During the months of February and March, we’ll focus on the 5th Habit of Happy Kids: Listen Before You Talk. There are so many elements that contribute to this practice. On the listening side, we need to focus our attention on the person who is speaking. This means tuning out distractions and other things of interest. It can be especially tough when we don’t like what the person is saying! We also need to quiet down our own naturally-arising thoughts in order to truly hear what the other person is saying (rather than what we imagine s/he is saying). Again, the challenge is greater when the other’s point of view differs from ours. And it is so hard not to interrupt. We must cultivate patience to listen until we’ve heard everything the speaker wants to say.

On the talking side, we can do several things to promote others’ understanding. We need to look people in the eyes when we speak (which as we know is also part of building empathy), unless there is a sensitivity that makes that very uncomfortable for one of the communication partners. We also need to voice our ideas confidently, knowing we each are entitled to our unique perspective. Watching the reactions of the people we’re talking with, being considerate of their emotions and needing another turn to talk, is another important skill to develop.

When I write about “The Habits”, it always makes me think about ways I can improve, too. This month, I’m going to try and interrupt less often. If I feel the need to interrupt, I’ll look right at the speaker’s face and remind myself his/her message is the most important thing in this moment.

Let’s encourage our students to be good listeners and confident speakers at home and at school. We know communication skills are a key to fulfillment in life, and it is never too soon to start!
RANGER SAFETY WHEN SCHOOL IS OUT  By now, Horace Mann students and families are aware of our three school rules:  Be Safe, Be Respectful, Be Responsible.  During the school day --with staff support--students are following our rules, and their good behavior contributes to their social and academic success.

Students may need to be reminded of the adage to be your best even when no one is looking.  This applies to times like walking home and perhaps returning to Horace Mann to play after school.  We need students to be safe by staying on sidewalks (out of streets and parking lots and leaving nature (big sticks, snow) on the ground.  We need them to be responsible by following traffic laws and using crosswalks.  Finally, we need them to be respectful by using positive and appropriate language with each other and with others they may see in the community.

MATH SUPPORT  Math support for families is just a click away.  At the GREAT MINDS website, you can create an account and access Homework Help and Parent Tip Sheets.  These will give you an overview of the concepts and models your child is learning in each Eureka Math module.  With these tools at hand you can learn the vocabulary of Eureka Math and support your student at home.

FLU SEASON  Flu season is upon us and here are a few healthy tips to follow:

- Avoid close contact with people who are ill.  The flu spreads from person to person.
- Cover your mouth and nose when you cough or sneeze.  Respiratory droplets contain the flu virus.
- Stay home from school when you are ill.  Children can infect others beginning one day before getting symptoms and up to seven days after getting sick.
- Wash your hands often.  Use warm soapy water and dry with clean towels.
- Avoid touching your eyes, nose and mouth.  Germs spread when you touch something that has germs on it and then touch your eyes, nose or mouth.
- Drink plenty of water.  A well-hydrated body has a better chance of fighting infections.
- Keep your immune system strong.  Eat a balanced diet with lots of fruits and vegetables and be sure to get regular exercise and plenty of sleep.

More information can be found at Centers for Disease Control FLU View.
Students welcome Mr. Karabaic and Physical Education classes back to Horace Mann

As we begin the third quarter of the school year, students will be learning about and practicing the following skills; underhand toss, basketball dribbling, basketball passing, underhand/forehand/backhand striking, and net games. Students will also be partaking in some simple strengthening exercises such as push-ups and curl-ups. The goal is for students to learn how to perform these exercises safely and properly. Students will also learn the specific muscles these exercises help to strengthen. Teaching net games is one of my favorite units of the year. Students will learn that many sports (volleyball, tennis, ping-pong, badminton) share the same rules and boundaries. They will also learn how to properly score their match versus another student. As always, feel free to visit my website. I have posted a couple of websites that offer several more ideas to stay active during the winter months!! One of my favorites is kidshealth.org.

Sincerely,
Brad Karabaic
Lakewood City Schools,
Physical Education
Visit my website!

The PBIS Carnival was a Blast!! Thanks to PTA!
Horace Mann Orchestra meets every Monday and Wednesday from 10:00 - 10:40 am. Students receive their music grade through their efforts in orchestra. It is very important to practice every day and fill our their practice book. At the end of each week students get parents initials before turning their practice homework in.

