

January 6, 2012

West Ottawa Public Schools

North Holland

11946 New Holland St.
Holland, Michigan 49424
Phone: 616.786.1500
Fax: 616.786.1591

IMPORTANT DATES TO REMEMBER!

Jan 9	PTC Meeting 6:30 p.m. in the library with guest, Superintendent Tom Martin
Jan 11	4th & 5th grade Honor's Choir 4:05-5:15 p.m.
Jan 16	Board of Education Meeting - Administration Building 7:00 p.m.
Jan 18	4th & 5th grade Honor's Choir 4:05-5:15 p.m.
Jan 19	Kindergarten Roundup 6:00 p.m.
Jan 20	PTC Family Movie Night 6:30 p.m. in the gym
Jan 26	Half Day of School - Dismissal at 12:07 p.m. - No Afternoon Kindergarten
Jan 27	No School
Jan 31	The Bridge 8:15-8:45 a.m. in the library - See page 4

The sledding party scheduled for tonight has been canceled. Pigeon Creek Park has closed the sledding hill due to ice and lack of snow. We will try again later!

Dear Families,

Parents often ask how they can help their children do well in school. One easy way is to make sure your children get enough sleep. According to the latest research, sleep deprived students tend to be more restless, irritable, and impulsive than other students. They may also exhibit more emotional disorders such as depression or anxiety. Another consequence of lack of sleep is lower academic achievement. Tired students are less motivated, have trouble concentrating, paying attention and reasoning. Sleep deprivation also decreases memory, self-control, and increases mistakes.

How much sleep do children need? A good rule of thumb is "10 for 10"— 10 hours of sleep for 10-year olds. Children younger than 10 years old need more than 10 hours of sleep each night.

Parents can help increase their children's academic success and socio-emotional health by providing a consistent bedtime, even on weekends. Also making sure that children avoid large meals, exercise, TV viewing, computer use, and caffeinated drinks in the hour before bedtime can prevent sleep problems and help your children develop healthy sleep habits.

Have a great weekend!

Karen Abraham, Principal



KINDERGARTEN ROUND UP 2012-2013 SCHOOL YEAR THURSDAY, JANUARY 19 at 6:00 P.M. NORTH HOLLAND ELEMENTARY SCHOOL

If you have a child who will be 5 years old by December 1, 2012, you are invited to bring your child to North Holland School to register for kindergarten for the 2012-2013 school year. West Ottawa is excited to be offering All Day Every Day Kindergarten in the fall of 2012. Please bring the following items with you to the round up:

- Certified copy of your child's birth certificate
- Immunization record
- Two forms of proof of residency (i.e. driver's license, gas bill...)

Snow date will be January 24. Please call the North Holland School office at 786-1500 if you have any questions. We look forward to seeing you!



THE SPANISH SPOT by Mr. Wearing

In the Spanish room we have been starting to discuss places you might find in the community. Your child is discussing el supermercado: the supermarket, el museo: the museum, la escuela: the school, el cine: the movie theater, el centro comercial: the mall, la granja: the farm, el banco: the bank, el restaurante: the restaurant, la policia: the police station, el hospital: the hospital, la oficina: the office. Next, we will discuss workers in the community.



One Million Minutes of Reading!

Students and staff at North Holland have set a goal to read one million minutes! Please keep track of the minutes your child reads at home and let their teacher know on a weekly basis.

So far we have read a total of **148,825** minutes!
Keep reading - together we can reach this goal!

MUSIC NOTES by Ms. Jones

Happy New Year and welcome back! We are off to a running start in music class. This past week, students worked on the following:



Kindergarten explored vocal production adding sound effects. 1st graders are working on loud and soft using Hayden's *Surprise Symphony*. 2nd graders started a unit on tempo, understanding that music moves at different speeds. 3rd graders are working on repeated melodic patterns. 4th graders are learning about duple and triple meter - that music has a natural feel of 2 or 3 and can be discerned based on identifying the downbeat. 5th graders are working on crescendo and decrescendo (gradually getting louder and softer) and learned to use these dynamics in *Chopsticks*.

