, sacrifice and magic. Winner of the Newbery Medal, this best-selling book takes readers on a whimsical fantasy journey. *(fairy tale, upper elementary)*

Noodleheads See the Future by Tedd Arnold and others (Holiday House). Join the wacky Noodlehead brothers as they head off on their latest adventure. Young readers will enjoy the simple text and comics-inspired illustrations in this hilarious graphic novel. *(fiction, lower elementary)*

Muddy: The Story of Blues Legend Muddy Waters by Michael James Mahin (Atheneum Books for Young Readers). This award-winning picture book tells the story of blues musician Muddy Waters' rise to fame. His struggle, determination and hope will inspire readers. *(biography, upper elementary)*

All Around Us by Xelena Gonzalez (Cinco Puntos Press). A young girl and her grandfather take a walk and explore the circles all around them. But circles are more than just shapes. They are also symbols of how we are all connected. *(fiction, lower elementary)*

How to Be an Elephant by Katherine Roy (David Macaulay Studio). Learn about the family dynamics in a typical African elephant herd. Filled with scientific research, interesting facts and gorgeous watercolor illustrations, this educational book will delight animal lovers of all ages. *(nonfiction, upper elementary)*

