



LYNN POTT, Ph.D.  
PRINCIPAL

# HENRY SCHOOL NEWSLETTER

HENRY ELEMENTARY SCHOOL  
PARKWAY SCHOOL DISTRICT  
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[WWW.PARKWAYSCHOOLS.NET/HENRY](http://WWW.PARKWAYSCHOOLS.NET/HENRY)



DR. JOSEPH KNEER, Ed.S.  
ASSISTANT PRINCIPAL

April/May 2019

Dear Parents and Guardians:

The author Andy Andrews makes us think deeply about what we do. In his book, ***The Butterfly Effect***, he explains that every move we make and every action we take, matters not just for us, but for all of us . . . and for all time.

A story began in 1963 when Edward Lorenz presented a hypothesis to the New York Academy of Science. His theory stated that “a butterfly could flap its wings and set molecules of air in motion, which would move other molecules of air, etc., and eventually be capable of starting a hurricane on the other side of the planet.” At first, it was seen as ridiculous, but science has proven it to be accurate and viable. Science has shown that the butterfly effect does exist . . . even with people.

At Henry, we see how things do matter and how they can have a far-reaching influence. We may never know the full impact of what is done, but we see the beginnings of great pieces of influence for the future. For example:

*Amazing parents coordinated and participated in outstanding Henry events: Trivia Night, STEM Night, International Night, Readers are Leaders, and the Book Fairs.*

*Compassionate students saw a friend crying when a special toy was lost. They helped him find it, then, checked it out and assured him it was not harmed.*

*Caring students ran to help a friend who had tripped and fallen on the blacktop. They helped him up and made sure he was okay.*

*A dad who frequently brings “word search” puzzles to lunch, was later given a round of applause by three students when they saw him at morning arrivals.*

Henry School is indeed an amazing place where people create wonderful happenings and interactions that matter. As Andy Andrews explained, “They MATTER FOREVER.”

In the Best Interest of Your Child,  
Lynn Pott, Ph.D.



## TORNADO WARNING INFORMATION

If we are under a “tornado warning” at a time when students would normally be dismissed from school, we will follow our tornado drill procedure. We will remain in safe areas until we receive an “all clear.”

Parents may pick up their children, however, we will not dismiss any other students without permission from their parents.

## Dates to Remember:

**April 19:** No School

**April 22:** Leader in Me Family Workshop 6-7:30

**April 22 - May 3:** MAP Testing

**April 24:** Late Start Day (11:05)

**April 27 & 28:** All District Art Show



**May 7:** Kindergarten Circus 6pm

**May 16:** Field Day

**May 24:** LAST DAY OF SCHOOL (dismissal 1:05)

**June 3 - 21:** Summer School

## CLASSROOM PLACEMENT FOR 2019-2020

The topic of class lists is always a subject that interests parents. Therefore, we thought it would be important to outline the process we use to create balanced class lists as students transition from one grade to the next. Placement decisions require hours of discussion with each team of educators which includes current classroom teachers; counselors; the nurse; art, music, P.E., and reading teachers; Special School District educators; specialists; and administrators. We take this task seriously and we are advocates for each and every student who attends Henry School. Many factors are reviewed prior to developing our class lists, such as learning styles, leadership skills, IEP needs, academic abilities, reading support services, gifted program needs, student interests, number of boys and girls, etc. The process is quite involved. We are confident that all children will have a wonderful experience with the teacher selected for the upcoming year.

We greatly appreciate your trust in the Henry staff to place your child according to our knowledge of individual needs while we attempt to create the best learning environment.

If your child has a **very critical need**, you may write a letter addressing this need to Dr. Pott, principal, by **Tuesday, April 23, 2019.**

**Please do *not* request a teacher.**

**Thank you for your cooperation.**

# MAP TESTING 2019... MARK YOUR CALENDAR

Please mark your calendars for the following dates:

- ★ 4th and 5th grades: April 22 - 26
- ★ 3rd grade: April 29 - May 3

The Missouri Assessment Plan (MAP) tests will be administered this year in grades three, four, and five. Each grade level will be tested on Communication Arts and Math. In addition, fifth graders will take the Science assessment. **Since the MAP tests are very important, please encourage your children to get a good night's sleep and to do their best.** MAP tests are required by the state to help determine students' knowledge and skills according to their grade-level expectations. Scores on the MAP tests are also widely publicized and are the main criteria used to determine how schools and the district are performing according to state and federal standards. The students are analyzed as we look at skills learned, grade level expectations, and student progress. Scores may determine future programming for students. This can have an impact on your child; thus, each child needs to do his/her best.

It is important for students to be in attendance on testing days and be well-prepared. We are required to test all students. If we don't, it impacts our school.

Teachers will be providing a review of curriculum and test taking strategies to help with optimal student performance. We strongly suggest that students be present every day during the testing weeks.

