

January 12 , 2023



# News On The Horizon

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**From the desk of our Executive Director, Mrs. Cantrell**

Dear HAW Community,

Thursday greetings! I do hope your week has been a good one. I must say that as a parent and an educator, I am deeply saddened to talk about violence in schools across the country. But we can't ignore it. We work hard to provide a safe and supportive environment for our students and staff. We have guidelines and plans in case of any emergency. We model solving problems and conflict using our words. We appreciate the support and communication with our school families as we continue to do what it takes to keep our learning environment safe and secure. As kids are sometimes exposed to news and radio stories about violence in schools, they often have questions and concerns. I included a flyer with some practical ways to begin those hard discussions at home.

The 2023-2024 Lottery Application for "new" students is now open and on our website. This includes all of our existing preschool students and any *new* students that would like to attend HAW next year, at all other grade levels. Current students will be sent an "intent to return" form in March and do not need to fill out the lottery application. Please share with your neighbors and friends. If you have any questions, please call our office.

Just a reminder, Monday, January 16 is a holiday and there is NO School. Our school calendar is posted on our Website for your convenience. Enjoy the extra day!

Thank you for choosing Horizon Academy West Charter School. Let us know what we can do to support your family.

Sincerely,

Mrs. Cantrell

**HORIZON ACADEMY WEST BEARS PLEDGE**

**HAW B.E.A.R.S.**

Be brave in everything you do

Eager to learn

Achieve your best

Respect yourself, others, and your environment

Show kindness to all

# Promoting Good Attendance All Winter Long



Every winter, bad weather — snow, slush, freezing temperatures or even heavy rains — can present challenges to getting children to school. So do the illnesses such as colds, flu, fevers and earaches that often come with the winter months. Students might also have to stay home due to Covid-19.

## WHAT CAN PARENTS DO?



### 1. Develop back up plans for getting your children to school in bad weather.

- Check to see who can give your children a ride to school if you aren't able to take them or the bus doesn't arrive.
- Talk with your school about forming a "walking school bus" with other families to get students to school safely.
- Contact your local government if roads to school are not regularly plowed.
- Join other families to clear snow from the sidewalks closest to the school.
- Tell school administrators about transportation challenges, including safety, and ask if they have plans for transporting students.

### 2. Keep your children healthy.

- Maintain a regular bedtime and morning routine.
- Ensure students eat a good breakfast every morning or check to see if your school serves breakfast.
- Ensure your children visit their medical provider and have received their vaccines, including flu and Covid.
- Stress hand washing, particularly before and after eating, and after using the restroom.
- Reinforce the importance of avoiding close contact with individuals who are sick, and not sharing cups and/or utensils with others.
- If your children seem anxious about going to school, ask teachers, school counselors, your medical provider and parents for advice on how to make your children feel comfortable and excited about learning.
- If you are concerned your children may have Covid, call your medical provider or school nurse for advice.

### 3. Keep your children engaged in learning if they cannot attend school in person.

- Ask your teacher or school for resources that you can use at home to keep your children learning, including computer tablets, internet access and online learning platforms.
- Identify who can support your children's learning at home, especially if you must go to work.
- Encourage your children to call classmates and stay connected to the teacher to find out about what they missed.

To learn more about attendance and strategies that make a difference visit [www.attendanceworks.org](http://www.attendanceworks.org)

## GENERAL INFORMATION AND REMINDERS:

- Dollar Demin Days- 10/13, 10/27, 11/10, 12/1, 12/15, 1/5, 1/19, 2/2, 2/16, 3/2, 4/13, 4/27, 5/11. More information below. Students can pay \$1.00 and wear jeans. Contact Mrs. Andrea if assistance is needed.
- T-Shirt Tuesday for this semester are 1/10, 1/24, 2/14, 2/21, 3/7, 4/18, and 5/2. Students can pay \$1.00 and wear any appropriate t-shirt. Contact Mrs. Andrea if assistance is needed.
- Let Mrs. Andrea know if you need any resources related to financial hardship, housing, or employment, etc. at [agallegos@hawest.net](mailto:agallegos@hawest.net)
- January lunch menu is on our website, under 'Resources'. Due to supply chain delays, menu items may be occasionally substituted.
- Our lottery for new students is now open. The link is on our website. This is for new students wanting to join HAW next year.
- January 16th- NO SCHOOL
- Family Math Night on January 18th. More information on flyer below.
- Save the date: PTO Father-Daughter Dance on February 9th. More information to come.
- We have new jackets and backpacks available for students. Please contact Mrs. Andrea if needed.

