May 2024



Greetings Oak Hill Community!

We had a very successful Last Blast, end of year celebration last Thursday! We did our best to keep count of the number of people who came to enjoy the fun, and we had close to 700 people on the campus!

A BIG THANK YOU to our wonderful PTSA Board, as they worked for weeks to prepare the baskets for the silent auction, organize volunteers, advertise the event, purchase the candy and prizes, in addition to setting up and tearing down everything with the help of volunteers. Our PTSA Board is comprised of only six members:

Danielle Wickline, Stacy Tamm, Kristi Zimmer, Felicia Leammukda, Angela Watkins, and Elizabeth Carpenter; they are a small but mighty team who know how to get things done!

It is always bittersweet as we look to conclude another school year. Next Friday the 31st is the last day of school. I am looking forward to seeing our 5th grade students graduate from Oak Hill as they look forward to the big adventure of middle school! Our staff at Oak Hill hope that all our students will look back on this school year with positive memories and friendships that will last a lifetime!

As we conclude the school year, remember to have your child check the lost and found for any missing items. Reminders would have come home if your child had a lost or forgotten library book, so please be sure to look around and return those books as families are charged for lost or damaged books.

I hope your family has a great summer filled with fun and sunshine!

Deb Jokela Principal Oak Hill Community School Debra.jokela@isd742.org





Free Nutritious Meals For Kids 18 And Under

Only a click away, the Free Meals for Kids mobile app will help families and kids find free meals at schools and other sites across Minnesota

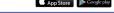
DEPARTMENT OF EDUCATION

- 1 Download the Free Meals for Kids app to your cell phone
- 2 Use the app to find the nearest site providing meals by GPS.
- 3 Click on the nearby site and use the Site Updates tab for more details.
- 4 Share the app with friends, neighbors and on social media.

Free Meals for Kids can be downloaded at Apple or Google Play app stores.

There are free meal sites across the state at schools and community locations. The app provides location, directions to the site and hours and days of operation. More sites are added daily. For more information: www.hungerimpactpartners.org.









Cómo funciona:

www.hungerimpactpartners.org



Comida gratis para niños

Comidas escolares nutritivas gratuitas

Para niños de18 años y menores

Con solo un clic entrará a la aplicación móvil Free Meals for Kids. La cual ayuda a las familias y a los niños a encontrar comidas gratuitas en las escuelas y otros sitios en todo Minnesota.

2- Use la aplicación para encontrar el sitio más cercano que proporciona comidas por GPS.
3- Haga clic en el sitio cercano y use la pestaña de actualizaciones de sitios para obtener más

Las comidas gratuitas para niños se pueden descargar en las tiendas de aplicaciones de Apple o

centros comunitarios y parques. La aplicación proporciona ubicación e indicaciones para llegar al sitio, horas y días de entrega. Se agregan más sitios diariamente. Para más información:

Hay sitios de comidas gratis en todo el estado. En escuelas, paradas de autobús, bibliotecas

1- Descarque la aplicación Free Meals for Kids en su teléfono celular.

4- Comparta la aplicación con amigos, vecinos y en las redes sociales.





Iskuulada iyo meelo kaleba

Cunto nafaqaysan oo bilaash ah looguna talagalay caruurta 18 sano iyo ka yar

Waxaa kaa xiga oo kaliya inaad riixdo, cuntada bilaashka ah oo loga dalbanayo taleefoonka, waxay ka caawinaysaa qoysaska iyo caruurta inay ka helaan cunto bilaasha iskuulka iyo meelo kaleba Minnesota oo dhan.

Sidan bay u shaqaysaa:

- I Ku soo dejiso taleefoonkaaga gacanta Aabka cunto bilaasha oo caruurta loogu tala galay.
- U isticmaal aabkan sidii aad ugu heli lahayd meelaha kuugu dhow ee bixiya cunto adoo isticmaalaya GPS.
- 3 Riix Meesha kuugu dhow siina taabo Bogga Updates tab si aad u aad u hesho faahfaahin dheeraad
- 4 La wadaag aabkan saaxiibadaa, deriskaaga iyo baraha bulshada.

