

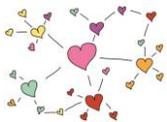
# Pinecrest Elementary Newsletter



December 2016

Office: 480-7280 / Attendance Line: 480-7281

Nurse: 480-7286



Stay Positive  
Work Hard  
And Make It Happen!



The School Board for the Hastings Public Schools has authorized a change in the 2016-17 School Calendar allowing **December 22nd to be a non-school day for students**, so staff can be trained on the ALICE model for responding to a violent threat.

Because this is a district wide training involving ALL of our staff, as well as staff from the surrounding non-public schools, the **Kids Campus Program will not be operating on December 22nd**. Kids Campus will be open for full days on Tuesday, December 27th thru Thursday, December 29<sup>th</sup> at our Pinecrest site.



**HOLIDAY BREAK** for students will now begin on Thursday, December 22nd and continue thru Monday, January 2nd. Classes will resume on Tuesday, January 3rd.

## HOT LUNCH COST FOR DECEMBER

**Lunch - \$39.00**

**Breakfast - \$19.50**

**Lunch & Breakfast - \$58.50**

## Project Share Program

The Project Share Program, Holiday Assistance Program at HFS, for 2016 is underway. Merchants Bank is asking for help with their "10 Days of Giving" food drive. All gifts and food will benefit Hastings Family Service, which will in turn assist those who need extra help this holiday season. All gifts and food totals are presented at the Holiday Train event.

Hastings Elementary Schools will be collecting food from **December 2nd-December 12th**.

**Adopt-a-Family...** Get together with your family, friends, co-workers, and groups to make a family's holiday season a little brighter. To Adopt-a-Family go online at [www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org) to sign up and/or obtain details on the program. If you do not have online access or have questions about the program contact Ali Fairbanks at 651.437.7134.

Your help and support this year will allow all of our Hastings neighbors to have a joyful holiday season.





## SCHOOL CLOSINGS

As the weather turns colder, now is a good time to remind parents about how the district will notify families in the event that school will be delayed or cancelled due to inclement weather. As in the past, the school district will again utilize an outbound calling system to reach families if school will be delayed or closed. For this reason, it is important that parents have accurate phone numbers for your students on file with the school district.

Although we are using a calling system to contact families in these situations, the district will still continue to post school delays or closings in the following ways:

**#1. Visit our website: [www.hastings.k12.mn.us](http://www.hastings.k12.mn.us)**  
**This is the first place we post any changes to our schedule due to inclement weather.** Because we have direct control over our own website it is the very first place that any changes in the school schedule will be posted. **Changes to the school schedule will appear on our website before they appear on any other television or radio station.**

All four of the Major Network Television Channels - 4, 5, 9, & 11 will scroll closings or delays in our school schedule. KDWA Radio, 1460am will broadcast school closings or delays.



If the Hastings Public Schools are closed, the Kids Campus Program will also be closed.

When there is a late start Kids Campus will open at the regular time. The staff will remain on duty until the regular school programs begin.

When there is an unexpected early dismissal Kids Campus will be closed two hours early.



## **2017-2018 Registration Hastings Raiders Class of 2030**

**DATE/TIME: January 19, 2017 / 5:30-7:00pm**

**LOCATION: School of Attendance** (Kennedy, McAuliffe or Pinecrest)

You and your child are invited to visit Kindergarten classrooms, meet Kindergarten teachers, turn in registration/enrollment forms, and tour the school.

Please bring completed kindergarten registration forms:

1. *A copy of your child's birth certificate. Your child must be five years old on or before September 1, 2017.*
2. *Proof of early childhood screening. If your child was screened in ISD 200, we will have the screening report on file.*
3. *Student Registration Form*
4. *Home Language Questionnaire*
5. *Student Immunization Form*

Kindergarten registration packets will be mailed the beginning of January.

To find out which elementary school your child will attend, you can use the [Elementary Attendance Boundaries Map](#) online or by calling 651.480.7000.

---

**PLEASE CALL THE OFFICE ATTENDANCE LINE AT 651-480-7281 when your child will be gone for any reason**

Please remember if your child is absent for any reason (sick, dental/doctor appointments, or vacations, etc.) to call your school attendance line. All schools have 24 hour answering machines for you to leave a message if staff is not in. If we do not hear from you; your child's absence will be considered unexcused. If your emergency or work phone numbers have changed, please contact the school office.





## **DO YOU QUALIFY for assistance in paying for school meals?**

Each year a new form needs to be completed to qualify for this benefit. You may pick up a form in the school office or print one off the Hastings school web site at [www.hastings.k12.mn.us](http://www.hastings.k12.mn.us) under Food Service Department. The business office processes all applications and notifies our office as to who is to receive free or reduced lunches. This information is strictly confidential. Any questions may be directed to 651.480.7126.



### **Holiday Train & Jamboree**

Get on board to fight hunger and join Hastings Family Service (HFS) for the **Holiday Train Jamboree held at Christ's Family Church, Thursday,**

**December 8<sup>th</sup> at 6:30pm before the Holiday Train arrives at 8:30pm.** This is a **FREE** community event! Games, snacks, mini golf, Santa, coloring contest and more! Please park in the Depot Station Public Parking Lot across the RR tracks from CFC. Wear hats and mittens so you can enjoy this year's holiday concert. Don't forget to bring food items and/or monetary donations for HFS. *ALL are welcome!* Be on the lookout for further information on [Facebook](#) or your local newspaper.

The goal of the Holiday Train is to collect food and money for the local food banks and to raise awareness in the fight against hunger. Communities are encouraged to donate food and funds, all of which stays in their community.

## **NOON TIME AND WINTER WEAR**



Students in grades K-4 go outside at lunch time each day for 15 to 20 minutes. This is an important time for the children to get a little fresh air and exercise.