## NEWS FROM OUR REGISTRAR, ADA GALLEGOS

Dear HAW Families,

We are using a new security system to check students in & out. This new system requires an ID. You must have your ID when checking out your child/children. This applies to anyone (including parents) picking up students anytime before dismissal.

Please make sure to check in your student in the front office when dropping them off after 7:50. If the teacher has already taken attendance and they have been marked absent, we can correct this information once you have checked them in, otherwise their attendance information will not be accurate.

Thank you for your understanding, cooperation and support.

## **Flu Season is Here!**

Parents please keep a closer watch on your kiddos as there are many germs and illnesses going around this time of year. Flu symptoms are sudden and severe including high fevers, chills and body aches. Please keep your child home if they have fever, ongoing coughing, diarrhea, vomiting or pink eye. It is highly recommended that you send your student with Chapstick. We have so many friends with bleeding chapped lips. As always, I have Covid-19 testing here on campus and home test kits are available. Please reach out if this is something you are interested in. If you have any questions or concerns please call 505-998-0459 ext 142 or email [hoffice@hawest.net](mailto:hoffice@hawest.net). Thank you for your cooperation and support with staying healthy here at Horizon Academy West!

## ILLUMINATING INTERVENTION

A new year begins and we return to many of the routines that are awaiting us! Some of our goals will be the same while others bring newness, change and purpose. As your child returns to school this year the routines and rigor begin. One routine that brings the students, parents and teachers together is homework. Below you will find 8 ways why appropriate levels of homework can be good and how you can ease stress, and turn homework from a "task" to showing your child how important homework is in the learning process now and for the future.

- **Develops Your Memory** - For a student that is slightly below their academic grade level it takes 18 repetitions to learn and retain new information! Extra practice can allow a student to develop a better memory and incorporate new skills using repetition.
- **Build Suitable Study Habits** - Study habits include planning study hours, sitting, a designated area to learn and focusing on meaningful goals.
- **Learn Time Management** - To finish tasks on time, one needs to prioritize activities and plan them. You can make a list of things you need to do and prioritize them accordingly. This helps in accomplishing more work in a limited time. Homework encourages your child to use time wisely.
- **Realize Personal Responsibility** - Your homework provides you with a sense of responsibility for your assignments. This makes you accountable to finish them in time and finish them with your best effort.
- **Learn How to Work Independently** - You may consider your memory and understanding to be right when learning something at school. At home, you will apply the concepts that you learned in class. This is a test for your knowledge and problem-solving skills when studying on your own. Studying will help you will learn about your abilities and new methods to complete your work. These challenges will develop your brain to solve more complex problems in life.
- **Learn to Use Resources and Research Better** - With research skills, you will be ready to take on life in the future and save a lot of time by not depending on others. Homework helps you learn to use resources, such as libraries, reference materials, and computer Web sites to find information.

### **Homework gives an opportunity for parents to monitor their children's academic progress -**

Throughout the years, research studies have consistently shown that parental involvement in a child's learning is an important factor in determining a child's achievement in school. Homework allows parents to have an active role in their child's education and helps them to evaluate and monitor their child's progress. It encourages parents to spark your child's enthusiasm and encourages communication with what their child is learning. Moreover, the process of doing homework also provides an extra venue for parents to interact and bond with their child.

**Homework allows children to recap their skills, concepts and information that they have learned in class** - Students get to practice on what they have learned and apply it in their homework. This continuous process of recap and application would provide a stronger reinforcement regarding the information and would allow for a stronger retention of information and make learning more efficient.

Here are some Homework Tips can try at home:

**Make sure your child has a quiet, well-lit place to do homework.**

**Be positive about homework.**

**Help your child with time management.**

**When your child asks for help, provide guidance, not answers.**

**When the teacher asks that you play a role in homework, do it.**

**If homework is meant to be done by your child alone, stay away.**

**Help your child figure out what is hard homework and what is easy homework.**

**Watch your child for signs of failure and frustration.**

**Reward progress in homework.**

**Need help? Google, "Homework Support Programs" and see what is a good fit for your family!**

Together we can build the future!

