HAPPY NEW YEAR

January 2025



Welcome back, everyone! I hope your winter break was refreshing and filled with happiness and meaningful time with family and friends. As we enter the new year, I want to warmly welcome each of you back to school. A new year is a fresh start, a time to reflect on our successes, set new goals, and embrace the possibilities ahead. To all our students, let's approach 2025 with energy, curiosity, and a commitment to growth. As we return to our classrooms, let's prioritize kindness, empathy, and respect in all that we do. Together, we can make this year one of

learning, connection, and achievement.

A significant part of having a successful school year is promoting good attendance all winter long. Every winter, bad weather — snow, slush, freezing temperatures — can present challenges to getting your student/s to school. So do illnesses such as colds, flu, fevers, and stomachaches that often come with the winter months. Here are suggestions to help.

- 1. Develop plans and prepare your families for winter weather driving and travel.
 - a. Winter driving tips: allowing enough time, keeping windows and windshield clear, slowing down, allowing extra room between vehicles, giving snowplows room to work, etc.
 - b. Contact the school about transportation challenges and safety concerns.
 - c.Check to see who can give your student/s a ride to school if you aren't able to take them.
 - d.If you don't regularly use the bus service, be sure to know bus availability in case your student needs to ride it.
 - 2. Keep your children healthy.
 - a. Maintain regular evening and morning routines.
 - b. Ensure students eat a good breakfast every morning and stay hydrated throughout the day.
 - c.If your children seem anxious about going to school, ask teachers, school counselors, and medical providers for advice on how to make your children feel comfortable and excited about learning.
 - d.Stress hand washing, particularly before and after eating, and after using the restroom.
 - 3. Keep your student/s engaged in learning if they cannot attend school in person.
 - a. Ask teachers for resources needed at home to keep your student learning.
 - b.Identify who can support your student's learning at home, especially if you must go to work.
 - c.Encourage your student/s to call classmates, if appropriate, check Seesaw and Skyward, and stay connected to their teachers to find out about what they missed.

Sheri Woodall

TES Principal

Reminder: There is no school on January 17th due to teacher in-service.









January 7th

PTO Meeting at 6:00pm

January 13th

4th Grade Treehaven-Mackin and Hansmann

January 14th

4th Grade Treehaven-Thieme and Sennett

January 17th

No school for students

January 24th

4K Registration-8:30-11:30 and 12:30-2:30

January 28th

Spelling Bee at 1:00pm



Office

Attendance

Please call the office before 8:30 a.m. if your child will be absent due to sickness or an appointment. If your child attends an appointment please send in their medical note.

Your child must be picked up promptly at their designated pick up times (see below).

Please communicate with your childs teacher for any changes on pick up

Pick up times

- Door #10 Grades 4K, @ 3:05 5K & Grade 1 @ 3:10
- Door #9 Grade 2 @ 3:10
- **Door #8** Grades 3, 4 & 5 @ 3:12

Drop off times

Door #10 - Grades 4K and 5K Door #8 - Grades 1, 2, 3, 4 & 5 Doors open 7:50 a.m.

Kids In Motion

Please arrive before 7:25 a.m. or your student will have to wait

Please fill out your Skyward Online Annual Student Information. Login to your Family Access Skyward and follow <u>Directions</u>.

Seesaw

Seesaw is our main communication between parents and teachers. Please utilize this app

for any changes on your students end of day plans, questions and concerns.





Office

Please send your child to school with the appropriate clothing.

- Winter Jacket
- Snowpants
- Hat
- Mittens/Gloves
- Boots

We will have outside recess as long as the temperature is 0 or above

If you are in need of any of these items please reach out to the office and we can make sure your child has the appropriate items.



We do not have a lot of extra clothes in the office. Please make sure your child has an extra pair of clothes at school for when the ones they have on get wet and they are unable to wear them for the day.







Nurse Trina's Newsletter

Welcome back friends!

