

# Heusner Elementary

*Growing Creative Minds and Caring Hearts*



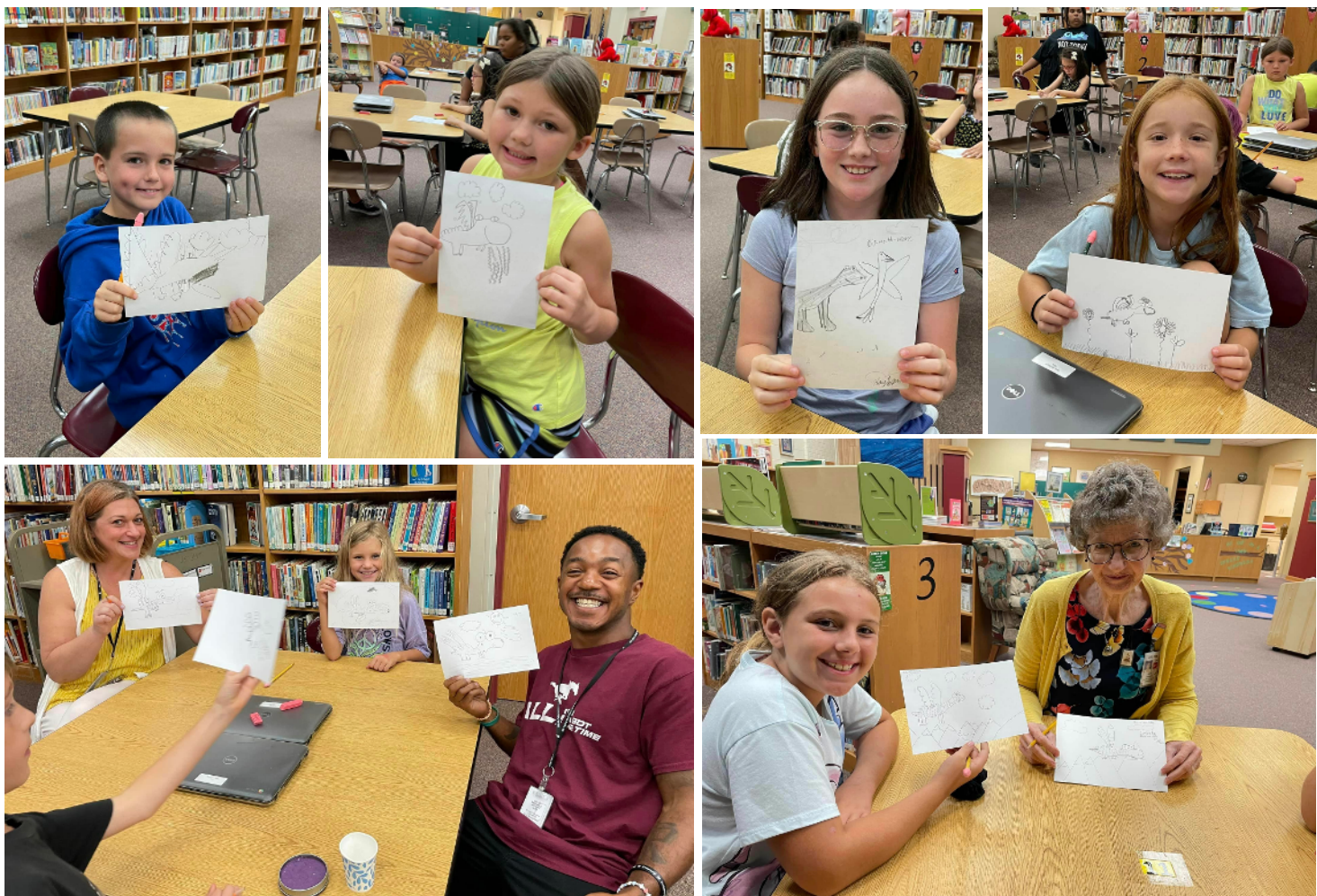
## A Note from the Principal

As we head into the month of November, this is a wonderful time to engage students in continued conversations about acts of kindness and how we might be of service to others. These last two months we have challenged each of our PRIDE Families to brainstorm acts of kindness and then select one act of kindness to carry out. We know that teaching students to be helpful and of service to others is a way to build caring and compassionate students that will have a positive impact on the world.

