Hi All,

We had a wonderful assembly yesterday and the students filled our GRIT stone jar. For this reward we have Officer Donut coming to visit our school on January 6th. He is a Saint Bernard dog with the Greenfield Police Department. I wish you all a wonderful holiday season. Please enjoy time with your family over the winter break.

Mrs. Rodriguez

JANUARY EVENTS

Thu. Jan. 2: 3:15-5:00 4h Animal Science Club
Fri. Jan. 3: 3:15-5:00 Basketball
Mon. Jan. 6: 3:15-5:00 4H Outdoor Adventure Club
Tue. Jan. 7: 3:15-5:00 4H Bug Club
            3:15-5:00 Basketball
Thu. Jan. 9: 3:15-5:00 4H Weaving Club
Fri. Jan. 10: First winter enrichment day 3rd grade & staff are asked to send snack
Mon. Jan. 13: 3:30 PTO meeting in the cafe
Tue. Jan. 14: 3:15-5:00 Basketball
Wed. Jan. 15: 3:15-5:00 4H Baking Club
Thu. Jan. 16: 3:15-5:00 4H Animal Science Club
Fri. Jan. 17: Second winter enrichment day 1st & 6th grade are asked to send snack
            3:15-5:00 Basketball
Mon. Jan. 20: NO SCHOOL
Tue. Jan 21: 3:15-5:00 4H Lego Club
            3:15-5:00 Basketball
Wed. Jan. 22: 2:00 All School Meeting in the gym
Thu. Jan. 23: 3:15-5:00 4H Weaving Club
Fri. Jan. 24: Third winter enrichment day 4th & 2nd grade are asked to send snack
            3:15-5:00 Basketball
Mon. Jan. 27: 3:15-5:00 4H Painting Club
Tues. Jan 28: 3:15-5:00 Basketball
Wed. Jan. 29: 1:50 Student dismissal
Thu. Jan. 31: Fourth winter enrichment day Kindergarten is asked to provide snack
SPECIAL EDUCATION NEWS:
The Special Education Parent Advisory Council, in collaboration with the Department of Elementary and Secondary Education will be hosting a parent orientation to learn about the upcoming Special Education and Civil Rights review in our district. The parent orientation will be held at Mohawk Trail Regional at 9:00 am on January 14th, 2020 Please join us! You may contact Leann Loomis at 413-625-0192 x1025 or lloomis@mtrsd.org with questions about the parent orientation or the review. You may also find this information on our district website. Thank you.

Second-Grade News
We have been working hard to finish up some of our units in second grade. We are nearing the end of our “Jack and the Beanstalk” math unit, and should finish it shortly after we get back from our break. We are starting to edit our personal narratives, and should be publishing them very soon. We will be starting a new science unit, “How Wind and Water Shape the Earth,” when we get back from break, and we are excited that our SCA members will be helping with this. This Friday morning, we will celebrate the season by drinking hot chocolate and curling up with some good books in our classroom. Students are welcome to bring in a stuffed animal or a small blanket to snuggle with as they read. I hope you and your family have a very safe and happy break.
-Miss Margaret

5th Grade News:
Fifth grade is selling a monthly January calendar for $5.00 each. Each student was given 24 raffle tickets to bring home over vacation. The office is also selling calendars. These are great Holiday gifts. All tickets should be brought back the Monday following winter break. Money raised will go towards Red Gate Farms 2 night overnight trip in the spring. The cost per student for Red Gate Farm is $100.00.
The Hobby Horse bake sale brought in $200.00 and the Raffle has brought in $165.00 (so far). During all school on Wednesday students presented their planet posters. We had the SCA members join us last week and this week during our Thursday science block.
We finished our math unit on adding and subtracting fractions, comparing, and ordering fractions. We are now learning the same skills but using decimals. During our December number corner we learned and practiced all the different kinds of quadrilaterals. We also graphed the length of our feet and height in inches and compared the data.
Students have been working on their book club books for CIA. The 3 books being read are: Hatchet, I Survived Hurricane Katrina, and Tornado. We are keeping with the genre, realistic fiction.
I hope you all enjoy your winter break and I want to wish everyone a happy and healthy New Year!
~Mrs.Sinistore

Student Conservation Association:
Hawlemont was lucky to have approximately 30 SCA members join us this past Friday, December 13th. The members ran stations from 1:30-3:00pm that students Kindergarten - 6th grade transitioned through.
The 2 members that will be joining Hawlemont on Tuesdays and Thursdays until the middle of March are Claire and Neive.

**Claire** is a recent college grad with a BS degree in biology. She grew up in Fort Wayne, IN, and has spent her last two summers (+this fall) in Montana serving with the Montana Conservation Corps. She's looking forward to learning from you all!

