

Husky Happenings



March 2017

Excellence, Integrity, Leadership

Husky Happenings – March 2017

Thank you to all families that attended our Student-led conferences. We have received very positive feedback with many parents reporting how meaningful the conference time was. Thank you for acknowledging the significant preparation on the part of both staff and students to make this sharing a true celebration of student learning. It is also very rewarding to see our student leaders realizing their potential and sharing their learning with their parents. They do so proudly! Thank you to our grade 6-9 students who did a great job babysitting in the Learning Commons! Thank you as well to our great parent volunteers who provided dinner for staff each night!

Individual Learner Profiles will be coming home on March 24th. Please contact your child's teacher directly if you have any questions or concerns.

This month you will receive an email asking for your intent of enrolment for the 2017-18 school year. It is critical we have accurate numbers as we move forward with planning for next year (i.e. class configuration and class size). Our priority is to keep small class sizes and single grade configurations. To the best of our ability, we will continue to do this. As shared with Parent Council, we may be in a position where we need to look at multi-aging (i.e. 2/3, 3/4, 4/5). This will only be done if we are in a position where we have skewed numbers with too few staff and too many students at a particular grade level. We will continue to keep parents informed in our Council meetings as we move forward with our planning.

Our grade 9 students are currently beginning the process of registering for high school! For many of our students Heritage Heights is the only school they have attended. Students will tour Foothills Composite High School on March 10th and will work with counselors in the coming weeks to complete their registration. We encourage parents to attend Foothills Composite High School open house on March 23rd to view the many programs available for students.

SPECIAL POINTS OF INTEREST:

- Administration / Office
- Community Events / School Event News
- Monthly Calendar
- Parent Council News
- Remind (Sign up)
- Health & Wellness

At Heritage Heights we take the safety and security of our staff and students very seriously. It is a priority for us that ALL students feel safe, cared for and respected. We believe a sense of belonging is critical for students to learn and succeed at high levels. We focus on the whole child and recognize that social emotional learning is equally important to academic learning. Through our Zones of Regulation and classroom restorative circles, we teach students self-regulation strategies. We also believe in building strong leadership character through our Leader in Me Focus. In support of pink shirt day our Junior High Leadership group planned many activities to support students' understanding of bullying, teasing, mean moments, and conflict. We teach students how to deal with situations and how to use the strategies of 1. Ignore the behaviour; 2. Walk away from the individual; 3. Inform an adult. We teach the important role the bystander plays in situations and the importance of being an Upstander. We teach students the importance of informing an adult for support – we will actively become involved with any situations of bullying we are aware of. We do believe we have a safe and caring school and it is all our responsibility to ensure our school is a welcoming place to be.

We look forward to upcoming activities of Clay for Kids (grades 1-6), lacrosse (Kindergarten, 2, 4, and 6), and badminton (grades 7-9). Tennis (grades 1, 3, and 5) will occur in May as will track and field (grades 6-9).

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

403-938-1400 ext. 48102

Have you ever thought about playing softball?



Foothills Minor Ball offers an amazing girls softball program for U10 and up (2009 birth year and up).

Register before February 28th to guarantee placement!

Questions can be directed to: softball@foothillsminorball.com

Registration Link:

<https://apps.rampinteractive.com/registrations/v3/?c=0bffe493ea1e>

Have you heard about www.screenagersmovie.com?

This Award-winning movie looks into the vulnerable corners of family life and depicts the messy struggles over social media, video games, academics, and internet addiction. Through surprising insights solutions emerge on how we can empower kids to best navigate the digital world. Get your tickets today!

Okotoks Showing April 3: <https://fsd.is/2IDsa2x>

High River Showing April 4: <https://fsd.is/2mBa1HD>

Foothills Composite High School/ Alberta High School of Fine Arts will be hosting a Fentanyl and other illicit drug awareness night on March 13th at 7:00 pm and we are opening the doors to the community. Please share this information with ALL of your families and open your phone lines to encourage people to RSVP. I will be contacting all the schools the Monday March 13th to get a rough estimate of our numbers for that evening-so please keep track. Thank you so much for spreading the word, I think that this will be very informative and helpful to our families. Please use the following message:

“NOPE TO DOPE.”

NO POSITIVE END TO DOPE

If you have a son or daughter in Junior High or High School they could be exposed to legal or illicit drugs such as Fentanyl. Fentanyl is a deadly opiate drug that is in our community, province and country. A panel of guest speakers are speaking out about the deadly drug to bring an evening of awareness and prevention to all Okotoks and Foothills residents.

