

HES Happenings

6.7.2024

By Joe Boggio and Staff



- Tuesday, June 11th Spring Chorus Concert Grades 3 to 5 HHS Gym
- Tuesday, June 11th Preschool Field Day
- Wednesday, June 12th Rain Date
- Thursday, June 13th Last Day of Preschool and Graduation 6 PM HES Gym
- Friday, June 14th Last day of HASP both AM and PM
- **Friday, June 14th Field Day**
- Monday, June 17 PTA Recognition Night HHS Gym 6:30
- Monday, June 17th Last Day of School with Students 1 PM Dismissal (No PM HASP)

Weekly Quote:
“The true test of a man’s character is what you do when no one is watching.” - John Wooden

Corny Joke:

I ordered a chicken and an egg from Amazon.

I will let you know.

The Life of a Principal

Field Day Reminders Since this is the last newsletter before Field Day just a few reminders:

- Students should bring a second set of clothes
- Students should bring a towel
- Clothing should still be school appropriate (recommend T shirts worn to prevent sunburn)
- Sunscreen should be applied at home (avoid spray bottles at school)
- Outerwear should be kept on except for specific water activities
- Drink plenty of water, stay hydrated

Goodbye, Farewell, Amen If any of you remember the TV show MASH that was the title of the final show. Still the most watched episode on TV ever. Please don’t misunderstand me, I am not comparing my time spent at HES to war or even the chaotic nature of a **Mobil Army Surgical Hospital**. It was just a good show like my time spent here. I first came to the elementary school in November 2012. The students who were in kindergarten that year will be graduating next year! The typical number of students in a grade is about 40 so I have seen almost 500 students go through our school. I have tried to teach each one of them the importance of character. It is an understatement to say that the pandemic impacted us at school and what we could do. However, I am proud of how we are bouncing back using our four core values as our guide, Connection, Ready to Learn, Flexible and Cooperative. I will be forever grateful for the opportunity to lead this school for so long and I have loved coming to work each day and turning challenges into opportunities. Thank you to all the teachers, paras, bus drivers, and support staff who are here to help me every day. I would like to give a special thank you to Mrs. Amy Hemlow who has helped me edit just about every newsletter printed. Also, a huge thank you to my administrative assistants, Mrs. Brenda Ebbighausen and Mrs. Kathy Bean. Most of the time they have been the ones forced to listen to me complaining. They have always been there when I needed help and I have some great memories of them as Thing 1 and Thing 2 to take with me in my retirement. So, for one last time on Monday, June 17 I will end my morning messages like I always do, “I’ll see you around.”

Healthy and Safe Summer Guidance

Safety Rules

What are the Never Never Rules for safety?

- Never swim alone
- Never ride on wheels without wearing a helmet
- Never cross the street without looking both ways
- Never play with fire
- Never touch guns
- Never use a sharp tool without an older person's help
- Never touch a dog without asking the person in charge
- Never ride in a car without a seatbelt on

Children's Health

Physical Activity – Play games that encourage movement. As a goal be active for at least an hour each day. Bike riding, hiking, and swimming are a great start. Doing yard work can also be considered activity and it helps them learn life skills. A great activity you can do alone is jumping rope. We all love the sun but during outdoor activities you should put on sunscreen with an SPF of 15 or higher. Get help for those hard-to-reach places like your back. Sunscreen can wear off so put it on again about every two hours. You can also wear a hat, proper clothing, and seek shade.

Healthy Eating – Eat a variety of fruits and vegetables. Summer is the easiest time to do this with local gardens and grocery stores providing local produce that tastes great. Choose water over sugary drinks. Create a goal for the summer on eating and drinking healthy. See the facts on hydration for children below. My goal is to drink 32 ounces of water and have at least five servings of fruit and two servings of vegetables each day.

Emotional Well Being – Parents can help your child regulate and recognize their emotions. Also, make sure they are getting enough rest and **limit screen time**. Help your children develop confidence and inner strength. Do things as a family to create a sense of belonging and purpose.

Hydration Facts

- 6 to 12 months drink 4 to 8 ounces per day
- 12 to 24 months drink 8 to 32 ounces per day
- 2 to 5 years drink 8 to 40 ounces per day