



# K-4 Connection

## Partners in Education

December-January 2017-2018

From the Principal's Desk

Happy Holidays Swather Families!

Hesston Elementary students worked hard to finish the first semester. Several holiday traditions will continue during the month of December. Santa will visit all classrooms on December 20. Students and staff will participate in Singing Around the Christmas Tree on the 21st of December at 9:00. Thanks to the H.E.I.P organization for their continued support during many of the holiday events.

Students and Mrs. Funk did a great job presenting the music program, Hesston's Happily Ever After on November 16. Students' hard work and efforts paid off as the audience enjoyed songs from many classic Disney movies. A special thank you to all of the staff, parents, and community members who contributed to this memorable event.

Thank you to all of our dads and father figures who have served as Watch Dogs throughout the first semester. Our Watch DOG Wall of Fame continues to grow with photos of children and dads. If you are interested in volunteering please see the school's web page, under HES H.E.I.P. to sign up.

I have a few reminders to help make our school safe for all students. 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. The alley to the west of the school is reserved for **buses only** throughout the school day. It is not to be used as a drop off or pick up point for students. Also, 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 been conveniently placed near the playground for any trash you may have. Student safety is a priority, so please follow these procedures in order to help keep everyone safe and our playground clean.

(continued on next page)

Hesston Elementary School

300 E Amos Hesston, KS 67062

620-327-7102

620-327-7153 fax

Web Site: [es.hesstonschools.org](http://es.hesstonschools.org)

## From the Principal (continued)

Please help the drop off/ pick up line move efficiently by not leaving your vehicle unattended. If you need to leave your car, you will need to park in a parking stall. There is now lots of room for you to park. Also, students should be entering and exiting cars in the drop off zone. They should not be walking between cars.

Keep up with us on Twitter. Join us at #HESSwathers to see activities and classroom happenings.

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, may it be filled with peace and joy!

Alisa Krehbiel



## Team I

Mrs. Tammy Gunden Mrs. Danae Kaufman Mrs. Valarie Nickell

It's the Most Wonderful time of the Year, especially in first grade where the students are filled with excitement as we all anticipate the upcoming holiday season. The joy of learning, working together and celebrating together are an essential part of being a first grade student.

January is also an exciting month for 1st graders as we learn about Kansas. Kansas day is January 20th. We will celebrate Kansas at the end of the month. Be looking for notes to come home with your child as we prepare for this celebration. It's a great chance for families to be involved sharing what life was like for pioneers in Kansas. It's also a great time for parents to showcase their interests and talents. Some ideas include bread making, farming, one-room schoolhouse, making butter, making molasses cookies, and washing clothes on a washboard. Keep this in mind as you visit with family members during the Christmas season.

Here's an idea for some Christmas stocking stuffers....Dry Erase markers, watercolor markers, crayons, glue sticks, pencils, and highlighters. Ask your child what he/she needs. Have a blessed holiday!

## 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 of all, it is important to realize that this time of year can be as stressful for your child as it can be for adults. 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 thumbsucking.

### 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!

Stress busting tips in this article come from <https://www.parents.com/holiday/christmas/7-ways-to-reduce-your-childs-holiday-stress/>

Dawn Lafferty

## Library

Mrs. Unruh & Mrs. Peachey-Stoner 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!



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

Thank you to all the staff, community members, parents and kids who collaborated to help make the Winter Concert a huge success! Countless people put numerous hours of work into this concert to help make it a memorable and enjoyable performance for the students, but also a joy to watch for the audience. Another awesome Music Concert is in the books, Mrs. Funk. Bravo!

Keep collecting Box Tops for Education, and Tyson points from Tyson products. When you see relatives over the break, ask them to start saving them for your child too. It's free money/products for our school! An easy way to save them is to have a sandwich baggie on the side of the fridge, and when its collection time...voila! You're good to go!

Looking ahead to January & February, Family Movie Night is Friday, Jan. 26 at 6:30 p.m., trash bag sales will be in February, Donuts with Mom is on Thursday, Feb. 1, Valentine's Parties are Wednesday, Feb. 14, and Spring Pictures are scheduled for Wednesday Feb. 21. So many exciting things coming up so make sure these dates are all on your 2017 calendar!

The next H.E.I.P. meeting will be on January 8 at 5pm. All HES parents are invited and encouraged to attend as we work on events for the spring semester! Also, please make sure and 'Like' the Hesston Elementary Parents Facebook page. This is one of the best ways to keep up to date with what the H.E.I.P. group is up to!

If you ever have a question or concern, please contact us at [hes460parents@gmail.com](mailto:hes460parents@gmail.com).

Thank you for your support! By helping out, you make H.E.S. a fun learning environment for our children! Have a great winter break, looking forward to another exciting semester!

Shelley Duerksen – Coordinator

Sarahanne Unruh - Fundraising Chair

Elsbeth Kuhn – Communication Chair

Kate Jelle - Family Events and Staff Support Chair



## Meal Prices for January—19 Meals

HES meals are the same as HMS and HHS meals—can be found on USD 460's website or in the Hesston Record

Full Pay	Lunch—\$50.35	Breakfast—\$39.90
Reduced	Lunch—\$ 7.60	Breakfast—\$ 5.70
	Extra Milk—\$ .35	Guest Prices—\$ 3.65

### ATTENTION LUNCH VISITORS!!

Our students love having guests in the lunchroom. If you would like to eat lunch with your student, please take the following steps:

- 1—Call the school by 8:30am to let us know you're coming, so the cooks can be prepared.
- 2—Please stop in the office for a **visitor's pass** before heading to the lunchroom.
- 3—Please bring **exact change** and pay in the lunch line.

All guest meals are \$3.65 each. Thank you and enjoy your lunch!

# DAYS TO REMEMBER



- December 21— Noon Dismissal
- Jan 4— 1st Day of Second Semester  
Yearbook orders begin
- Jan 8—HEIP Meeting  
BOE Meeting
- Jan 15—NO School, School Improvement
- Jan 18- SITE Council/Parent Advisory Meeting
- Jan 25— Yearbook Orders Due
- Jan 26—HEIP Movie Night
- Feb 1— Donuts with Mom