After holiday breaks/gatherings we tend to see an uptick in viral illness at school. Please remember, if your student has a fever, vomiting or diarrhea within the last 24hrs we expect them to remain home. The visual below can be a good reference and you may also call the office or nurse to discuss any questions you have regarding illness and attendance.

Please note: whooping cough has been confirmed in Lincoln County as of Decemeber

Symptoms/case definition: Dependent on phase of infection. 0-7 days: Runny nose, low grade fever, slight cough. 7 days and greater: cough gets worse, causing difficulty breathing, needing to take a deep break that makes a "whoop" sound, and vomiting.

I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	THAVE A RUNNY NOSE	PERSISTENT COUGH	I HAVE DIARRHEA	I HAVE A RASH	HEAD LICE	I HAVE AN EYE INFECTION	I have a communicable disease
13		7	(e)		Ó	(e)	0.0	
Temperature of 100.2 or higher	Within the past 24 hours	With yellow/green discharge	Croupy Cough	Within the past 24 hours	Impetigo, ringworm, or body rash with riching or fever	Itchy head, active head lice or nits	Redness, itchy, andior "crusty" drainage from eye(s)	Flu, Mossles, MRSA, etc.
	IAMR	EADY T	O RETU	RN TO S	SCHOOL	WHEN	I AM	
Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol or Motrin	Free from vomiting for at least 24 hours and have had at least 2 solid mouls	On required antibiotics for at least 24 hours	Cleared by my doctor and have a note specifying my continued symptoms are not contagious to others	Free from diarrhea for at least 24 hours	Free from rash, itching, open sores, and lever. And I have been evaluated by my doctor, if needed	Treated with appropriate lice treatment at home and proof is provided that I no longer have lice or nits	Evaluated by my doctor, have begun appropriate medication, and/or have a note from my doctor stating I may return to actional	No longer contagious and the incubation period for any communication disease has passed

January is Mental Wellness Awareness Month. Did you know 1 in 6 youth ages 6-17yo will experience a mental health disorder each year? It is not uncommon to experience episodes of mental health unease, especially in winter months. Please reach out to your students' trusted healthcare professional, school counselor and/or support system if you have any concerns regarding mental health.

Remember: MENTAL HEALTH IS NOTHING TO BE ASHAMED OF.

https://www.nami.org/about-mental-illness/mental-health-by-the-numbers/

Fluoride: The Misunderstood Mineral

If you have been following my newsletters, you know that fluoridation of city water has been postponed due to a storage issue. As a result, in April you will see a question on the ballot asking if fluoride should be placed back into our city water supply. In an effort to educate the public on this issue, I welcome you to a brief 4 part series.

This series will include:

- 1.) What is fluoride?
- 2.) Science speaks. (the good, the bad and the miscommunicated)
 - 3.) Implications for our city and students.
 - 4.) What can we do about it?

Part 1: What is fluoride?

Fluoride (floor-eyed) is a naturally occurring mineral that can be found in soil, rocks and waterways. The benefits of fluoride were found by accident in the early 1900s when a young dental school grad noticed that individuals who were exposed to "higher" levels of fluoride in their drinking water were more resistant to dental cavities. Today, fluoride can be delivered topically and systemically. Topical fluorides strengthen teeth already present in the mouth, making them more decay resistant (toothpaste and mouthwash), while systemic fluorides are those that are ingested and become incorporated into forming tooth structures (water and/or supplementation). More on fluoridation of waterways next month!

https://www.ada.org/resources/ada-library/oral-health-topics/fluoride-topical-and-systemic-

supplements#:~:text=Fluoride%20can%20be%20delivered%2 Otopically,incorporated%20into%20forming%20tooth%20str uctures.

https://www.nidcr.nih.gov/health-info/fluoride/the-story-offluoridation

As always, prioritizing movement, hydration, sleep and a well balanced diet can do wonders during this dark time of year. With the Winter Solstice behind us, light is on the way. Get out there!

