

Message from Mr Healy and Ms Dahlem

Dear Hugo & Oneka Families,

Just like that...it's a new year and I want to take this opportunity to welcome everyone to 2019. Wow!!! The kids were super excited when they got off the bus on Jan. 2nd. What a great way to start the year.

The biggest event that is upcoming has to be the BINGO NIGHT at Oneka on Feb 1st sponsored by our wonderful Hugo.Oneka PTA. I believe that event goes from 6 to 7:30 pm. Stay tuned! More info from the PTA to follow.

Speaking of the PTA. The next PTA meeting will be on Jan. 14th in the media center at Hugo Elementary starting promptly at 6 pm. Please consider attending to learn about all of the wonderful things the PTA does for our schools. These meetings typically last one hour and free child care is provided.

Finally, the cold weather continues to provide opportunities for reminders:

- Always have a winter cap, gloves/mittens, boots, snow pants, and coat.
- Make sure you label all of your items.
- Finally, remember our -10° rule. If the temperature or wind chill is below -10°, the students stay in during recess.

Have a great start to your new year.

Sincerely,

Mr Healy & Ms Dahlem



Important Information

Contact Information

Hugo Elementary - Jason Healy - 651-653-2798

Attendance - 651-653-2621

Health Office - 651-653-2622

Dismissal email: HugoDismissalRequest@isd624.org

Oneka Elementary - Teresa Dahlem - 651-288-1800

Attendance - 651-288-1802

Health Office - 651-288-1803

Dismissal email: OnekaDismissalRequest@isd624.org

Calendar Items

January 10	Kindergarten Information Night - 6:00p @ Hugo
January 21	No School - MLK Day
January 25	End of Qtr 2
January 25	North Side Orchestra Lock-In @ North Campus HS
January 28	No School - Teacher work day
February 1	Family BINGO night @ Oneka
February 4 - 7	Book Fair @ Hugo
February 5	Orchestra Concert - 6:00p North Campus
February 8	"Because of Winn Dixie" showing for Oneka Students 6p
February 11	PTA Meeting @ Oneka 6:00p
February 15	No School
February 18	No School - Presidents Day
February 21	5th Grade Music Concert
February 25	Lifetouch Class and Spring Pictures - both schools

Other Information

Kindergarten Information Night and Tours

- Tours: January 7 and 9
 - 10:00 am - Hugo Elementary
- Information Night: January 10
 - 6:00 pm - Hugo Elementary



5th Grade Orchestra Concert

- February 5th, 6:00pm - North Campus
- Orchestra students need to arrive by 5:15
- Need to wear: Black pants/shirt/dress, black shoes and socks, and a tank top or t shirt. Students will get their orchestra polo shirt at the concert.
- Please come support our orchestra students!



Winter Weather Policy

Students will be going outside for recess if the temperature or wind chill is -10 or above.



Needed: Gently Used Board Games

The Hugo SpEd and behavior intervention groups are looking for gently used board games. If you are looking to get rid of any, please consider donating them to the Hugo SpEd department. You can drop them off in the Hugo Main Office, attn: Cara Cardoso. Thank you

Hugo & Oneka PTA

PTA. Every Child. One Voice.

January 2019

Seeking Members - Please Join Us!

Our current PTA membership is down.

- **WHO:** YOU!!! We would love to have more returning members along with some new, caring parents and teachers join our Hugo & Oneka PTA! Be involved - make a difference!
 - New membership forms/dues need to be renewed every school year.
- **HOW:** Simply fill out a PTA membership form (email hugoptasec@gmail.com if you need a copy or pick one up at a meeting), attach the \$10 membership fee, and return it to your child's teacher or turn it in to a board member at a PTA meeting.
- **WHAT:** Your \$10 annual membership to the Hugo/Oneka Elementary PTA includes a \$2.25 membership fee to the National PTA, a \$4.00 membership fee to the Minnesota PTA, and \$3.75 to help offset the costs of our local PTA so more incoming funds go directly to students.
- **WHY:** PTA membership gives you a voice in the planning and execution of incredible and vital PTA sponsored events, direct interaction with the school staff and administration, and most important, a front row seat to your child's academic world!!

