



HES COMMUNICATOR

November 17, 2017

No School November 22-24

There will be no school on Wednesday thru Friday, November 22-24. School will resume after the Thanksgiving holiday on Monday, November 27.

Please take a moment to acknowledge all the blessings in your life as we thank you for the little blessings that walk through our doors each day.

Music Programs

Kindergarteners, under the direction of music teacher Jill Siebert, will be giving a musical performance in the high school auditorium on Monday, November 20 at 7:00.

Coming up on December 14 will be the 1st/2nd grade program, also at 7 pm in the high school auditorium.

NO CHUMS on Tuesday, November 21.

October Core Virture Nominees

On Monday, the nominees for October's core virtue of self-control and self discipline walked to Wendy's to have their reward of a frosty. There were some well-behaved students and a lot of smiles.



Fundraiser Through Box Tops APP

Our school can earn \$10 every time someone buys 5 Lysol products and uses the Box Tops Bonus App to take a picture of their receipt. This is a wonderful way for grandparents and families to be involved, even if they live far away. The school has already received an additional \$50 award for a winning submission. Please tell your family and friends, this is a great time to stock up on these items. Hurry, offer ends December 31, 2017!



November Core Virtue

Our November core virtue is Gratitude. Everyone has been working hard to help students have a better understanding of what it truly mean to be grateful and show one another gratitude. Teaching kids to be thankful can be very difficult at times, so here are a few ideas for you to try at home with your child(ren).



- 1) Saying "Please" and "Thank You"

We all urge and remind our children to be polite and thankful when they receive gifts or treats, but why stop there? Urge your children to say "Please" and "Thank you" to their peers and to strangers. Remind them that there will never be a time or place when it's not appropriate to say "Please" or "Thank you".
- 2) Model Thankfulness

Work hard at reminding ourselves to say please and thank you to our significant other, to other adults, and to our children. Sometimes it's hard. But, I have discovered that it gets easier the more you do it. When you make it a habit to always say those things, then they make it a habit, too!
- 3) Make Them Work For It

As parents, we want to give our children the things they desire. But what does that do for them in return? It teaches them the opposite of gratitude and being thankful. We tend to appreciate things more when we work for them. Seeing our hard work pay off can make us cherish something a little more.
- 4) Donate

Sometimes we accumulate way too much stuff. Start donating old toys that are still in really good shape. Most kids won't want to get rid of any of their toys at first, but when you explain that not all kids have nice toys, they will be more willing to give them away. And, let's face it, fewer toys means less mess for us as well!
- 5) Create a Gratitude Jar

The basic idea is to take a jar and each night write one thing they are thankful for on a slip of paper. Place it in the jar and when they are feeling upset they can read from the jar. It makes them realize they have a lot of good things in their life. Make sure to include all kinds of things, such as people and events.

HILLSBORO ELEMENTARY SCHOOL MEALS

Nov. 27 - Dec. 1, 2017

Breakfast

Lunch

Monday, November 27

Donut
Cereal Choice
Applesauce
Juice
Milk

Chicken and Rotini
Mashed Potatoes
Broccoli
Apple Slices
Milk

Tuesday, November 28

French Toast Sticks
Orange Wedges
Juice
Milk

Sloppy Joes
Tator Tots
Green Beans
Tropical Fruit
Milk

Wednesday, November 29

Cheese Omelet
Toast
Pineapple Tidbits
Juice, Milk

Nachos
Tortilla Chips
Fresh Baby Carrots
Pineapple Tidbits, Milk

Thursday, November 30

Blueberry Muffin
Cereal Choice
Peaches
Juice
Milk

Hero Sandwich
Sweet Potato Puffs
Peas
Applesauce
Milk

Friday, December 1

Egg and Cheese Crispito
Cereal Choice
Pineapple Tidbits
Juice
Milk

Chili
Cornbread
Celery Sticks
Cucumbers
Pears, Milk

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