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A Message from Admin

Dear HES Community,

It's hard to believe that this is the last Tiger Tales message of 2024! What a wonderful year it has been!

As we approach the holiday season, we want to extend our warmest wishes for a wonderful and safe winter break and a Happy New Year! A new year always brings the opportunity of new goals and resolutions.

We are so proud of our students for achieving our quarter one school-wide goal of making our hallways more peaceful and calm. Your support and communication has been invaluable in helping us reach this milestone.

Looking ahead to the second quarter, we have set new goals as a school community to continue fostering a positive and respectful environment. These goals include encouraging students to keep self-to-self and utilizing alternative strategies when presented with a challenge or conflict that do not involve physical contact. We are tasked with and committed to ensuring all students feel safe and comfortable in their

learning community. Students will engage daily in SEL (Social Emotional Learning) lessons, led by their teachers, in order to strengthen their knowledge in using safe and appropriate strategies at school.

Additionally, we aim to ensure that our classroom spaces remain orderly and clean! You may hear from your child about the “Golden Trash Can Award”. Two classrooms will be selected monthly by our custodial team for neat and organized instructional spaces. The selected classrooms will earn extra recess from Mrs. Mapson and I.

We also have a community goal of increasing student attendance and reducing chronic absenteeism. It is crucial for students to come to school on time every day, ready to learn and engage with their peers and teachers. See below for an impactful graphic from our PPW (Pupil Personnel Worker), Ms. Donielle Chase-Mercer. Remember, every minute counts!



We are incredibly grateful for your partnership in your child's education and for being an integral part of our school community. We wish you a joyous holiday season and a Happy New Year!