PTA Meetings

What happens at a PTA meeting?? We hear this question a lot! January is New PTA Member Month! In celebration, we'd like to extend an invitation for anyone who has ever been curious about what we do to check out our Open Meeting. **You do not need to be a member to attend a meeting.** While there are some business items that we need to take care of each month, we try to move through them quickly and have a goal of hour-long meetings. Learn about what is going on in the school with reports from Mr. Healy & Ms. Dahlem. Find out what teachers are passionate about and what they are doing in their classrooms. Brainstorm ideas about how we can best support the students and staff of Hugo & Oneka. Offer insights in planning and helping us run our fundraising and social events. Free childcare is always available! We value your time and your participation in helping our schools be the best that they can be for the success of our teachers and students. **Please join us!**

PTA Budget ~ 2018-2019

We have an annual fundraising goal of \$55,300.00. Where does all of that money go? That's a great question! We raise money throughout the school year to support so many educational experiences for our teachers and students! Our teachers and students would not be able to do a lot of the things that they do within their classrooms without your generous support. Updates are given at our monthly meetings. Please join us to learn, discuss, and decide how best to allocate fundraising dollars.

Box Tops Competition - January 31st Deadline

This is such an easy way for our schools to earn money! Our Box Top committee is holding a contest, running from December 1 - January 31 to see which classrooms can collect the most Box Tops. **The top classroom from each grade will win a sledding party with Mr. Healy and Ms. Dahlem!!** Please make sure Box Tops are **neatly clipped** and **do not expire before March 1st, 2019** (submission date). Please fill out the collection sheet that was sent home in Friday Folders, or fill plastic baggies (50/bag) with teacher's name and the number of Box Tops included on each bag.

FREE Bingo Night - February 1st

Join us for an evening of FREE **BINGO** fun! This is a school community event, sponsored by the PTA, that benefits our local Hugo food shelf. It will be held Friday, **February 1st, 6:30 – 8:30 pm in the Oneka Elementary gymnasium**. Please bring personal care (toothpaste, deodorant, shampoo, etc.) or non-perishable food donations for the food shelf, as well as candy donations to be used as prizes for BINGO. In years past, our school families have done an amazing job contributing to a our local Hugo food shelf, a vital organization, through this tremendously fun event. **Let's show our community support** on February 1st and enjoy playing some BINGO! Water and healthy snacks will be available for purchase throughout the event. Please contact Stephanie at eslohmann@msn.com to volunteer or with questions.

"Dino-Mite" Hugo Book Fair - February 4th-7th

Come and support our schools by purchasing books (make wonderful gifts) and/or volunteering to help at Hugo Elementary's Scholastic Book Fair. Books can also be purchased to donate to teachers from their wish lists. The book fair will take place in the Hugo Elementary Media Center on Monday, February 4th from 3:30 pm-7:30 pm and February 5th-7th from 9:00 am-7:30 pm. Proceeds benefit classroom libraries, as well as the Hugo Media Center. To volunteer for a 2 hour shift, click the Sign-up Genius link:

<https://www.signupgenius.com/go/70a0a44a8a929a3f94-hugo>

Hugo/Oneka Adult Game Night

We are hosting a new, adult only, fundraiser the evening of Friday, March 29th at the Hugo American Legion. This will be a great way to mingle with other parents, staff, and community members while raising money for new Chromebooks and updating technology in the media center. The committee is looking for volunteers to help plan/organize and for sponsors for the event. **The next planning meeting is on January 18th at 7:30 at Savoy's in Hugo**. Please email committee chair, Angela Thompson, at angela021774@gmail.com if you are interested in helping/sponsoring a table!

Color Run - May 4th - Planning Help Needed

This is a very SUCCESSFUL and POPULAR fundraiser for our school! We are in need of some people to form a planning committee together with chair, Jen Larson. Please contact Jen at jennifer.larson30@gmail.com to help with this exciting event!

Hugo/Oneka PTA in the Digital Age

We are working to make information about PTA more easily accessible through the use of technology and social media. We are hoping to better reach you for ideas, suggestions, and help.

