



## Parent Newsletter Hamilton Elementary

Winter 2019

"Learning & Growing Together"

Dear Families,

It's almost hard to believe our year is half over! I want to continue to note my sincere appreciation for helping me make it such a successful first year - it feels as if I've been here much longer.

Our December Intersession was a huge success! We tried some mixed-age elective courses and the kids and teachers all loved how it worked out. Look for forms for our 3rd Intersession to come home soon!

As we head into second semester, we have several odd days coming up with staff development, early release and parent-teacher conferences. We are going to be sending out more information about some great upcoming family nights so watch out for those. Finally, we wanted to clarify a couple of things related to policy and student code of conduct. Students should not have soda, coffee, and all other caffeinated beverages at school. We understand some students use personal phones after school to let parents know after school plans but all personal phones should be put away during schools hours. If you have an individual situation you would like to discuss please reach out.

Thank you for your partnership in making this a fantastic second semester!

Sincerely,

Ben Burns, Principal

### **No School**

January 18  
Staff Development

January 21  
Martin Luther King Day

February 8  
Convention

February 11  
Staff Development

### **Early Release**

**No PM Preschool**  
**K-5 dismiss at 12:48 pm**  
March 15

### **Intersession #3**

March 18 through March 29

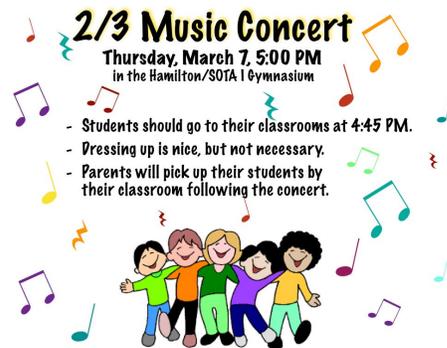
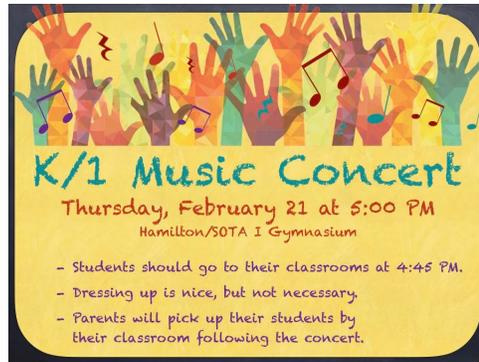
#### Child Care During These Days

During "early release" there is after school Boys & Girls Club as usual, just two hours earlier. During "intersession" the Boys & Girls Club members will be walked to the Mathy site at 11:35 pm. if you designated that on your child's registration form.

### **Mark Your Calendars for Parent Teacher Conferences**

March 11 and March 14  
Watch for notices coming home soon..

## Upcoming Music Concerts



## Library News

After learning about manners in the library and how to properly treat library books, our youngers focused on learning the difference between Fiction and Nonfiction. We also discussed the roles of authors and illustrators. Our older students learned about MackinVIA and the databases available through our library's webpage. We also focused on making good choices when using electronic devices. Now we are getting ready for the district and state Battle of the Books (a competition where students read a list of books and answer questions about the books). Two teams from Hamilton and two teams from SOTA I will represent our schools at UW-L on February 12.

Last year we started the work it off program. Students had the opportunity to pay for their fines by volunteering their time in the library. For each 15 minutes the student works in the library they earn \$1.00 off their fines. The students have been working hard giving back to our library. Once their fine is worked off we clear their library account of fines. This month we created stickers for the students to proudly wear once they are fine free. The students have been working so hard. Keep up the good work!

Spending too much time online? We recommend these books:

[Doug Unplugged](#) by Dan Yaccarino

[If you give a Mouse an Ipad](#) by Ann Droid

[Troll Stinks](#) by Jeanne Willis

[Nerdy Birdy Tweets](#) by Aaron Reynolds

## Scholastic Book Fair

March 11-15 the Hamilton/SOTA I Library will be hosting a Scholastic book fair. Visit us in the library to purchase a book or two. Or you can visit us online at

<http://www.scholastic.com/bf/hamiltonelementaryschool25>

All proceeds benefit our school library.



## Community School News

Thank You to EVERYONE who attended our December, 2018 Family Night, hosted by the organization B.L.A.C.K. (Black Leaders Acquiring Collective Knowledge). The evening was a HUGE success - we had 150 people who shared in the experience! Be looking for information coming home about our February, 2019 Family Night!!!