Warmly,

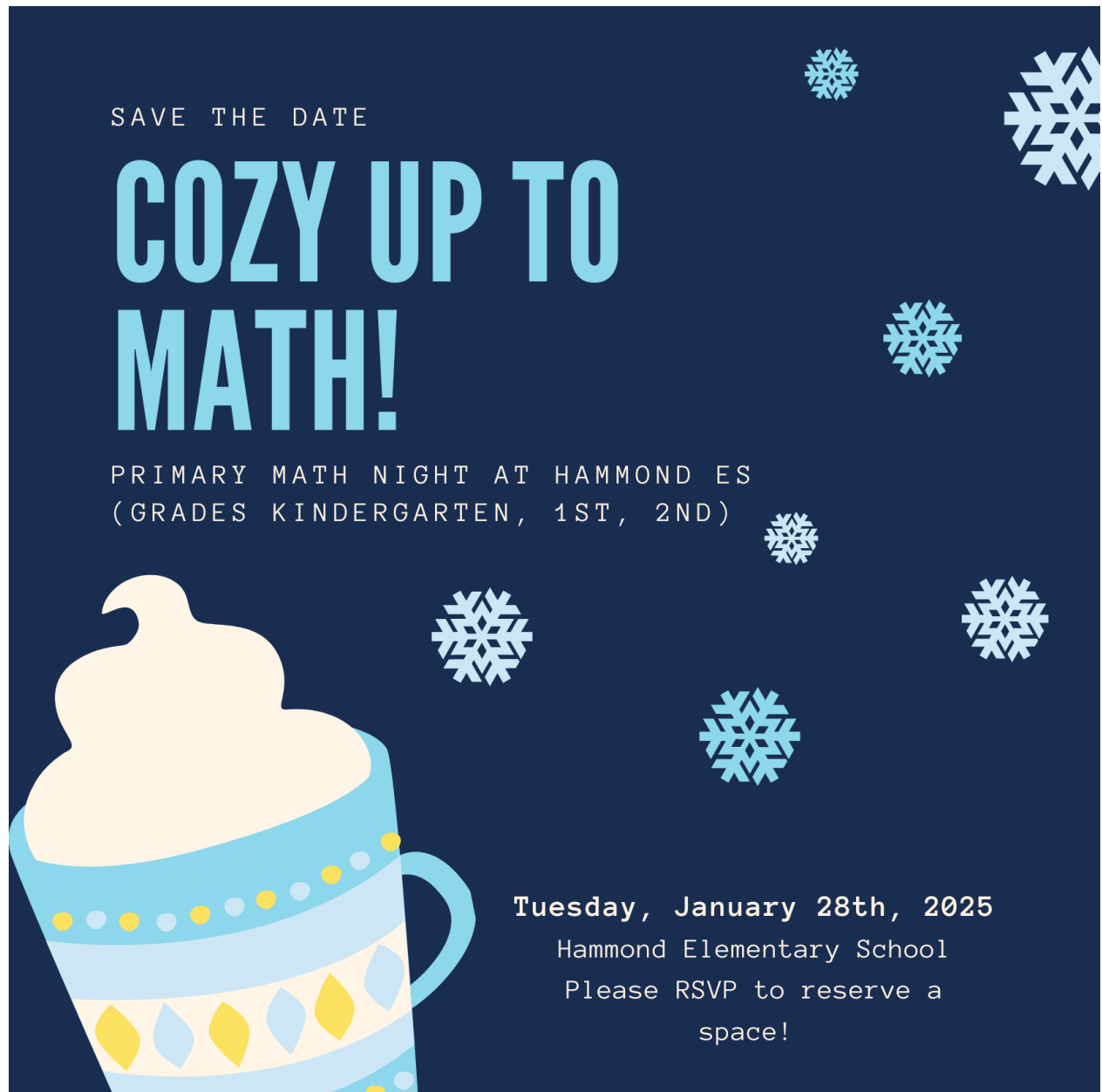
Heather Moraff, Principal

Nykia Mapson, Assistant Principal

Primary Math Night

SAVE THE DATE!

Please use [this form](#) to RSVP for this awesome event! This Math Night is geared towards our primary students (Gr. K-2). Our Reading Night in the Spring will be geared towards intermediate students (Gr. 3-5).



SAVE THE DATE

COZY UP TO MATH!

PRIMARY MATH NIGHT AT HAMMOND ES
(GRADES KINDERGARTEN, 1ST, 2ND)

Tuesday, January 28th, 2025
Hammond Elementary School
Please RSVP to reserve a
space!



**HES
MILITARY CONNECTED FAMILIES**

WE NEED YOUR HELP!



**IF YOU HAVEN'T ALREADY, PLEASE
FILL OUT THIS
[SURVEY](#)
TO HELP HES PLAN FOR FUTURE
ACTIVITIES AND TO ENSURE OUR
HES MILITARY CONNECTED FAMILIES
ARE BEING SUPPORTED.**

A Note from Music

Congratulations

Congratulations to 5th Grade students Helena Lidinsky (violin) and Donovan George (string bass) on their acceptance into this year's Elementary School Honors Orchestra! This prestigious ensemble is made up of two students from every elementary school orchestra program. We look forward to celebrating them at their concert in March!

The Hammond Elementary School Orchestra and Band Winter Concert will take place on Monday, January 13, 2025 in the Hammond Middle School Gymnasium. The Orchestra concert will begin at 5:30pm and the Band concert will begin at 7:15pm. Please contact Mrs. Jacobs (Orchestra) or Mr. Obrigewitch (Band) with any questions.

Orchestra and Band Winter Concerts -

Our Hammond ES Orchestra and Band Winter Concerts will take place on **Monday, January 13** in the Hammond MS Gym. More information will be shared in the next few weeks. Please contact Mrs. Jacobs (Orchestra) or Mr. Obrigewitch (Band) with any questions.

Hammond's Talent Show Is Back! - LAST DAY TO REGISTER

The deadline to register to be in the talent show is today **December 19th**. Please read below for the details, rules, and guidelines. **Please note that we are not having in person act reviews this year, and only video submissions.** Register here at this link: <https://bit.ly/HESStalent>

HAMMOND ELEMENTARY



Do you have a special talent, passion, or skill that you would like to share with others?

Need some ideas?

You can juggle, dance, sing, play your favorite instrument, act, fashion design, gymnastics, dramatic reading, martial arts, or magic!
If in doubt...register or reach out. *(email below)*

KEY DATES

Registration Deadline: **DECEMBER 19**
Video Submissions (via email below)
for Act Review due: **JANUARY 31**
Dress Rehearsal: **FEBRUARY 26** (5:00-8:00)
Talent Show: **FEBRUARY 27** (6:30)

REGISTER TODAY



Fill out the registration form by December 19th to book your spot in the spotlight!
Scan the image or visit the link below.

<https://bit.ly/HESStalent>

GUIDELINES


- Act review provides the students the opportunity to showcase their talent. Act review and dress rehearsal are both mandatory for you to take part in the show
- Any student K-5 interested in performing is welcome!
- Students may be in no more than one act
- All acts must be at least 1 minute and no longer than 2 minutes in length
- Acts with music should submit a link in the sign-up form or email me the .mp3 file if it isn't online or on Spotify
- Group acts are also welcome! All students in a group must be registered separately. They should list the same date/time range for their act review and add the names of the other performers when registering
- Questions? contact us at ryan.n.watkins15@gmail.com

Young Authors' Contest - DUE TOMORROW

The Howard County Literacy Association invites students in grades **1-5** to submit their original poems and/or short stories to the annual writing contest called **The Young Authors' Contest**.