- Our PTA **meeting minutes will now be posted on our current website as a DRAFT** shortly after our meetings are held. This will allow both teachers and parents who cannot attend meetings access to pertinent and current information.
- Preparations are well under way to create the Hugo/Oneka PTA website! The website will include information on what our PTA does, how to be involved, and how your generous donations are being used in your child's education. As the site is built, we are taking suggestions and requests for content to be included on the site. Send any suggestions or requests to lauren.a.schleicher@gmail.com. Thanks!
- Please also search for "Hugo/Oneka Elementary PTA" and **like us on Facebook!**

Next PTA Meeting - January 14th, 2019

We would like to personally invite you to our next meeting on Monday, January 14th at 6:00 pm in the Hugo Media Center. All are welcome; you do not need to be a member to attend! We will hear updates on the planning of Bingo Night, Hugo Book Fair, and Adult Game Night. We will also discuss the progress in creating our PTA website. Ideas, suggestions, and volunteers are welcome!

Important Upcoming Dates

January 14th - Open PTA Meeting, 6:00 pm - Hugo Media Center

January 31st - Box Top Competition Deadline

February 1st - Bingo Night, 6:30-8:30 pm - Oneka Gymnasium

February 4th-7th - Hugo Book Fair - Hugo Media Center

*****Free Childcare provided at every PTA Meeting!*****

Contact Information

Email: hugoptasec@gmail.com

Online: Click [here](#)

Facebook: Click [here](#)

SignUpGenius: Click [here](#)

2018-19 Board:

President: Angela Thompson - angela021774@gmail.com

Vice President: Cassandra Gomez

Treasurers: Toni Brandvold & Lauren Schleicher

Secretary: Katie Jones - hugoptasec@gmail.com

Is My Child Well Enough To Go To School?

Use this sheet to help determine if your child is healthy enough to go to school or if they need to stay home to help prevent the spread of illness. *If your child is home ill, please call the attendance line daily to report the absence and the illness.*

KEEP YOUR CHILD HOME IF:

- They have a **FEVER** ($\geq 100^\circ$). **Students must stay home until they have been fever free for 24 hours** without the aid of fever reducing medication. Measure your child's temperature before giving medications to reduce fever.
- They are **VOMITING** (two or more episodes). **Students must stay home for 24 hours after last episode.**
- They have **ANY RASH** that may be disease related, or the cause is unknown. Check with your child's physician before returning to school.

If your child has **DIARRHEA**, please abide by the following:

- **Early Childhood/Preschool Aged:** Keep your child home until 24 hours after diarrhea has stopped.
- **School Aged:** Your child can attend school unless they are not feeling well and/or have diarrhea and need to use the bathroom frequently. (Schools may require exclusion during outbreaks.)

Please refer to this chart for information on other common childhood illnesses and exclusion criteria for school.

DISEASE	SYMPTOMS/SIGNS	INCUBATION PERIOD/ CONTAGIOUS PERIOD	SCHOOL EXCLUSION
Chicken Pox	Mild fever, generalized skin rash that begins on the chest, back, underarms, neck, and face. Rash begins as red bumps and within several hours, the bumps turn into small blisters, and then scabs after a few days. The sores commonly occur in batches with different stages (bumps, blisters, and sores) present at the same time.	<u>Incubation:</u> 10 to 21 days after exposure <u>Contagious:</u> From 1 to 2 days before rash begins and until all blisters have become scabs (generally within 5 days)	Exclude until all blisters have dried into scabs; usually by day 6 after the rash began.
Common Cold and Respiratory Infections (Viral)	Runny/stuffy nose, sneezing, chills, tiredness, muscle aches, sore throat, cough that lasts 2 to 7 days. High fever and headache are rare.	<u>Incubation:</u> Up to 10 days <u>Contagious:</u> Shortly before symptoms start through duration of acute symptoms (~5 to 8 days)	Exclude until child is well enough to participate in routine activities. If fever is present, exclude until 24 hours after fever free, without the use of fever reducing medication.
Conjunctivitis (Pink Eye)	Redness, itching, pain, and discharge. Purulent conjunctivitis has a thick white/yellow eye discharge and eye pain Nonpurulent conjunctivitis has a clear, watery eye discharge and no pain	<u>Incubation:</u> 1 to 12 days after exposure (usually 1 to 3 days) <u>Contagious:</u> While symptoms are present	Purulent - Exclude until examined by health care provider and approved for readmission. Nonpurulent - No exclusion.
Fifth Disease	Rash, possibly low-grade fever or sore throat. Rash typically is an intense redness of the cheeks (a "slapped cheek" appearance) at first and spreads to rest of body with a fine, lacy, pink appearance.	<u>Incubation:</u> 4-21 days <u>Contagious:</u> Before the rash appears	No exclusion, if health care provider rules out other rash-causing illnesses.

