

FEBRUARY

UpHill



HILL ELEMENTARY SCHOOL
A National Exemplary Blue Ribbon School

4600 Forsyth Avenue, Troy, Michigan 48085
248/823-3500 -- Fax: 248/823-3513
Website: <http://hill.troy.k12.mi.us/>



JANICE BRZEZINSKI, PRINCIPAL
Charla Lau, Head Teacher
Donna Shoemaker, Secretary
Cathy Peterson, Secretary



Hill's Mission Statement – Our purpose at Hill School is to provide a safe environment and ensure learning for all members of our school community.

February 17, 2012

Accredited by the North Central Association of Colleges & Schools

Volume 12 * Issue 11

Upcoming Events:

MIDWINTER BREAK: 2/20/12 & 2/21/12.
CLASSES RESUME WEDNESDAY, 2/22/12.

WEDNESDAY, FEBRUARY 22ND

THURSDAY, FEBRUARY 23RD

Brain Freeze Day

- 8:30-9:00 am (before school) Title One (Rm. 6)
- 12-12:45 Jr. Great Books (LGI)
- NO AFTER SCHOOL HOMEWORK CLUB
- 6:00-8:30 pm PTO Science Night (Gym, Cafeteria, LGI)

FRIDAY, FEBRUARY, 24TH

- 8:30-9:00 am (before school) Title One (Rm 6)

MONDAY, FEBRUARY 27TH

- 12-12:45 Jr. Great Books - 4th Grade (LGI)

TUESDAY, FEBRUARY 28TH

- 8:30-9:00 am (before school) Title One (Rm 6)
- 9:20 am Got Caught-5th Grade
- 4-4:45 pm (after school) Homework Club (Media Ctr.)

WEDNESDAY, FEBRUARY 29TH

THURSDAY, MARCH 1ST

Brain Freeze Day

- 8:30-9:00 am (before school) Title One (Rm. 6)
- 10:00 am International Festival School Performance-3rd Gr.
- 12-12:45 Jr. Great Books (Room 3)
- 4-4:45 pm (after school) Homework Club (Media Ctr.)
- 7:00 pm International Festival - 3rd Gr.

FRIDAY, MARCH 2ND

- 8:30-9:00 am (before school) Title One (Rm 6)



Congratulations again to Madison K. & Dario B. for winning Principal for the Day and Secretary for the Day at our fall Jog-a-Thon fundraiser! We hope they enjoyed themselves as much as we enjoyed having them in the office - they were great helpers!





Parent/Teacher Spring Conferences

Thursday, March 15, 2012

1:20-4:00 PM and 5:30-8:15 PM



Conference invitations have been sent out to parents in Grades 1-5 based on teacher request. If your child's teacher did not request a conference with you but you wish to have a conference with your child's teacher, please call the school office to schedule a conference time with your child/children's teacher/s if available. Because only half the number of conference slots are available as in the fall not all parents will be scheduled for a conference.

NOTE: Kindergarten teachers will meet with ALL parents. We are implementing a new sign-up system using an on-line system in the fall, and will test it with Kindergarten this spring. Instructions will be sent home electronically on how to sign up. Kindergarten parents will be able to sign up on-line for their conference time and reminder notes will be automatically sent to you.

Our First Grade and Mrs. Kniseley (and all helpers) put on a fantastic First Grade Informance once again!!! Great job everyone!



If you missed Dr. Firestone's presentation regarding the benefits of full-day kindergarten, there is a link on the Troy School District website to view it.

www.troy.k12.mi.us.



Step up to the Plate for Troy Schools is Sunday, Feb. 26th through Thursday, March 1st. See attached flyer for details.



Book Fair Volunteers Needed!

