



# Husky Happenings

**Excellence, Integrity, Leadership**

## Husky Happenings – March 2018

### SPECIAL POINTS OF INTEREST:

- [Administration / Office News](#)
- [Monthly Calendar](#)
- [Remind \(Sign up\)](#)
- [Health & Wellness](#)

### HERITAGE HEIGHTS HIGHLIGHTS

Huge kudos to our Leadership students who have planned an excellent week of activities during this Bullying Awareness week. Our focus and teaching has been very deliberate this week with:

Kindness Monday: pink sticky notes posted in our front entry

Tech Tuesday: Online digital citizenship and cyberbullying

Think Pink Wednesday: Pink shirt day and assembly

Upstander Thursday: be an Upstander not a bystander

Clean Slate Friday: students are encouraged to wear black to 'wipe the slate clean' and move forward as leaders. Students will also all be a part of classroom restorative circles during Husky Hour to reinforce what they have learned this week.

### UPDATES

Please see the information emailed home regarding our Safer Schools Presentations coming up next week. Now more than ever the digital and social media world has flowed into the classroom, school environment and family life. All students in grades 5-9 will participate in a student presentation on March 7<sup>th</sup>. Heritage Heights staff will join 3 other schools and participate in a staff presentation on March 8<sup>th</sup>. Parents are welcome to attend a parent presentation on March 7<sup>th</sup> (Senator Riley, High River) or March 8<sup>th</sup> (Oilfields High School, Black Diamond). All presentations are geared to the audience attending and focus on all things digital.

Please remember to keep your children home when they are ill. We have experienced a higher rate of respiratory and flu illnesses this fall and winter. We are doing what we can at school to encourage proper handwashing and facility cleanliness. We can all help out by staying home and not spreading germs when ill.

Division II Art club is starting at noon on Days 2, 4, and 6. Thank you to Mrs. Cederstrand for hosting this club. Junior High study hall is currently happening with Mr. Berrigan each week after school. Dates are posted outside his classroom.

### Athletics

Good luck to our junior boys and girls teams as they enter playoffs. Our senior teams head to zones this weekend in Hanna. Basketball is always an extended season – here's to finishing on a great note! We look forward to badminton season next up!

### School Council

Please join us at our next School Council meeting Tuesday, March 13<sup>th</sup> at 7 pm in our Learning Commons. Our school trustee, Mr. Bill Young will be attending and welcomes any questions from our parent community.

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)

# Social Media Awareness + Parenting the Digital World



Wednesday, March 7

7:00 – 8:30

Ecole Senator Riley Middle School

For all Foothills School Division parents of School aged children and youth.

With society heading in a direction of being constantly connected to technology, what do we need to know as parents to protect our kids and teach them responsible and appropriate use of technology? The parameters of rules and expectations that you put in place at home will undoubtedly guide their behaviour in the years to come. Please join us for an informative presentation which will cover the following topics and more!

- **Social Media Update** – The most current apps & trends in their social media lives
- **Pick Your Battles!** – You will have to balance the yin with the yang, promote independence whilst taking a strong stance on certain subjects
- **Current Research** – Brain development & technology, violent video games
- **Digital Footprint and Reputation** – With their future approaching, recruiters and employers are taking note – What will they find? What will they leave behind?
- **Tips & Tricks to Use at Home**

**PARENTS: Do not miss this free event!**



**SAFER SCHOOLS TOGETHER**  
is an organization focused on promoting a climate and culture of safety in schools through comprehensive education.

Please email  
[brummelhuism@fsd38.ab.ca](mailto:brummelhuism@fsd38.ab.ca) to RSVP  
and reserve your seat!

# Social Media Awareness + Parenting the Digital World



Thursday, March 8

7:00 – 8:30

Oilfields Jr./Sr. High School

For all Foothills School Division parents of School aged children and youth.

With society heading in a direction of being constantly connected to technology, what do we need to know as parents to protect our kids and teach them responsible and appropriate use of technology? The parameters of rules and expectations that you put in place at home will undoubtedly guide their behaviour in the years to come. Please join us for an informative presentation which will cover the following topics and more!