Mae Heermann

HAW Reading/Math Interventionist K-2

## ATTENDANCE REMINDER-TARDY NOTICE

The cafeteria door and back gate close at 7:50am. Students who arrive after that time will need to be brought to the office and signed-in by an adult. They will be marked tardy in our database. Our instructional day starts at 7:45 with breakfast. When students arrive late, they miss important components of starting their day. If you and your child arrive during announcements you will be asked to wait until they are done to sign-in. Please note that arrival time is from 7:35-7:50am. Students can be walked to the front cafeteria door or dropped off in the back using the two driving lanes.

Thank you.

## HAW BEARS IN THE COMMUNITY

We love sharing the great things our students are doing in the community. It is especially nice when we can relate it to our BEARS PLEDGE. If you would like to share information about your child in our newsletter, email information and photo to [agallegos@hawest.net](mailto:agallegos@hawest.net).

## KINDERGARTEN COMMUNITY SERVICE PROJECT

Kindergarten is collecting pop tabs to support Ronald McDonald House.

Please send tabs from soda cans, vegetable cans, soups cans etc...in a jar or bag. The collection will continue until March (Spring Break).

Thank you for your time and support.



## STUDENT COUNCIL UPDATE

We are sponsoring a free receipt scanning service! Every Boxtop earns a dime for our school! Believe it or not those dimes add up. Currently, we have collected \$146.90. Keep sending your Boxtop\$ receipts 📄 to Room 207.

We are organizing a School-wide Spirit week coming up on the week of Jan 23rd.

It is The Great Kindness Challenge! Every day, students are challenged to do something kind by helping others! They may also get into the kindness spirit by dressing up:

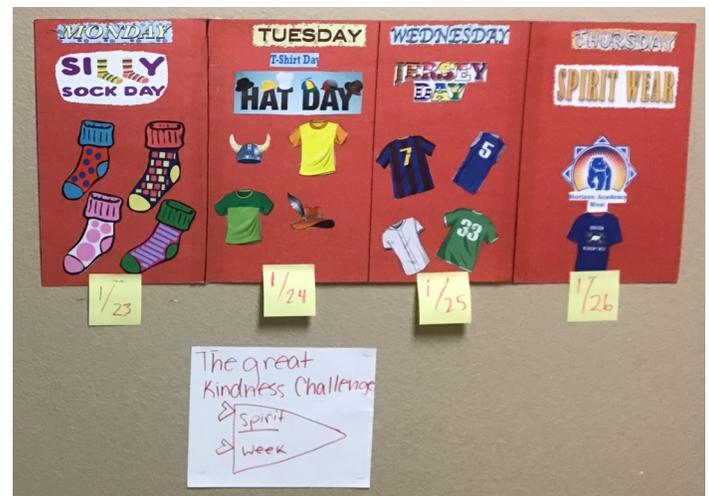
**Monday** the 23rd-Wear different colored socks and/or shoes!

**Tuesday** the 24th-Hats & t-shirt Tuesday

**Wednesday** the 25th- Wear a team Jersey!

**Thursday** the 26th-Wear school gear (t-shirts & hoodies)

So mark your calendars, get into the school spirit, & sprinkle some kindness!



## NEWS FROM COACH BOWKER IN THE GYM

Kinder- is working on the importance of teamwork and following directions, while participating in the Tow Truck Relay Race this week.

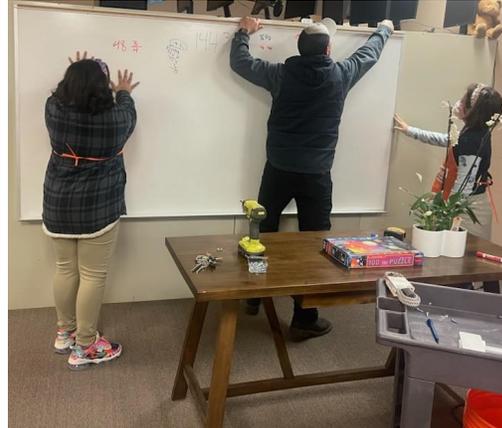
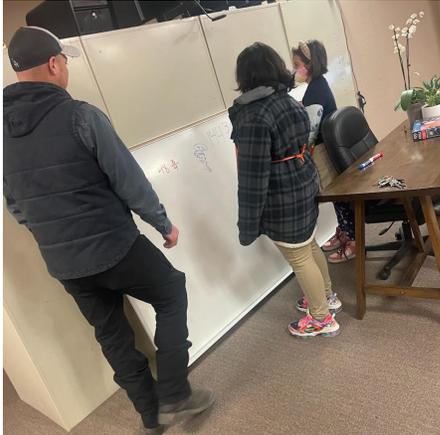
1<sup>st</sup>-5<sup>th</sup> has been working on Dodgeball in class. Dodgeball is a fun and accessible team sport that develops the core skills of throwing, catching, movement and agility. These games also improve concentration levels, team-building skills and cardiovascular workouts. Since December, these classes have learned three different dodgeball games in PE. Detective Dodgeball, Bench Dodgeball and Dr. Dodgeball... ask you kiddo to explain these games to you!