Exciting new experiences are being brought to the students, parents, and families of Hamilton Elementary! As Hamilton is in its first school-year as a Community School, many of our students and parents participated in an annual Community School Needs Assessment. As we continue to analyze the results of these assessments we are working hard to make your voices heard by responding to the identified needs. In saying that we are very excited to share some of the following activities being brought to our community school since our last Newsletter:

In December, 2018 Hamilton/SOTA I kicked-off their 2018/19 Boys Basketball Season. The Team voted and decided on calling themselves the Panthers and agreed on having purple and white as their uniform colors. Uniforms and regulation sized basketballs have been purchased for the team to have access to. The Panthers have joined a local basketball league and play every Saturday.

In December, 2018 Hamilton, 3rd-5th grade girls completed their Running Club Season. It was a fun and exciting Running Club Season; the season ended with a team experience at the Ugly Sweater Run, where 17 girls finished the 5K Run!!!

The Sports Mentorship Academy (SMA) out of Rochester, MN partnered with Hamilton Elementary and is providing pro-social learning experiences and skills development to Hamilton/SOTA I students.

Mayo Health System and Boys & Girls Club has partnered with Hamilton Elementary to provide a Girls Group to our 2nd grade students. The group is co-facilitated by our Guidance Counselor, Hannah Bertram, and Mayo Health System/BGC Therapist, Laquita Becker. The group is focusing on various topics such as, mindfulness, social skills, emotion regulation, and much more!

Hamilton Elementary has started a process to form a Student Council; students interested have been asked to complete an application. We look forward to providing this experience to our students in efforts to promote leadership skills, while building opportunities to have our student's voices heard.

Beginning, Wednesday, February 6th, Hamilton Elementary has partnered with Yoga Instructor, Chelsey Willms to provide FREE Yoga classes to parents. Yoga Classes will be Wednesday afternoons from 4:00 pm- 5:00 pm at Hamilton Elementary, and will run weekly through March 27, 2019. No Yoga Mat...No Worries...we'll have extra!!!

Beginning Thursday, February 7th, Hamilton Elementary has partnered with the organization, 4-H to provide a Photography Club to our 3-5th grade students. Be looking for more information on how to sign your child up for this club if interested.

This is a glimpse into what we've been up to in the development of our Community School! Be sure to reach out to Community School Coordinator, Sara (Rugg) Jackson with any thoughts or ideas of experiences we can bring to our school to help meet the needs of every student and family!

## Counselor Corner

### **Sleep Hygiene**

Is your child getting enough sleep? Below is a chart that outlines what the recommended number of hours your child should sleep per night depending on their age:

Grade/Age	Hours of sleep/night
Preschoolers (age 3-5)	10-13 hours
School-aged children (ages 6-13)	10-11 hours

Ongoing lack of sleep has many serious consequences, including:

- Poor school performance
- Behavioral problems
- Developmental problems
- Irritability
- Weight gain

The number of hours is important and so is a routine referred to as sleep hygiene. Below are a few tips to help keep sleep effective and productive.

Stick to the same bedtime and wake time every day, even on weekends.	Children sleep better when they have the same bedtime and wake time every day. Staying up late during the weekend and then trying to catch up on sleep by sleeping in can throw off a child's sleep schedule for several days.
Beds are for sleeping	A child's bedroom environment should be cool, quiet and comfortable.
Maintain a bedtime routine.	A predictable series of events should lead up to the bedtime. This can include brushing teeth, putting on pajamas and reading a story from a book
Provide a quiet, calm and relaxing activities before bed.	Before bedtime is a great time to relax by listening to soft, calming music or reading a story. Avoid activities that are stimulating right before bedtime. This includes screen time like watching television, using a tablet and playing video games, as well as physical exercise. Limit screen time at least 1 hour before bedtime.
Model how to relax	If a child needs help relaxing, they can use techniques such as taking slow and deep breaths or thinking of positive images like being on a beach (especially on these cold and dark winter days).
Encourage them to cuddle with a stuffed animal or blanket	Giving a child a security object can be a good transition to help them feel safe.

Information taken from Children's Hospital of Wisconsin

## **Mental Health**

A hot topic of conversation in the nation at this time is mental health and mental health of our children. Below are some simple ideas on how to continue to strengthen your child's mental health.

Emotionally	Validate their feelings Establish routines Talk about feelings often Know that behavior is communication
Physically	Teach body safety Provide a safe living environment Maintain a healthy diet Restrict and monitor screen time
Love	Listen first, talk second Play board games Create family rituals
Play	Get outdoors often Provide lots of time for play Praise effort over achievement
Teach	Be consistent and follow through Replace yelling with teacher Teach growth mindset Set healthy limits

Information taken from Parents with confidence

## **Classroom counselor time**

For 3rd quarter and until the end of the year, lessons will focus on self-control, conflict resolution, safety, as well as future planning and career exploration. I hope students are sharing with you what we discuss in class.