Cunto bilaasha oo caruurta loogu talo galay waxaad ka soo dejisan kartaa Apple ama Google Play app stores.

Waxaa ka jira gobolka oo dhan meelo cunto bilaash ah laga bixiyo sida iskuulada, boosteejooyinka basaska, maktabadaha, xarumaha bulshada, iyo jardiinooyinka. Aabkan waxaad ka helaysaa goobaha, tilmaamaha, saacadaha iyo maalmaha la shaqaynayo. Maalin kasta waxaa lagu daraa meele kale oo badan. Wixii macluumaad dheeraad ah: www.hungerimpactpartners.org







Pop Tab Collection Update!

Fourth grade's pop tab collection for Ronald McDonald Houses was a huge success. We were able to collect 85 pounds of tabs this year at Oak Hill! This donation will help provide a comfortable place to stay for families with children who have serious medical issues. We appreciate everyone's support of our service project.

Keep saving your tabs for next year!



Counselor's Corner:

Beyond The Screen A Summer of Play and Exploration!

Smartphones, tablets, gaming, oh my! ...Screens are everywhere. As we approach summer, here are a few ways to help your child limit their screentime, practice a healthy balance when it comes to using technology, and to make the MOST out of their summer break!

Benefits of Limiting Screentime

- It helps youth maintain and improve their health. It encourages them to be more physically active, as well as minimizes obesity and other health issues.
- It improves mood and encourages positive emotions. Less screen time can have a positive impact on decreasing anxiety and depression too.
- Being active and enjoying the fresh air helps improve sleep and mental wellness.
- It also encourages more social connections. That sense of belonging and being cared for is so important to a child's well-being and self-confidence.

Tips for Setting Screen Limits

- Try not to have TV's on, in the background
- Don't eat in front of screens
- Plan what your child watches
- Record programs and watch them later
- Encourage "active screen time" (watching/practicing yoga, doing jumping jacks during commercial breaks, playing video games that include physical activity).
- Keep TV's, computers, tablets and other technology out of the bedroom
- Be curious about what your child is interested in watch videos or play videogames with them!
- Set time limits and stick to them. It may be difficult at first, but your children will reap the rewards, as they practice new habits. According to the American Academy of Pediatrics (AAP), children should have the following amount of screen time:
 - Under 18 months: Limit screen time to video chats with an adult
 - ♦ 18–24 months: Limit screen time to educational programming with a caregiver
 - 2–5 years: Limit non-educational screen time to about 1 hour per weekday and 3 hours on the weekend
 - 6 years and up: Encourage healthy habits and limit activities that include screens

Have you ever wanted to know more about the games or apps your child is using? ...Interested in other advice when it comes to kids and technology? This website is a great resource: https://www.commonsensemedia.org/

*********** (Counselor's Corner continued) Create A Summer Bucket List

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Here's 101 fun activities to add or try out!

★ Over the next three months, see how many of these activities you and your child can check off the summer bucket ★ ★ list! Maybe you want to add a few fun ideas of your own!

Sports, Games and Other Challenges

- Have a Lego building competition **☆** *
- **☆** * Have a dance party

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- ☆ * Toss water balloons
 - Play an outdoor sport
- * Buy a couple new board games to try
- **☆** * Learn card tricks or magic tricks
- **☆** * Take bike rides together
 - Hold a hula hooping contest
- **☆** * Play hide-and-go-seek
- ☆ * Jump rope
- ☆ * Learn how to play checkers or chess
 - Put puzzles together
- **☆** * Play hopscotch
- ☆ * Learn how to play Sudoku
- **☆** * Create a DIY bowling challenge
- **☆** * Play Simon Says
- **☆** * Try out yoga
- ☆ * See if you can solve a Rubiks cube