988 LIFELINE

Stay warm and well, Nurse Trina



Music



Just a note from the Music Room

Our "Light of Hope" holiday programs were graciously received by many.

Thank you for your attendance and support of your student musician and artist.

Looking ahead, 2nd and 4th graders will be presenting the

<u>"Featuring the Fine Arts"</u>

program on

Wednesday March 12th at 1:00pm

program and an art show of student work.

Mark your calendars for this event.

4K Registration

2025-2026 School Year

The Tomahawk Elementary School will be holding 4K registration

Friday, January, 24th.

This is a great opportunity to visit our 4K teachers, and a 4K classroom. More information will be provided that day about our program.

The hours for registration are: 8:30-11:30 & 12:30-2:30

come anytime between those hours.

This will take approximately 20 minutes. We look forward to meeting you and your child.

Please enter through Door #10 which is located at our 4K, Kindergarten wing at the end of the elementary parking lot.





Tomahawk Elementary Newsletter



Counselors Corner

Tomahawk Elementary students just spent the last four weeks learning about Goal Setting in our social-emotional learning curriculum: Second Step. Students engaged in lessons, writing activities, and brain building activities. This allowed them to learn about perseverance, achievement, and working to accomplish specific and doable, yet challenging goals. These were the student outcomes for each grade:

- 4K is learning about being able to tell how others are feeling by what their faces and body look like along with what is going on around them.
- Some more key concepts are:
 - 1. Strong feelings (frustration, upset, etc.)
 - 2. Naming Feelings to help themselves feel better and solve problems.
 - 3. They are learning these by listening to story books, learning songs, and using second step scenarios along with scripts.

Kindergarten

- Name or show behaviors that help them pay attention (for example, turning toward the speaker, listening, watching, staying quiet)
- Suggest kind words to encourage themselves and others when they make a mistake
- Name "practice" and "keep trying" as ways to get better at something

1st Grade:

- Pay attention while learning something new (for example, turning towards the speaker, watching and listening carefully, not talking)
- Behave in ways that help them manage distractions (for example, changing places, taking deep breaths, reminding themselves to pay attention)
- Practice and try again in order to improve a new skill
- Use helpful thoughts to encourage themselves when they make a mistake.

2nd Grade:



- Identify the benefit of making mistakes
- Identify strategies to use after making a mistake
- Identify helpful and unhelpful thoughts in a given context
- · Replace unhelpful thoughts with helpful thoughts

3rd Grade:

- Name a repeated action they can do to practice a skill
- Identify who they can learn from or other ways they can try to learn a skill
- Explain what happens in their brain when they practice a skill

4th Grade:

- Set a group goal that is specific, challenging, and doable
- Make a plan to reach the group goal
- Evaluate progress toward reaching a group goal
- Identify roadblocks that may be getting in the way of achieving a group goal
- Make changes to overcome roadblocks
- Respond to reflection questions

5th Grade:

- Set a personal goal that meets the given criteria
- Make a plan to reach a goal
- Evaluate progress toward reaching a goal and identify roadblocks that may be getting in the way
- Make changes to overcome roadblocks
- Respond to reflection questions

Ms. Samantha Perkins (Grades 4K, K, 3, 5) (715) 224-7131

perkinss@myhatchets.org

Mrs. Denise Peissig (Grades 1, 2, 4) (715) 224-7130 peissigd@myhatchets.org



Tomahawk Elementary Newsletter



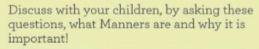
Hatchet Pride

Hatchet Pride:

Our school will be focusing on Respect and Manners in January. Take a look at the pictures on the page to help with reinforcing this at home. Please take time to discuss with your students that the school rules are different from home rules as this comes up in conversations this time of year. Students are required to Be Respectful, Be Responsible, and Be Safe at school. Thank you for all your help!



