

PATRICIA A.  
DURAN SCHOOL

# HAWK NEWS!



"In support of our vision, we believe the mission of the Hermon School Department is to provide a safe and supportive environment where students have an opportunity to acquire the knowledge and develop the skills necessary to realize their potential as productive workers, responsible citizens, and lifelong learners."

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## Parents' Right to Know

I am sending you this information as one way to fulfill our obligation under the "Parents' Right to Know" requirements of federal education law. Under these requirements, teachers must meet general qualifications as well as specific qualifications related to the subjects they teach in order to meet the federal definition of being "Highly Qualified". Whenever a child is taught for four consecutive weeks by a teacher who does not meet the federal criteria, we must inform you.

Maine has some of the most qualified teachers in the nation, and we are extremely proud of our teaching staff at Hermon Elementary. All of our teachers have college degrees, and many have advanced degrees. In addition, every teacher continues learning through professional development activities and is evaluated regularly to ensure their teaching skills meet high expectations. We believe that a caring, competent, and qualified teacher for every student is essential to achieving educational excellence, and we assure you that all HES teachers are fully qualified and entitled to teach under Maine's strict certification requirements.

At this time, I wish to inform you specifically that your child's teacher meets the federal definition of "Highly Qualified". Additional information on the qualifications of your child's teacher is available upon request. Please contact the HES Principal's Office (Ext. 3011) or the Superintendent's Office (Ext. 6000) if you have questions or would like further information. Working with parents is an important aspect of our efforts to teach and learn, and we welcome your interest.

Sincerely,

Jenny Perry

## Creating Holiday Learning Traditions

This holiday season consider adding some new traditions for your family that will make meaningful memories and strengthen foundations for reading and learning success.

### Listen, laugh, learn

- Listen to audio books while you're traveling to visit family, wrapping gifts or cooking for the holidays.
- Lyrics to holiday songs are fun to read and sing together. It is also good fun and good collaborative writing practice to make up your own lyrics to familiar tunes.
- Start a story-telling tradition by revisiting holidays of the past. Old family photographs at holiday gatherings will help prompt stories about your own life and family traditions.

### Read, relax, respond

- Put reading and writing skills to practical use. Plan holiday meals by reading cookbooks together, writing the shopping lists and finding the needed items at the store by reading signs and labels. Read the recipe and cook together. During the simmering and baking, kids can write and decorate menus or place cards for special holiday meals.
- Set aside time just for reading. Curl up on the couch together and read aloud an old favorite or check out books about another culture's winter celebrations.
- Work on those letters. Improve writing skills with notes or letters to relatives and friends, thanking them for their holiday gifts.

*Need some ideas for books to give as gifts this season? Browse our 2018 Gift Guide: <http://www.readingrockets.org/books/buyingguide>*

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## Hour of Code

During the first week in December, elementary students will join in on the largest learning event in history: The Hour of Code, during Computer Science Education week. More than 100 million students worldwide have participated, to teach foundational 21st century skills. All students, K-4, will explore a variety of coding activities during their computer classes during that week. This is our fifth year of participation, and a chance for students to begin to think of themselves as programmers and problem solvers, not just players. In a world surrounded by technology, the ability to succeed will increasingly hinge on understanding how it works.



## **Anxiety and Our Students**

Anxiety is a form of stress that relates to worry about what might happen. It is a normal human emotion that everyone experiences at some point. Many people feel nervous or anxious when taking a test, dealing with a problem at work, or making an important life decision. For people with anxiety disorders, the fear and worry are constant, and sometimes crippling.

### **Knowing the signs**

Some symptoms of anxiety disorders include irritability, headaches, difficulty sleeping, muscle tension, stomachaches, trouble concentrating, or edginess

### **Tips to help your child**

Teach your child deep, slow, belly breathing. This is an easy and very portable skill for self-soothing. Listen to your child and ask "tell me what you are thinking?" This will help reveal scary thoughts and scenes that build up in your child's mind. Respect and validate your child's feelings! Anxiety is a real emotion and not pleasant. Encourage your child's attempts to be brave, no matter how small they may seem to you. Use labeled praises such as "I'm so proud of you for sleeping in your own bed last night!" Create opportunities for your child to practice being brave and coping, and then high five his/her efforts.