Lori Munsell, Principal

## PRIDE Families





## Mrs. J Inspiring Great Futures

This week in Library, Mrs. J collaborated with the author Peter Reynolds for a book talk. Mr. Reynolds showed students the power an author/illustrator has when telling a story. Students got to create imaginary dragon's with wings.

**Mrs. J is helping students to see many possibilities.**

***Growing Creative Minds and Caring Hearts!***



## Did you know?

Tardies and absences equal missed learning opportunities and social emotional experiences.

## Did you know?

Missing school can make it harder to:

- Build relationships
- Develop routines

## Did you know?

Students can fall behind if they miss just one or two days every few weeks.

## Did you know?

Being late to school may lead to poor attendance.

Even in preschool and kindergarten, too many absences can cause children to fall behind in school.

# Attendance Matters

Research shows that being chronically absent puts a student at risk of falling behind academically. The Kansas Department of Education defines chronic absenteeism as both excused and unexcused absences. Any student missing 10 percent or more of the days that school has been in session at any point in the school year is considered chronically absent. Attending school every day increases a student's chances of success in school and life.

## Communicate with the School

If your child must stay home due to illness, ask the teacher for missed assignments.

Seek help from school staff, other parents or community agencies if you need support.

# What You Can Do

- Set a regular bedtime and morning routine.
- Layout clothes and backpack the night before.
- Develop back up plans for getting to school if something comes up.
- Schedule appointments and trips when school isn't in session.
- Talk about the importance of being at school everyday.



# BUT IT'S JUST 10 MINUTES

- • How do you feel when you are late for work, an appointment, a movie, or plans with family or friends?
- •
- • We have all been in these situations and understand that being late can make us feel anxious, nervous, embarrassed, or even frustrated.
- •

## Attendance Matters

- • Being just 10 minutes late per day for school can really add up.
- •

- • That's about an **HOURLY** per week
- • OR
- • **1 1/2 WEEKS** per school year
- • OR
- • **1/2 a SCHOOL YEAR** over a school career.

- • Building good habits, such as being on time, can help your child accomplish their goals.
- •

- • • • • • • •
- • • • • • • •



# Creating Belonging



## Growing Caring Hearts at Heusner!

Heusner students focused on being kind as part of our bully prevention month.



# Family - School Connections!

Heusner 3rd Graders invited their families for a special lunch.





## ***Celebrating 20 Years of Marathons***

School Marathons are just one of the many memories that students take with them from elementary school. Heusner students celebrated with other schools from across the district on Monday, October 4, at Salina Central High School. Heusner students ran for a total of 492 laps or 123 miles in one night!

Students learned about: perseverance, goal setting, hard work and grit. Heusner families and staff celebrated each mile students ran and each marathon completed.

Thanks to the Heusner Marathon Foundation for making the school marathon possible.