The Hill 2012 Book Fair is coming next month and plenty of parent volunteers are needed to ensure its success. Our Book Fair is held during March is Reading Month part of our effort to promote reading and literacy, and it benefits the media center, allowing us to purchase books and additional items for our collection. Parent volunteers are an important part of enabling the Book Fair to run smoothly and be successful and are needed to help with set-up, classroom previews, purchasing, and pack up. See the schedule below. Plans are to offer online volunteer sign-up through the VolunteerSpot website, but in the meantime, if you are willing to help, please contact Martha Babcock, Media Aide, by email mbabcock2@troy.k12.mi.us, or by calling the school, 248-823-3500. Let us know the days and times you are available and we'll find a spot for you!



Book Fair Schedule

Set-up Wednesday: March 21

Classroom Previews: Thursday, March 22

Parent Purchasing: Thursday evening, March 22, 6:00-6:30 and 8:00-8:30
(before and after Kindergarten Round-up)

Student Purchasing: Friday, March 23, through Wednesday, March 28

Parent Afterschool Purchasing: Friday, March 23; Monday, March 26; and Tuesday, March 27

Pack-up: Thursday, March 29

NOTES FROM THE OFFICE

- If your child is tardy, you **MUST** come in the office and sign him/her in. This is a safety issue.
- Please call all tardies/absences into the attendance line (248-823-3501). This line is available 24 hours a day.
- Let's avoid classroom interruptions - it affects learning for all children in the classroom:
 - If you plan on picking your child up an appointment or other reason, please advise your child's teacher of your plans so they can be prepared. An email and/or note sent with your child is best. A phone call to the office to pass a message on requires interruption of the entire class, so please try to plan ahead!
 - Please make sure your child has everything he/she needs for school before leaving home. Again, forgotten items that are brought to school after the bell rings disrupts the rhythm of the classroom.
- Winter/spring in Michigan is very unpredictable. Heavy coats, boots, hats & gloves are a must. Extra socks in the backpack are suggested also.



PTO NEWS & REMINDERS:

Box Tops Contest #2 Ends Wednesday, February 22nd



Please trim them on the dashed line before placing them in a baggie or envelope. Remember, the class that collects the most Box Tops (prorated) wins a SLURPEE & POPCORN PARTY! Don't forget to send in any store register bonus points as well!

Claudia Ferens Endres

Box Tops Chairperson

claudia.endres@comcast.net

Dear 4th grade parents, **I need your help!!**

The afternoon of March 9th 2012 our Fourth Graders will participate in the Disability Awareness Workshop held at the Troy School District Services Building. For this event to run we need **18 volunteers**. This is a fun and interactive workshop where the children go through 10 stations and experience different kinds of disabilities. The volunteers help run each station. It is a short event: we need your precious help from 11:30 to 2:00. If you are able to help, please contact me by email at mmilliard2@troy.k12.mi.us or by phone at 248-457-1775.

Thank you so much! Melanie Milliard ☺

SAVE THE DATE: Mom-to-Mom sale at Hill will be Saturday, March 10th from 8:00 a.m.-1:00 p.m.



ENTERTAINMENT BOOKS STILL ON SALE - Please purchase in the office for \$10.

UPCOMING EVENTS:

2/20/12-2/21/12: Mid-winter break-NO SCHOOL

2/22/12: School Resumes

2/23/12: 6:00 pm Science Night

2/28/12: 9:20 am "Got Caught" – 5th Gr.

3/1/12: 10 am – 3rd Gr. International Festival Performance

3/1/12: 6 pm – 3rd Gr. International Festival Performance

3/9/12: Disability Awareness – 4th Gr.

3/10/12: Mom to Mom Resale @ Hill

3/12/12: Fun Day Pictures

3/15/12: Half Day (Spring Conferences)

3/22/12: Book Fair begins (through 3/29)

UPCOMING EVENTS:

3/27/12: Bunny Face Painting

3/28/12: Safety Bear (Grades 1-2)

3/28/12: Red Cross Blood Drive

3/30/12: Half Day

SPRING RECESS: 4/2/12-4/6/12

4/11/12: Market Day Order Due

4/12/12: End of 3rd Marking Period

4/12/12: Market Day Internet Order Due

4/17/12: Board of Education Mtg. (Serv. Bldg)