MANNERS



Why do you think saying words like please and thank you are important to people? What are some examples of rude table manners that you've seen?

If your little brother, little sister, or younger friend wanted to know what having Manners meant, what would you tell them?

Have you ever
experienced somebody
showing poor manners?
How did it make you feel?

What's a respectful way to tell somebody that you don't like their outfit?

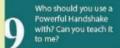
Finish this sentence:
When I use good
manners with people
they_____

What are some ways to show good manners through your actions?













For more powerful parenting tips, visit

DrRobynSilverman.com

©Powerful Words Character Development 2016

5 WAYS TO TEACH AND ENCOURAGE RESPECT





MODEL RESPECT

Children often watch their caregivers looking for clues defining the expectations. If they see parents and teachers treating one another with respect, they will do the same.



DISCUSS RESPECT

Talk about the way we treat others. Focus on the words we use (yes, ma'am; yes, sir; please; and thank you), and the attitudes we portray. Explain the expectation of respect for others demonstrated in both attitude and behavior.



TEACH TURN-TAKING

Turn-taking is a skill needed in all aspects of lif-Helping children to patiently wait for a turn to encourages respectful listening. Encouraging it to wait for their turn in line or their turn for a t develops an attitude of patience and respect.



TEACH POLITE RESPONSES

Infants and young toddlers can begin learning how to sign words like, 'please' and 'thank you.' As children begin vocalizing, adding phrases to their vocabulary like, "excuse me," "no, thank you," and "yes, ma'am/sir" continues to encourage an attitude of respect.



PRAISE RESPECTFUL BEHAVIOR

When children demonstrate good manners and respect to others, give specific praise for the positive choices they are making.

for more info www.steppingstoneschool.com/blog/

Please consider emailing Mrs. Sennett at sennettc@myhatchets.org with any insights. Thank you for all your help!

Hatchet Pride Coaches

Mrs. Courtney Sennett
PBIS

sennettc@myhatchets.org

Mrs. Linda VanStrydonk PBIS

vanstrydonkl@myhatchets.org



Tomahawk Elementary Newsletter



The school spelling bee is scheduled for

(a) (e)

January 28th at 1:00pm

To qualify for the school spelling bee you must first excel in your classroom bee.

As you begin to prepare for the bees, ask your teacher for the study list and check out the Scripps website at https://spellingbee.com/parents.

There are all kinds of resources for increasing your spelling knowledge. Reading is another way to increase your word knowledge. You can download the Great Words, Great Works book list at https://spellingbee.com/book-list Good luck to everyone!



Mrs. Angela McPherson

Reading Specialist & School Bee Coordintor
(715) 453-2126

mcphersona@myhatchets.org



Bring Out the Games

I grew up in a family that played a lot of games together.
On winter weekends, mom would make homemade caramel corn and we would sit at the table for hours playing games. Some of our family favorites were Parcheesi, Kimbo, Sorry and Quadominoes. I'll never forget how many times my dad and I would challenge each other as we played Othello. Or the hours my brother wanted to play Monopoly, but would never trade properties......oh, that game went on FOREVER.
Mom's game was Skip-Bo and you had to make sure to watch all the cards on the table or you would miss your turn to use your cards. Everytime we visited Grandma, we had to play Yahtzee. I have continued this tradition with my family and every visit from my adult children results in shared game playing.

As an educator, I have always supported the use of dice, cards and board games, to help with math to improve number recognition, counting, basic operations and number comprehension. However, there's so much more we are gifted through playing games. Learning things like patience, taking turns, and sportsmanship. Board games can build hand-eye coordination and skills like memory retention and reasoning. Not to mention how games can bring your family together to laugh and relax without a device or TV. Why wait? Start creating your family game memories and traditions today!

Mrs. Laurie Tracey Math Specialist (715) 224-7163 traceyl@myhatchets.org

This sheet has been compiled with answers to frequently asked questions about TES, along with helpful links, as the 2024-25 school year begins.