Nature and Fun in The Outdoors

- Build a fort in the living room, or even better, the backyard! **☆** *
- **☆** * Plan a treasure hunt
- $\stackrel{\wedge}{\Rightarrow}$ Plant a garden together $\stackrel{\wedge}{\Rightarrow}$
- **☆** * Go for a hike
- ***** Try out geocaching
- **☆** * Look for frogs, butterflies or other bugs (and then set them free)
- $\stackrel{}{\cancel{\sim}}$ Try to identify different birds and the different songs they sing
- **☆** * Swim in a local lake
- **☆** * Go camping – This could be at a campground or in the backyard
- **☆** * ... Maybe even check out one of the many state or national parks!
 - Go fishing
- **☆ *** Set up sprinklers and invite friends over for a little water play
- ☆ * Try out canoeing or kayaking
- ☆ * Blow giant bubbles
 - Create a backyard obstacle course
- **☆** * Visit an apple orchard, or pick strawberries together
- **☆** * Visit a new playground every week
- **☆** * Visit a local splash pad \star
 - Go on a nature hike and use your senses to take in all the sights, smells and sounds!

- ***** Take your dog for a walk
 - Grab a blanket, stargaze and look for constellations

(Counselor's Corner continued)

Reading, Learning and Other Fun Exploration

- * Lay a blanket on the ground, have a picnic and read a new book
- * Make a giant pillow pile, gather books and read inside or out!
- * Read books to siblings
- Play counting games
- * Play addition or subtraction games
- Teach kids how to cook a meal for the family
- * Take a community ed class
- * Make (and eat!) ice cream
- * Begin a summer book club with friends
- Play board games that enhance literacy skills like Scrabble, Boggle or Super Sleuth
- * Play games that deepen math knowledge like Math War, Tri-Facta or Equate
- Set reading goals and see how many books you can read over the summer
- * Try out fun science experiments!
- Learn a new language
- * Create a balloon powered toy car!

Family Field Trips

- Visit the Humane Society
- * Go to the zoo
- Take a tour of neighboring libraries
- Visit an art museum
- Visit the Science Museum
- Learn about history in our state or city, by visiting historical sites
- * Go to a ballgame
- Go to a local concert in the park
- * See a play!

Random Acts of Kindness

- * Bake cookies for a neighbor
- Pick up trash around the neighborhood
- Paint kindness stones and leave them in special places
- * Create caring notes and share with special friends, family or the elderly
- * Write thank you notes, to those who make a difference in your life!
- * Go through your toys, books and clothes and donate to those less fortunate
- Visit a nursing home and deliver colorful artwork
- * Plan a garage sale with your family and raise money for a good cause
- * Write letters to family or friends who live far away
- Leave an encouraging note in library books

(Counselor's Corner continued)

The Arts, Imaginative Play and other Creative Fun

* Get out the chalk and create art or positive messages, on the sidewalk or driveway

- * Get messy with finger painting, oil painting or watercolors outside
- * Act out a scene from your child's favorite fairy tale or movie
- * Visit a local craft store and find a new project to try together
- * Create keychains, with beads
- Create friendship bracelets and give them away
- * Learn how to sew or crochet
- Use aluminum foil to mold into sculptures
- * Go on a photo-hunt with disposable cameras
- * Make a kite and then fly it outside
- * Have fun creating with clay
- * See what you can make out of old cardboard boxes
- * Sit down outside and draw what you see (trees, flowers, the beach, etc)
- * Lay on a blanket and look at the clouds what shapes does your imagination see?!
- * Play dress-up
- * Put on or write your own play
- * Build fairy gardens outside
- * Build creations with Legos or blocks
- * Make your own musical instrument
- Make homemade puppets
- * Make your own slime or play doe
- * Have fun with paper mache!
- Sing! Have a family Karaoke night
- * Write your own creative stories or comic strips
- Play charades
- * Try out Origami!
- Make paper flowers and give them away
- Have a make-your-own-pizza night

As your school counselors, Mrs. Shettel and I hope you've found our newsletter tips helpful. If you have topic ideas for next year, please send them our way! You can email either of us at: sandra.shettel@isd742.org or kimberly.brown@isd742.org

We wish you and your family a wonderful summer together!

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