## BEARS BUCKS IN ACTION

This week we had students use their "Mr. Steve's helper" coupon that they purchased with BEAR BUCKS. Their project was to help him hang a white board and a lamp in the computer lab. They received a special apron and tool from Mr. Steve. The BEARS STORE will be open again on January 24th.

GO BEARS!!



## NEWS FROM THE ART ROOM

Hello everyone, I hope you had a fabulous week!! We have been very busy in the art room. First grade have been creating their winter penguins. Here are the penguins from Ms. Vilorio's and Mrs. Cordova's class! Great job students 🙌👩🎨👧

Next, third grade has been working on their abstract names, and here is Mrs. Keeling's third grade class, I think they came out amazingly! ❤️



Lastly, for the Artist of The Week, Kindergarten learned about Pop Art and made their pop art hand prints! I picked Nayeli Solis from Mrs. Stoffan's kindergarten class, America Galicia and Ayden Tafoya from Mrs. Breezee's kindergarten class! Great job students! 🙌👩🎨



# Join Us For

## FAMILY MATH NIGHT

**Wednesday, January 18, 2022**

**6:00 p.m. – 7:30 p.m.**

**School Cafeteria**

Students bring your parents and work together on  
**FUN HANDS-ON MATH GAMES!**



# TALKING TO CHILDREN ABOUT VIOLENCE: TIPS FOR FAMILIES AND EDUCATORS

Families and school personnel play a critical role in helping to reestablish a sense of normalcy and security for children after an act of violence occurs. Follow these key reminders and visit [www.nasponline.org/children-and-violence](http://www.nasponline.org/children-and-violence) to learn more.



### REASSURE CHILDREN

- Reassure children you are there to keep them safe.
- Make time for children to talk about and learn to appropriately express their feelings. Explain that all feelings are okay when a tragedy occurs and help to put them in perspective.
- Emphasize what schools and caregivers are doing to keep people safe. Point out clear or visible safety efforts whenever possible.
- Explain that, although the possibility of school violence exists, the probability that it will affect us (our school) is very low. Most schools are safe, even though it may not feel that way in the moment.
- Be aware of how your emotions/reactions could contribute to fear/trauma in some children. It's okay to acknowledge your own fear/concern, but prioritize calmness in the presence of children.



### MAKE TIME TO TALK

- Be patient and look for clues that a child wants to talk, such as hovering around.
- Let children's questions guide the information provided.
- If a child is fearful/worried/confused, listen and acknowledge (e.g., "This is really hard to understand."). Use statements like "Let's talk about what we are doing at school/home to keep us safe (provide 2-3 visible or clear examples)." This is not a guarantee of safety; rather, it is reassurance adults are doing everything they can to support safety.
- Young children may need concrete activities such as looking at books, while some older children may prefer writing, drawing, or playing music to identify and express their feelings.
- Be mindful of a child's previous traumas or exposure to violence and chronic or systemic stressors in their life.



### REVIEW SAFETY PROCEDURES

- Help children identify an adult at school and in the community that they can go to if they feel uncomfortable, threatened, or at risk.
- Review procedures and safeguards in school and at home. Be sure children understand the information.



### OBSERVE CHILDREN'S EMOTIONAL STATE

- Watch for changes in behavior, appetite, or sleep patterns that can indicate anxiety or stress. Some examples include irritability, nightmares, and stomachaches. These should ease with reassurance and time.
- Seek help from a mental health professional right away if you are concerned about your child hurting themselves or someone else. Also seek help if they have more intense reactions such as excessive fear or anger that lasts more than 2 weeks.
- Limit television viewing and social media that may have disturbing images or graphic references to the event.

# Hablarles a los niños sobre violencia: consejos para padres y educadores

Las familias y el personal escolar desempeñan una función fundamental en ayudar a restablecer una sensación de normalidad y seguridad en los niños después de que ocurre un acto de violencia. Siga estos recordatorios clave y visite [www.nasponline.org/children-and-violence](http://www.nasponline.org/children-and-violence) para obtener más información.