TES Parent/Student Handbook

Answers to many common questions can be found in the handbook





Link is found on the TSD Website under the "Families" tab

Important Procedures/Policies/Info.



ABSENCES/APPTS

Please call the Elementary Office at 715-453-2126 to report any absences or appointments for your student



DROP OFF

Door #10 - Grades 4K and 5K Door #8 - Grades 1, 2, 3, 4 & 5 **Doors open at 7:50**



PICK UP

Door #10 - Grades 4K, @ 3:05 5K & 1 @ 3:10 Door #9 - Grade 2 @ 3:10 Door #8 - Grades 3, 4 & 5 @ 3:12



SKYWARD ACCESS

Check your Sk<u>yward Family Access</u> your account to make sure it is updated for the school year



SEESAW

Used for weekly communication.
Check to see that you are connected with your student's current teacher. For help please contact Annette Steltenpohl in the elementary office



SCHOOL LUNCHES

Lunch pin # is needed for purchases Contact Sandy Anderson at 715-224-7046 TSD Food Service

Important Procedures/Policies/Info.



TOMAHAWK BUS SERVICE

For pick up and drop off times please contact the bus company (715) 453-3000



KIDS IN MOTION

Kids In Motion will begin Monday September 16 @ 7:15 a.m. Your student must arrive before 7:25 a.m. to attend Kids In Motion



WATER BOTTLES

We encourage you to send a water bottle with your student to school. (no glass please)



DRESS FOR THE WEATHER

Please keep the weather in mind and dress your student appropriately.





13

New TES Staff 2024-25

Name	Position		
Mrs. Gina LeTempt	1st Grade		
Ms. Morgan Ernst	2nd Grade		
Ms. Hannah Fisher	2nd Grade		
Mr. Jeff LeTempt	2nd Grade		
Ms. Emily Bublitz	3rd Grade		
Mrs. Renee Heinrich	3rd Grade		
Mr. Matt Schmidt	4th Grade Special Ed.		
Mrs. Katie Mackin	4th Grade		
Ms. Ava Magee	5th Grade Special Ed.		
Ms. Richelle Swan	5th Grade		
Ms. Sam Perkins	School Counselor		





SURPRISE YOUR CHILD WITH A BIRTHDAY TREAT IN THEIR CLASSROOM! TREATS ARE DELIVERED TO THE CLASS.

THE FOLLOWING ITEMS AVAILABLE:

COOKIES \$8 DOZEN.
RICE KRISPY BAR \$13 DOZEN
BROWNIES \$12 DOZEN
CUPCAKES \$12 DOZEN
BAGGED SLICED APPLES & CARAMEL \$15
DOZEN

PLEASE CALL AT 715-224-7046 OR ANDERSONS@MYHATCHETS.ORG

ORDERS MUST BE PLACED 5 DAYS IN ADVANCE.



January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
This is for Food 4 Thought			Mini Pancakes Sausage Patty Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Mini Donut Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk
6	7	8	9	10
Bagel & Cream Cheese Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	French Toast Breakfast Sandwich Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Coffee Cake Cheese Stick Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Easy Egg Bake Whole Grain Toast Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Cinnamon Roll Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk
13	14	15	16	17 NO SCHOOL
Fluffy Pancakes Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Cheese Omelett Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Blueberry Muffin Cheese Stick Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Cinnamon Roll Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	
20	21	22	23	24
Brekkie Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Sausage Breakfast Pizza Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Banana Chocolate Loaf Cheese Stick Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Strawberry Cream Cheese Bagel Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk
27	28	29	30	31
Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Yogurt Parfait Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Coffee Cake Cheese Stick Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Mini Eggo Waffles Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	Breakfast Burrito Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk

Reduced
Adult
Extra Muilk

Regular

\$1.55 Free \$2.50 \$0.40

Milk choice of 1% White, Skim or Chocolate Skim is included with all Lunch. For questions or comments contact the Food Service Director at: Andersons@myhatchets.org or call ext. 310