Click here to view the slides describing the contest rules: [Contest Slides](#) All entries must be submitted as a Word document. In addition, all entries must have a completed YAC Cover Sheet sent as a PDF. Click here to make a copy: [Cover Sheet](#)

Submissions may be emailed to Paula Stehle at paula_stehle@hcpss.org **and** Elizabeth Kluh at elizabeth_kluh@hcpss.org by **December 20, 2024**. Contact Mrs. Stehle and Mrs. Kluh with any questions. All Young Authors' Contest information can be found on the [HCLA website](#). Howard County Literacy Association welcomes parents as members. Visit the [HCLA Welcome Page](#) for information about joining.




YOUNG AUTHORS' CONTEST 2025

SoMLA is thrilled to unveil the 2024-2025 Young Authors' Contest, presented in collaboration with various State of Maryland Literacy Association (SoMLA) local chapters. This exciting competition is open to students from grades 1 to 12, encouraging them to showcase their creativity and talent through original short stories and poetry. As an important note, the use of artificial intelligence (AI) in supporting student work is strictly prohibited. Local contests will be hosted by the respective SoMLA chapters, with the top winners progressing to the state-level competition. Join us in celebrating the budding authors of Maryland and their remarkable literary endeavors!

GRADE-LEVEL GUIDELINES

All entries must be original work and submitted in 12-point Times New Roman font. Entries must not include graphics. Only individual entries are accepted; group submissions are not being accepted. Submissions that do not meet these guidelines will be disqualified.

Elementary 1-5	Middle 6-8	High 9-12
<ul style="list-style-type: none">Short story entries must range between 100-400 words in grades 1-2Short story entry must range between 300-800 words in grades 3-5Poetry entries will consist of a single poem, any style from a minimum of 25-150 words	<ul style="list-style-type: none">Short story entries must range between 600-1,600 wordsPoetry entries will consist of a single poem, any style, and must range between 25-200 words.Entries must not include graphics	<ul style="list-style-type: none">Short story entries must range between 800-2,000 words.Poem entries will consist of a single poem, any style, and must range between 25-300 words.



Submission Requirements:

- Each entry must include a completed cover sheet with a signature by the student author's guardian.
- Each participant must submit two files (original work and cover sheet).

For additional details and guidelines, contact your local SoMLA Young Authors' Contest Chairperson or go to

Howard County Literacy Association website
<https://hocoreads.weebly.com/young-authors-contest.html>

Submit entry and cover sheet to your school by December 20.

Skate Party

PRESALE ENDS 1/3

HES PTA Presents:



ROLLER SKATE PARTY

SUNDAY, JANUARY 5

4:30-6:30PM

Laurel Roller Skating Center
9890 Brewers Court, Laurel

PRESALE: \$9 per skater
Door Price: \$15 per skater
Cost includes skate rental

PRESALE PURCHASES

<https://hes-pta.givebacks.com/store/items/1144521>

<https://hes-pta.givebacks.com/store/items/1144521>

Supports through the Holidays

SUPPORTS DURING THE HOLIDAY

For many, the holidays are the happiest time of year; but for others, it's a very different story. Holidays can bring a lot of stress, anxiety, emotional triggers and pain for some. There is a ton of pressure to feel joyous and happy. Some see Holiday breaks as much needed rest & relaxation while others miss the safety of being in their normal routine! Whether you love or loathe the holidays, there are supports to help you through the holiday season.

FREE supports in Howard County

211 MD: For help with food, shelter, bills & Mental Health:
Dial 211 or www.211md.org

Pro Bono Counseling

410-598-0234 or www.probonocounseling.org

List of food resources in the county:

<https://www.hclhc.org/Content/Upload/page/f8bb951b-b863-426b-ae3f-57d0d820d48a.pdf>



School Food Pantry

Please inquire with your student's specific school on resources, many schools offer support privately to families.

