



# Husky Happenings

January 2018

## Excellence, Integrity, Leadership

Husky Happenings – January 2018

### SPECIAL POINTS OF INTEREST:

- Administration / Office News
- Monthly Calendar
- Kindergarten Registration
- Remind (Sign up)
- Health & Wellness

### HERITAGE HEIGHTS HIGHLIGHTS

Happy New Year to all our families! We hope that everyone enjoyed the holidays with family and friends. We have returned to frigid temperatures – please remember to dress children appropriately for the weather with warm coats, mitts, hats and boots. We do try to go outside every day even for brief periods of time to get some fresh air.

Thank you to all families who celebrated the season with us in December and attended our Band concerts (grade 6-9), our Christmas concerts (grade K-5) and our annual family skate and Husky Ice hockey game. These events are very important to us at Heritage Heights in welcoming families in to our school in celebration. Huge thanks to Scott Seaman Sports Rink for their donation of these ice times and community room. We value our great relationship with our community neighbour!

### UPDATES

Please find in this newsletter information regarding the Alberta Education Accountability Pillar survey for parents of children in grades 4, 7, and 10. Surveys will be sent directly to parents in January. Early in May all parents will receive our annual HH parent survey. In this survey we mirror several questions asked in the Accountability Pillar survey. This allows us a broad representation of our full student population. Please take some time to complete both surveys and provide us with valuable feedback regarding several aspects of our school. Your voice is valuable as we look to organize in the best way possible.

### Kindergarten Registration

Please join us on January 24th at 7 pm in our Learning Commons for Kindergarten registration for September 2018. If your child is 5 years old prior to December 31<sup>st</sup>, 2018 they are eligible to enroll in Kindergarten.

### Trickster Theatre

The Trickster Theatre Artist-in-Residency Program is nearly here!

The excitement is building! The Trickster artists will be joining us on Monday, January 29<sup>th</sup> and will work with us each day that week. Classes from Kindergarten to Grade 6 will be immersed in Language Arts, Drama, and Art activities under the direction of Trickster Theatre. The week has been designed for students to create an original theatre piece that will be shared at the end of the week. We have chosen to base our work on the theme of Canada to celebrate Canada's 150<sup>th</sup> birthday. We will be exploring Canadian history, culture, geography and leaders.

To help us develop this theme and create a theatre performance based on it, the members of Trickster Theatre will lead a series of workshops and rehearsals. We are looking forward to a very active and engaging experience throughout the week.

The performances will take place at the end of the week as a celebration of our learning and a culmination of one week of the students' work. Families are welcome to attend ONE of the performances. As you know, our gym and parking capacity is limited. Please limit your attendance to one performance and consider car-pooling if possible:

Friday, February 2<sup>nd</sup> 1:00 PM

Friday, February 2<sup>nd</sup> 5:30 PM

We are also still looking for interested parents to help us out during the week. If you could share your time, please email or call Mrs. Kotelko. A huge thank you to the generous volunteers who have already indicated interest!

### Leader in Me

We have been on our leadership journey as a Leader in Me School for three years now. Any student you approach in our school is able to tell you about the 7 habits and how they demonstrate their own leadership. We embed this common language in everything we do from classroom instruction to our strength-based approach to problem solving.

Each month you will receive a 7 habits/leadership/social-emotional wellness update in classroom newsletters. In this way we will keep parents connected to our learning. While students in the primary grades learn the characteristics of each habit, students in Div II and III focus their learning and language on demonstrating the habits in their everyday actions. We are very proud of all our leaders at Heritage Heights!

### Literacy

Please join us on January 25<sup>th</sup> for family literacy day. Additional details have been sent in a separate email - this is a nice way for parents to share the importance and enjoyment of reading a great book with their child.

### Athletics

Our basketball season is now underway. We look forward to the great competition with other schools as our students improve their skills. We are fortunate to welcome community coaches to our program – Will Prince, James Vink (Jr. Boys) and Darren Nystrom, Peter Dunham (Sr. Girls).

### Band

Our junior and senior band will be travelling to Camp Horizon on January 22<sup>nd</sup> to 24<sup>th</sup> for their annual band camp. This is a tremendous opportunity for our students to work in small groups with specialist clinicians. A highlight of our spring concert in May is always hearing the composition that students worked on during these 3 days.

### Musical Theatre

Rehearsals have begun for our 6<sup>th</sup> annual spring production Adventures of a Comic Book Artist. For all of us who dream of super heroes and villains this performance is sure to please. We hope to see you in May for what promises to be a first class performance.

A reminder to visit our website for important dates and information. <http://heritageheights.fsd38.ab.ca>.

I am always happy to meet with parents to discuss any aspect of our school.

Joanne Higgins

Principal

[higginsj@fsd38.ab.ca](mailto:higginsj@fsd38.ab.ca)

## Accountability Pillar Survey 2017-18 Information for Parents

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

The Accountability Pillar uses a set of 16 indicators. Data on these indicators consists of surveys of students, parents and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey.

