



# HUDSON PRAIRIE NEWS

Joe Behnke, Principal

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## Principal's Message

Hudson Prairie Families,

Childhood is all about growing, on the outside and inside. Tasks adults take for granted — like buttoning a jacket — require practice to master. Every time our kids work through these big and small challenges, they are building their skills for resilience and perseverance. These aren't fixed traits that kids are born with. Rather, they develop slowly through life experience, practice, and with the support of caring adults. Here are some ways to help kids build perseverance and resilience - to help them believe that they can do hard things!

### **Help children name their goals.**

When children can name a small goal (i.e. tie their shoes, shoot a basket, make a friend), it can help them focus their attention, explore strategies, and persist when things go wrong. And then caregivers can celebrate their successes - "You did it! You learned how to zip up your coat all by yourself!"

### **Help children work through tough emotions.**

A little empathy can go a long way in helping kids who are frustrated find the strength to try, try again. Try a simple phrase like: "You spent a long time building that tower and then it fell. That's super frustrating!" Calming big emotions is an important step that comes before problem-solving. When the storm passes, then we can help them think about what to do next.

### **Praise children's efforts — and be specific.**

Descriptive praise is very powerful because it's specific and helps kids make the connection between what they are doing and what they are learning. "Good work" can become "Good work figuring out how to share with your sister." This shows our kids that we are paying attention to them, and we see their effort.

### **Use stories to teach them about "yet."**

There's a big difference, emotionally, between the phrase, "I can't do it!" and "I can't do it, yet." The word "yet" is a bridge between present frustration and future possibility. Stories are a great tool for inspiring kids to persevere, especially when they hear and watch stories about characters (or yourselves!) who work through challenges.

Growing up is hard, amazing work. Kids need supportive adults by their side, offering encouragement and celebrating all the ways they are growing, and celebrating when they do hard things!

## School News

### Hudson Prairie Celebrations

Author, Erin Soderberg Downing, visited with 4th & 5th graders about writing and her books.



## 5th graders starting the D.A.R.E. Program with Hudson Police Officer Hall.



## 2nd grade Art





## Upcoming Events

### September

- September 25th - PTO Back to School Bingo - Doors Open at 6:00pm - Bingo 6:30pm-8:00pm

## Menus

[Click here to view the Menus.](#)

Student Fees have been added to My School Bucks. Please click [here](#) to log in to pay your student(s) fees.

Please reach out to the Nutrition Services Department at 715-377-3860, ext. 2418 or [runkkj@hudsonraiders.org](mailto:runkkj@hudsonraiders.org) with any questions.

## Additional Resources

### **Backpack Program Registration 2025-2026**

Hudson Area Backpack Program offers food for families in our community. Each student in a family may register for a food backpack. Food backpacks will be sent home each week. Each backpack is filled with nutritious food for family meals over the weekend. The meals in the weekend backpack help students feel supported and they come back to school prepared to learn and succeed. [Click here](#) If you are interested in signing up for this program. Visit <https://www.hudsonbackpack.com/> for more information and other resources.

## Parent Group News

Please return your slips for **Back to School Bingo** by Friday, September 19th - Thank you!

- [CHECK OUT THE FREQUENTLY ASKED QUESTIONS FOR OUR PTO–PLEASE CONSIDER JOINING!](#)
- [BOOSTERTHON SPONSORSHIP T-SHIRT FORM](#) IF YOU OR A BUSINESS YOU KNOW IS INTERESTED!

## District News and Community Events

### District News

### Community Education Classes/Events

Click [here](#) to view all of our current Youth course options.

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### Community Events/Activities

- **Hudson Community Ski Club Registration**
- **Join Girl Scouts Today!**
- **It's Time for Destination Imagination - DI News & DI Challenges for 2025-2026**
- **Miss Nelson is Missing! Phipps Children's Theater September 12-28**
- **After School At the Phipps - Dance, Pottery, Painting and More**
- **Phipps Teen Arts Studio - Thursdays, September 11 - December 11**
- **Town of St. Joseph Fall Festival - September 20**
- **Hudson Basketball Association In-House Registration Grades 4K - 4**
- **Croix Attack Volleyball Tryouts Grades 5-8**
- **VFW Scholarships: Patriot's Pen and Voice of Democracy**