Recognize when you are anxious and describe what you can do to calm down and solve the situation - you will be modeling coping for your child. Remember to be mindful that you don't over share your anxiety.

Resources: Kidlutions.com, kidshealth.org, healthcentral.com, adaa.org

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## **Note From the Nurse**

We have had a few cases of Hand, Foot and Mouth Disease (HFMD) at our school. HFMD usually starts with a fever, poor appetite, fatigue and sore throat. One or 2 days after painful sores usually develop in the mouth. They begin as small red spots that blister and then become an open sore. The sores are usually on the tongue, gums and inside of the cheeks. A rash that does not itch develops over 1-2 days. The rash has flat or raised red spots, sometimes with blisters. The rash is usually located on the palms of the hands and soles of feet but it may also appear on the buttocks or other places. A person with HFMD may have only the rash or only the mouth sores.

HFMD is spread from person to person by direct contact or surfaces that have been in contact with nose and throat secretions, saliva, blister fluid or stool. Infected persons are most contagious during the first week of illness but can still pass the infection to other people even when they are well.

Students are able to return to school when they have been fever-free for 24 hours without the use of fever-reducing medications such as Tylenol (acetaminophen) or Ibuprofen and they do not have open sores.

For further information please go to <https://www.cdc.gov/hand-foot-mouth/>. If you have any questions/concerns or to report to the school nurse contact Angie Scripture, RN at [ange-la.scripture@schools.hermon.net](mailto:ange-la.scripture@schools.hermon.net) or 207-848-4048.

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## Upcoming Events

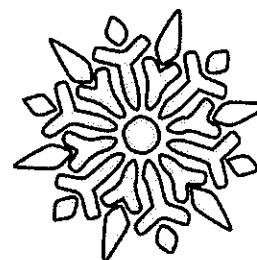
### December

- 5<sup>th</sup>: End of First Trimester
- 17<sup>th</sup>: Report Cards Go Home
- 18<sup>th</sup>: PreK-K Concert (2pm)
- 19<sup>th</sup>: 1<sup>st</sup> and 2<sup>nd</sup> Grade Concert (2pm)
- 19<sup>th</sup>: PreK Polar Express
- 19<sup>th</sup>: Kindergarten Polar Express
- 20<sup>th</sup>: 3<sup>rd</sup> and 4<sup>th</sup> Grade Concert (2pm)
- 24<sup>th</sup>-31<sup>th</sup>: Winter Break (No School)



### January

- 1<sup>st</sup>: New Year's Day (No School)
- 10<sup>th</sup>: 4<sup>th</sup> Grade (Goodman) Dance (6:30)
- 21<sup>st</sup>: Martin Luther King Day (No School)
- 23<sup>rd</sup>: 3<sup>rd</sup>- 4<sup>th</sup> Grade Family Night (6pm)
- 24<sup>th</sup>: 1<sup>st</sup>-2<sup>nd</sup> Grade Family Night (6pm)
- 25<sup>th</sup>: PreK-K Family Night (6pm)
- 25<sup>th</sup>: Progress Reports



**\*HES PTA Every 2nd Tuesday of the month at 6:00pm in room 10.**

**\*Hermon School Board Meetings Every 1st Monday of the month at 6:30pm in the library at the High School.**



## New E-mail Server

The Hermon School District is now using a new e-mail server for our e-mails. We have switched to Google. All staff have received and are using new e-mail addresses. To get your teachers e-mail you type in first name. last name @ schools.hermon.net. For example to e-mail Mrs. Perry it would be: jenny.perry@schools.hermon.net.

The old First Class e-mail addresses are no longer being used for school business. Please be sure to note this change when e-mailing school staff.

## Cold Weather Clothing

The temperatures are dropping and it is beginning to feel like a true Maine winter. Please remember to send your children to school with layers of clothing. We go out to recess everyday as long as the temperature is 10 degrees or above (including the wind chill).