Impetigo	Typically begins at a break in the skin (ex: cut, bug bite). Sores form on skin and produce a thick golden-yellow discharge that dries, crusts, and sticks to skin.	<u>Incubation:</u> 1 to 10 days <u>Contagious:</u> Until sores are healed or child has been treated with antibiotics for 24 hours	If confirmed by health care provider, exclude until 24 hours after treatment has been initiated and sores are drying or improving.
Influenza	Starts quickly with fever (100°-102°), chills, body aches, fatigue, weakness, headache, cough, runny/stuffy nose, and sore throat. Usually lasts 3 to 7 days.	<u>Incubation:</u> 1 to 4 days <u>Contagious:</u> Most contagious for 24 hours before symptoms begin, after symptoms contagious for up to 7 days	Exclude until 24 hours after fever is gone, without the use of fever reducing medication.
Hand, Foot, Mouth Disease	Low grade fever lasting 1-2 days, runny nose and/or sore throat. Blister-like rash occurs in the mouth, on the sides of the tongue, inside the cheeks, and on the gums. Sores may last 7 to 10 days. Blister-like rash may also appear on palms, fingers, soles of feet, or buttocks.	<u>Incubation:</u> 3 to 6 days after exposure <u>Contagious:</u> For the first week of illness and possibly for several weeks afterwards	Exclude until fever is gone and child is well enough to participate in routine activities (okay if sores or rash are still present)
Head Lice	Itching of the head and neck. Look for crawling lice in hair, eggs/nits glued to hair shaft (usually behind ears and back of neck), and scratch marks on head or back of neck at hairline.	<u>Incubation:</u> 7 to 10 days from when eggs are laid until they hatch <u>Contagious:</u> Until treated with lice treatment product	No exclusion, but treatment is strongly recommended before returning to school.
Mononucleosis	Fever, sore throat, swollen glands (especially behind neck), headache, tiredness, and sometimes a rash.	<u>Incubation:</u> 4 to 6 weeks <u>Contagious:</u> Many weeks to a year or more	No exclusion as long as student is able to participate in routine activities.
Ringworm	Flat, spreading, ring-shaped areas on the skin called a lesion. Edge of lesion may be dry and scaly, or moist and crusted. As lesion spreads outward, the center often becomes clear. On feet, also known as "athlete's foot" and is a patchy scaling or cracking of the skin on the foot.	<u>Incubation:</u> 7 to 21 days <u>Contagious:</u> As long as lesions are present but reduced once treatment has begun	Exclude until treatment has been started.
Scabies	Rash consisting of pink bumps or tiny blisters and intense itching, which may be more severe at night. Rash often in folds of skin between fingers, around wrists and elbows, armpits, knees, waist, thighs, etc.	<u>Incubation:</u> 2 to 6 weeks <u>Contagious:</u> From the time a person acquires the mites (before rash appears) until 24 hours after treatment begins	Exclude until 24 hours after treatment begins.
Streptococcal Sore Throat (Strep Throat)	Sudden fever, red sore throat, and swollen glands. Headache, nausea, abdominal pain, and vomiting possible.	<u>Incubation:</u> 2 to 5 days <u>Contagious:</u> Until 24 hours after antibiotic treatment begins	Exclude until 24 hours after antibiotic treatment begins and child is without fever.