## Reafirmar la seguridad

Haga hincapié en que las escuelas son muy seguras. Permita que los niños hablen sobre sus sentimientos y valide todas las reacciones manifestadas ante el suceso. Apoye las expresiones adecuadas de sus sentimientos y ayude a ponerlos en perspectiva.



## Tómese tiempo para hablar

Permita que las preguntas formuladas por los niños orienten la información proporcionada. Tenga paciencia y busque indicios sobre los que el niño desee hablar. Es posible que los niños pequeños necesiten realizar actividades concretas (p. ej., juegos de imaginación) y algunos niños mayores prefieran escribir o tocar música.



## Mantenga explicaciones adecuadas al nivel de desarrollo

### Primeros años de la educación primaria

Proporcione información sencilla y equilibrada por una garantía de seguridad.

### Últimos años de la educación primaria y primeros años de la educación media

Responda preguntas y ayude a separar la realidad de la fantasía.

### Últimos años de la educación media y educación secundaria

Haga hincapié en el rol del estudiante en materia de seguridad y en cómo obtener apoyo.



## Revisar los procedimientos de seguridad

Ayúdeles a los niños a identificar a un adulto en la escuela y la comunidad a quien puedan acudir en caso de sentirse amenazados o en riesgo. Revise los procedimientos y las medidas de seguridad en los entornos de la escuela y el hogar.



## Observar el estado emocional de los niños

Algunos no se expresarán oralmente, pero los cambios en el comportamiento, el apetito o los hábitos de sueño pueden indicar ansiedad o estrés. Busque la ayuda de un profesional en salud mental para tratar a quienes tengan reacciones más intensas.



## Siga una rutina normal

Mantenga un cronograma regular para asegurar y promover la salud física y mental. Fomenteles mantenerse al día con sus tareas escolares y actividades extracurriculares, pero no los obligue si parecen agobiados. No permita que vean tanta televisión.



**Thank You to the  
5th Grade Students**

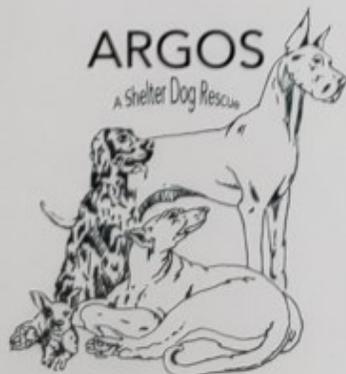
**&**

**Ms Newman, Ms Larranga & Ms Martin  
at Horizon Academy West**

**for the wonderful donations made by them  
for the rescue dogs of**

**Argos, A Shelter Dog Rescue**

**While waiting to find their forever homes our dogs enjoyed  
new treats, toys, blankets, beds, carriers, sweaters, coats, collars,  
and dog/puppy supplies**



**ANNOUNCING**

----- NMPED in partnership with Paper™ -----



**PAPER**

We are incredibly excited to announce that **New Mexico Public Education Department** has partnered with Paper to provide FREE tutoring support for students in grades PreK-8!

For more information and to enroll visit the New Mexico Public Education Department website at

<https://webnew.ped.state.nm.us/free-tutoring-sign-up/>

# Fun with Paper™!

No homework? No problem! Paper is here to keep **PrK-8 students** entertained all year long. Log in to Paper by searching [bit.ly/PaperNM](https://bit.ly/PaperNM) and choose one (or all!) of the fun activities below!



## Passion Project

Choose a topic you don't know anything about and discover all that you can through research! Start a live chat session with a tutor using the **"Ask Any Tutor"** button, and tell the tutor everything you've discovered so far about the topic! Then, send this message to the tutor: "How can I learn more about this topic?"



## Practice your Reading

Start a live chat session with a Reading tutor by clicking the **Ask a Tutor** button on the **English / Language Arts** tile. Tell the tutor you want to practice your reading with a book you have with you. Share a picture of the first page you are reading by clicking the **Send File** button, then hit the microphone button and record yourself reading it! The tutor will then tell you how great you did! Try to take pictures and read as many pages as you can!



## Become a Math Magician

Scroll to the Paper Missions section at the bottom right of your main Dashboard. Click **Practice Paper Math Missions!** Abracadabra! The more problems you complete, the more math magic you gain! Make it as far as you can, and share your success with your family.



## Test your Typing

Start a live chat session with a writing tutor by clicking the **Ask a Tutor** button on the **English / Language Arts** tile. Send this message to the tutor: "I want to practice my typing skills! Can you send me an audio message that I can type back to you?" You can continue to practice like this for as long as you want to become a keyboard wizard!



