



Houghton Elementary School January 2024



Volume 11 Issue 6

Cole Klein — Principal
Patrick Aldrich—Assistant Principal


KEEP CALM AND SET YOUR GOALS

Upcoming Events:

- **January 19th**— Skate with the Gremlins AFTER the 7:00pm hockey game—Dee Stadium
- **January 25th**—Students Dismissed at 12:20 pm
- **January 26th**—Students Dismissed at 12:20 pm
- **January 29th** — Start of the Semester 2
- **February 8th & 9th**—Wing Ding—High School Basketball and Hockey Games
- **February 14th** — Valentine's Day
- **February 16th**— Professional Development Day— NO SCHOOL
- **February 19th** — Mid-Winter Break—NO SCHOOL



The Hard Thing Rule— Kids Who Don't Quit

The best indicator of success in life is not talent or test scores. The best indicator falls under a term often referred to as "grit." Grit is resilience, stick-to-it-iveness and pushing past quitting points. Angela Duckworth's brief definition of grit is simply: "Perseverance and passion for long term goals."

As an educator or parent you might be thinking, "Ok, I get it. I want to help my children/ students build grit, but how do I do it?" The Hard Thing Rule is one way.

The hard thing rule is a rule that Duckworth has created for her own family. It has three parts:

- ◇ Everybody in the family, including mom and dad have to do a hard thing, something that requires practice so that you can get better, gradually over time.
- ◇ You have to finish what you begin. If you begin the hockey season, you have to finish the hockey season. If mom pays for piano classes, you have to finish the classes. After you have finished you can choose a new hard thing.
- ◇ The third part of the hard thing rule preserves the child's autonomy. This means that nobody gets to pick your hard thing but you. Yes, you have to practice. Yes, you have to finish what you began, but the individual is in charge of picking what their hard thing is.

Duckworth says, "something that requires practice, something where you're going to get feedback telling you how you can get better, and you're going to get right back in there and try again and again." Duckworth mentions that even when her children were 5 and 6 years old they were given some choice as to what their hard thing was. It is important for children to know that they are ultimately the captain of their own ship. It is better to learn this young than to need mom to call your college professor because of a poor grade or dad send a message to their

high school coach because they lack the ability to do it themselves.

Duckworth notes that her younger daughter went through about six hard things, until she finally settled on playing the viola. So far, she's kept at it for three years.

The point is for parents to help their kids find something they're interested in and then help grow that interest, while at the same time modeling grit and showing how far it can take you. It needs to be something that is intrinsically motivating for the child, something that they are passionate about. When a young person learns to combine their passion with perseverance over life's ups and downs, they will have truly learned something valuable.

To make the hard thing rule work in your house you do not have to be perfect. However, there is one mistake you cannot make. You cannot do it for them. Doing it for them does not teach kids to persevere. It teaches kids to quit when things get tough, because someone will rescue them.

This year, make the hard thing rule a daily conversation in your house and help raise children who won't quit.

[Ted Talk Grit](#)

-Micah Stipech

GRIT.



Kindergarten Registration

Houghton Portage Township Schools will begin registering Kindergarten-aged children for the 2024-2025 school year in March. Children who will be five years of age by September 1st, 2024, are eligible to enter Kindergarten or Young 5's.

You can apply for a waiver if your child will be 5 by Decem-

ber 1st, 2024 to enter Kindergarten or Young 5's early. Please call Houghton Elementary School at 482-0456 ext. 3000 with questions.

Children **currently attending Young 5's** are automatically registered for Kindergarten.

Please pass on this information to any parents you know with Kindergarten age children.



Preparing for Winter Weather— Cancellations and Delays

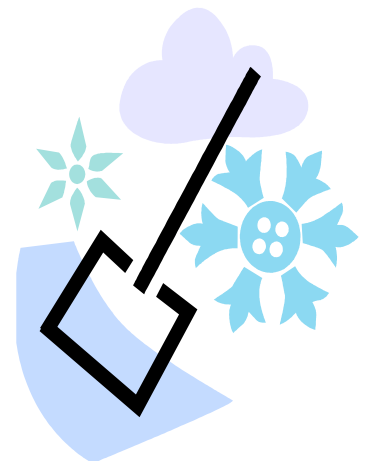
When inclement weather causes the closing of school, the following procedures will be followed:

School Closing: Announcements will be made via the Parent Listserv, the school website, text message, the television station (TV 6) and local radio stations by 7:00 a.m. that school will not be in session.

