



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 <del>Honeygo's First Annual Musical!</del> 7:00 p.m. 	3 <del>Honeygo's First Annual Musical!</del> 7:00 p.m. 
6 <b>PreK/KG Conference Day- School Closed for PreK/KG Students</b>  National Teacher Appreciation Week  PTO Spirit Night: Friendly's 5:00 p.m. – 9:00 p.m.	7 <b>PreK Conference Day- School Closed for PreK Students</b>  National Teacher Day 	8 National School Nurse Day 	9 KG Registration Appt. Required 	10
13	14 PTO Meeting 7:00 <del>p.m.</del>	15	16 Family Fitness Night 6:30 p.m. to 8:00 p.m.	17 End of Year Celebration at <del>SkyZone</del> 4:30 p.m. – 7:00 p.m.
20	21	22	23	24 Spirit Day: Wear Red, White and Blue
27 Memorial Day  School Closed	28	29	30 Field Day: Grades - PreK, KG, 1 <sup>st</sup> , 4 <sup>th</sup> and 5 <sup>th</sup>	31 Field Day: Grades 2 <sup>nd</sup> and 3 <sup>rd</sup>

(June calendar on back)



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 KG (Cronin & Byrd) End of Year Celebration 10:00 a.m. – 11:15 a.m.	7 KG (Kief and Urbany) End of Year Celebration 10:00 a.m. – 11:15 a.m.  3 <sup>rd</sup> Grade End of Year Celebration 12:30-1:30pm  Spirit Day: Wear Tropical Clothing
10 Volunteer Brunch 9:45 a.m. – 11:00 p.m.  5 <sup>th</sup> Grade End of Year Celebration 1:00 p.m. - 2:30 p.m.	11 1 <sup>st</sup> Grade End of Year Celebration 1:00 p.m. – 2:30 p.m.	12 PreK End of Year Celebration 10:00 a.m. – 11:00 a.m.  PreK End of Year Celebration 2:00 p.m. – 3:00 p.m.	13 5 <sup>th</sup> Grade Farewell 9:45 a.m. – 11:00 a.m.  4 <sup>th</sup> Grade End of Year Celebration Noon – 1:00pm  2 <sup>nd</sup> Grade End of Year Celebration 2:00 p.m. – 3:00 p.m.  <b>Last Day for Pre-K</b>	14 5 <sup>th</sup> Grade Red Carpet Event 7:00 p.m. – 9:00 p.m.  <b>School Closes 3 Hours Early for Elementary and Middle School</b>
17 <b>School Closes 3 Hours Early for Elementary and Middle School</b>	12	13	14	15

*Ms. Deidre Lynch*  
*Assistant Principal*

*Mrs. Charlene Behnke*  
*Principal*

*Mrs. Nitsa Stakias Zdžiera*  
*PTO President*



I wanted to share my very heart felt appreciation to our Honeygo Elementary School students, staff, and parents for the recent recognition as the Baltimore County Public School's 2019 Elementary School Principal of the Year. I am grateful to have the opportunity to work in this supportive school community and am truly honored to represent our wonderful school and fellow principals in this role.

As we begin preparing for the next school year, we celebrate that we are an exciting school community. We have received many requests from families of students assigned to other schools but seeking special permission to attend Honeygo Elementary School. The county has specific guidelines for reasons that special permission may be granted and timelines. Please refer to this link for that information. [http://www.bcps.org/system/policies\\_rules/rules/5000Series/RULE5140.PDF](http://www.bcps.org/system/policies_rules/rules/5000Series/RULE5140.PDF) Prior to approving any special permission transfer we will be looking at the total enrollment of each grade level. In order to have accurate enrollment numbers, these special permission decisions will not be made until July for grades 1-5 and late in August for our kindergarten requests. Given our anticipated enrollment numbers it is not likely that special permission transfers will be approved which we hope will help us keep our enrollment in each class near the preferred capacity (22 for primary and 25 for intermediate classes).

All fifth graders in Baltimore County are required to prove their current residency prior to moving on to middle school. Parents of fifth graders are asked to bring in the required residency documentation to our school prior to the end of the school year. A letter has been mailed home this week to all families of fifth graders outlining what documentation is required. If not completed, students entering grade six are withdrawn from BCPS on July 1.

It is May and we are already planning for the next school year. In order to assign your child to the most appropriate instructional placement, we will be issuing classroom placements in grades Kindergarten through Grade 5 during the third week of August. It is important to keep in mind that the students will be assigned to classrooms according to their specific instructional needs, not a requested classroom teacher. Students will be grouped with the input of the current year's classroom teachers and will be placed according to the instructional program that best suits the child. Parents may inform the principal of any information regarding their child in writing but know that the final decision regarding classroom placements will be made by the administrative team and not based on specific teacher requests.

