

# THE HOKE FAMILY HUB

ELEMENTARY CURRICULUM & INSTRUCTION

\*CONNECTED

\*INFORMED

\*EMPOWERED

## Welcome to October! By: A.J. Hammond

As we step into October, we want to thank you for your continued partnership in making this school year a success. Together, we are building strong connections between home and school that directly support student growth and achievement.

We're excited to share that families now have access to the **Parent Portal**, a secure online tool designed to keep you informed and engaged in your child's educational journey.

Through the portal, you'll be able to:

- View your child's **schedule**, **grades**, and **attendance** in real time
- Keep up with teacher communications and announcements
- Monitor academic progress and stay aware of any upcoming assignments or events

 To get started:

Use the following link to access directions on how to access the portal when you're ready: <https://bit.ly/HCSParent>

We encourage all parents and caregivers to set up their accounts as soon as possible so you can stay closely connected with your child's progress and support their learning every step of the way.



## PARENT TIPS #10

### Healthy Habits for Busy Seasons

Fall is a busy time—between school projects, sports, and holiday events, children can easily become overwhelmed. Helping your child develop healthy habits now will give them the energy and focus they need to succeed.

#### Tips to Try:

- **Hydration matters** - Encourage your child to carry a reusable water bottle to school and after-school activities.
- **Fuel for learning** - Pack balanced snacks like fruit, cheese sticks, or whole-grain crackers to keep their brains and bodies fueled.
- **Rest is best** - Set a regular bedtime routine so your child gets the recommended hours of sleep for their age.
- **Movement counts** - Even short bursts of physical activity, like a family walk or stretching, can help reduce stress and boost mood.

By modeling these habits as a family, you'll show your child that balance is possible—even in the busiest seasons!

## OCTOBER HAPPENINGS

Oct. 4th- STEM Day

Oct. 13th - Balls or Trees Study begins in PreK

Oct. 13th- Columbus Day

Oct. 17th - Quarter 1 Grading Ends

Oct. 20th - Mandatory Workday

Oct. 27<sup>th</sup>- Red Ribbon/Drug-Free America Week

Oct. 27th - 31st - Q1 NC Check-in

Oct. 29th - Elementary Report Cards Release

Date