

BARKELL ELEMENTARY SCHOOL



Hancock Public Schools

1201 North Elevation Street

Karen Eddy, Principal

Emily Cavis and Genivieve Nordmark, Assistants to the Principal

IMPORTANT DATES

- January 15th
Teacher Inservice
Students dismissed at 11:50
- January 18th
Robotics Competition at
Barkell Elementary 9am-2pm
- January 24th
Teacher Records Day
Students dismissed at 11:50
- January 29th
Quarter 2 Report Cards
- February 14th
No School
Area Wide Inservice Day
- March 12th
Teacher Inservice
Students dismissed at 11:50
- March 21st - March 28th
No School
Spring Break

THANK YOU



We'd like to take some time to thank everyone who helped make all of our December events so special!

2025

happy new year

Happy New Year! We hope everyone had a fun and restful break. As we start January, we're excited for new lessons, projects, and goals.

REMINDERS

Students in first through fifth grades will be going outside to cross country ski during gym class. Please remember to dress in snow pants, boots, hat, gloves, and a winter jacket. The outdoors is great fun when you are dressed warmly!

Reflecting on the past year!

The school year is a third over. Reflect on the past year. Did you make any positive health changes since the beginning of the school year? Are you thinking about making any now? Have you noticed any changes in your child(ren)'s physical activity level or their willingness to try new foods? Is your family eating more fruits or veggies? Do you have low-fat dairy items available? Are your kids drinking sugary drinks less often? Are they asking for healthier snacks to take to school? Little changes add up to a big payoff for your family. We wish you a healthy New Year!



PICKY EATING

BUILDING HEALTHY COMMUNITIES



A fear of new foods is normal, common, and temporary in children. Children will begin to assert independence in food preferences as they develop. Appetite and preferences can vary each day - and it's important to remember - that is *okay!*

REQUIRES PATIENCE & CREATIVITY

Start by introducing new foods early to promote acceptance. Introduce one new food at a time, pairing them along with familiar, accepted foods.

Make food fun by creating eye-catching plate arrangements. Using cookie cutters can aid in making colorful, fun shapes and themed meals!

Using new herbs & spices or pairing a combination of flavors such as sweet with salty or sour with bitter can be enticing. Increase fruit and vegetable consumption by mixing them into 'liked' dishes. Be respectful of 'eating quirks' to show consideration for a child's preferences.

Encourage trying everything, *often*, and let kids pick out what they want to try. Be consistent, patient, and don't give up!



SUBSTITUTION TIP!

Fresh Fruit	—————>	Dried, pureed
Cooked Veggies	—————>	Raw slices, or salad
Meat	—————>	Eggs, tofu, nut butter
Milk	—————>	Yogurt, soy, cheese

COUNSELOR CONNECTION



Michael Garrison, Social Worker



**LET'S WORK TOGETHER TO
INSPIRE OUR CHILDREN TO
SET MEANINGFUL GOALS
AND STRIVE FOR SUCCESS
THIS YEAR!**



EXAMPLES OF NEW YEAR'S RESOLUTIONS FOR KIDS

- I plan to try a new food first before I say whether I like it.
- This year, I will pick up my toys before bed every night..
- I will help feed the cat (or dog) each day.
- I plan to say a nice compliment to someone each day.
- This year, I will eat more things that help me grow every day.
- I will wash my hands every time I get home to help keep everyone healthy.
- I will read one book each month.
- I will stay in bed after my parents tuck me in.

BULLDOG DREAMS: NEW YEAR'S GOALS AND THEMES!



Did you know that even kids can have new years resolutions? January is a wonderful time to help our children set new goals for the year ahead. Here are five helpful tips for setting and achieving their goals:

1. Reflect on the Past Year

Talk with your child about what they enjoyed and learned last year. Ask them about their favorite moments and what new skills they picked up. This reflection can help them identify areas they want to focus on in the new year.

2. Set SMART Goals Together

Introduce the concept of SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound. For example, instead of a vague goal like “I want to read more,” guide them to say, “I will read one book each month.” This clarity helps keep them motivated.

3. Break Goals into Small Steps

Help your child break their goals into smaller, manageable steps. For instance, if their goal is to improve in math, they could focus on practicing one math skill each week. This makes big goals feel less overwhelming.

4. Celebrate Achievements

Celebrate every milestone, no matter how small! Acknowledging their progress boosts their confidence and reinforces the idea that hard work pays off.

5. Regular Check-Ins

Set aside time each week to discuss their goals. Ask about any challenges they're facing and brainstorm solutions together. This keeps them on track and shows that you're invested in their success.