We are currently working on note reading and proper left hand set up and right bow hand, which must be very relaxed so there is no tension in the sound. Many students have memorized the D major scale and arpeggio. For the upcoming April 27 concert, we have already learning an open string cycle called Tuning Hoedown. Many new songs will follow. Students have a music folder with music on colored paper to help them keep track of all the concert music. Please ask your orchestra student to play for you. Many student are practicing every day, so you will be in for a treat.

Music at Horace Mann
February 2018

Meet the Orchestra

Concert Notes

Does your child have an interest in music? Would you like to expose them to more live classical music? We are lucky to live in the Cleveland area, where there are many opportunities for FREE classical music concerts. Baldwin Wallace University, Cleveland State University, Oberlin Conservatory, the Cleveland Institute of Music, the Cleveland Museum of Art and Lakewood Library offer many free concerts. You can’t beat the price! Cleveland also has opportunities for high quality concerts at a low cost. The Cleveland Orchestra offers Musical Rainbows and Family Concerts. Finally, the Lakewood Schools music groups - choirs, bands and orchestra concerts are a great way to support a quality music program with your small admission fee.
Adaptive Art at Horace Mann

Halemo, Amari and Kylie, students in Mrs. Dukes’ class, work with vinegar, baking soda and tempera paint to create “Fizz Art” in their Adaptive Art class, which meets every Tuesday. Students will choose their best pieces to showcase in a combined Art and Music presentation twice during the school year. This Art program is brought to our school in partnership with the Beck Center.

Meet Ms. Clark

Ms. Olivia Clark has joined the Horace Mann staff during the absence of Ms. Mallchok. A recent graduate of Baldwin Wallace University, Ms. Clark is guiding our orchestra students and teaching music to the CHAMPS classes. A cellist who gives private lessons and works with local youth orchestras, Ms. Clark is very excited to be part of the Horace Mann family of music lovers. She will be with us until spring break.
As I work my way through a checklist of goals I wish to accomplish before retiring at the end of the school year, I am happy to report that one big one was recently checked off. At the Jan. 22 Board of Education meeting, I announced a proposed purchase agreement for the Board of Education administrative office properties. The agreement is with Liberty Development Co., the developer of the McKinley Place condos on the former McKinley Elementary site.

According to the proposed contract, Liberty will renovate the historic East Rockport Central School Building (where the Recreation Department was formerly housed) into office space that would likely become the new home for our Central Office employees. No plans have been determined yet for the building west of the East Rockport Building that serves as our offices now. For more information on the deal, and a timeline for development, click here.

I can also report that the Board of Education is targeting mid-March for an announcement regarding the next Lakewood City Schools superintendent. The Board has been gathering input from the community and our staff members on qualities they wish to see in the District’s next leader. I am confident that the Board will make a thoughtful choice and take into consideration the hopes and concerns of all our stakeholders.

Jeff Patterson
Superintendent

Board of Education
Betsy Bergen Shaughnessy, President
Edward Favre, Vice President
Linda Beebe
Tom Einhouse
Emma Petrie Barcelona
February is a busy month for PTA here at HMES! Looking back on January, our second quarter PBIS Carnival was a hit! Thank you to the dozens of volunteers and parents who attended! The kids had a blast! We can’t wait for next year’s carnival!

Here is an overview of our February events calendar. We begin the month with our K-2 students decorating pizza boxes for our Marcos fundraiser and wrap it all up with Reading Spirit Week and our Scholastic Book Fair! There are many ways to get involved! Not a member yet? No problem! Pick up a membership form from the bulletin board in the entryway or email ptahoracemannelementary@gmail.com!

**February 2018 PTA Events**

2/7 – **PTA Council Meeting** - 7 p.m. at the Board of Education

2/8 – **Marco’s Pizza Night** – grades K-2 make boxes - Your order will be delivered in a box decorated by your child in grades k-2! Grades 3-5 will do the same in March!

2/13 – **HMES PTA Meeting - Connecting for Kids** - 6:30 p.m. at HMES. Check out the Connecting for Kids flyer coming home in backpacks soon!

2/14 – **All Pro Dads**

2/14 – **Valentine’s Day Room Parties** - Stay tuned for more details coming soon!

2/15 - **Malleys Candy Sale Begins** - Flyers will be sent home with directions for both “on paper” orders as well as online sales.

2/16 & 2/19 – **No School** - Enjoy the long weekend!

