



Hotchkiss K-8 School
Weekly News Update
“Opening doors for endless possibilities.”
November 30, 2018



Principal’s Message

I hope everybody had a great Thanksgiving break. We certainly enjoyed spending time with our families. I just wanted write about one of the Brain Myth busters this week in my message from the book *Neuro Teach*.

Myth: Our brains are able to multitask. **FACT:** Our brains cannot multitask. Instead they flip back and forth, working on one task, then the other. However, there is a transaction cost for doing so, which means our brains work less efficiently. Studies have shown that people who self-identify as being able to multitask are no better at doing so than those who say they cannot.

So how does this affect student learning. One of the main things students do when completing assignments using a computer is toggling. Toggling is when they are going from social media channels and websites while they are studying. While they think they are being great multitaskers, this behavior actually makes the brain work less efficiently. By limiting the toggling during studying it will enhance the brain’s ability to consolidate memory. This helps put information in long term memory more effectively. Students will be more effective at recalling information and become better learning. Basically the brain is less distracted and better suited to process information. So check on your kids as they are doing homework and see if they are constantly toggling between their work and websites.

Lost and Found

We have many coats and other clothing items in our Lost and Found. We will be putting them out the next two weeks for students and parents to look at and see if they are missing anything. After the second week anything that is not claimed will be taken to local charities.

Boys Basketball

Our boys basketball teams had games against Paonia and Cedaredge. Our 7th and 8th grade teams swept Paonia on Tuesday and both of our 7th grade teams defeated Cedaredge on Thursday. They will have one more regular season game next week and then their end of the year tournament next Saturday in Paonia.

Calendar:

Monday, December 3
Tuesday, December 4
Wednesday, December 5
Saturday, December 8

Math Benchmark Mid-Year Assessment opens
Boys’ Basketball Games vs. Delta 7th-4:00; 8th-5:00 p.m.
Perfect Attendance awards for November
Boys Basketball County Tournament @ Paonia

Please remember our primary form of communication is our weekly Friday Newsletter through email, we are constantly putting up new information on our website under the community tab, please check it regularly. You may also access the newsletter through our website: hk8.deltaschools.com and please like us on Facebook, at [facebook.com/HotchkissK8](https://www.facebook.com/HotchkissK8). You are always welcome to call the school office (872-3325) for questions and information. Hard copies are available by request.