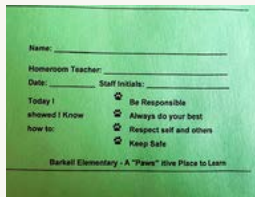
DECEMBER BARK STUDENTS



Every week our school recognizes a student or students from each grade level that models our school BARK goals.



- B** - Be responsible
- A** - Always do your best
- R** - Respect self and others
- K** - Keep safe



DECEMBER'S GREEN TICKET AWARD WINNERS

K: Tya Hammerstrom & Demi Peterson First Grade: Brea Pakkala Second Grade: Sunnie Mikesch Third Grade: Lacey Jouppe Fourth Grade: Madeline Oja Fifth Grade: Kell Silverson	K: Jack Pietila & Ellie Ek First Grade: Kade Peterson Second Grade: Sophie Strieter Third Grade: Anders Maunu Fourth Grade: Karina Maki Fifth Grade: Zoey Spelich
K: Savannah Connell & Kayson Sever First Grade: Lane DePasqual Second Grade: Lucas Anderson Third Grade: Tom Pietila Fourth Grade: Cami Hammerstrom Fifth Grade: Briggs Chynoweth	

WHAT IS YOUR GOOD THING FOR TODAY?

Here at Barkell Elementary we practice sharing our "good things" as part of our Capturing Kids Hearts Program. This program is designed to help our teachers and staff create a strong, positive relationship with students. Every day, students are asked to share the good things that are happening in their lives. Here are some good things from some of our students.

GOOD THINGS



PLAYING WITH FRIENDS. MILO, YOUNG 5'S

I JUST LOVE MY SISTER SO MUCH. KAYSON, KINDERGARTEN

I have softball practice tonight. Brynlee, 3rd grade

I liked reading my book at Library today. Marina, 2nd grade

I went to my friend Gavin's house and we played with his dog. Isaac, Kindergarten

I made a new friend. Nadine, 4th grade

My brother came home from Carolina two days ago. Sunnie, 2nd Grade

I learned how to twirl on the monkey bars. Jayla, 1st grade

I'm excited for robotics and my dress rehearsal tonight. Evelyn, 3rd grade



NEWS FROM THE PTO



The PTO will recycle Christmas cards and old calendars for next year's Bulldog Shop. We turn them into decorative wrapping bags. Don't hold onto your Christmas supplies from year to year? The PTO is collecting wrapping paper, bows and To and From tags for next year. Send them to school marked PTO.

Thank You!

Another year of Christmas shopping completed! Two days of a full stocked shop was left with hardly anything to store for next year! The gift of giving has never been greater.

Again, we thank all of those who helped make our Bulldog shop successful! Those of you that donated your time in setting up, making wrapping paper bags and helping students choose that perfect gift for their loved ones!

To our fourth and fifth graders who donated their time to help the younger ones shop and wrap.

Thank you to those of you that sent in items and supplies to help keep our store stocked. And to those of you who helped clean up!

Thank you to our teachers who make this time of year a special time for our students.

We hope our Bulldog families have a Happy New Year!

-PTO

ROBOTICS COMPETITION NEWS

On Saturday, December 14, 2024 Mrs. Nordmark held our second VEX IQ Robotics Competition at Barkell Elementary. The kids made improvements to their robots and practiced their skills in preparation. After the second competition day, there are two elementary teams in the lead.



We will have a final competition day at Barkell Elementary on Saturday, January 18, 2025. The teams will compete to determine final places. After the competition, 2-3 teams may qualify for the state tournament. The teams have continued to work on improving their robots, adding code, developing their engineering notebooks, and practicing the competition game. Come and cheer on the teams at the final competition. We hope to see you there!



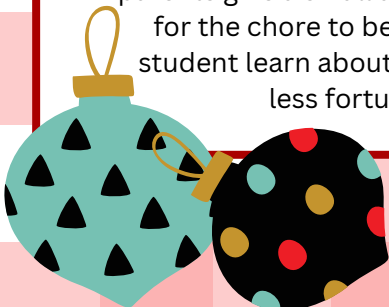
December Highlights

Christmas Sing along



First Graders Giving Jar

The first grade students presented the Salvation Army Cheer Club with a donation of \$116.20 from their Giving Jar community service project. The students do chores at home and parents give a small amount of money for the chore to be donated. The student learn about helping others less fortunate.



December Highlights

Christmas Concert



December Highlights

Bulldog Santa Shop



December Highlights

Breakfast with Santa