4/18/12: Market Day Pick Up

4/19/12: 5th Grade to Larson Middle School

4/19/12: PTO Meeting @ 7:00 pm

4/23/12: Report Cards Sent Home

4/23/12-4/25/12: 5th Gr. Camp



TROY SCHOOL DISTRICT

4420 Livernois ♦ Troy, Michigan 48098

248-823-5081 ♦ FAX 248-823-5050

Karen Rockwell, Cable Coordinator

krockwell2@troy.k12.mi.us

Watch the

Rationale & Benefits of Full-Day Kindergarten

Featuring Joan Firestone, Ph.D.

on

TS-TV Troy Schools

WOW – Channel 15

Comcast – Channel 19

Friday, February 17 through Sunday, February 19

11:30am & 6:30pm

**To view on the Troy School District website go to
www.troy.k12.mi.us/tsdnews/video.htm**

Hill Elementary School

~ MOM 2 MOM SALE ~

Saturday, March 10th, 2012

Early Bird Admission begins at 8 am - \$2

8:30 am – 1:00 pm

\$1 Admission

Hill Cafeteria & Gym Big Ticket Items- LGI

****Hill Families: Deadline to rent tables: February 17th.**

Please visit: <http://www.mom2momlist.com/list/spring.shtml>

Or the Hill PTO webpage:

<http://sites.google.com/site/hillelementaryptopages/home>

To find table rental contract.

Table Rental Information

6' table (provided) = \$18

6' table (provided) & rack space (rack not provided) = \$20

Cafeteria table w/ stools=\$25

Large Item Room = \$1/ item

(Set-up Friday, March 9th from 5-8 pm)

For more info or to VOLUNTEER: Contact Stacey Capitanio at
(248)229-3019 or stacey.capitanio@ralphlauren.com

Hill Elementary School

~ MOM 2 MOM SALE ~

Saturday, March 10th, 2012

We are looking for volunteers to assist with the Mom 2 Mom sale.

Please fill out the volunteer form if you are interested and send back to school. We will contact you closer to the date with more information.

For more info or to VOLUNTEER: Contact Stacey Capitanio at
(248)229-3019 or stacey.capitanio@ralphlauren.com

Name:

Phone #:

Email:

Date Available to help:

****Friday March 9th from 4-8 pm**

****Saturday March 10th from 7:30 am- 2:00 pm**

Troy Chamber of Commerce Member Restaurants Present



Sponsored by i9 Sports

Sunday, February 26 - Thursday, March 1, 2012

**Receive 20% off your food purchases at participating restaurants
(and potentially earn a cash prize for the Troy School District school of your choice)**

Here's how you can support your local schools:

Choose a restaurant from the list below. **Enjoy a meal with your family or friends.**

Present the flyer, ad, email or Smartphone with message to receive discount. Take your receipts to the office of your favorite Troy School District school. Repeat! Submit as many receipts as you'd like.

Participating Restaurants

Bailey's Sports Grille

(1965 W. Maple Rd., bet. Coolidge & Crooks Rd.)

Brooklyn Pizza

(3141 Crooks Rd., north of Big Beaver Rd., on west side)

Crumpets

(2601 W. Big Beaver Rd., in the Somerset Inn)

Dickeys Barbecue Pit

(3672 Rochester Rd., bet. Big Beaver & Wattles Roads, on east side)

Grand Traverse Pie Company

(1446 W. Maple Rd., NW corner of Crooks Rd.)

Kruse & Muer on Wilshire

(911 Wilshire, off Crooks Rd., north of Big Beaver Rd., on east side)

La Botana

(5947 John R, SW corner of Square Lake Rd.)

Noodles & Company

(6836 Rochester Rd., south of South Blvd., on east side)

Papa Romano's also

serving Mr. Pita

(5399 Crooks Rd., bet. Long Lake & Square Lake Roads, on west side)

Ridley's Bakery Cafe

(4054 Rochester Rd., NE corner of Wattles Rd.)