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# DE WINTON COMMUNITY PRESCHOOL



## NOW REGISTERING FOR THE

The De Winton Community Preschool, located in the village of De Winton, provides a rural, community preschool atmosphere that is only 10 minutes South of Calgary and 10 minutes North of Okotoks. The preschool classroom is located within the De Winton Community Hall and provides a clean, engaging and friendly learning experience for students as well as indoor use of the hall as a “gym” area, a large outdoor playground and green spaces for exploration.

The De Winton Preschool philosophy is that children learn through play and socialization. Our goal is to provide an atmosphere that allows our students the opportunity to grow in a safe and nurturing environment while making learning fun and interactive. As a non-profit preschool we offer a wonderful learning experience for students by providing low student-teacher ratios, small class sizes, lower tuition fees and parent involvement.

There are a few openings left for the 2018-19 year, register early as classes will fill up!

Class times are as follows:

3 year old: AM Class: Tuesdays & Thursdays from 9:00-11:30am

4 Year Old: AM Class: Mondays & Wednesdays from 9:00-12:00pm

3/4 Year Old: PM Class: Tuesdays & Thursdays from 12:00-2:30pm

Registration forms and more information can be found at

[www.dewintoncommunitypreschool.com](http://www.dewintoncommunitypreschool.com)

For more information about the De Winton Community Preschool and our preschool programs please contact The De Winton Community Preschool Parent Board:

[dewintoncommunitypreschool@gmail.com](mailto:dewintoncommunitypreschool@gmail.com)

## IMPORTANT DATES TO REMEMBER



March 2018

Mar 5-12—Clay for Kids

Mar 8—Partner Band

Mar 9—NO SCHOOL

Mar 12— Gr 4 Glenbow Musuem Field Trip

Mar 13—Gr 9's at FCHS (Afternoon)

Mar 16—Term 2 Ends

Mar 18-23—Lacrosse (Gr 2, 4, 6)

Mar 21—Gr 9 Presentation at FCHS ( 6:30—7: 30 pm—Last Name A-L)  
( 7:30—8:30 pm—Last Name M-Z)

Mar 23—Learner Profiles—Go Home

Mar 24-28—Sailing Trip

Mar 30- Apr 6—History Tour

Mar 29—Early Dismissal 12:15 pm (SPIRIT DAY)

Mar 30—Apr 8—Easter Break

April 9—Back to School after Easter Break

# Health & Wellness.....



Many parents that I talk to have a variety of concerns about their child's use of screens. Foothills School Division is hosting two upcoming Parent Presentations from Safer Schools Together. Wednesday March 7 the presentation will be hosted at Senator Riley Middle School and on Thursday, March 8 it will be at Oilfields School. Both evenings begin at 7pm.

One of the main concerns I hear from parents is that screen time is impacting their child or teen's sleep. A blog by Delaney Ruston, director/producer of Screenagers, states "in February 2015, the journal Pediatrics published a study of 2048 4th and 7<sup>th</sup> graders which shows that sleeping with a small screen decreased sleep time by 20 minutes, usually because of delayed bedtimes. The association between small screens and reduced sleep increases with age."

## 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

Many of the students I work with tell me that they need to have their phones in their bedroom because they use it as an alarm clock. Experts suggest that the best thing for teenagers is to leave the phones out of their bedrooms! Parents can support healthy sleep patterns by encouraging the use of a good, old-fashioned alarm clock a consistent and working with their family to create an evening/bed-time routine where children and teens can start winding down 45-60 minutes before they actually go to bed. Most experts suggest that this period of time should also be screen free. A bed time routine could include: reading, drawing/colouring, a snack, taking care of hygiene, and an agreed upon time to turn phones off.

If you would like support in creating an evening routine for your child or teen please feel free to contact me.

Sharon Doran , 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.



## 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:

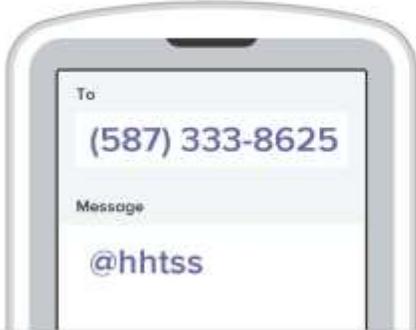
[rmd.at/hhtss](https://rmd.at/hhtss)

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



**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)

**Phone: 403-938-1400**

**Fax: 403-938-1122**

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

**Transportation (Bus)**

**Phone: 403-652-6547**