

#### **ELEMENTARY NEWS**

- Last week, the 3rd and 4th graders excelled in their music programs. Big thanks to Mrs. Klingfus & Ms. Meyer for putting on great shows!
- Earlier this week, the Read-a-Thon began, and students are diligently working to achieve their reading targets while raising funds for the AR store and school library.
- This week, Read Across America Week took place, featuring themed dress-up days, guest readers, and additional activities.
- The fifth-grade students visited Tamarac for their winter science excursion and will return once more in the spring.
- The fourth-grade students organized a wax museum event where they
  presented brief oral reports about famous historical figures. It was a
  fun occasion for families to attend.
- We celebrated the 100th day of school with a plethora of enjoyable activities, while the Class of 2035 also marked the 101st day of school with their 101 classmates..largest class Hawley has ever seen!
- Earlier this month, conferences were conducted at the elementary school with an attendance rate close to 100%.
- Within our involvement in the Partnership for Health Wellness group, we had Dental Health presentations for all PreK-4th grade students, providing them with items such as toothbrushes, toothpaste, & floss.
  March 1st concludes Trimester 2 Elementary.

### HIGH SCHOOL NEWS

- Boys Basketball will wrap up their regular season on Friday. Playoffs will begin on March 7th with brackets being released on Sunday.
- Girls Basketball finished their regular season & begin playoffs Feb. 29th with a home game against Roseau.
- Wrestling finished their regular season and wrapped up Team and Individual Sections this past weekend.
- Congratulations to both Dance teams for their participation in the State Tournament. The Jazz team secured 8th place, while the High Kick team earned 11th place.
- The Knowledge Bowl team is achieving excellent results at their meets and will compete next at Sub-regions in Fergus Falls on March 12th.
- The state robotics competition is this weekend with two middle school teams set to compete.
- Auditions for the musical have concluded, and the cast list for "You're a Good Man, Charlie Brown" is now finalized. Rehearsals are in progress.
- The choir's concert is scheduled for March 4th, followed by the band concert on March 11th. Both groups will also participate in Solo/Ensemble competitions at MSUM. Additionally, the Pop Singers and Jazz Band will conclude the month with their trip to Chicago. Lily Thompson secured a special position in the All-State Band held at Orchestra Hall.
- The Hawley High School art department participated in the 10th Annual MSUM High School Art Show. Lexie Mathias was awarded Best in Photography, while Ivy Tickel (2D Mixed Media & Pottery) and Lily Olson (Printmaking) received honorable mentions.
- FFA is in the midst of hosting FFA Week. There are dress up days, medallion searches, a bbq & rally.
- The Esports team competed in the Fenworks State Tournament held at UND last Friday & earned 9th place.
- Science Olympiad qualified for the state tournament and will be heading to Bethel University this weekend.





#### ACILITY UPDATE

- The Middle School design was approved February 5th & issued for public bidding on February 29th.
- Elementary music addition is progressing & current activities include finishing of drywall & starting of exterior masonry. It is scheduled to be complete Mid-April.
- High school project is progressing while steel is nearing completion and the exterior wall framing is underway. Plumbing underground installation started Monday. Fitness/Admin & auditorium additions scheduled to be completed in May. Remodel work to begin as school year ends.

Holding construction & design coordination meetings & working with inspectors, testing agencies, & contractors to ensure plans & specifications are followed.

# DITCHING THE DEVICES

Managing a child's screen time can be a challenge for all families. Your child is never too young for you to have a plan about their screen time. Because screens can lead to sleep problems, one way parents can help is to develop good sleep hygiene habits for their children.

Did you know? About 75% of children and 70% of adults use electronic devices in their bedrooms.

- Technology stimulates the mind, making it harder to go to sleep.
- The sounds and blinking lights of devices can make your child wake up during the night when if they sleep next to an electronic device.
- The blue light emitted by many devices can disrupt the hormone, called melatonin, that helps you sleep, which can throw off your sleep cycles.
- Decreased sleep can put your child at higher risk for many health problems including obesity, diabetes, and poor mental health.
- Decreased sleep can affect your child's ability to learn new things by as much as 40%.
- Children aged 6-13 years need 9-12 hours of sleep while adolescents aged 14-17 need 8-10 hours of sleep each night.

## WHAT CAN YOU DO TO HELP?

- The American Academy of Pediatrics recommends that all devices, including TVs, be removed from the bedroom.
- Create a dedicated spot for devices to be at night outside the bedroom.
- Develop a new bedtime routine that doesn't involve watching TV or being on a device.
- Set consistent "screens off" and "lights out" times-aiming for one hour before bedtime.
- Consider using a white noise machine.



SETTING UP A DEVICE-FREE BEDROOM IS A BIG CHANGE, BUT THE BENEFITS ARE WORTH IT! (AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY, 2020; AMERICAN ACADEMY OF PEDIATRICS, 2023; SUNI & SINGH, 2024)