## **Positive Behavior in Schools (PBIS) News**

Monthly both Hamilton and SOTA 1 Schools have an event that promotes positive behavior. Your child may have told you about our January assembly whereby we talked about the importance of having a goal. Our focus until the next assembly is 'Self-discipline'. Students will be focusing on on using self-discipline at school and hopefully learning how to use it to reach any goals they have whether they are short-term or lifetime goals. What a fun event to learn working together in our school community!

## SCHOOL DISTRICT OF LA CROSSE 2019 FOUR-YEAR-OLD PRESCHOOL PROGRAM

The School District of La Crosse will begin accepting registrations for the 2019-2020 Four-Year-Old Preschool Program beginning **February 6-8, 2019, from 6:30 A.M. – 5:00 P.M.** Any child who is 4-years-old on or before September 1, 2019 and lives in the La Crosse School District attendance area is eligible for preschool. The preschool program is a 2.5-hour program housed at several centers and schools throughout the district. The preschool program is free for any eligible child.

Those interested in registering for the Four-Year-Old Preschool Program may do so by:

1. Registering in person at: **Hogan Administrative Building, 807 East Ave. S., in the Welcome Center.**  
**(Please bring address verification & child's birth certificate)**

**OR**

2. Beginning December 20, 2018, you may fill out the paperwork online at [www.lacrosseschools.org](http://www.lacrosseschools.org). **You must have a valid email address or phone number in order to use the New Student Online Enrollment option. If you are filling out the paperwork online, this process is not registering or guaranteeing placement for any preschool site. You are simply filling out the enrollment paperwork in advance to expedite the enrollment process. Print the online paperwork and bring it to the Hogan Administrative Center beginning February 6, 2019, at 6:30 A.M. You will need to bring in address verification & the child's birth certificate to complete enrollment and secure site placement.**

**On February 11, 2019 we will be back to regular office hours of 7:00 a.m. – 4:30 p.m.** If any registrations are done online, you will still need to bring in the address verification & child's birth certificate to Hogan Administrative Building to secure placement at the requested preschool site. **There is no deadline for registering, but \*\*space is limited, so early registration is recommended.\*\***

The sites that are **tentatively** established for the 2019-2020 school year thus far are:

Congregational Preschool	2503 Main St.
Coulee Children's Center	2935 East Ave. South
Coulee Montessori (Northside Elementary)	1611 Kane St.
Emerson Elementary	2101 Campbell Road
Gundersen Health System Child Care	700 Bennora Lee Court
Hamilton Family Learning Center	1111 South 7 <sup>th</sup> St.
Hintgen Elementary	3505 S. 28 <sup>th</sup> St.
La Crosse Montessori Preschool	1818 Redfield St.
North Woods International	N2541 Sablewood Rd.
Northside Elementary	1611 Kane St.
Southern Bluffs Elementary	4010 Sunnyside Dr.
Spence Elementary	2150 Bennett St.
State Road Elementary	3900 Pammel Creek Rd.
Summit Environmental	1800 Lakeshore Dr.
Toddle Inn Day Care	W2637 Hwy 33
YWCA Child Center)	419 N. 9 <sup>th</sup> St.

If you have further questions, please call the Preschool Office at **608-789-7006**.



## Hamilton PTO News

The date for the next PTO meeting is Tuesday, February 4th, at either 3:30 p.m. in room 107. All parents are welcome. The PTO meetings are generally up to one hour long and are held the first Tuesday of the month.

### **Help our PTO from home...**

Recently we have learned that Kwik Trip is discontinuing the Milk Moola fundraiser and that our school can submit any that we collect by March. Please turn any you may have in to your child's teacher or drop them in the hallway set of drawers by the office.

Ongoing throughout the year is our Box Tops for Education collection. Just cut off the small label "Box Tops for Education" that can be found on many types of cereal, Ziploc, Pillsbury, Paper Mate, Nature Valley, Annie's, Old El Paso, Betty Crocker, Reynolds, and Hefty Products. Our school submits each box top for \$.10 each which can add up to many dollars to help support school events for our students. Your contribution makes a difference!

## Food Pantry

Once a month Hamilton School provides a bag of groceries for families in need. Families may sign up to pick up one bag per month and any additional items presented in our foyer area of the school on the last school Thursday of the month at the end of the school day. Upcoming food pantry date are January 31st and then February 28th. If you did not sign up at the beginning of the year and would like to be added contact our school office at 608-789-7695.

## National School Breakfast Week

March 4th through 8th is National School Breakfast Week. Start your engines with school breakfast! Join our students for breakfast for only \$2.50 per adult (bring the correct change please).

**It is the policy of the School District of La Crosse, pursuant to s.118.13 Wisconsin Statutes and P19 that no person on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation or physical, mental, emotional, or learning disability, may be denied admission to any public school in this district or be denied participation in, be denied the benefits of, or be discriminated against in any curricular, co/extracurricular, pupil services, recreational, or other program or activity.**