Shield's Restaurant Bar Pizzeria

(1476 W. Maple Rd., bet. Coolidge & Crooks Roads)

Slab 'N Slice

(5075 Livernois, north of Long Lake Rd., on west side)

Tropical Smoothie Café

(1569 Main, SW corner of Maple Rd.)



i9 Sports runs FUN and educational youth sports programs for kids ages 3-15. They do keep score, as learning how to win and lose the right way is very important, but they do so in a FUN way where EACH child's experience is the #1 factor. All players receive sportsmanship medals, personalized trophies, and a pizza party. 2012 Spring leagues include T-Ball, Flag Football, Cheerleading, Soccer and Basketball. i9 is offering a discounted price of \$99 (a savings of \$40)—Valid for any session that begins in 2012. To redeem, call 248-632-6166 & mention flyer.

Brought to you by:



Ask your friends & neighbors to participate too.

Receipts are due to your school's office by March 8, 2012.

Everyone wins! It's a great way to support TSD schools while getting a discount for something you like to do anyway—dine out. The school with the most money in receipts will win a cash prize of \$1,000!

Remember, you MUST present the flyer, ad, email or Smartphone message to receive discount!

—Copies of this flyer are permitted & encouraged!—



Respect & Responsibility ... Reaching Out to Hill Parents

February
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Volume 8
Issue 5

Make good attendance a family goal

Research shows that attendance is critical to student success—and school success. And parents have more influence than anyone else. Remember: Attendance isn't just about being at school. It's also about being on time.

Develop these helpful family routines:

- **Plan ahead.** Designate a spot for everything that needs to go to school the next day. A box by the front door works well. Your child can place her backpack, soccer cleats and other items she'll need in the box. That way, she can get to the bus stop—and to class—on time.
- **Enforce bedtime and use an alarm clock.** It's important to go to sleep on time, get plenty of rest (at least 10 hours for school-age kids) and wake up at the same time each day. Consistent, quality sleep makes waking hours more pleasant and productive.
- **Plan vacations carefully.** Although it's tempting to schedule vacations when school is in session (instead of on busy holidays), doing so hurts learning. If travel can't be avoided on school days, give the school as much notice as possible.
- **Schedule appointments far in advance.** Occasional appointments during school hours are understandable. But routine appointments can often be scheduled after school or even on weekends. Every minute your child spends in school is another opportunity to learn!



It's okay to delay!

It's important to mete out a consequence when your child misbehaves. But finding an appropriate one isn't always easy.



When you know your child deserves a penalty, but you're not sure what it should be:

- **Buy some time.** "Andy, you've neglected your chores again, so now you've earned a consequence. We'll discuss it after you finish your assignment."
- **Use those extra moments** to decide on a fitting consequence. It may keep you from acting rashly!

Source: R. Burke, Ph.D. and others, *Common Sense Parenting: Using Your Head as Well as Your Heart to Raise School-Aged Children*, Boys Town Press.

When does worry become worrisome?

A little anxiety is normal—and probably nothing to worry about.

According to research, school-age kids tend to fret most over:

- **Their grades.**
- **Their looks.**
- **Fitting in.**

But when does simple worry become a more serious problem? When it's especially frequent or intense. If that sounds like your child, ask her guidance counselor or pediatrician about getting help.



Source: P. Foxman, Ph.D., *The Worried Child: Recognizing Anxiety in Children and Helping Them Heal*, Hunter House Publishers.

Cursing may be an everyday part of pop culture, but that doesn't make it okay!



If you need to rein in your child's "potty mouth":

- **Be a good role model.** If he shouldn't use four-letter words, neither should you.
- **Be clear.** "Cursing is not okay and we will not tolerate it in our family. Period."
- **Define a penalty.** Decide on a consequence and enforce it every time!

Source: J. O'Donnell, "Are Your Kids Cursing? Here's How to Stop It," About.com, <http://tweenparenting.about.com/od/behaviordiscipline/a/TweenCursing.htm>.

Example is the best teacher

Do you find yourself lecturing your child on proper behavior?