Your MENUS plus more information on our app Taher Food4Life[®]



www.taher.com

Tomahawk Elementary School Lunch Menu

Fresh fruit and vegetable bar served with all lunches on our Fruit And Vegetable Bar January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
30	31	1	2	3	
			Popcorn Chicken Bowl Whole Grain Dinner Roll	Homemade Sausage Pizza Ham Deli Sandwich	
This is for Food 4 Thought			Classic Cheeseburger Mashed Potatoes Steamed Corn Vegetable Selection Fruit Selection	Steamed Green Beans Vegetable Selection Fruit Selection Choice of Milk	
6	7	8	9	10	
All Beef Hot Dog	Beefy Nachos w/Cheese Sauce	Italian Chicken Combo	Corn Dog	Homemade Cheese Pizza	
Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Peas Vegetable Selection Fruit Selection Choice of Milk	Turkey Munchable Sweet Potato Tots Vegetable Selection Fruit Selection	Ham Deli Sandwich Classic Cheeseburger Baked Beans, Vegetarian Vegetable Selection Vegetal Steamed Carrots Grapefruit Orange Coleslaw Fruit Se		Yogurt Pak with Bagel Roasted Broccoli Vegetable Selection Fruit Selection Choice of Milk	
	1% Unflavored Milk				
13	14	15	16	17 NO SCHOOL	
Il Beef Hot Dog rispy Chicken Nuggets Whole Grain Dinner Roll French Fries Vegetable Selection Diced Peaches Choice of Milk	Italian Beef Lasagna Garlic Toast Turkey Deli Sandwich Roasted Broccoli Vegetable Selection Fruit Selection Choice of Milk	Meatballs & Gravy Crispy Chicken Patty Sandwich Mashed Potatoes Kung Fu Carrots Vegetable Selection Fruit Selection Choice of Milk	Mini Corn Dogs Classic Cheeseburger Spiced Pinto Beans Vegetable Selection Fruit Selection Choice of Milk		
20	21 HOM - Winter Savory	22	23	24	
Crispy Chicken Nuggets Whole Grain Dinner Roll Pretzel Bites & Cheese Vegetable Selection French Fries Fruit Selection Choice of Milk	Choice of Tacos or Nachos Crispy Chicken Wrap White Beans w/ Savory Roasted Broccoli Vegetable Selection Fruit Selection 1% Unflavored Milk	Cheese Pizza Crispy Chicken Wrap Sweet Potato Tots Vegetable Selection Fruit Selection Choice of Milk	Creamy Macaroni & Cheese Classic Cheeseburger Roasted Carrots Vegetable Selection Fruit Selection Choice of Milk	Max Stix Crispy Chicken Wrap French Fries Vegetable Selection Fruit Selection Choice of Milk	
27	28	29	30	31	
Italian Chicken Combo Turkey BLT Wrap Steamed Green Beans Vegetable Selection Fruit Selection Choice of Milk Roasted Beef Hot Dog on a Bun Meatball Sub Roasted Corn Variety of Vegetables Fruit Selection Choice of Milk		Popcorn Chicken Bowl Uncrustable Mashed Potatoes Vegetable Selection Fruit Selection Choice of Milk	BBQ Rib Sandwich Classic Cheeseburger Roasted Broccoli Vegetable Selection Fruit Selection Choice of Milk	Homemade Pepperoni Pizza Crispy Chicken Salad Mashed Potatoes Glazed Carrots Vegetable Selection Diced Pears Choice of Milk	

Regular \$2.7
Reduced 5
Adult \$0.4
Extra Milk 0
\$4.6
5
\$0.4

Milk choice of 1% White, Skim or Chocolate Skim is included with all Lunch. For questions or comments contact the Food Service Director at: Andersons@myhatchets.org or call ext. 310



Your MENUS plus more information on our app Taher Food4Life*



www.taher.com