In addition, please let Mrs. Rosenberger, in the main office, know if your child/children in grades PK-4 are not returning to Honeygo Elementary School in August of 2019. It is also important to let us know if your child in grade 5 will not be attending the middle school that they are assigned to attend. It is essential that we know this information as soon as possible, as teachers need to complete the required paperwork for the transfer process in a timely and efficient manner. Thank you in advance for your cooperation in this manner.

There are many exciting end of year events planned for the students and the families of Honeygo Elementary School. Please post the attached calendar for your reference this last full month of school. Any student who is suspended from school during the fourth quarter may be excluded from the fun end of year activities.

**Charlene Behnke**

**Principal**

## NEWS FROM THE HEALTH SUITE



Spring allergy season is in full swing! Itchy eyes, cough, and stuffy noses really can impact a student's ability to stay focused on instruction. Please see the attached flier for strategies that can help spring allergy sufferers.

### Medication Reminder:

ALL medication given in Baltimore County Public Schools, including over the counter medications, must be accompanied by a written doctor's order. If you have questions or are unsure what documentation you need to have your child's medication given in school, please contact the school nurse at 443-809-8610.

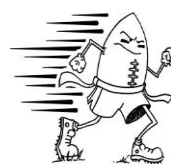


## MUSIC NEWS

The 5<sup>th</sup> grade spring concert will be on Tuesday, May 28<sup>th</sup> at 6:30pm. This concert features the 5<sup>th</sup> grade band, orchestra, and chorus! Students should wear jeans and their 5<sup>th</sup> grade maroon t-shirt (or Honeygo shirt). Please contact Mrs. Gorecki ([cgorecki@bcps.org](mailto:cgorecki@bcps.org)) or Mrs. Ritchey ([dritchey@bcps.org](mailto:dritchey@bcps.org)) with any questions. See you there 😊

## PHYSICAL EDUCATION

Honeygo students have been busy movers this past month and they are going to continue moving into the month of May. Our primary students will be learning a variety of team games and the importance of teamwork, cooperation, communication, and sportsmanship. Primary and intermediate students



will also be enhancing their flying disc throwing and catching skills. Intermediate students will be participating in a flag football unit thanks to equipment from the NFL Play 60 program.

The end of May brings the first annual Honeygo Field Day. We look forward to successful and fun-filled events.

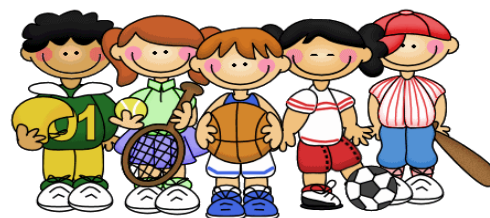


Field Day will take place on the following days and times. Be sure to note the inclement weather days.

- Thursday, May 30<sup>th</sup>
  - Kindergarten and 1<sup>st</sup> grade: 9:30 – 11:00 AM
  - 4<sup>th</sup> and 5<sup>th</sup> grade: 2:00 – 3:30 PM
- Friday, May 31<sup>st</sup>
  - 2<sup>nd</sup> and 3<sup>rd</sup> grade: 9:30 – 11:00 AM
- Inclement weather dates: June 3<sup>rd</sup> and 4<sup>th</sup>

It has been an amazing first year at Honeygo and we look forward to a strong finish of the school year. Students please continue to practice and enhance your PE learning outside of school and at recess. Thank you for your support of the Honeygo PE program!

Steve Ey ([sey@bcps.org](mailto:sey@bcps.org)) and Zach Keesecker ([zkeesecker@bcps.org](mailto:zkeesecker@bcps.org))  
Follow on Twitter @HoneygoPhysEd



## Counselor Connection



The warmer weather and sunshine have arrived! My monthly counseling lessons for April focused on Coping Skills. Students identified stress management strategies, basic calm down skills, and how to use their social filter. In grade 5 we took an online interest survey and explored careers that match those interests. A parent letter/follow-up worksheet was sent home after each lesson. During the month of May, the BCPS Counselor Core Curriculum lessons focus on Career Awareness. In grades K – 4, we will be looking at student interests and how they connect to possible career choices in the future. The fifth grade explored careers in April, so their lesson will be about transitioning to middle school. Look for the parent letter that will come home after each lesson and ask your child about what they learned. There are no classroom lessons in June, so this May lesson will be the last one for the year for your student. As always, please contact me if you have any questions or concerns regarding the emotional health of your children, [wcarver@bcps.org](mailto:wcarver@bcps.org) or 443-809-8700.