# Heusner Marathon - HUGE SUCCESS!

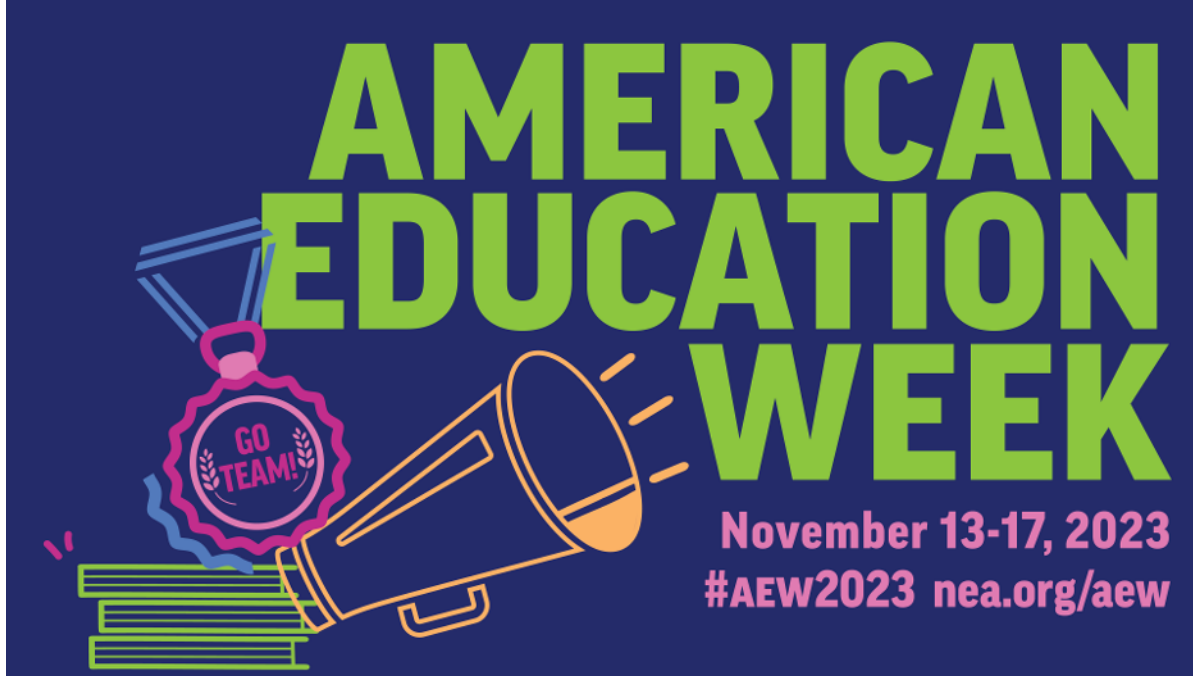
Our students are all about persevering and hard work to reach their goals.

- We had 197 students run an entire marathon - 26.2 miles.
- We had 12 students run two marathons and 1 student run 3 marathons in 6 weeks.









## ***American Education Week***

Take the time to celebrate greatness in your school community during November 13 - 17 for American Education Week! SPS is growing greatness and we wanted to share some of the latest news. Our district is proud of who we are and proud of what we do!

- SPS is always looking for new and engaging ways to make STEM approachable and fun. At South Middle School, students are learning how to fix, fly, and fine tune their technical skills with the brand new Drone Club. Students meet once a week to practice using a simulator and take turns piloting the drones around the classroom.
- The Growing Greatness Award is a new program celebrating the staff in our buildings. Our very first winner in September was Jayne Benson, an FNS cook. Congrats to Jayne Benson whose work supports our teachers and students! This award is sponsored by Nex-Tech.

Check out our district social media pages from November 13-17 to learn more about the greatness that takes place every day, thanks to the amazing staff and community in our buildings.





## ***Belonging At Heusner***

We are one big Heusner Family. An observation from PINK OUT this past week: we had a mom after school prepping to take pictures of her 3 children in front of the pink backdrop. A girl was standing there wanting to use the pink glasses that had been left as props (not a member of the “family”). The mom asked the youngster if she’d like to join them for the picture. Her eyes lit up and shook her head yes.

Thank you for including this child in your picture. #HeusnerPride #family #KINDNESS in action! We are ALL one family!



## P.E.

Students have been participating in a soccer unit. Students practiced different dribbling skills and practiced game situation strategies involving footwork, cooperation, and ball control. We also have been working on a football unit. Students practiced the following skills: throwing, catching, speed/agility, punting, and overall game play. We want your student to participate in all these great activities, so please make sure you bring the appropriate shoes!!

