Seasons Greetings, Hillsmere Families,

Cooler temperatures, disappearing daylight, and the start of the holiday season can become quite overwhelming as families prepare for family gatherings, special travels, and perhaps some shopping outings in preparation for special traditions. As much as we’d all like to feel that we are organized and well-prepared for the upcoming weeks, each family deals with the stress of the holidays in different ways. Routines often fall to the wayside along with daily reading practices, consistent homework support, and even family meals. At times families need to make a concerted effort to see that the rush and stresses of the holiday season do not seep into their child’s daily routine and need for consistency.

The most important things in life are family and friends, so this holiday season make an effort to spend quality time with both. Take a walk through Quiet Waters Park. Visit the local library. Enjoy a meal together as a family. Have a night in with the family and play a favorite board game, or tell stories together. This is the time to provide your child with the memories he/she will never forget. The holiday season is all about giving, and the quality time you spend together can be better than anything wrapped up with a bow under the tree!

Happy Holidays to our Hornet families! Thank you for your continued collaboration and support.

Kimberly Terry
Principal
Hillsmere Elementary
# December 2018

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### Clubs:
- **24 Club**—Mon 7:45 am
- Chess Club—Fri 8:00 am
- Coding Club—Mon 7:45
- Green Team—Fri 1/11 7:45
- Girl Scout Troop 27—Fri 1/11
- Theatre Company—Wed 4:00

### January Calendar

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- **No School**
- **End of Marking Period 2**
- **2 Hour Early Dismissal**
- **No PM Pre-K**

**Happy New Year!**

**Back to school!**
Health Room Reminders

- Please do not send your child to school ill. A temperature above 100 degrees may need monitoring at home. Please keep your sick child home until the temperature is normal (98.6 degrees) for 24 hours without medication.

- Any symptom of nausea, vomiting, diarrhea, and/or a sore throat should be monitored at home.

- Please do not send to school any over the counter medications of any type, including cough drops, as they are not allowed to be taken by the student in school. Medications will have to be picked up by a parent/guardian.

- If your child needs emergency rescue medication, please see our school nurse, Ms. Lisa, in the office for an authorization form to be filled out before any emergency medication can be accepted. It will need to be renewed each school year.

- Most importantly, please make sure your contact information in the office is up to date. We need current information for reaching you when there is an emergency or your child is sick.

7 Reasons to Visit the Health Room

The 7 B’s
- Bleeding
- Breathing Bad
- Broken
- Barfing
- Burning Up
- Bee Sting
- Big Bump

Can You Help?
Donations of boys and girls clothing sizes 5 to 10 are needed in the health room for students that may have accidents during the school day.

Especially welcome are elastic waist pull-on’s, sweatpants or pants of any kind.
November Classroom Guidance Lessons

Grades 3 and 5 - Students learned how to effectively handle conflicts. Please ask your child about DoBugging Steps.

Grade 4 - Students learned about rumors, gossip, bullying and harassment.

Grades K-2 - Students read R!, I Can’t Believe You Just Said That! by Julia Cook. Students learned about their Thinking Bubbles, Social Filters and Talking Bubbles.

Pre-K - We discussed good choices and bad choices.

December Classroom Guidance Lessons

Grades 3-5 Students will be discussing substance abuse. Please look at the parent/guardian letter in your child’s Wed. folder.

Grade K-2 Students will be learning about making good choices and how to use I messages.

Pre-K - Students will learn how to be a good friend.

Mindfulness Small Counseling Groups

Students who are currently participating in mindfulness small counseling groups have been learning the following: Understanding meaning of mindfulness, participating in a zen walk, practicing deep breathing, participating in a grounding activity (where they are quiet and use senses to notice the world around them).

Changing Families Small Counseling Group

This group will start in Feb. 2019. If your family has gone through divorce/separation in the past year and/or your child’s behavior or academics are impacted, please sign them up for the group. You can send me an email and I will send more information about the group.
December

News from

The PBIS Team

PBIS School Rules: REACH for Success
Please review school rules with your child and ask them if they know what REACH means?

R= Respect
E= Effort
A= (Positive) Attitude
C= Cooperation
H= Honesty

PBIS TEAM
Ms. Meiser
Mrs. Holtzman
Ms. Buck
Mrs. Spence
Mrs. Shermer
Mrs. Berlenbach
Mrs. Fiaschetti
Ms. Rensler
Mrs. DiBerardinis
Mrs. Cole
Mrs. Terry

December PBIS
Student Incentive
Thursday, Dec 20
Free For All Thursday.
Classrooms will choose their 25 minute activity.

Students who have had 2 or less office referrals and/or 0 suspensions for the month of December are invited to the PBIS Incentive.