

Hilda Lahti Elementary

HLE NEWSLETTER

Volume 1, Issue 4

December 6, 2021

**Principal:
Tammy McMullen**

Upcoming Events:

12/1-12/17- Holiday Hoopla Days

12/1- Late Start- 2hrs

12/15-Late Start- 2hrs

12/17-Student of the Month Assembly 2:00pm

12/17- 6-8th Sock Hop 2:30pm

12/20-1/2 Winter Break

1/4-Back to School!

Holiday Hoopla!

Greetings Hilda Lahti Families!!!

December started with some challenging news. Our staff team is working hard to educate your children in the best manner possible despite all the challenges of this world.

To encourage fun and cheer, we are engaging in Holiday Hoopla! Each day has a different theme. These are optional. We are just hoping to spread love and joy during this time!

Have a wonderful December and do not hesitate to contact me at any time to share positives or areas of concern! mcmullen@knappak12.org

Smiles,

Mrs. Tammy McMullen

Principal

AFTER SCHOOL EVENT REMINDERS

Masks are to be worn by all fans while in the building despite if it is a community or school hosted event. Participants must wear their masks while on the bench or sideline. Please make sure to adhere to these rules. We want to continue to have fans at our events!!!

Students are to be with their parents or an adult at all times at after school events. The hallways and common areas outside the gyms are not to be a play space for the younger students. We do not have concessions running for events at this time. If students are not in attendance at school during the day, they are not to be attending events at night.

5	6	7	8	9	10	11
	Celebrate the light! Wear blue and white 	Christmas Tree Day! Wear Green 	Holiday Words Wednesday! Wear a shirt with holiday words on it 	Holiday Head Wear or Wear Pink day! 	Flannel Friday! Flannel shirts, flannel pants, etc! 	
12	13	14	15	16	17	18
	Favorite Holiday Character Day! Deck the halls of HLE with elves, reindeer, snowkids, gnomes, ginger bread kids, etc.	Tacky Tinsel Tuesday! Sparkle, tutus, light necklaces, etc. Tacky it up! 	Classroom Choice! Each homeroom will come up with an idea for their dress up day!	Wear your ugliest sweater or your fanciest clothes! 	'Twas the night before Winter Break... Pajama Day! 	

MIDDLE SCHOOL ATHLETES!!!!

7th and 8th grade Boys Basketball practices are suspended until further notice!

Wrestling and Girls Basketball will start after break!!!

Contact the office for more info!
You must keep up your grades, attendance, and be a good school citizen to participate in games.
We are cheering you on!
Go Bulldogs!

Please be sure to have a sports physical on file at the office.

WINTER BREAK
12/20-1/3



DECEMBER IS EMPATHY MONTH!

EMPATHY: *the ability to understand and connect to the feelings of another.*

Conversation Starters:

- Empathy is about understanding how somebody else is feeling. It is about switching places and perspectives with them to imagine what they're going through. Share with one another about a time when you wished someone had shown more Empathy for you.
- Some people say that Empathy is "feeling with people." What could it mean to feel "with" someone? How can that be hard?
- Empathy requires a level of mindfulness that helps us be aware and notice how others are acting or speaking. Only then can we practice empathy. What are ways that we might practice mindfulness to become better aware of those around us? Ideas may include deep breathing, checking in with your five senses, doing a body scan, art, mindful walking.



PLEASE KEEP ILL STUDENTS OUT OF SCHOOL

The list below gives school instructions, not medical advice. Please contact your health care provider with health concerns. We will partner with the local public health authority to manage COVID-19. Anyone exposed to COVID-19 must stay out of school until their quarantine is over. Fully-vaccinated people may receive different instructions.

SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER...
 Fever: temperature of 100.4°F (38°C) or greater	*Fever-free for 24 hours without taking fever-reducing medicine AND after a COVID-19 test is negative, OR 10 days if not tested.
 New cough illness OR New difficulty breathing	*Symptom-free for 24 hours AND after a COVID-19 test is negative, OR 10 days if not tested. If diagnosed with pertussis (whooping cough), the student must take 5 days of prescribed antibiotics before returning.
 Headache with stiff neck or with fever	*Symptom-free OR with orders from doctor to school nurse. Follow fever instructions if fever is present.
 Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
 Vomiting: one or more episode that is unexplained	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
Skin rash or open sores	*Symptom free, which means rash is gone OR sores are dry or can be completely covered by a bandage OR with orders from doctor to school nurse.
Red eyes with eye discharge: yellow or brown drainage from the eyes	*Symptom-free, which means redness and discharge are gone OR with orders from doctor to school nurse.
Jaundice: new yellow color in eyes or skin	*After the school has orders from doctor or local public health authority to school nurse.
Acting differently without a reason: unusually sleepy, grumpy, or confused.	*Symptom-free, which means return to normal behavior OR with orders from doctor to school nurse.
Major health event, like an illness lasting 2 or more weeks OR a hospital stay, OR health condition requires more care than school staff can safely provide.	*After the school has orders from doctor to school nurse AND after measures are in place for the student's safety. Please work with school staff to address special health-care needs so the student may attend safely.