In November, students will begin volleyball activities. Students will practice the following skills: jumping, spiking, setting, serving, blocking, setting, bumping, and cooperation.

## Science

Hello fall! We are doing a lot of fun things in the science lab this month! Kindergarten is learning about sun light and how it affects earth. First grade is learning about earth and space systems. Second grade is focusing on weathering and erosion and the strange river. Third and fourth grade are learning about earth systems. Fifth grade is covering earth, spheres, and water earth systems. As you can see, we have a fun-filled month ahead of us.



## Music

This month you may hear some SPOOKY sounds coming from the music room. Preschool and kindergarten classes are singing about Autumn and the sounds that may be heard this time of the year. Kindergarten are now focusing on going up and coming down and what that looks like and sounds like on instruments and our voices.

First grade classes are learning how to write stick notation for rhythms and reading/writing so/mi. We played a game called Witch, Witch that used so/mi in song and used that song to take our quarter assessment.

Second grade classes have been connecting with their classmates by playing in an ensemble. Six different parts were being performed simultaneously to the song "Black and Gold." We found out that when individuals focus the entire group sounds great! Instruments that were used included cabasa, wood blocks, hand drums, soprano/alto and bass metallophones.

Third grade classes are excited to share their music program "*The High Seas*" with you on **NOVEMBER 16, 6:00 p.m.** We have pirates, sea creatures, mermen/mermaids and sailors.

Fourth grade classes are excited to share their recorder skills with you on **NOVEMBER 16 at 7:00 p.m.** We are focused in on G-A-B and E.

Fifth grade students are finishing up our ukulele unit and are now moving on to rhythmic activities on bucket drums. We look forward to performing for you soon (*keep an eye out for more information*).

# Library

Happy November Heusner Family!

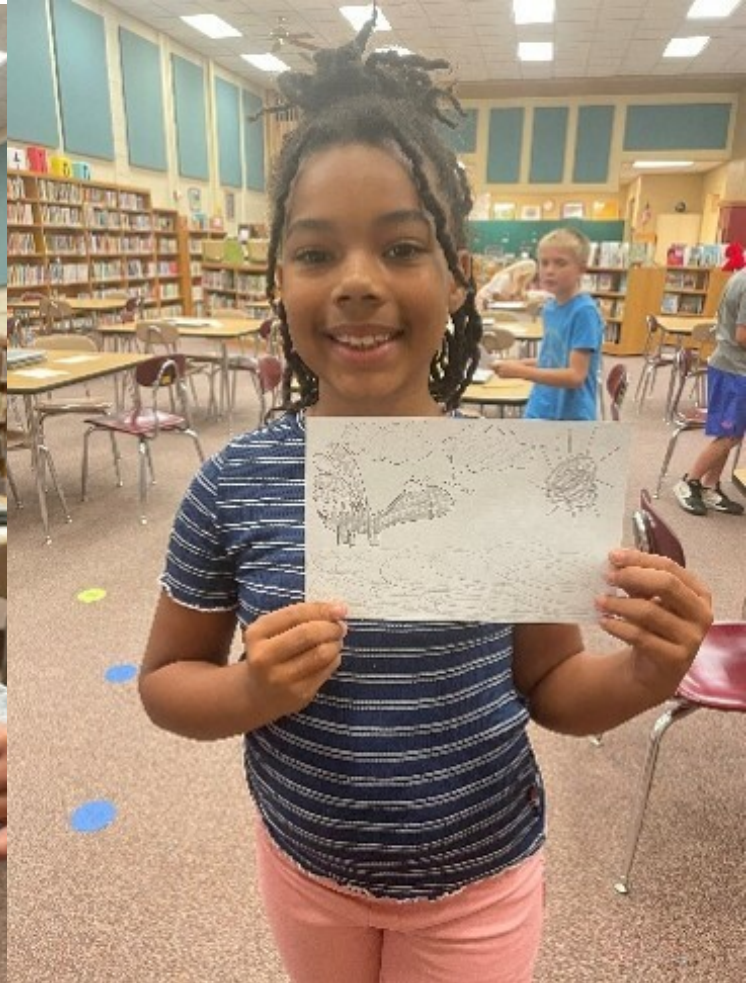
This month we celebrate the value of information consistent with the Kansas State Board of Education standards in the library. One exciting way we mobilize this concept includes virtual author and illustrator visits thanks to a generous grant from the Salina Education Foundation and our local PTA. These visits ignite student curiosity and expand their love of learning.