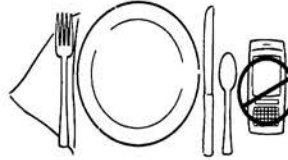
Save your breath! Rather than *telling* your child how to behave, *show* him!

For example, the next time you're tempted to hold forth on "the importance of prepping the night before," let him watch you load papers in your briefcase and pack your lunch. When he sees how relaxed you are the next morning, he'll start to get the message.

Proper table manners are important

Good manners help kids get along with parents, teachers, peers and others. And meals are a daily opportunity to practice. What's reasonable to expect at the dinner table? Everyone should:

- **Help with preparation.** This invests the whole family in the meal's success.
- **Use polite language.** "Please pass the rolls." "This is delicious!" "No thank you."
- **Ban technology.** No cell phones, video games, TV or other distractions.
- **Enjoy themselves.** Review basic manners, but talk about fun subjects, too.
- **Ask to be excused.** Kids may be allowed to leave the table before parents.



Source: M. Galehouse, "Lesson for Thanksgiving: table manners for kids," chron.com, www.chron.com/life/article/Lesson-for-Thanksgiving-table-manners-for-kids-1741443.php.

Questions & Answers

Q: My child has no self-discipline! Whether it's sticking with a long assignment all the way to the end, or just keeping her hand out of the cookie jar before dinner, she can't seem to control herself. What should I do?

A: Start by reminding yourself that developing self-discipline is a process. It's not something she'll grasp overnight. It's also something lots of kids—and adults—struggle to master.

To help your child learn self-discipline (and have fun at the same time), try these wonderful activities:

- **Bake bread.** It sounds simplistic, but bread-baking is one of the original exercises in delayed gratification. Assemble all the ingredients with your child and read through the recipe together. Explain to her that yeast needs time to rise and rushing the process will result in a disappointing, flat loaf. Your child may balk at waiting, but when she tastes her masterpiece fresh from the oven—and notices how wonderful the house smells—she'll be getting a concrete lesson in how waiting can be worth it.
- **Read a long novel.** Help your "gotta have it right now" child put on the brakes by reading a multi-chapter book together. This can be particularly helpful if her usual approach to reading involves racing through shorter stories. Read aloud to her each night, but don't rush. Let the suspense—and her interest—build over several days or weeks. Show her that anticipation can make a good book just that much better. Ask a librarian for compelling titles to try.



Make the most of school setbacks

Your child is disappointed in a grade at school. Now she wants to give up. Instead, help her persevere! Teach her to:

- **Brainstorm solutions.**
- **Set a new, reasonable goal.**
- **Imagine success** and how it will feel.
- **Make a step-by-step plan.**
- **Take pride in hard work**, no matter how things turn out.

Source: M.F. Evitt, "How to Teach Kids Perseverance and Goal-Setting," Parents, www.parents.com/parenting/better-parenting/style/how-to-teach-kids-perseverance-goal-setting?page=2.

Does violent TV lead to violent kids?



Can exposure to TV violence spark aggression in kids? According to more than 1,000 studies, including reports from the Surgeon General's Office, in some children it can.

In fact, The American Psychological Association estimates that up to 15 percent of kids' aggressive behavior is directly tied to watching TV violence.

The lesson? It's not enough just to limit your child's screen time. It's vital that you monitor *what* he's viewing, too.

Source: M. Borba, Ed.D., *No More Misbehavin'*, Jossey-Bass.

Brought to you by the
**Respect and Responsibility
Committee**

Co-Chairs
Sher Butzine (Social Worker)
Karen Hurst (Resource Room)

Martha Babcock (Computer Technology)
Cindy Brennan (2nd Grade)
Lynsey Helfer (Special Needs)
Jerry Shankin (5th Grade)

The articles in this newsletter are reprinted with the permission of
The Parent Institute,
an organization which publishes research based articles.