## Entertainment with PaperLive

Click the **PaperLive** button at the top of your Dashboard. Follow your curiosity and explore all of the live, interactive, and FUN sessions hosted each week! Choose your favorites and click **Book Event** to make sure you have a spot.



## Rhyme Time

Think of your favorite animal! Click the **Ask Any Tutor** button and send this message to the tutor: "I really love \_\_\_\_ (<- insert your animal here!). Can you help me come up with words that rhyme with this word?". Share as many words as you can that rhyme with the animal, and the tutor will help you. Then, use one of your other favorite things (color, sport, food, and more!), and try again!



## Cool Careers

Ever wonder what it would be like to be a zoologist? Or an engineer? Or a teacher? Click the **Ask Any Tutor** button and send this message to the tutor: "Can you help me learn about what it would be like to be a \_\_\_\_" <- Make sure to add the career you're interested in when you ask!



# ¡Diversión con Paper!

¿No tienes tareas? ¡No hay problema! Paper está aquí para mantener entretenidos a los estudiantes de PreK-8 durante todo el año. Ingresa a Paper a través de [bit.ly/PaperNM](https://bit.ly/PaperNM) y elige una (¡o todas!) de las actividades divertidas a continuación.



## Proyecto emocionante

¡Elige un tema del que no sepas mucho y descubre todo lo que puedas a través de la investigación! Comienza una sesión de chat en vivo con un tutor usando el botón **Pregunta a cualquier tutor** y dile al tutor todo lo que sabes hasta ahora sobre el tema. Luego, envía este mensaje al tutor: "¿Cómo puedo aprender más sobre este tema?"



## Practica tu lectura

Comienza una sesión de chat en vivo con un tutor de lectura haciendo clic en el botón **Pregunta a un tutor** en el cuadro de **Inglés / Artes del lenguaje (English / Language Arts)**. Dile al tutor que quieres practicar tu lectura con un libro que tengas. Comparte una imagen de la primera página que estás leyendo haciendo clic en el botón **Enviar archivo**. ¡Luego presiona el botón del micrófono y graba mientras lees! Tu tutor te dirá lo bien que lo hiciste! ¡Intenta tomar fotos y leer tantas páginas como puedas!



## Conviértete en un mago de las matemáticas

Ve hasta la sección de Paper Missions en la parte inferior derecha de tu tablero. Haz clic en **Practica las misiones de Paper Math**. ¡Abracadabra! Cuantos más problemas completes, más magia matemática ganarás! Llega tan lejos como puedas y comparte tu éxito con tu familia.



## Pon a prueba tu escritura con el teclado

Comienza una sesión de chat en vivo con un tutor de escritura haciendo clic en el botón **Pregunta a un tutor** en el cuadro de **Inglés / Artes del lenguaje (English / Language Arts)**. Envía este mensaje al tutor: "Quiero practicar mis habilidades para escribir con el teclado. ¿Puedes enviarme un mensaje de audio que pueda escribir como práctica?" ¡Puedes seguir practicando así durante el tiempo que quieras para convertirte en un mago del teclado!



## Entretenimiento con PaperLive

Haz clic en el botón **PaperLive** en la parte superior de tu tablero. ¡Sigue tu curiosidad y explora todos los shows interactivos, DIVERTIDOS y en vivo cada semana! Elige tus shows favoritos y haz clic en **Book Event** para asegurar tu lugar.



## Hora de rimar

¡Piensa en tu animal favorito! Haz clic en el botón **Pregunta a cualquier tutor** y envía este mensaje al tutor: "Me encantan los \_\_\_\_\_." (<- agrega tu animal favorito aquí!). ¿Puedes ayudarme a encontrar palabras que rimen con esta palabra?". Comparte tantas palabras como puedas que rimen con el animal que elegiste, y el tutor te ayudará. Luego, usa una de tus otras cosas favoritas (color, deporte, comida y más), ¡y vuelve a intentarlo!



## Carreras interesantes

¿Alguna vez te has preguntado como sería ser un zoólogo? ¿o un ingeniero? ¿o un maestro? Haz clic en el botón **Pregunta a cualquier tutor** y envía este mensaje al tutor: "¿Puedes ayudarme a conocer más sobre como sería ser un \_\_\_\_\_?" <- ¡Asegurate de agregar la carrera que te interesa cuando preguntes!

