



Growing Creative Minds and Caring Hearts **Heusner Elementary**

A Note from the Principal

Happy Holidays!

I wish all our Heusner families a Merry Christmas. I hope you were able to take time to relax and enjoy time with family and friends this holiday season.

Our staff feels very blessed to work with your student(s). Each student that walks through our doors brings something special to our Heusner family. The sparkle in their eyes and their excitement for learning makes our our job the absolute best.

At Heusner, we have great students, families and staff. We know that families and staff working together have a positive impact for students. Thanks for all your support. We are excited to welcome your student(s) back in the new year on January 4, 2023.

Mrs. Munsell



Heusner Mission

The Heusner Community is committed to creating a respectful and engaging environment that inspires the love of lifelong learning where all students will become powerful thinkers, effective collaborators, and empathetic citizens in preparation for a successful future.

At Heusner students are our first priority, therefore...

- We believe that all students should experience and achieve success.**
- We believe in being innovative to ensure student success.**
- We believe in the importance of building relationships and developing the whole child to impact school success.**

Heusner, growing creative minds and caring hearts!



Heusner Learning Dispositions

Heusner teachers are working on making learning **visible** at Heusner. A “Visible Learner” is a teacher who can see learning through the eyes of their students, and students who see themselves as their own teachers.

Working alongside parents and community members we started our Visible Learning work by identifying 4 Learning Dispositions. Learning Dispositions are characteristics needed in order to be a good learner. In January students will learn what it means to Embrace Challenges, Be Curious, Communicate and have Self-Control during their learning.

I CAN... **EMBRACE CHALLENGES**

- I have a growth mindset.
- I can do hard things.
- I use strategies to solve problems.



I AM... **CURIOUS**

- I ask questions.
- I notice.
- I wonder.
- I am creative.



I HAVE... **SELF CONTROL**

- I can stop and think before I go.
- I can regulate my behavior.
- I can persevere even with distractions.



I AM A... **COMMUNICATOR**

- I can use my words to explain my thinking.
- I can show whole body listening while others are sharing.
- I can understand other people's point of view.





Family Math and Reading Night from November 30, 2023

***Heusner students experienced math and reading games with family.
We had 322 participants that joined us for lots of fun.***



Art

Students worked hard finishing up their projects before winter break. This required patience and perseverance. This month, students will work on painting projects. **Please make sure that students are dressed for painting on Art days.**

First grade will learn about primary and secondary colors.

Second grade will focus on primary colors, secondary colors, pattern, and balance. **Third grade** will work with complimentary colors and positive and negative space.

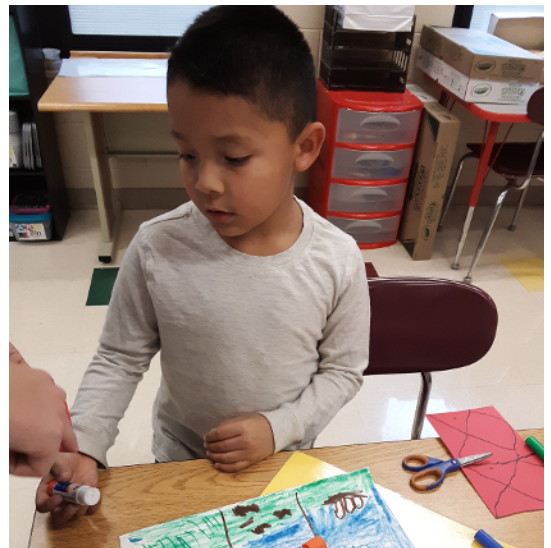
Fourth grade will learn the different warm and cool colors.

Fifth grade will work with neutral colors.

~Erin Dugan-Michaud~



Picture Below: A student working hard to finish up by adding doors to the animal stalls.



Picture above: A finished Origami animal farm



Picture to the Right: Mosaic ice cream in progress

Salina Public Schools and Saline County are excited to bring FREE training opportunities to our community.

Building Resilient Schools and Homes

Learn how to create safe, connected and problem-solving environments that allow adults and kids to function in their best brain state!

Building Resilient Schools and Homes is a 10-week E-Learning course from Conscious Discipline.

Attendees will be provided with:

- Material resources
- Individual registration for E-Learning course
- Free childcare, limited slots available
- Snacks

Who Should Attend?
Free and open to all adults

Through this social-emotional program, we will learn to discipline ourselves to help our children learn. Conscious Discipline provides an array of behavior management strategies that anyone can use to **turn everyday situations into learning opportunities.**



Register by scanning the QR code. Registration will close one week before the first day of class.

Questions?

Contact Jody at jody.craddockiselin@usd305.com

| Attendance Options | |
|---|---|
| <p>Option 1 Monday evenings from 5:30-7:30 p.m. 1/22, 1/29, 2/5, 2/19, 2/26, 3/4, 3/18, 3/25, 4/1, 4/8</p> <p>Coronado Elementary 2725 Ray Ave. Facilitator: Karas Fairchild</p> <p>Free childcare for ages 2+ provided, limited slots</p> | <p>Option 2 Saturday mornings from 9:00-11:00 a.m. 1/27, 2/3, 2/10, 2/17, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30</p> <p>Heartland Early Education 700 Jupiter Ave. Facilitator: Loree Beason</p> <p>Free childcare for ages 2+ provided, limited slots</p> |
| <p>One graduate credit from MidAmerica Nazarene University is available to certified staff. Information will be given at the first class. FREE KDHE Hours are also available for sessions attended in person.</p> | |





The Flu:

A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

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



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

FREE DENTAL SERVICES!!



January
12th-13th

Clinic Doors Open At 5:30 am

**Tony's Pizza Events Center
800 The Midway • Salina, Kansas**

**No Appointments • First Come, First Served
Children and Adults**

PATIENT INFORMATION

- Continue taking any prescription medications as directed and bring them along so a dose is not missed.
- Bring a list of current medications, allergies, and health conditions.
- No eligibility, income, or residency requirements needed.
- Services include cleanings, fillings and extractions....NO dentures.
- Hundreds of patients will be treated each day so be prepared to wait several hours.
- Breakfast and lunch will be provided at no charge, but bring snacks and water (especially diabetics).

A project of



For KMOM clinic updates during the event, go to the KMOM Facebook page.

Heusner January Calendar

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |
| | | | | | | |

Dec. 21 - Jan. 3 Winter Break

Jan. 15 **No School**

Jan. 4 Classes Resume

Jan. 31 Spring Pictures

Jan. 8 PTA Meeting- 7:00 p.m.

Contact Us

Lori Munsell - Principal
 Sandi Renz - Lead Teacher
 Melissa Williams - Secretary
 Main Office Phone Number: 785-309-4200

 Heusner Elementary

 @HeusnerPride

 School Website

 District Website



#HeusnerPride
#305GrowsGreatness