**We do ask that your child is dressed for winter weather [boots, hats, and mittens or gloves] to make their time outside more enjoyable.**

If the temperature is below 0° fahrenheit, or the wind chill is around that level, we will keep the students inside during recess time.

Supported by the Statewide Health Improvement Program, Minnesota Department of Health, and the Dakota County Public Health Department



Hastings  
School District #200  
December 2016

## **HEALTHY EATING**

*Here are some ways you and your family can eat a more healthful diet...*

### **Eat more fruits and vegetables.**

Make half your plate fruits and vegetables.

**Choose a variety of vegetables**, especially dark-green, red and orange vegetables, beans and peas.

### **Consume at least half of all grains as whole grains.**

Replace refined grains with whole grains.

**Include fat-free or low-fat milk and milk products**, such as yogurt, cheese and fortified soy beverages.

**Use oils to replace solid fats** where possible. For example, substitute canola oil for butter or shortening.

**Reduce daily sodium intake.** Processed foods contribute the greatest amount of sodium to the diet - check the amount of salt in convenience and restaurant foods and choose the food with lowest sodium.

### **Enjoy your food, but eat less and avoid oversized portions.**

**STRESS** is a part of all of our lives and is not going away. The American Psychological Association found that 73% of parents see family responsibilities as a considerable cause of stress. In other words, you are not alone. Mild to moderate levels of stress can be healthy for you, however too much stress can be problematic. People of all ages deal with stress in various ways.

**REFLECT:** Take a step back and look at how you deal with stress. Do you use unhealthy behaviors to cope? How can I improve my stress management skills? It is important to remember that parents are

models for their children. Parents who cope with stress in healthy ways create a foundation for their children to build upon in establishing healthy stress management.

**TALK!** If your child shows signs of worry or stress, ask them about it. Help them identify the feelings and discuss ways of dealing with stress. Find out what works for them, whether it be exercise, meditation, eating healthy, getting the proper amount of sleep, etc.

**SELF-CARE:** Healthy eating habits, exercise and getting enough sleep are ways to reduce the negative effects of stress. Set aside time to go for a bike ride, play catch, or go for a walk with your child. This will help clear the mind and make it easier to relax.

It is also important to know that if you are under significant amounts of stress, consult your health care provider and seek professional assistance.

---

### Hearing and Vision Screening

Elementary students in kindergarten, 2nd and 4th grade are in the process of being screened for hearing and vision. The building nurse will contact you if follow-up with a health care provider is recommended for your child. You will only be contacted if your child is recommended for referral. Contact the nurse if you have questions.

---

### Sternau and Associates

For well over two decades, Sternau and Associates have been providing free & confidential counseling and assessment services to the students of District 200. These licensed psychologists see students based on parent requests and/or staff referrals. If parents would like to have a conversation with Rene or Ruth, they can call 612-338-5267.

---

*The Hastings School District is working to improve the health and scholastic achievement of students. To learn more about the wellness initiatives in Hastings, check out the Smart Choices Website: <http://www.smartchoiceshastings.info>*



## HASTINGS COMMUNITY EDUCATION HAPPENINGS



Tilden Community Center,  
310 River Street, Hastings, MN 55033

### Opportunities for Kids

- ✚ **Holiday Extravaganza** - Thurs., Dec 1 from 5-7 pm; \$10 includes hot dog, chips, and cocoa; s'mores by campfire, holiday card crafting; photo op with Santa and outdoor activities. FREE adult chaperones are required. Space is limited and numbered for photo times. Call 651.480.8887 to register!
- ✚ **Letters from Santa** – Fill out a form to have a magical letter from Santa delivered from the North Pole! \$5 per form; drop off completed forms and payment at Hastings Community Ed by Friday, December 9<sup>th</sup>; letters will be delivered the week before Christmas. Contact Sara Lawrence for more information at 651.480.7673 or [slawrence@hastings.k12.mn.us](mailto:slawrence@hastings.k12.mn.us)

---

### ADULTS Classes

- ✚ **Candlelight Yoga** (ages 15+) Wed, Nov 30-Jan 4 - 6:00-7:00pm; Pinecrest Media Center, \$33.75
- ✚ **Gentle Yoga @ McAuliffe** (ages 15+) Thurs., Dec 1-Jan 5 - 6:00-7:00pm; McAuliffe Gym, \$33.75
- ✚ **Fingerpainting** (adults) Sat, Dec 3 - 9:30am-2:30pm; Hastings High School, \$49
- ✚ **Smartphones 1** (adults) Sat, Dec 3 - 10am-12pm; Hastings High School; \$19
- ✚ **Freezer Meal Workshop, 7 freezer meals serving 6 people per meal (adults)** Thurs, Dec 8 - 6:30-9:00pm; Hastings High School; \$99
- ✚ **Make Your Own Spa Products Using Essential Oils**, (adults) Sat, Dec 10 - 9:00-11:00am; Hastings High School; \$15
- ✚ **Smartphones 2**, (adults) Sat, Dec 10 - 10am-12pm; Hastings High School; \$19

- ✚ **The American Constitution – Our Founding Document**, (adults) Mon, Dec 12 - 6:30-8:30pm; Hastings High School; \$15
- ✚ **Stamp-a-Stack of Cards!** (adults) Tues, Dec 13 - 6-8:30pm; Hastings High School; \$9
- ✚ **Oula Dance-Fitness, Holiday Section** (ages 13+) Thurs, Dec 15-Jan 12 - 6:30-7:30pm; Kennedy gym; \$33.75

Watch for your WINTER-SPRING CATALOG coming to your home between the holidays!

Registration is necessary for all Community Education courses. Call 651-480-7670 or go online to register at [www.HastingsCommunityEd.com](http://www.HastingsCommunityEd.com)