Upcoming Events:

♪ Jan 21 @ 10:15 & 11:30 **Little Red Riding Hood** - Lollipops series featuring the GR Symphony and the GR Ballet Co. at DeVos Performance Hall. Tickets and info @ grsymphony.org.

GEMS from the GYM by Mrs. Scholten.

In Physical Wellness this week students have been learning to throw and catch a Frisbee. Students in grades K-1 have been learning basic skills and pairing with a partner to improve their ability to aim a Frisbee at a target. Students in grades 2-3 participated in "Frisbee Tic Tac Toe" and "Frisbee Horseshoes" while students in grades 4-5 played "Frisbee Frenzy" and "Frisbee Bowling".

All of these games work to improve throwing, aiming, visual tracking, and teamwork skills. There are many benefits to playing Frisbee - either in the gym or at home. Frisbee is terrific for children's health because there is a lot of running and jumping involved. There is good use of the large thigh muscles and children develop landing skills as their balance improves. It is also a great cardiovascular workout.

Frisbee is an ideal activity because children do not realize they are exercising when they play. They just know they are having fun!



CELEBRATE with BOOKS and TECHNOLOGY by Mrs. Whitbeck

Kindergarten began the arduous task of logging in to the West Ottawa system independently this week. Students have a 7-character user name they have to correctly type in, and it's a challenge to achieve that goal. Luckily, this user name will be theirs as long as they attend West Ottawa schools! After logging in, students explored 4 web sites to listen and interact with folktales.

1st-3rd Grades completed Lesson 1 out of 15 geography lessons in a grade-appropriate program, *Exploring Where and Why*.

1st Grade continued work on their Power Point about the 5 senses.

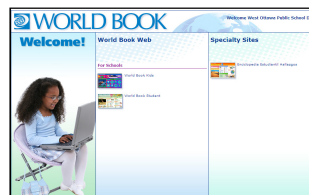
2nd Grade practiced keyboarding using Dance Mat Typing.

3rd-5th Grades took a 1-minute practice typing test [Free Typing Game](#) on the web.

4th Graders examined several ways to find information, including:

- [MEL](#) (Michigan Electronic Library)
- [Kid Rex](#) (Google for Kids)
- [Destiny](#) (our on-line library catalog)
- [Discovery Education](#) (educational video clips)
- [World Book](#) (at home, user name is WOPS, password is library)

5th Graders are creating illustrations to show an IB student's attitude - with no words. For example, empathy, curiosity, independence... They will put their pictures in Microsoft Photo Story for a wonderful multi-media creation.



ART NEWS from Miss TenBarge

Happy New Year and welcome back everyone! Hope you enjoyed a wonderful winter break. I'm looking forward to getting back to our art projects we left off on before break and exploring new projects to come. Currently in Art Class students are learning the following:

Kindergarten students are learning how to Collage using shapes, paper and glue to make a snowman.

First grade students just finished learning about the art of Pueblo Native American Pottery and will now begin to learn about different art mediums and tools while exploring the world that lies beneath the sea.

Second and Third grade are learning about famous ceramics artist Helen Cordero from the Cochiti Pueblo tribe in New Mexico. They are creating clay storytellers influenced by Helen Cordero's sculptures. Students gained knowledge of slipping, scoring and smoothing when attaching two pieces of clay together to make a figure. When this unit is completed, we will then explore realistic art work while learning to draw objects showing shadow and light.

Fourth and Fifth grade students are still busy working with their partners to create large mixed media collage cityscape. Students studied Romare Bearden, a collage artist from the east coast who was known for his famous collage pieces and passion for Jazz music. You can learn more about Romare with your child by visiting the following website: www.metmuseum.org/explore/the_block/index_flash.html



Glad to be back from break and see all your smiling faces once again in the art room. Don't forget ART makes you SMART!