2/28 – **Book Fair Begins** - Last Day is Friday March 2nd

2/28 - **GRAND Reading event** - 8:00 a.m. in the HMES Library - Come and enjoy a story and some refreshments to celebrate reading and to kick-off our book fair!! Please RSVP to dba3475@sbcglobal.net if you plan to attend!

*Thank you all for your continued support!*

Become a PTA member today! Contact PTAHoraceMannElementary@gmail.com or stop by the school for a form located in the entryway on the bulletin board.

Amy Lardi PTA President, Horace Mann Elementary, PTAHoraceMannElementary@gmail.com
Reading Spirit Week
February 26th-March 2nd

Monday: Read My Shirt
Tuesday: Super Hero
Wednesday: GRANDS- College shirt/sweatshirt
Thursday: Neon
Friday: Favorite Book Character
# Lunch Menu

## February 2018

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Breaded Chicken Patty</td>
<td>Lasagna Roll Up/ with</td>
<td>Hamburger/ W.G. Bun Vegetarian Beans Pineapple</td>
<td>W.G. Pizza Bites Green Beans Sliced Peaches</td>
<td>W.G. Roll (1 roll 9-12) only Milk</td>
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<tr>
<td>W.G. Bun</td>
<td>Spaghetti Sauce Green</td>
<td>Tidbits Milk</td>
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<td>Broccoli Cuts</td>
<td>Beans Peachies</td>
<td></td>
<td>W.G. Chicken Chunks Cut Corn Fruit Cocktail</td>
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<tr>
<td>Mandarin Oranges Milk</td>
<td>Garlic Bread</td>
<td></td>
<td>W.G. Roll (1 roll K-5, 6-8), (2 rolls 9-12)</td>
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<td>Broccoli</td>
<td>Sliced Carrots</td>
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<td>pcs. 9-12) only Milk</td>
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<td>Mandarin Oranges</td>
<td>Diced Pears</td>
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<tr>
<td>W.G. Roll (1 roll K-5, 6-8)</td>
<td>Pretzel Sticks (2 sticks 9-12) only Milk</td>
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<tr>
<td>Presidents’ Day</td>
<td>W.G. Pizza Taco</td>
<td>Hamburger/ W.G. Bun Vegetarian Beans Pineapple</td>
<td>W.G. Chicken Chunks Cut Corn Fruit Cocktail</td>
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<tr>
<td>No School for all Students</td>
<td>Green Beans</td>
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<td>W.G. Roll (1 roll K-5, 6-8), (2 rolls 9-12)</td>
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<td>Peachies</td>
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<td></td>
<td>Pretzel Stick (1 stick K-5, 6-8, 9-12)</td>
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<td></td>
<td>Raisins (1 pkg. 6-8), (2 pkg. 9-12) only Milk</td>
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<tr>
<td>Potato Crunch Fish</td>
<td>Garden Salad w/ Sliced</td>
<td>Hamburger/W.G. Bun (K-5, 6-8) Double Hamburger/</td>
<td>Taco Turkey Carrots Pears Lettuce Shredded Cheddar</td>
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<td>Patty/W.G. Bun Broccoli</td>
<td>Chicken Raw Baby Carrots</td>
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<td>W.G. Tortilla (1 Tortilla K-5, 6-8), (2 Tortillas 9-12)</td>
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<td>Cuts</td>
<td>Diced Pears</td>
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<td>Milk</td>
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<tr>
<td>Mandarin Oranges</td>
<td>Soft Pretzel (1 pretzel K-5, 6-8), (2 pretzels 9-12)</td>
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<tr>
<td>Milk</td>
<td>Raisins (1 pkg. 9-12) only Milk</td>
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**FOOD SERVICE SUBSTITUTES NEEDED:** Earn extra money Call Nutrition Services at 529-4156.

**STAFF LUNCH:** ELEMENTARY - $2.75 w/o beverage, Middle & High School - $4.00 w/o beverage.
Connecting for Kids
February 2018 Programs

You’re not alone
Connecting for Kids (CFK) provides education and support to families with concerns about their child. We serve all families, including those children with and without formal diagnoses. Learn more at connectingforkids.org.

Speaker Series
Join us for presentations on various childhood topics by local, pediatric professionals. Free, supervised children’s activities are available, but adults and children must register separately. For more information, visit connectingforkids.org/speaker series.

Struggling to Learn
Join Carole Richards of North Coast Education Services as she answers your questions and provides practical ideas families can implement immediately. With more than 32 years of experience working with children, she can address education questions from improving homework time to boosting reading comprehension and helping with common core math.

