



# K-4 Connection

## Partners in Education



December-January 2021-2022

### From the Principal's Desk

Happy Holidays Swather Families!

Students finished the first semester on a positive note. They have been actively engaged in learning and are moving through the curriculum. Students and teachers have been exploring a new reading curriculum, called EL Education. I encourage you to ask your child about the stories they are reading in class.

Several holiday traditions continued through the month of December. Santa visited classrooms on December 20. Students enjoyed the pop-it gift with a swather on it from Santa. Students and staff enjoyed Singing Around the Christmas Tree on December 21. Thanks to the H.E.I.P organization for their continued support during the holiday events.

Students and Mrs. Funk did a great job presenting the music program, A Broadway Holiday on November 20. Students' hard work and efforts paid off as the audience enjoyed many favorite Broadway hits. A special thank you to all of the staff, parents, and community members who contributed to this special performance. Our Kindergarten students performed A Gingerbread Christmas and holiday favorites for parents and families on December 20.

Please be aware of a new traffic sign added to the east parking lot. You are not allowed to make a left turn while the school zone is active. Please help keep our students and crossing guards safe. As we start the new semester a friendly reminder that students should be arriving at school near 7:40, unless they are eating breakfast which starts at 7:30. Also, if your child has to cross Amos Street to get to the front of the school, an adult **must** assist them in crossing the street.

Please help the drop off/ pick up line move efficiently by not leaving your vehicle unattended. If you need to leave your car, please move to a parking stall. Also, students should be entering and exiting cars in the drop off zone. They should not be walking between cars without an adult.

If you visit the playground after school hours, please be sure the gate is **always closed** when you leave and you take all of your belongings. A trash can has conveniently been placed near the playground for any trash. If pets join you on the playground, it is very important that you pick up after them. This is where our children play every day. Student safety is a priority, please follow these procedures in order to help keep everyone safe and our playground ready for children.

Thank you to all our parents and families for your continued support. It is a privilege to work with your child(ren). If you have questions or concerns, please contact me or your child's teacher. Best wishes this holiday season, stay healthy and may it be filled with peace and joy!

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## Message from the Counselor

The holiday season is in full swing here at HES! With the holidays come all kinds of fun and exciting activities. All these activities can be just as nerve-wracking for kids as they are for adults. First, it is important to realize that this time of year can be as stressful for your child as it can be for adults. A second thing that is important to keep in mind is that as the parent/adult YOU are in the driver's seat and there are some simple things you can do to set your family up for less overwhelm during the weeks ahead. Charlotte Reznick, Ph.D., author of *The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success*, says some signs of holiday stress may include increased irritability and anger, clinginess, more whining, crying and complaining, difficulty with sleep, refusal to participate in activities, or even some regressive behavior such as bedwetting or thumb sucking. So, what can you have control over during a time when it feels like there is so much going on? Here are some tips to help:

### Tips to Reduce Stress:

1. Stick to routines as much as possible. There will be days where the normal routine is impossible, but as much as you can, stick to your normal meal time and bedtime routine.
2. Give a heads up. It's a good idea to let your child know in advance what is happening that day. Simply knowing what is coming can greatly reduce stress.
3. Schedule some downtime. Set aside some time to read, play games or just hang out with no agenda.
4. Let your child vent in a positive way. It can help kids to be able to draw or write about how they are feeling!
5. Work up a sweat. Encourage some good physical activity, especially if you have been traveling all day. Burning off energy can keep grumpiness away.
6. Just say no. You know your child the best. It is ok to leave early from an event or skip it altogether!
7. Take care of yourself. Children will follow your lead about how to react to stressful situations. Make sure you are squeezing in some downtime for yourself, even if it is just a few minutes!