March 2012

TROY SCHOOL DISTRICT
ELEMENTARY MENU



MONDAY

Student Lunch Price - \$2.25
Reduced Lunch Price - \$.40

Free & Reduced
Applications are available
at your school office, or call
the Food Service Office @
248-823-5089



Green Items on
menu are
Vegetarian Options

TUESDAY

Student Lunch Consists
of:

Must choose 1 Entrée
May choose up to 2 Sides
May Choose 1 Milk (1%
White or Chocolate or
Fat-Free White)

A La Carte Prices:
Milk -\$.35/Juice - \$.50
Dasani Water - \$.50

Menu subject to change

WEDNESDAY

Daily Variety
Garden Bar Items
Romaine & Spinach
Mixed Greens
Cherry Tomatoes,
Cucumbers,
Carrots & Celery
Chick Peas
Fresh & Canned Fruit
"Fresh Pick of the
Month Item"
Carrots

THURSDAY

1. Whole Grain
Pancakes w/ Sausage
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick

Applesauce
Visit the Garden Bar

FRIDAY

1. Cheese Filled Bosco
Breadstick w/Sauce
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick

Chicken Noodle Soup
Visit the Garden Bar

5.
Mondays
1. French Toast Sticks
w/Warm Syrup
or
2. Grilled Cheese Bagel
Melt
Or
3. Student Salad
w/Cheese Stick
Yogurt
Visit the Garden Bar

6.
1. Chicken Nuggets
Or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick

Baked Cheeze-its
Visit the Garden Bar

7.
1. Individual Round
(Pepperoni or Cheese)
Or
2. Grilled Cheese
Bagel Melt
Or
3. Student Salad
w/Cheese Stick

Crunchy Carrots
Visit the Garden Bar

8.
1. Country Fried Steak
w/Mashed Potatoes
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick

Golden Corn Niblets
Visit the Garden Bar


9.
1. Turkey Hot Dog
w/Optional Chili
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick

Potato Smiles
Visit the Garden Bar

12.
Mondays
1. Penne w/Marinara Sauce
& Garlic Bread
or
2. Grilled Cheese Bagel
Melt
or
3. Student Salad
w/Cheese Stick
Steamed Green Beans
Visit the Garden Bar

13.
1. Soft Shell Beef or
Vegetarian Tacos
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick
Golden Corn Niblets
Visit the Garden Bar

14.
1. Pizza
(Pepperoni or Cheese)
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick
Crunchy Carrots
Visit the Garden Bar

15.
1/2 Day of School


16.
1. Baked Chicken
Patty on a Bun
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick
Baked Tator Tots
Visit the Garden Bar

19.
Mondays
1. Macaroni & Cheese
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick
Steamed Green Beans
Visit the Garden Bar

20.
1. Chicken Drumstick
w/Mashed Potato &
Gravy
or
2. Grilled Cheese Bagel
Melt
or
3. Student Salad
w/Cheese Stick
Orange Smiles
Visit the Garden Bar

21.
1. Italian Pizza
(Pepperoni or Cheese)
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick
Crunchy Carrots
Visit the Garden Bar

22.
1. Burger on a Bun -
Plain or w/ Cheese
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick
Potato Smiles
Visit the Garden Bar

23.
1. Whole Grain
Grilled Cheese
Or
2. Student Salad
w/Cheese Stick
Tomato Soup
Visit the Garden Bar

26.
Mondays
1. Nacho's Supreme or
Cheese Nacho's
or
2. Grilled Cheese Bagel
Melt
or
3. Student Salad
w/Cheese Stick
Golden Corn Niblets
Visit the Garden Bar

27.
1. Lasagna Roll-Up
w/Garlic Bread
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick
Steamed Green Beans
Visit the Garden Bar

28.
1. Stuffed Crust Pizza
(Pepperoni or Cheese)
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick
Crunchy Carrots
Visit the Garden Bar

29.
1. Whole Grain
Pancakes w/ Sausage
or
2. Grilled Cheese
Bagel Melt
or
3. Student Salad
w/Cheese Stick
Applesauce
Visit the Garden Bar

30.
1/2 Day of School