Saturday, February 10, 1:00 pm

Strategies for Controlling Emotions and Resisting Impulsive Behaviors
Join Aletta Sinoff, PhD, CCC-SLP, BCBA-D, as she provides strategies to help children with self-regulation skills. She will cover how parents may assist their kids through difficult situations using a variety of visual methods, and oral language strategies, such as positive self-talk. Sinoff will also discuss ways to 're-engineer' environments which may be chaotic for the child, to positively impact the ability to self-regulate.

Tuesday, February 13, 6:30 pm

Emotional Intensity in Gifted Children
Meghan Barlow, PhD, of Meghan Barlow and Associates, will discuss why gifted children may have more extreme emotional reactions, explosions, and anxieties. Dr. Barlow will provide a perspective to help families understand how their child’s intensities can be framed as strengths and she will also provide tips on how families can prevent power struggles and support their child in learning to manage their emotions.

Tuesday, February 27, 6:30 pm

Program Locations
- Horace Mann Elementary School, 1215 W. Clifton Blvd.
- Lakewood Public Library, 15425 Detroit Ave.
- Middleburg Heights Branch of Cuyahoga County Public Library, 15600 Bagley Rd.
- Westlake Porter Public Library, 27333 Center Ridge Rd.

Designed for your family
- Families with young children (0-6 years)
- Families with elementary-aged children (7-12 years)
- All families with children (0-12 years)

Special thanks to
The Community West Foundation (Lakewood), the Callahan Foundation (Middleburg Heights) and Westlake Porter Public Library (Westlake).
Connecting for Kids
February 2018 Programs

All programs are free and open to the public; however, registration is required. Register online at connectingforkids.org/register, email info@connectingforkids.org or call 440-250-5563

Elementary Experiences℠
For families and their children (ages 7-12 years) who are struggling. Siblings (ages 7-12 years) may also attend. For more information, visit connectingforkids.org/elementary.

Social Series: Using your Social Filter
Does your child often say things that are either inappropriate or hurtful to someone's feelings? Deciding what is OK to say or not say in a social situation can be tricky. Join Ellen Spear, MA, CCC-SLP, of Lakeshore Speech Therapy, LLC, as she helps children use their "brain filters" and understand how words and actions have an effect on others. This program will also help students decipher the hidden rules of inside thoughts versus expressing a thought out loud.

Saturday, February 3, Sessions begin at 1:00 pm and 2:30 pm

Fun with Fitness
Did you know that group exercise not only increases health and fitness levels, it also promotes social interaction and friendship? And, that those who participate also learn valuable teamwork and listening skills? Join Tony D'Orazio of Jacob's Ladder Special Needs Fitness as he leads your family through a workout specifically designed for children with special needs. Social interaction will be encouraged at this program as families learn exercises to help their child stay active and fit. D'Orazio will also provide nutrition tips for elementary-aged students.

Saturday, February 17, Sessions begin at 1:00 pm and 2:30 pm

You're not alone
Connecting for Kids (CFK) provides education and support to families with concerns about their child. We serve all families, including those children with and without formal diagnoses.

Learn more at connectingforkids.org

Program locations
- Horace Mann Elementary School, 1215 W. Clifton Blvd.
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- Westlake Porter Public Library, 27333 Center Ridge Rd.

Designed for your family
- Families with young children (0-6 years)
- Families with elementary-aged children (7-12 years)
- All families with children (0-12 years)
Parents360 Rx

Did You Know?

- 1 in 6 teens has used a prescription drug in order to get high or change their mood.
- Two-thirds of teens who abuse pain relievers say they get them from family members and friends.
- Overdose deaths are now the leading cause of death for Ohioans under the age of 55.

Cleveland Clinic in collaboration with the Ohio Governor’s Office is proud to offer Parents360 Rx.

- Learn how to safeguard your home by properly securing and disposing of medicine.
- Recognize the signs and symptoms of abuse.
- Know how to talk to your kids about the risks of abusing prescription medicine.

Plan to attend!

Thursday, February 8, 2018
6:30 pm to 7:30 pm
Lakewood High School

Guest Speaker: Veronica Magda, Physician Assistant
Cleveland Clinic Pain Management Center

Cleveland Clinic’s Office of Government & Community Relations centers around the Let’s Move It! initiative - our strategy for improving the overall well-being of the residents in the communities we serve by positively “moving the dial” on advocacy & policy, healthy lifestyles, education, and economic vitality. www.clevelandclinic.org/letsmoveit