Atholton High School

11/20, 12/18, 1/15, 2/19, 3/19, 4/9,
5/21, 6/4 from 3PM-4PM

Oakland Mills High School:

Open the last Wednesday of the month from 3:30-5:30PM

Howard High School:

11/19

Hanover Hills Elementary School

*please call ahead

11/21, 12/19, 1/21, 2/20, 3/20, 4/24,
5/29 from 6PM-7:30PM

Activities

Holiday Activities Calendar:

<https://www.visithowardcounty.com/holidays/holiday-happenings/>

Howard County Library System:

<https://hclibrary.org/locations/>

Free:

<https://www.visithowardcounty.com/things-to-do/free-or-almost-free/>



mindfulness APPs

- Insight Timer
- Mindfulness coach
- Smiling Mind
- UCLA Mindful
- Healthy Minds Program
- Search Youtube



CRISIS SUPPORTS

Grassroots Crisis Intervention Center

24/7 crisis hotline & Mobile Crisis Services:

410-531-6677

Free Walk in

Counseling:

8990 Old Annapolis Road, Suite A
Columbia MD, 21045



Suicide Prevention Lifeline:

www.suicidepreventionlifeline.org

1800-273-8255 or Text/Call 988

Crisis Text Line: www.crisistextline.org

Text HOME to 741-741

The Trevor Project: www.thetrevorproject.org

1-866-488-7386, Text START to 678-678

Hope Works: www.hopeworksofhc.org

410-997-2272

Trans Lifeline: 1-877-565-8860

Digital Supports

50 Digital Resources to help manage your Mental Health

during the holidays:

www.onlinecounselingprograms.com/resources/mental-health-resources-holidays/



WAYS TO COPE

Acknowledge your feelings

Your feelings are valid, but you do not have to be alone in them!

Talk to someone

Use the crisis resources on this sheet. They are offered 24/7 and a confidential & free resource!

Slow down

If you are doing too many things, being everything for everyone, it's time to slow down and take a break. Making yourself a priority is very important. Self care is not selfish and it doesn't have to be a big ordeal like a vacation. You can take time for yourself at home or in your own community.

Make a list

Holidays can feel overwhelming. Not having your normal routine can be harder. Make a to-do list to help add some structure in your day. Even if it is daily reminders of simple tasks like wake up & brush your teeth.

Deep breathing exercises

Deep breathing exercises can have a lot of benefits to your overall health. Take deep breaths in, hold it for several seconds and slowly exhale. Repeat this for a minute or two. Try this out at the top of every hour! Add in mindfulness exercises (see list).

Get distracted

Keep away from what is causing negative emotions/thinking. Try to lose yourself in something else, like a puzzle, a book, a podcast, journaling, create a vision board for the new year, music, an easy project, adult coloring books, that task you have been putting off, connecting with someone, or whatever can keep you distracted for a while.

Take a walk

Walking outdoors is great for your health. Not only is the exercise good, fresh air and sunshine are helpful for your overall health! Make sure to partner with an adult before leaving the house.

Use your five senses

Do something that engages different senses. Notice what is around you using sight, touch, smell, sound, and taste. This will give your mind a break from things that may be causing stress.

Create a mantra

Repeat these words... "I am worthy, I am enough, I belong here" or write them down and put them somewhere you can look at them throughout the the day. The practice of mantra meditation is said to help slow down thoughts, improve mental clarity, and enhance peace of mind

Put down technology

Taking a break from the screen will help you bring balance to your digital and real-world lives. Soaking up real-time instead of screen time will ease anxiety, increase happiness, reduce multitasking, reduce those technology cravings, and allow you to connect more with the people in your life or yourself!

ABOVE ALL ELSE YOU MATTER

Outdoor Recess and Weather Conditions

Cold weather has arrived!!! We wanted to remind you that students will still be going outside for recess each day. Please make sure you send your child to school with warm clothes. All clothing needs to be labeled with your child's name. Below you will find the HCPSS criteria we consider when having outdoor activities.

- Temperature and humidity
- Wind chill
- Heat index and air quality
- Age of students
- Length of time outdoors
- Adequacy of the children's clothing
- Condition of the playground
- Falling precipitation (more than a sprinkle or mist)
- Thunder and lightning

Generally, it is assumed that students will be outside for recess, physical education, or any other outdoor activity when the temperature combined with the wind chill is not less than 20 degrees Fahrenheit or the heat index is less than 95.

Future PTA Meetings

January 14th All begin at 7:15

March 11th

May 13th



Important Dates

12/23-1/1 Schools closed

1/2/2025 School reopens

1/13 Orchestra and Band Winter Concerts at HMS gym

1/14 PTA Meeting at 7:15pm