You know your child the best! Pick one of these tips to focus on during the next few weeks that you know will be the most helpful. Remember, no child wakes up in the morning and says "I'm going to make this day miserable for everyone around me." Challenge yourself to address the behavior while at the same time looking for what the underlying cause could be is important. For example, anger is a secondary emotion. Which simply means there is always another emotion that is driving the angry outburst you might be seeing. Saying "you are angry because you are disappointed" helps your child feel heard, even in the middle of big feelings. Research has shown that when someone else names a feeling for you, it reduces our "fight or flight" response and we are able to calm down more quickly because we feel more connected and heard. I hope these thoughts and ideas are helpful as you navigate this holiday season! I am looking forward to the second part of the year with your child. If you ever have any questions or concerns, please feel free to contact me!

Dawn Lafferty

HES Counselor

[dawn.lafferty@usd460.org](mailto:dawn.lafferty@usd460.org)



## Message from the Nurse

Nurse Tammi Krehbiel

I want to begin by saying thank you to everyone for using caution and keeping your child home when they are feeling sick. Though we continue to have some Covid cases, we have also seen strep, mono, and a lot of viral illnesses in school this fall. **If your child has a non-covid illness that involves vomiting and/or a fever of 100 or higher, he/she needs to stay home from school until symptoms are gone for 24 hours without any fever reducing medication.** Giving them Tylenol and sending them to school is miserable for them and it exposes other kids to that virus. Please be considerate and keep your child at home. We are doing our best to keep our school healthy and we appreciate what you are doing to help us. We know that staying home with a sick child can put a burden on parents in terms of your daily schedule and we want you to know we appreciate you!

Winter is on its way...are you prepared? As the weather starts to get blustery, there will be more indoor recess and a greater chance to let all the germs mingle. Hesston Elementary is doing all we can to make sure our school is well ventilated, but outdoors is always the best recess option. **Please make sure your child wears weather appropriate clothing for outdoor play. A warm coat, hat, and mittens are essential for outdoor recess.** It is also good to keep reminding your kids to sneeze in their elbow, wash their hands frequently (especially after blowing their nose or sneezing in their hands), and cover their coughs!

Finally, I need to add my plug for the flu shot! Flu shots are recommended for EVERYONE!! Not only do they help you build immunity against the flu, but you in turn protect those around you from getting sick because of you! Yes, a shot hurts, but only for a minute and what is that compared to a week of aching muscles, cough and fever? It's not too late! Call your healthcare provider today. Wishing you happy and healthy holidays!



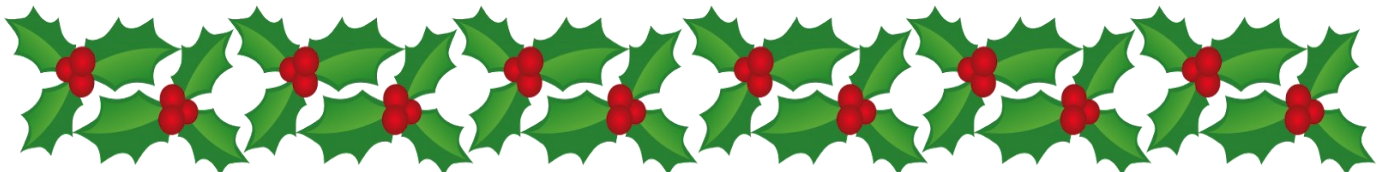
KEYBOARDING

Mrs. Jessica Pickney

Merry Christmas from the 3rd/4th Computer Lab!!!

Our third graders are still working really hard on learning home row and practicing good posture while typing. Our fourth graders have been working hard on completing their Christmas Card projects in Google Slides. In January, the fourth graders will begin some fun and new projects using Google Docs, and Slides.

If your child wants to practice typing at home, I encourage them to go [www.typingclub.com](http://www.typingclub.com) and start at lesson one.





**Team 1 Mrs. Flaming, Mrs. Gunden, Mrs. Nikkel, Mrs. Reber**

These last few months we have seen so much growth in our first graders!