## MAP Test Tips for Success

### Before the Test:

- Please make sure your child is in school on the testing dates.
- Encourage your child to do their best.
- Set realistic expectations.
- Have children well-rested.
- Have a positive attitude.
- Serve healthy meals; the brain needs fuel.
- Help children be relaxed.
- Answer questions about the test as honestly as possible.
- Give plenty of hugs.

### Testing Tips for Students:

- Read directions carefully.
- Complete the questions for which you know the answers first.
- Answer all the questions.
- Eliminate wrong answers on multiple-choice questions.
- Double and triple-check all answers.
- Remember that you can take your time.
- Wear comfortable clothing.
- Think positively and breathe deeply.



# Math Words to Know

Sometimes students get confused about key vocabulary words as they work on math problems. Two key words which students seem to struggle with are *increase* and *decrease*.

→ **Increase** is to "get larger in size or number."

**For example:** *Sally's dog weighed 4 pounds. In one year, the dog's weight increased by 10 pounds. Now she weighs 14 pounds.*

→ **Decrease** is "to get smaller in size or number."

**For example:** *As Hannah drinks water from her water bottle, the amount left in the container will decrease.*

Thank you for continuing to help your children learn these keywords in math.

## LAST DAY OF SCHOOL

The last day of school for elementary students, in Parkway, is Friday, May 24. This will be a half day.

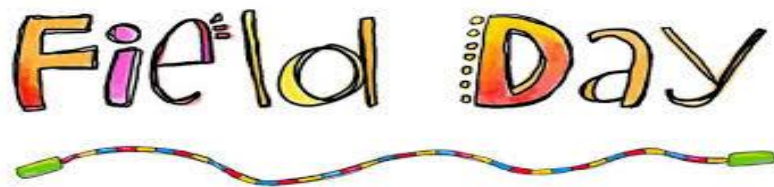
\*Students will be dismissed at 1:05.

\*Please make sure you return the half sheet flyer with your child lunch plans for the last day.

## PROGRESS REPORTS

The final student progress reports will go home with the students on Friday, May 24, the last day of school. They are also available online for your convenience. We encourage you to review the report with your child and to make plans to continue enjoyable educational activities during the summer months.

Please pay any outstanding charges your child might have, from the library or cafeteria, or any money owed for lost or damaged classroom books.



is Thursday, May 16.

**Don't forget...**

*On field day, please have your child:*

\*wear appropriate comfortable clothes and a hat if they choose

\*wear sunscreen to school (please apply at home)

\*wear their grade level t shirt or something the same color

\* wear tennis shoes to school...

**Absolutely No flip flops!**



## Class Lists for Next Year

Our plan is to continue to develop the class lists for each grade level during the summer. These lists are developed with input from the teachers, counselors, and administrators. Since we have new students enroll during the summer, class lists continue to evolve. A few days before school begins, we will have the final lists. The teachers will email the family and child to introduce themselves.

## Last Day of School is May 24:



### Lunch Options: Students can:

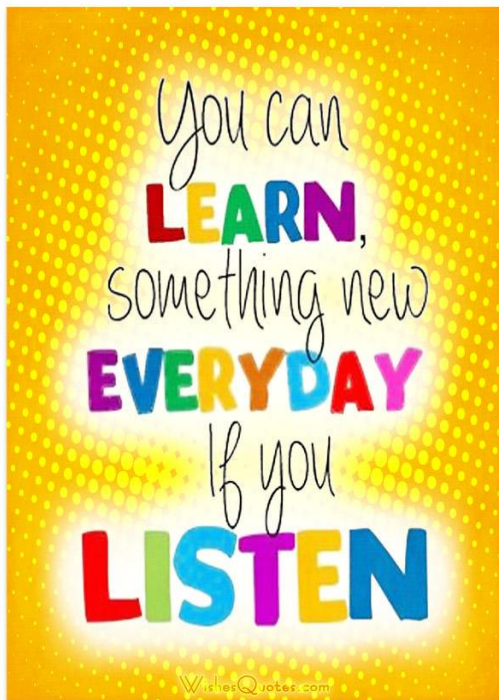
- ❖ bring a sack lunch to school
- ❖ purchase a sack lunch from the café (sunbutter and jelly sandwich, a piece of fruit, a bag of chips, a snack and a drink)
- ❖ Eat when they get home

No backpacks will be allowed on the last day.  
students will bring everything home the day before

**We will have early dismissal on the last  
day (1:05)**

## Questions During the Summer?

- If you have questions
- during the summer,
- please call the office at
- 314-415-6356.
- You may leave a
- message and we will
- return the call as soon as
- possible.



## CHANGE OF ADDRESS OR PHONE NUMBER?

Please call the office and notify the school if your address or phone number changes over the summer. This will help ensure that you receive any important information that may be sent out over the summer.