Late Starts: When weather conditions warrant, the start of school may be delayed. Such an announcement will be made as soon as possible. Buses will run

two hours late.

Early Dismissal: Our office will be notified of early dismissals due to bad weather as early as possible. Dismissal time from classes and bus schedules to transport children will be determined by the Superintendent. Parents, please review your plan with your student and please contact the office ASAP if your initial plans have changed.



ATTENDANCE MATTERS

**EVERY
MINUTE
IN SCHOOL
MATTERS**

Two missed days a month adds up to being a half a year behind by the time your child reaches 4th grade.

And once a child falls behind, they rarely catch up.

ATTEND TODAY
ACHIEVE TOMORROW





Houghton-Portage Township Elementary School
203 W. Jacker Ave, Houghton, MI 49931 (906) 482-0456



Dear Parents/Guardians,

We are excited to announce that in addition to our School Wellness Program, Houghton-Portage Township Elementary School (HES) and Upper Great Lakes Family Health (UGL) have collaborated to provide primary health care services to the students and staff of HES beginning Tuesday, January 9, 2024.

Whitney Brey, PA, will offer services, by walk-in and appointment, which may include primary health care, physical exams for school, sports, and camps, well-child exams, treatment for acute and chronic illnesses and injuries, and referrals for specialty services. Additionally, immunizations and basic laboratory services and tests will be made available upon request.

Services provided by Whitney will be offered onsite Tuesday afternoons from 12:00pm-3:30pm. Telehealth services will also be made available daily by appointment.

PLEASE NOTE:

Services for walk-in appointments will only be made available once parent(s)/guardian(s) are contacted to provide consent and/or a scheduled appointment is made by a parent/guardian (unless age 18 years of age or older. Additionally, a signed UGL consent for treatment form must be on file.

We accept and bill insurance for any scheduled medical services provided by a medical provider, but no fees are required at the school site. Co-pays and deductibles are based on the student's insurance and no student is ever turned away for inability to pay. Our staff can also assist students and their families with Medicaid Enrollment and/or Upper Great Lakes Family Health Center (UGL) Sliding Fee Discount Program.

Appointments can be made by calling the school nurse desk at (906) 482-0456 EXT 3681

We look forward to working with you!

Get to Know Our New Team Member!

Whitney Brey



Position: Physician Assistant (PA)

Time as a Physician Assistant: I graduated with my master's for Physician Assistant from Central Michigan University 11 years ago. I started working as a locum Physician Assistant at Portage Hospital. After completing my locum coverage, I transitioned to the Emergency Room and Express Care for 1 year. Then, I moved to Andover, MN and worked in family practice and urgent care for Fairview Clinics. I moved back to the UP in 2018 and have been working for Upper Great Lakes Family Health Center since.

Tell us about you and your family: I was born and raised in Hancock, MI. I met my husband Jimmy while we attended high school together. We have been married for over 10 years. We have 3 children – Ella (7), Connor (5), and Callie (4). We have one mixed breed dog – Chloe

What is your favorite thing to do outside of work: I love to be outdoors and spending time with family. We most enjoy our time at my family's lake front property in the summer. Some of the outdoor activities I love to do including skiing, snowshoeing, biking, hiking, and boating. I also enjoy baking and taking photos.

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December TEAM Students

Every month we are recognizing a student in each class that exemplifies our schools TEAM goals:

Take Responsibility

Earn Respect

Act Positively

Make it Safe

These students will enjoy a treat and receive a certificate. Our December honorees are:

Young 5's: Corvid Young

K: Lauren Cowling, Kyler Williams, Carson Datto, Kennedy Peterson, Abigail Vertin

1st : Iris O'Connell, Darren Baker, Mac Raffaelli, Amelia Jane Wood, Benson Bukovich,

2nd: Emilia D'Luge, Vance Viola, Auggie Meckler, Noah Oja, James D'Luge

3rd: Knox Kunnen, Aria Harman, Carter Aho, Raynie Riemer, Lacy Harsh

4th: Reed Bonini, Luke Green, Eero Maki, Austin Bonini

5th: Lindsey Jukkala, Anni Bosio, Nate Valentine, Savannah Woodford, Caleb Young

Congratulations!!!