*If you are unsure whether or not to send your child, contact your child's medical provider or school health office.

Information adapted from Hennepin County Medical Center Infectious Disease in Schools Manual, last updated September 2015.

More information is available at <http://www.hennepin.us/ChildcareManual>

This guide is not intended to replace medical care. Please consult your primary care provider for more information.

Spanish Tongue Twister Contest

Students can practice their Spanish pronunciation with this fun, monthly contest!

Try to memorize the tongue twister and say it to your Spanish teacher three times fast!

Please see your teacher before/after school OR post a video of it on your Spanish Seesaw journal!

January's Tongue Twister:

A-E-I-O-U

el burro sabe más que tú



Monthly Staff and Community Mental Well-Being Series

District staff and families are invited to attend monthly presentations focused on mental well-being.

Using Mindfulness to Increase Well-Being and Effectiveness in the Classroom and at Home

Presented by Heather Hessel PhD, LMFT, Intuitive Therapy and Counseling, White Bear Lake (www.intuitivetherapyclinics.com)

7-8:30 p.m.

Jan. 15

WBLAS - North Campus Theater

(5045 Division Avenue, WBL)

Description of the Program:

Research has shown that the average person pays attention to what's in front of them only about half the time, and that not being "in the present moment" is related to unhappiness, dissatisfaction, and distraction. In this session we'll look at the core components of mindfulness and explore some simple mindfulness activities that can be used to build the muscle of "staying present," leading to greater well-being and more satisfying relationships at work and at home.

UPCOMING EVENTS IN THE SERIES

Feb. 19 (7-8:30 p.m. at North Campus Theater)
The Fallacy of Perfect Parenting by FRrē Family Recovery Resource Experts, St. Paul, MN

March 19 (7-8:30 p.m. at North Campus Theater) ADHD/ADD Supports and Toolbox by Nicole McKinney, WBLAS

April 16 (7-8:30 p.m. at North Campus Theater) Healthy Teens and Safety by Ramsey County Public Health

May 21 (7-8:30 p.m. at North Campus Theater) Finding Self-Control: Responses to Children's Emotional and Physical Outbursts by Jenny Hanlon, M.Ed, WBLAS



Series sponsored by
White Bear Lake Area Schools
Student Support Services Department.

   /isd624
www.isd624.org



Everything you need to know about Fortnite

I first heard about Fortnite from my grandson. It was all he wanted to do and all he talked about for weeks. In the classrooms I visited kids often walk into their classrooms in the morning and Fortnite is what's on their mind. Often they've played with their classmates during the evening. Now I love technology. I am an Innovation coach. My job is to love integrating technology and innovation through the 4 Cs into classrooms. The four Cs are communication, collaboration, critical thinking, and creativity. I decided I better figure out what Fortnite was all about. Common Sense Media is an excellent source of information about appropriate apps, websites, movies, and digital tools. It is the basis of many of our digital citizenship lessons. Please take the time to read [this article on Fortnite](#).

Should I buy my child a cell phone?

When my daughter was in 7th grade she told me she was the only person she knew who didn't have a cell phone. I thought she had to be exaggerating. When thirty of her friends were gathered for a retreat weekend, I asked them. How many of you have a cell phone? And yes, my daughter was the only one out of the thirty who did not have a cell phone. Here is a [great article](#) on if and when your child should have a cell phone and what "rules" should come with that cell phone.

Podcasts to listen to with your Tween!

It is often a struggle to have common media to listen to with your upper elementary student. Here are some [great podcasts](#) your Tween will love and so will you.

Happy New Year!

LuAnne Oklobzija
Elementary Innovation Coach

Nick Marty
Elementary Innovation Coach



Family Movie Night

JOIN WBL's INDIAN ED. COMMUNITY
IN WATCHING DISNEY'S

BROTHER BEAR

TUESDAY, 15
JANUARY

WBL SOUTH
CAMPUS
AUDITORIUM
3551 MCKNIGHT RD N

6 : 00 IN THE
EVENING

LIGHT SNACKS WILL BE PROVIDED BY
WBL INDIAN EDUCATION
FREE AND OPEN TO THE PUBLIC