Family communication in one place!!!

If you have not set up your Parent Square account, please do so!

If you have not received messages, please update your information with the office.

When you set up your account, you have the ability to get messages immediately or at the end of the day. Sometimes, we will override this for messages we want to get out immediately.

You are also able to contact staff through this system.

COVID-19 SAFETY PROTOCOLS

Masks are required in-doors. Outdoor recess, PE, and activities are exempt from masking. We will continue to keep a daily log when students arrive for contract tracing. We will wash hands and sanitize often. OHA will be reevaluating the mask policy monthly. The lunch room seats are six feet apart. Students inside are allowed to be 3 to 6 feet apart with proper masking.

Empathy is simply listening, holding space, withholding judgement, emotionally connecting and communicating that incredibly healing message of YOU ARE NOT ALONE!
—Brene Brown



Hilda Lahti Elementary

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We are on the web:
www.knappa.k12.or.us



Find us on Facebook!

Hilda Lahti Elementary/Middle School



FAMILY REMINDERS:

- *Masks are required on buses and indoors. Please have a mask for your child for these locations. A lanyard might be a good idea for taking off and on.*
- *Please call the office if your student will be absent.*
- *You must always check in and check out from the office when at HLE.*
- *You must have a current and approved background check on file if you plan to volunteer or chaperone ANY event at the Knappa School District. Please have it filled out at least 1 week prior to the event.*
- *Younger siblings of students are not allowed to be with you when volunteering or chaperoning.*
- *When attending JH or HS events your child is to be supervised at all times. We tell the kids they are there to support the students they are there to watch. School rules apply at all events.*

Mission:

The Knappa School District will INSPIRE all learners to ACHIEVE academically and THRIVE as independent and PRODUCTIVE citizens.

Vision:

All learners prepared to RISE to the opportunities and challenges of the world.

HLE TEACHERS AND STAFF

Kindergarten:

Hailey Loughran, Kacy Stripling

First Grade:

Emma Mullins and Hannah Johnson

Second Grade:

Maddy Buoy and Kendall Rehn

Third Grade:

Margie Fry, Heather Simpson, and Chelsea Haataia

Fourth Grade:

Rory Boardman and Stephanie Osterlund

Fifth Grade:

Lori Hulti/Tashi Gremer and Christal Miller

Sixth Grade:

Cori Jones and Wendy Montgomery

Learning Center:

Brittany Norton, K-5

Lisa Graham, 6-8

7th/8th grade Staff:

Brittany Burke, Lucille DeVargas, Bryan Lempea, Cori Jones, Paul Isom

Community Connector:

Ian Knighton

Title I/Knappa Connect

Carrie Palenske

Knappa Virtual Academy

Melissa Reid

Physical Education K-6:

Tim Miller and Melissa Collier

Music Education:

Jim Achilles

Counselor:

Ashlee Myers and Chris Gremer

English Language Learners:

Lori Linton

Speech/Language Pathologist:

Liz Jolley

OFFICE STAFF:

Head Secretary:

Shannon Harrington

Assistant Secretary:

Rachel Justus

School Nurse:

Katie Montgomery

Knappa Early Learning:

Marissa Schaeelling

Support Staff:

Lynne Barendse

Micala Dawkins

Brandi Encinas

Becky Gebhardt

Jacki Gourd

Chiyomi Honma

Lacey Hoyer

Ashley Inniss

Raija Jaakola

Jessica Jackson

Breanna Kinder

Julia Miethe

Tina Nicholson

Kathy Patterson

Laura Schlip

Diana Strain

Heather Tadei

Melissa Takalo

Renee Tarabochia

Kathy Tilander

Deirdre Welch

Patti Whiteside

Maintenance:

Bob Brockey

Mike Gribbin

Sheri Jacob

Stan Sporsteen

Casey VanGundy

Bus Garage:

Sarah Cameron

Ty Cope

Lisa Graham

Jay Mitchell

Sharon Olsen

Shelley Perdue

Joe Pietsch

Selena Poe

Angela Taggert

Janet Vincent

Jaqueline Whitten