## **READ! READ! READ!**

Please have your children continue to read during the summer. Research shows that ***students who read over the summer show a significant increase in achievement*** over those who do not. Those students who continue to learn and read during the summer months are the most successful and continue to make academic gains. The students who do not read often regress or do not make the same academic growth as others who read. If this happens every summer, by fifth grade there can be more than a year's academic difference between the students who read and those who do not read during those "off" months.

If you would like ideas for books at your child's independent reading level, please check with the classroom teacher; our librarian, Brenda Senseman; our reading specialists, Elise Sivcovich and Denise Stevens; or Dr. Pott, the principal.

Please check the Henry library webpage for information on Parkway's summer reading list for elementary students.

Our goal is for 100% of Henry students to read at least 20-30 minutes daily. Joining the Henry summer reading program may be an extra incentive to encourage your child to read.

**The St. Louis City and St. Louis County library both have summer reading programs.**



Dear Parents/Guardians,

I wanted to let you know that School Health Services protocol now requires that all medication housed in the school health office must be picked up by parents or guardians by the last day of school, May 24. In order to ensure the safe return of medication to parents, no medication will be sent home with students in backpacks or on the bus/school transportation. This includes inhalers and Epipens. If your student has written authorization on file with the school nurse to self-carry emergency medication, he/she may transport that medication home.

If your student will be attending a summer school site other than his/her home school, please obtain a copy of the signed physician medication authorization form and action plans from your school nurse. You will need to bring your student's medication and the authorization form(s) to the summer school nurse at the beginning of summer school. You will also need to sign a new parent authorization form for medication administration during summer school.

New medication authorization forms and action plans for asthma, diabetes, seizures and allergies can be found on the Parkway website at <https://www.parkwayschools.net/Page/1384>. Every student who needs medication at school is required by school board policy to provide new signed authorization forms annually. Please have these completed and brought to school on our first day back in August, 2019.

Thank you so much for helping us keep all students healthy and safe at school. Please let me know if you have any questions.

Sincerely,

Katie Paulsmeyer, BSN, RN  
kpaulsmeyer1@parkwayschools.net  
Phone: 314-415-6360  
Fax: 314-415-6361

# Nurses Notes:

Dear Parents,

Seasonal allergies are here! Seasonal allergies, also known as hay fever or seasonal allergic rhinitis, are allergy symptoms that occur during certain times of the year, usually when outdoor molds release their spores, or trees, grasses and weeds release tiny pollen particles into the air to fertilize other plants.

The immune systems of people who are allergic to mold spores or pollen treat these particles (called allergens) as invaders and release chemicals, including histamine, into the bloodstream to defend against them. It's the release of these chemicals that causes allergy symptoms.

Tree pollination begins in February and lasts through May, grass pollination from May to June, and weeds from August through October. People with these allergies are more likely to have increased symptoms during those times of the year. St. Louis is known to have high mold counts. Mold spores tend to peak midsummer through the fall.

Seasonal allergies can start at almost any time, but they usually develop by 10 years of age and reach their peak in the early twenties, with symptoms often disappearing later in adulthood.

**Symptom Check: Is it a cold or allergy?**

Symptom	Cold	Allergy
Cough	Usually	Sometimes
General aches and pains	Sometimes	Never
Fatigue	Sometimes	Sometimes
Itchy eyes	Rarely	Usually
Sneezing	Usually	Usually
Sore throat	Usually	Sometimes
Runny nose	Usually	Usually
Stuffy nose	Usually	Usually
Fever	Rarely	Never

\*Adapted from National Institute of Allergy and Infectious Diseases, 2008



Colds are caused by viruses, while seasonal allergies are immune system responses triggered by exposure to an allergen. Treatment of a common cold may include rest, pain relievers and over-the-counter cold remedies, such as decongestants. Treatment of seasonal allergies may include over-the-counter use of prescription antihistamines, nasal steroid sprays and decongestants, and avoidance of exposure to allergens where possible.

**Treatment:**

There is no real cure for seasonal allergies, but it is possible to relieve symptoms. Start by reducing or eliminating exposure to allergens. During allergy season, keep windows closed, use air conditioning if possible and change your air filter often.

At school we are keeping windows closed and reminding students to wash their hands and not touch their faces after coming in from outside. In the nurse's office, I can rinse eyes if necessary with tap water and give ice packs to apply to irritated eyes. If a child is having an extreme reaction they may stay inside, but this needs to be a temporary solution. A child may stay in for no more than 2-3 days with a note from the parent. If the child must stay inside for a longer time period, we will need a note from the doctor. It is important for children to have time to run and play outside.