## MINDFUL MOMENT

### BACK TO BREATHING

For this month's Mindful Moment strategy, I decided to go back to the topic of breathing that was shared in October's newsletter. In that article I described "belly breathing" as a way to relax your child and to introduce mindfulness to them. During the April classroom lessons, I have been reviewing and teaching the students different ways to use breathing to calm down, focus, and feel better. The importance of taking deep breaths is that they are more efficient because they allow your body to fully exchange incoming oxygen with outgoing carbon dioxide. They have also been shown to slow your heartbeat, lower or stabilize blood pressure, and lower stress. Deep breathing calms anxiety, is a natural pain killer, relieves stress, and increases blood flow (<https://blog.spire.io/2017/11/01/benefits-deep-breathing/>).



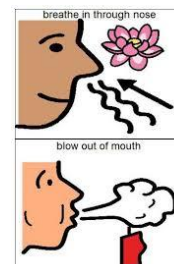
Below are some different deep breathing ideas for you to try with your child, and your child might have a few more that they have learned that they can teach you!

**Always remember –**

**Breathe in through your nose and out through your mouth, unless your nose is stuffy!**  
**You need to take 8-10 deep breaths to feel the positive effects.**

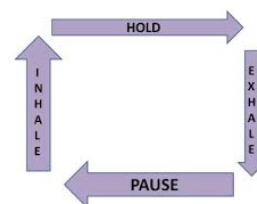
- **Smell the flowers – Blow out the candles**

Breathe in through your nose as if you are smelling flowers (or cookies) and then breath out through your mouth as if you are blowing out candles on a cake.



- **Square breathing** – Trace a square on the back of your hand or any other surface. Each side is 4 seconds.

1. Inhale for a count of four.
2. Hold for a count of four.
3. Exhale for a count of four.
4. Wait and breathe normally for a count of four.
5. Repeat until you feel calm again.



- **Happy Place** – Think of a place that makes you happy. It can be real or imaginary. Picture that place in your mind while you take slow, deep breaths.
- **Balloon Breathing** – Interlock your fingers and place them on the top of your head. As you breathe in slowly, raise your hands up like you are filling a balloon. Then lower your hands as you breathe out.





## HONEYGO GIVES BACK UPDATE



Honeygo Gives Back is planning their final project of the school year. They will be going to the Fontana

Community Center to help with the May birthday party for children in that neighborhood that are born in May. Plans include playing games and making slime!

The Honeygo Gives Back club is also looking forward to the 2019-2020 school year and thinking about what projects they will complete. More information about this service club and our plans will be in the next newsletter. As always, I enjoy working with this enthusiastic and caring group of students.

## FIFTH GRADE CAREER DAY



Wednesday, April 17<sup>th</sup> was our first Fifth Grade Career Day. Fourteen presenters volunteered to come that day and make presentations about their careers to groups of fifth graders. Most of our presenters were parents of Honeygo students, and we were so grateful for their willingness to volunteer and share about their professions. Students were able to visit 4 presenters and not only listen to the information they shared, but to ask questions as well. By the end of the sessions there were students walking the halls wearing medical hair nets and face masks, carrying model airplanes, and some even won Under Armour gloves. The feedback from the presenters, staff and students was very positive. One student comment summed the day off well: "I think this day got me really thinking about my future."

Mrs. Carver would like to give a special "Thank You" the Career Day Planning Committee for planning and organizing this special event. The committee members are: Mrs. Moorefield, Mrs. Kammann, Ms. Schuchardt, Mrs. Liem and Mrs. DiPietro.



## CHILDREN'S MENTAL HEALTH AWARENESS



May 5<sup>th</sup>-11<sup>th</sup> is Children's Mental Health Awareness Week in Maryland.

The term mental health refers to a person's overall behavioral, social, emotional and psychological well-being. Mental health impacts how we think, feel, and act, including how a child feels about himself/herself, relates to other children and adults, and handles change, stress and other life situations.

Here at Honeygo Elementary we are participating in Children's Mental Health Matters! Green Day on Thursday May 9<sup>th</sup>. We encourage all students and staff to wear green that day.

There is a family resource kit on their website [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org) and we have attached an information sheet to the newsletter. Please contact Mrs. Carver if you have any questions or concerns about your child's mental health.

## READING AND LANGUAGE ARTS NEWS,

### Mrs. Holland and Mrs. Wise, Reading Specialists

We have shared the statistics that reading at least 20 minutes every day can help your child in so many ways! Sometimes it can be a struggle to find the time or to keep your child interested. Please see the chart shown below for some fun ways to find 20 minutes to read each day.