ELKS HOOP SHOOT 2011/2012

Annual free throw shooting contest for Boys and Girls:
Age groups: 8&9 10&11 12&13

Saturday January 7, 2012
Hope College Dow Center
Sign in 12:15-1:00PM Contest 1:00PM

Questions? Please contact Ron Elenbaas 399-6695

Please fill out this form and bring with you to sign up day of contest:

Date of Birth _____ Age as of April 1, 2012 _____

Contestants Name _____

Address _____
City _____ State _____ Zip _____

Telephone no.() _____

School _____ Grade _____

Order Now! Last chance to order!!!

If you ordered a yearbook at school picture time, you do not need to order again.
(This order form is only for students who have not ordered a yearbook or wish to order an additional yearbook.)

TO ORDER YOUR COPY:

Fill out tab at the bottom of this flyer, with all information requested, enclose payment, detach and return to school TODAY. This will be the only time you will be able to order a school yearbook, so be sure to order your copy today.

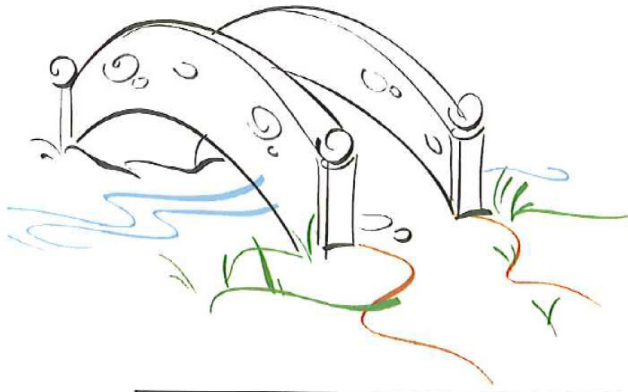
If paying by check, please make payable to:
Geskus Photography INC.

Only

\$ 8.00

FILL OUT & RETURN ORDER & PAYMENT TO SCHOOL BY MONDAY, JANUARY 16

Please enter my order for _____ copy(ies) of the Memory Book
Student Name _____
School _____
Amount Enclosed _____ (check or cash)



The Bridge:

Bringing Schools and Families Together

Healthy Kids, Healthy Learners

Please join us to learn about healthy eating, sleeping, and exercising habits that help children come to school ready to learn.

Who: Parents/guardians and North Holland students

When: Tuesday, January 31—8:15-8:45 a.m.

Where: North Holland Elementary School

Students who attend with a parent/guardian will leave with a West Ottawa Panthers reusable water bottle to keep...along with... information to use at home to help the whole family eat healthier!!

Please sign up by Thursday, January 26 if you plan to attend.

We want to be sure to provide enough food and supplies!

Student's Name(s) _____

Teacher (s) _____

Number of Children Attending _____ Number of Adults Attending _____



Stop Defiance, Sibling Fights & Video Games

Featuring America's Calm Coach, Kirk Martin,
and his son, Casey.

It's like nothing you've ever experienced!

Watch the video at

www.CelebrateCalm.com

Create a stress-free home and classroom. Kirk will show you how to:

- Develop motivated, responsible children.
- Relieve anxiety, sensory issues and sibling fights.
- Improve focus, attention, and behavior in school.
- Eliminate defiance, disrespect, and power struggles.
- Create stress-free mornings, homework time and bedtime.

**Tuesday, January 17, 2012
7:00 pm - 9:00 pm**

Midtown Center
96 West 15th Street / Holland, MI 49423

The workshops are graciously sponsored by the Fellowship Reformed Church.

For more information, contact us at 888-506-1871 or Brett@CelebrateCalm.com.

Who should attend the workshop?

- Moms, Dads, and grandparents.
- Guidance Counselors, Special Ed teachers and all educators.
- Childcare providers and professionals.

Take 45 seconds to change your kids and community:

- Bring lots of friends to this FREE Event. There is no need to register.
- Promote the workshop via email, Facebook and Listserv.
- Invite your school, PTA/PTO and community organizations to attend.