If reducing exposure to allergens isn't possible or is ineffective, medicines can help ease allergy symptoms. There are many non-drowsy antihistamines, nasal sprays and eye drops available as a prescription and over the counter. Many of these medicines can be taken at home once a day.

\* It helps to reduce the severity of symptoms by starting medication about a month before pollination occurs and to take medication regularly.

Please talk to your physician about what would be best for your child and remember that I need a consent form from the parent and a physician's order to give medications at school. The doctor can fax the order to me at 314-415-6361. Parent and physician consent forms are on my website.

Be assured that I will call you if allergy/asthma symptoms are severe. A parent can always bring in medication and administer it to their child if needed.

Thank you,  
Katie Paulsmeyer, BSN, RN  
Henry Elementary School  
School Nurse  
314-415-6360

# REGISTRATION FOR 2019 – 2020

Kindergarten registration for the 2019 – 2020 school year was held on January 23, 2019. However, parents can still register their children by calling the Parkway Registration Office at 314-415-9060.

If your child is currently enrolled in Henry School and will be attending next year, there is no need to re-enroll your child. If there will be a change in the school your child will be attending, we do ask that you notify Mrs. Schenck in the office so we can closely approximate the number of students attending in 2019-2020.

If you know someone who has recently moved to the area and has a child who will be attending Henry School next year, please remind them to register as soon as possible as accurate student enrollment is necessary to determine staffing and budget.

Also, if your child is currently enrolled in Henry School, but will not be attending next year, it would be appreciated if you would inform the office as soon as possible.

## RELEASING STUDENTS

It is sometimes necessary to release students for appointments and family emergencies. A note explaining the reason and time for release should be signed by the parent. Your child can then give the note to his teacher. For the safety of your child, students will be dismissed only through the office. Teachers are instructed not to release students from the classroom or playground. Parents picking up children must come to the office and sign out their child. We can only release children to the parents/guardians listed on the family verification forms. If others need to pick up your child, you will need to contact the office in advance and provide written permission.

- ❖ We ask that you make all after-school plans with your children before sending them to school. However, if you need to get a message to your child, or change the instructions for going home, please call the office before 3:00 p.m. We will call your child at a convenient time to pick up your important message.

## CHANGE OF TRANSPORTATION

If at any time during the school year, your child will be going home a different way than normal (e.g., riding a different bus, parent picking up, going home with a friend, etc.), please send a note to the teacher. **If your child is riding a different bus home or getting off at a friend's bus stop, it is necessary to get a bus pass from the school office.** Children being picked up by someone other than their parents are to also bring a note and get a pickup pass. Notes from the parents of both children will be needed if a child is going to another student's home. **\*Bus riders must get off at their designated stop unless they bring a note from home to notify the office and get a bus pass.**

## Parkway School District Notice of Nondiscrimination

It is the policy of the Parkway School District not to discriminate on the basis of race, color, national origin, ancestry, religion, sex, disability, age, genetic information, or any other characteristic protected by law in its programs, activities or employment practices. In addition, the School District provides equal access to the Boy Scouts of America and other designated youth groups.



### Library Nook

**The last day to check out books for students is May 3rd and all books are due in from students on May 10th.**

**All members of any class that bring their books back by May 10th (or pays for them) will be able to pick something out of the prize box.**



### Breakfast/Lunch Accounts

Any funds that are in your child's account at the end of the year will carry over to the next school year (including fifth graders attending Parkway middle schools).

If there are outstanding charges, please make sure they are paid by May 3, 2019.

*If you have questions about cafeteria charges, please contact: Mary Love at 314-415-6382.*

# SCHOOL ATTENDANCE IS ALWAYS IMPORTANT

Thank you for helping your children to be at school each day through the end of the school year. Structured academics will continue to take place in the classrooms so our students will be at their highest level of learning and ready to excel in the next grade. We will continue to focus on good attendance.

Thank you for your help.



## Congratulations to

**Julie Herrmann** on being named Henry School's Teacher of The Year for 2018-2019. Mrs. Herrmann is one of our top-notch Counselors. She is wonderful with the students and is helpful and cares about everyone at Henry. She is a dedicated counselor who always goes above and beyond.  
Mrs. Herrmann... Thanks for all you do!



## SUMMER LEARNING FOR TEACHERS

During the summer, our staff will be attending workshops, taking university classes, and conducting study groups. Our learning continues so we can be the best for your children. Our workshops will be focused on Math, English Language Arts, Character Education, Science, and Personalized Learning..

# STUDENTS WALKING TO & FROM SCHOOL

Parents, please remind your students of these safety tips when they walk to and from school.

- Review the route your child is taking.
- Remind your child of the necessity of using the crosswalk and following the instructions of the crossing guard.
- Children should be aware of any strangers who approach them and should let a responsible adult know immediately if anything unusual occurs.
- Remember not to approach anyone in a car who may stop to ask questions.