#### How Do I Get My 20 Minutes of Reading Each Day?

Read during snack time	Listen to stories online	Read while you wait for appointments or reservations	Play reading games like Hangman, Boggle, Sight Word Bingo or Brain Quest
Keep books in the car for short/long trips	Read while you're waiting for others to get ready	Keep a stack of books by the bed	Check out books on CD, playaways, ebooks, from the library and listen
Make a set time for your child to read independently every day	Read everything! Cartons, food boxes, signs, billboards	Make a set time to read aloud to or with your child every day	Read Cookbooks or How to Books



### Spring Into Allergy Season

Millions of Americans, including children, suffer from seasonal allergic rhinitis, often referred to as “hay fever.” Substances called allergens cause these seasonal allergies. Airborne pollens and mold spores are outdoor allergens that commonly trigger symptoms during the spring and fall. Pollens and molds enter the body through the eyes, nose, and mouth, triggering an allergic reaction. The symptoms result when the body reacts in defense to the allergen. Common symptoms include sneezing, congestion, a runny nose, and itchiness in the nose, roof of the mouth, throat, eyes, and ears. Even though allergies most often affect the nose, eyes, and throat, they have also been associated with headaches, stomachaches, and wheezing, coughing, and chest tightness.

The pollen of trees is often the cause of early spring season allergic rhinitis. Late spring and early summer allergic rhinitis is usually caused by pollinating grasses. Ragweed is the pollen most responsible for late summer and early fall allergic rhinitis. Molds are microscopic fungi - related to mushrooms and mildew - but without the stems, roots, or leaves. Their spores float in the air like pollen and are present throughout the year in many states. Although molds do not have a specific season, they are affected by weather conditions. Some mold spores grow indoors all year long, but outdoor mold spores grow from February to September when the moisture and temperature are right. Molds are present in almost every possible environment. Outdoors they can be found in soil, vegetation, and rotting wood. Molds can also be found indoors in attics, basements, bathrooms, refrigerators, garbage containers, carpets, and upholstery.

This time of year, mold spores and tree pollens start to bother people. The Weather Channel lists Baltimore among the 115 cities designated as “pollen hot spots.” A good website that will help you to monitor local pollen level is [www.pollen.com](http://www.pollen.com). By typing in your zip code, a four-day forecast can be generated. Pollen counts in the medium to high level will affect most people who suffer from pollen allergies adversely.

Appropriate treatment is the best method for coping with allergies. If seasonal allergies are making your child uncomfortable, see your health care provider. There are a number of treatments available to help minimize or prevent allergy symptoms. There are also many things you can do to lessen exposure to the pollens or molds that trigger symptoms:

- Keep the windows closed at night to prevent pollens or molds from drifting into your home.
- Instead, if available, use air conditioning, which cleans, cools, and dries the air.
- Minimize early morning activity when pollen is usually emitted – between 5-10 am.
- Keep your car windows closed when traveling.
- Try to stay indoors when the pollen count or humidity is reported to be high, and on windy days when dust and pollens are blown about.
- Don't mow lawns or be around freshly cut grass, mowing stirs up pollens and molds.
- Don't hang sheets or clothing out to dry. Pollens and molds may collect in them.
- Don't grow too many or over water, indoor plants if you are allergic to mold. Wet soil encourages mold growth.
- Brush pets when they come in from outside to remove pollen.
- After being outdoors, change clothes, bathe, and wash hair to remove pollen.

**Attn: Parents & Families!**  
Help **Honeygo Elementary** be a  
**Children's Mental Health Matters! School Champion!**  
**Thursday May 9, 2019**  
**is Children's Mental Health Matters! Green Day**  
**Encourage your child to wear the color green to support**  
**awareness of the importance of children's mental**  
**health.**

**Fast Facts about Children's Mental Health**

- ❖ Mental health refers to a person's overall social, emotional, behavioral and psychological well-being. It impacts how we think, feel, and act, including how a child:
  1. Feels about himself/herself
  2. Relates to other children and adults
  3. Handles change, stress and other life situations
- ❖ One in five children experience a mental, emotional or behavioral health problem before age 18. These problems affect children of all demographic groups, regardless of education, income, race or culture.
- ❖ Up to 70% of school-aged children with a diagnosable mental illness do not receive treatment. Early intervention is the best way to prevent long-term or severe conditions into adulthood.
- ❖ Children's Mental Health Awareness Week is a great time to learn more about children's mental health and to check out available resources to help ensure all children have the opportunity to be successful in school, at home, in the community, and in their future adult lives.
- ❖ Read more about the signs and symptoms of mental health problems and find resources, including our Family Resource Kit, at [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org).

**Be a Children's Mental Health Matters! School Champion**  
**and help raise awareness in your school!**