In November, third, fourth, and fifth grade Heusner students will visit with Jeff Gottesfeld, author of the 2023-2024 William Allen White nominated *Twenty-One Steps*. His visit centers around honoring our veterans. Kindergarten, first, and second grade students will hear Dan Santat discuss "The Courage to Find a Friend" when he shares about his Caldecott Medal winning book *The Adventures of Beekle: An Unimaginary Friend*. I've shared photos from our recent visit with the infamous Peter Reynolds, who connected Heusner students with their inner artist.

In closing, I want to ***thank you*** this month of Thanksgiving. it's a privilege to share the joy of learning with your students in the library.

Sincerely,

Mrs. J.



## A Note from Art

In the art room, first and second grades are designing unique pumpkin patches. First grade is focusing on using different kinds of lines and shapes. Second grade is focusing on using different lines, shapes, and colors to create theirs.

Third, fourth, and fifth grades are working on creating landscapes inspired by the abstract artist, Heather Galler. Third grade is focusing on showing repeated images, color, and a sense of space using overlapping and size and placement of objects.

Fourth grade is focusing on pattern, repeated images, showing a sense of depth by overlapping, variety of sizes, placement of objects, and variations of color. Fifth grade is using color, pattern, repeated images, and one point perspective to create a sense of distance in the artwork.



## Social Emotional Team

Thank you for your participation in Heusner's first ever PINK OUT to raise awareness of bullying prevention. In our school-wide social emotional lessons, students are halfway through bullying prevention. Coming up **October 23-27**, we will celebrate **Red Ribbon Week**. We use Red Ribbon Week to talk about making healthy choices for our body and how to stand up against peer pressure. Keep an eye out for our Red Ribbon Week dress up days poster being sent out soon.

Additionally, teachers will be reviewing or introducing ALICE with students. ALICE stands for Alert, Lockdown, Inform, Counter, and Evacuate. Students will practice how to stay safe if there were to be an intruder in the building. You can watch the book being read on YouTube to learn more: [I'm Not Scared, I'm Prepared](#). The author does a great job providing information on how to stay safe, but in a way that is less intimidating for young students.

If you have any questions, please do not hesitate to contact us. As always, thank you for sharing your students with us!

# Dental Screenings

Permission/Consent forms have been sent home with your students for our upcoming Dental Screening. The signature on the front page is ONLY TO BE SIGNED IF YOU DO NOT WANT YOUR CHILD TO BE SCREENED. The consent on the back side is to be signed if you consent to your child receiving a fluoride treatment while being screened. ALL students will be screened unless the form is returned with a signature that says you do NOT want them screened.



# Family Bingo Night



SAVE  
THE DATE

FAMILY



NIGHT

Friday, November 3rd  
5:30-7:00pm  
Heusner Gym

# Math Corner

Your involvement in your child's education can have a significant impact on his or her success in school. Throughout the year, you will have opportunities to visit your student's classroom during math and see them in action. You also are invited to a reading and math night on November 30th where you'll get to participate in activities along with your child.

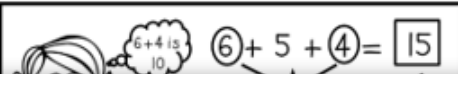
Your student's teacher will send home parent tip sheets and easy to play at-home games that explain math strategies and models, provide key vocabulary, sample problems, and at-home math suggestions. Take these opportunities to play and learn alongside your child! Be looking for these!