The students have improved significantly in their reading fluency and are beginning to solve multi-step math problems. We have learned to spell many words using the patterns we have learned and some we have learned to spell by heart. This has been evident in our writing fluency. Please continue to practice sight words, addition facts up to 10, and subtraction facts from 10. Over break, listen to your kids read books and continue reading to them. This supports their expression and fluency. We have enjoyed learning about the sun, moon, and stars during the second quarter. When students return from winter break, we will begin studying birds. We will improve our research skills and work to explain how different features help birds to live and thrive in their environment.

**Team 2**

**Mrs. Frick, Mrs. Heinrichs, Mrs. Jaso**

We wish you a Merry “Dinosaur”? That’s right! 2nd graders have been having so much fun reading and writing about, researching, imagining, and excavating dinosaurs in Module 2 of EL Education. Students will soon be bringing home their module 2 projects to share with families. Be on the lookout for clay model dinosaurs, dinosaur skeletons that have been put together from dinosaur digs (or dig supplies that your student can use to finish their dig) and books that they have created describing their time as a paleontologist. Students have had a great time engaging in these activities. We will be celebrating our end of module projects with each other or others in the building before bringing them home.

Although dinosaurs have been on our minds, we still have been celebrating the spirit of Christmas in many different ways: The ‘12 Days of Classroom Christmas’, Christmas countdown and many other Christmas learning activities. Team 2 wants to wish you and yours a very Merry Christmas and a blessed New Year! We are looking forward to another great semester with our 2nd graders!



**FALL SCHOLASTIC BOOK FAIR A GREAT SUCCESS At HES Library!**

We had a VERY successful Book Fair this fall! The Fall Book Fair took place during the week of Parent-Teacher Conferences in October, and it was great seeing parents and families back in the library. We were able to purchase new books off of the Book Fair and additional materials are being ordered at a later date from the Scholastic Resource Catalog.

We’re looking forward to our next Book Fair which will take place during the week of Parent-Teacher Conferences in February 2022.

To everyone who came to our Book Fair, and to all who helped make it a great experience, a big THANK YOU!

## Hesston Elementary Parents = H.E.I.P.

The numbers for the Kansas Maid Fundraiser are in. You guys sold 1130 breads!! You did GREAT! We met our school goal of 1000 which earns a popsicle party for all students. The money earned will go towards great things for our school. Thank you for your contribution in making our school even better! As we go into Winter Break, please remember to scan your grocery receipts for Box Tops points. It's fast and super easy! Try making a habit of scanning the receipt when you get in your car after shopping. You can even use your emailed receipt if you are doing grocery pick up. Please let us know if you have any questions about working the Box Top app. We would be glad to help!

If you ever have any questions or concerns, please email us at [hes460parents@gmail.com](mailto:hes460parents@gmail.com). Thank you for your continued support! By helping out, you make HES a fun environment for our children! We hope you all have a wonderful Christmas and Blessed New Year!

Madeline Epp

Vanessa Grieser

Sarahanne Unruh

Liz Pfautz

Desi Adkins



**Mrs. Unruh & Mrs. Regier**  
would like to wish everyone a very Merry Christmas  
and a healthy, happy New Year from the HES Library!

Remember to take some time out during the busy holiday season  
to cozy up with your child and  
enjoy a good book together over the winter break!



### Meal Prices for January—17 Meals

The MENU can be found on the Hesston Elementary website under Meal Menus.

The USDA has approved FREE BREAKFAST AND LUNCH FOR ALL USD 460 STUDENTS through the end of the school year.

This does not include a purchase of milk only. Milk is considered an ala carte item and students are charged for that item.

Milk—\$ .75

### ATTENTION LUNCH VISITORS!!

Our students love having guests in the lunchroom.

However, at this time we are not allowing guests in the building due COVID restrictions.



# Dates to Remember



DIGITALCRICUT.COM

December 20— Kindergarten Winter Program (2:15pm)

December 21—Dismissal at Noon

December 22-January 5—Winter Break

Jan 6—Return to School and

Yearbook Sales Begin

Jan 10—HELP Meeting/Pizza Hut Night  
BOE Meeting

Jan 17—NO School, School Improvement

Jan 26—Yearbook Final Orders Due