In January, parents of students in grades 4, 7 and 10 will receive a survey from Alberta Education.

In February, students in grades 4, 7 and 10 and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Dene, Cree, Korean, Spanish, Tagalog and Urdu.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May 2018, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

## IMPORTANT DATES TO REMEMBER



### January 2018

Jan 18th— Gr 5 & 9—Round 2 Vaccinations

Jan 22-24—Gr 7-9 Band Camp

Jan 24—Kindergarten Registration @ 7:00 pm

Jan 25—Family Literacy Day and Spirit Day

Jan 26—PD Day—NO SCHOOL

Jan 29—Feb 2—Trickster Theatre

### February 2018

Feb 7-8—Student Led Conferences 4:00—7:00 pm

Feb 12 - Parent Council Meeting @ 7:00 pm

Feb 19-23—NO SCHOOL

Feb 28—Pink Shirt Day



**Last week to order and pay for HOT LUNCH!!!!**

**Go to : <https://heritage.hotlunches.net/admin/>**

**School Code HH2017HH**

**Payment can be made by Paypal or Cheque**

**Questions? Contact : [hotlunch\\_heritage@hotmail.com](mailto:hotlunch_heritage@hotmail.com)**

**DEADLINE—JANUARY 15TH FOR ORDERS & PAYMENTS**



# CONCUSSIONS

## A FREE INFORMATION SESSION

**JANUARY 17<sup>TH</sup>, 7 – 8 PM**

**Studio A, Cargill Field House**

Upstairs, Bob Snodgrass Recreation Complex

Cost: **FREE**

Where: 228-12 Ave SE, High River, AB

Email: [baselineathletictherapy@gmail.com](mailto:baselineathletictherapy@gmail.com)

Web: [thehubpt.com](http://thehubpt.com)

**Guests: High River Junior B Flyers and  
Iva Woodward, JumpStart Ambassador**

## LEARN ABOUT BRAIN HEALTH AND THE IMPACT CONCUSSIONS CAN MAKE

Concussions can have many causes, come in many forms and present in many ways. In this FREE Info Session you'll learn more about concussions, what they can look like and how we, as professionals, work to treat, help you return to day-to-day life and hopefully work towards prevention more than reaction.

Brought to you by



# Health & Wellness.....



Happy New Year! I want to wish you all the very best for 2018. A New Year is often a time for setting new intentions, and making new goals. I've been asking students about their resolutions as we've returned to school and it sounds as though this year there will be some very clean bedrooms, well cared for pets, many books being read, and some wonderful sport achievements.

I've challenged a few of the students I've been speaking with to make their goals SMART this year. Here's how:

S is for Specific:

Narrow your goal down as much as possible

Phrase your goal in a way that answers who, what, when, why and where.

M is for Measurable:

Measure your achievement using a calendar, journal, or sticker chart.

A is for Attainable:

Goals should be high enough to encourage performance but low enough to be attainable!

R is for Relevant:

Clarity on how the goal is related to your values or happiness is key to staying motivated, even in challenging times.

T is for Timely:

Make a concrete deadline that you will have confidence in.

Check out these great books about goal-setting and growth mindset:

“What Do You Do with an Idea?” by Kobi Yamada

“The Thing Lou Couldn't Do” by Ashley Spires

“Salt in His Shoes: Michael Jordan in Pursuit of a Dream” by Deloris Jordan and Roslyn M. Jordan

Sharon Rae, B.S.W., R.S.W.

Family School Liaison Counsellor

Heritage Heights (M, W, F) – 403 938 1400

Red Deer Lake (T, Th) – 403 938 5984

Healthy Family Tip: It's December! Plan some “me-time” in your daily calendar. Maintaining your foundation of healthy habits is especially important over the next few weeks.

## Synergy

Sometimes life isn't just about finding that one thing you can do and then doing it the best that you can.

Sometimes it's about taking the individual things that you are good at and using them in a way to create something that is much larger and more powerful than the sum of its parts.

Exceptional Children



## Sign up for important updates from HHTS School.

Get information for **Heritage Heights Office News** right on your phone—not on handouts.

Pick a way to receive messages for **Heritage Heights Office News**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/hhtss](https://rmd.at/hhtss)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

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**B** If you don't have a smartphone, get text notifications.

Text the message @hhtss to the number (587) 333-8625.

Don't have a mobile phone? Go to [rmd.at/hhtss](https://rmd.at/hhtss) on a desktop computer to sign up for email notifications.



# Administration

Please remember to check our website for updates on all important activities and dates.

We are always happy to meet with parents to discuss any aspect of our school.

Joanne Higgins

Principal

[higginsj@fsd38.ab.ca](mailto:higginsj@fsd38.ab.ca)

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**Fax: 403-938-1122**

**Website: [heritageheights.fsd38.ab.ca/](http://heritageheights.fsd38.ab.ca/)**

**Transportation (Bus)**

**Phone: 403-652-6547**