Dear Families, Module 2, Topic A


In topic A, students continue to make ten in order to solve addition problems with 3 addends (example:  $2+4+8$  is the same as  $(8+2)+4$  and also  $10+4$ ). Students will need to recognize quickly what two numbers they can combine to make 10. They will then solve problems with 2 addends while still making 10 to solve (example:  $9+7$  is  $9+(1+6)$  and therefore  $10+6$ ). I have included a game for you to help your child practice the skills taught in lessons 1-11 (standards 1.OA.1, 1.OA.2, and 1.OA.6).

Thanks!



Important Terms & Strategies to Know: \_\_\_\_\_

Solving with 3 addends: 


## No Monkey Business



Game Play Directions: Use small game pieces such as cereal or beans. Place pieces on Start. Player 1, spin and move that many spaces. Solve the subtraction problem using whichever strategy works best for you. If you answer incorrectly, move back to Start. Game play continues. The first one to the last space wins!



Start	16-7	17-9	14-8	13-7	16-9	15-7
15-7	17-8		15-9	18-9		15-8



# YOU MAKE A DIFFERENCE!



## You Make a Difference!

Congratulations Mrs. Morton! You make a difference every day for the students that you teach. Mrs. Morton was surprised by Ann Zimmerman, Board Member, delivering her a YOU MAKE A DIFFERENCE Award. Thank you for all that you do for Heusner students.





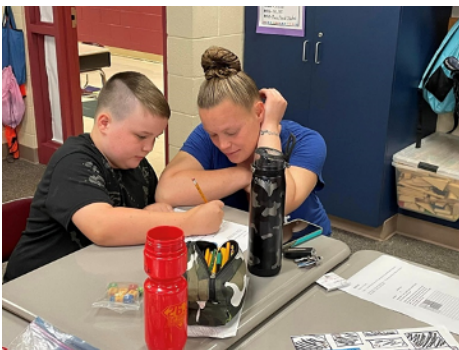


## ***Math Games With Grown-Ups***

On Wednesday, October 4, Heusner hosted our Math Games with Grown-Ups event.

Throughout the day, all grade levels invited parents into their classrooms to join them in learning fun math games that can be played at home to practice skills they are learning in the classroom. Games like Place Value Yahtzee, Bingo, Addition Dominoes, dice and card games were taught to parents by their students.

Over 150 parents, grandparent and siblings joined their students in learning and having fun!





# 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%.

- **Flu vaccine can prevent your child from dying from flu.**  
A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

## What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

## If your child is sick

### What can I do if my child gets sick?

**Talk to your doctor early if you are worried about your child's illness.**

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

### What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish or gray skin color

- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve, but then return with fever and worse cough
- Fever with rash



## Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

## How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

## Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

## When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

**For more information, visit**

**[www.cdc.gov/flu](http://www.cdc.gov/flu)**

**or call 800-CDC-INFO**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

# Save the Date for Our Authentic Presentations

## Heusner's Authentic Reading Presentations

Save the date to join us at Heusner for our reading presentations on December 18, 2023

We look forward to sharing with you!



# November 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		

Nov. 6 Site Council-12:00 -1:00 p.m.

Parent Advisory Council 6:00 p.m.

PTA Meeting 7:00 p.m.

Nov. 13 Picture Retakes

Nov. 16 3rd Grade program 6:00 p.m.

4th Grade Program 7:00 p.m.

Nov. 22-24 No School Thanksgiving Break

Nov. 28 Orchestra Concert @ CHS 7:00 p.m.

Nov. 30 Math and Reading Night 6:00 p.m.

## Contact Us

Lori Munsell - Principal

Sandi Renz - Lead Teacher

Melissa Williams - Secretary

Main Office Phone Number: 785-309-4200

# #HeusnerPride

# #305GrowsGreatness



Heusner  
Elementary



@HeusnerPride



School Website



District Website