**Neive** is a 20 year old Organic Farmer and outdoor adventure enthusiast from Weymouth, MA. Neive grew up in the gardens, dunes and forests of the New England Coast line all his life, leading to an abundance of lessons from the earth! After doing two years at a local community college, Neive has decided to take a year off from classroom based academia to hyper focus on sustainable ways of living and to embrace the value of all kinds of life! Neive is more than excited to inspire and connect with the young students of the area along with work in this beautiful natural space around him! He can't wait to meet everyone, hear the people’s stories and wisdom of the lands!

**6th Grade News:** 6th grade has begun a social studies unit on the Paleolithic Era. We created timelines on adding machine tape with the scale of 1 foot to 20,000 years. We calculated that the birth of the United States of America was about 0.33 inches from the present, and that Homo sapiens (modern humans) appeared about 20 feet away from the present. Being able to visualize time as distance gives a larger perspective of how long our history really is. Students continue to read mystery stories in their book club groups. Each story is crafted by the author to give a complex time-line of events for the readers to decipher the mystery.

**NEWS FROM THE SCHOOL NURSE:** I found this article in a school nursing magazine and wanted to share it with you.

Keeping healthy habits during the busy holiday season can be difficult, and routines and priorities can easily be interrupted. Planning ahead and having strategies in place to accommodate for an extra busy schedule will help your family stay true to your daily healthy habits. Here are some tips for making good food choices, incorporating physical fitness, and getting an appropriate amount of rest during this hectic time of year.

**Plan your meals, at home or on the road!**

Having your meals planned out in advance will help you avoid last minute take out. Why not include your child in creating a calendar to plan your family’s breakfast, lunch and dinner schedule? Have fun with planning together and take advantage of the opportunity for life lessons. Ask your child to help you make a grocery list and ask questions like “What is a healthy side dish we can add to this meal?” or “What fruit do you think we should add to this meal?” Asking for your child’s opinion on the menu will not only give them a better understanding of the planning process, but it will increase their excitement when it comes time to prepare the meal or eat with the family.

In addition to meal planning, pack healthy snacks and drinks to take on the go! Not only will this eliminate falling into a routine of buying unhealthy snacks purely for convenience on the go, but it will save you from an additional expense. Dried fruits, veggies and dip, applesauce pouches, granola bars, or yogurt are all great options to take with you on the run.
**Stay Active!**
Finding time to keep active during the holiday season can be challenging. How can you get in the recommended 60 minutes of exercise per day for your child when you are on the go, or the weather outside is less than cooperative? While most children are innately active, other children need encouragement to participate in activities that will stimulate cardiovascular health.

Ask your kids to think of creative ways to stay active indoors, and round up a list ways your family can still incorporate physical activities in their day. Setting goals, and finding fun ways to get there, is a great approach. Create a progress chart for the family to check off after each workout, and set a goal for a family reward. Have a “Simon says” marathon, setup an indoor hopscotch area, or see who can do the most jumping jacks.

Another easy way to stay fit is to have your children plan a family dance party—they’ll have a blast choosing the dance theme and the play list. You can even see who comes up with the most creative dance moves in the family!

When you are on the go, remember to take advantage of the extra steps by not searching for the closest parking spot or taking the stairs instead of the elevator.

**Maintain a good sleep schedule!**
Ensuring that your family is getting enough rest and maintaining your child’s sleep routine, especially during the holidays, can be challenging! Rest and sleep is one of the most important aspects to health and fitness. Napping up to the age of five is a good guideline and getting ten to twelve hours of sleep at night is needed to reset the body.

Try to plan your holiday errands and visits around your child’s naps and bedtimes. Have a cut off time in place before shopping or visiting to allow time for packing up, the drive home, and your normal bedtime routine. If your child typically falls asleep in the car, change your child into pajamas before you head home.

The best method for encouraging your child to sleep is setting a routine, such as reading together or bathtime before bed. If it’s not likely that your family will be at your home at normal bedtime hours or if you are traveling over the holidays, have alternate sleeping arrangements in place. Take your child’s bedtime necessities with you to stay as close to routine as possible, such as your child’s favorite books, blankets, pillow and bath accessories.

Think of fun and creative ways that you can implement these important needs to keep your kids & your family healthy. Hoping you and your family have a happy and healthy Holiday Season.

Nurse Sherry

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**From the Library:** Wishing all our families a Happy Holiday! Rest, Relax and Read!
Wishing you peaceful days filled with sunshine, warm nights with lots of cuddles and lots of great books! Ms Boehmer
You’re invited to a
Heath Community
Winter Solstice
Celebration
Sunday, December 22, 2019
3:00-5:00 p.m.
Please join us for
Holiday Stories, Music,
Refreshments, and
Solstice Candle Spiral Walk.
Feel free to bring a holiday reading or
refreshment to share!
*Enjoy a special reading of Hershel’s Hanukkah
Goblins and holiday songs with the
Heath Union Church Choir & Friends!

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All Ages Welcome!