This evening will provide families with professional advice in what to look for in your child if you suspect they are using Marijuana, or experiencing with other drugs.

This evening should not be missed, to stop the drug intruder and to give our youth a future!

Please RSVP to your son or daughters school so that we know how many people to anticipate.

Please direct any further question to Gina Kilbreath kilbreathg@fsd38.ab.ca



Community Education Service



TELUS WISE Wise Internet & Smartphone Education

Presenter: Tonya Toope, Ambassador, TELUS WISE

Thursday March 23, 2017

6:30-8:00pm

Sign in: 6:15pm

Highwood High School
Corner of Highway 2A & 12 Ave SE
High River

Session is FREE
of charge

Register: <http://fcrs.ahs.ca/ces/>

For more information: email ces@ahs.ca or call (403) 955-4747

Objectives:

- To engage parents/adults in a meaningful discussion about keeping ourselves, our families and our communities safe online
- To discuss internet, social media and smartphone safety tips

Level I: This session presents an overview of online safety, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience with this topic.

This session is presented by the Community Education Service of the Child & Adolescent Addiction, Mental Health & Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **Highwood High School** and **TELUS Corporate Communications**



Community Education Service

Supporting Anxious Children: From Recognition to Response

Presented by: Betty Jean MacMillan, B.A., CYCC

Monday April 3, 2017

6:30 pm - 8:00 pm

Sign in: 6:15pm

École Senator Riley Middle School

338 1 Avenue SE

High River, Alberta

Session is FREE
of charge/
Parking fees
may apply

Register: <http://frcr.ahs.ca/ces/>

For more information: email ces@ahs.ca or call (403) 955-4747

Participants will learn to better understand and recognize anxiety in children and adolescents. The presentation will review the "Do's and Don't Do's" in supporting an anxious child, and will introduce a variety of strategies to better support children. Participants will also gain a clearer idea of when children should be referred for further assistance.

Level I: This session presents an overview of anxiety in children, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience with this topic.

This session is presented by the Community Education Service of the Child & Adolescent Addiction, Mental Health & Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with Rural Addictions & Mental Health, Okotoks Health and Wellness Centre, AHS and École Senator Riley Middle School

Parent Council News



Bottle Drive

Next Bottle Drive Is May 23rd – 26th 2017.

Donations are accepted *year round* at the **Okotoks Bottle Depot - 211 Stockton Ave.** Please ask for the Heritage Heights Binder to record your donation!



Spring Fundraiser

Planters, Herbs & Veggies from DeVry Greenhouses!

Buy your planters, hanging baskets, herbs and annuals from us and support the school!

Watch for more details to come. Sales period will be March – April with delivery in May.



NEXT PARENT COUNCIL MEETING – MONDAY MARCH 13TH 2017 7PM

MARCH 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Gr 4—Glenbow Museum Trip Partner Band Workshop (U of C)	2	3 PD Day—No School	4
5	6 Yoga Club 8:00 am Gr K-6 Evergreen Theatre Presentation 1:3 pm	7	8 K1—Zoo Field Trip	9	10 Gr 5 DARE (AM) K2 — Zoo Field trip Gr 9 (pm) - High School Tour	
	Clay for Kids	Clay for Kids	Clay for Kids	Clay for Kids	Clay for Kids	
12	13 Yoga Club 8:00 am School Council Mtg 7 pm	14	15	16	17 PD Day—No School	
19	20 Yoga Club 8:00 am Term 3 Begins Lacross (K, 2,4,6)	21 Lacross (K, 2,4,6)	22 Gr 5—Glenbow Museum Lacross (K, 2,4,6)	23 Lacross (K, 2,4,6)	24 Learner Profiles go home Gr 5 DARE (AM)	
26	27 Yoga Club 8:00 am	28	29	30	31 SPIRIT DAY	



Health & Wellness.....

Sleep and Screens

Parents that I talk to have a variety of concerns about their child's use of screens. Foot-hills School Division is hosting two upcoming events to address some of these concerns. The first is TELUSwise which is coming up on March 23rd. Please see the attached poster for more details, and the second is a screening of the movie Screenagers. For more information please visit - <https://www.eventbrite.ca/e/screenagers-movie-tickets-22509496510>.

One of the main concerns I hear from parents is how 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 7th-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 Education

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. Many experts suggest that the best thing for teenagers is to leave the phones out of their bedrooms and have a good, old-fashioned alarm clock in there. Some other ways that parents can support healthy sleep patterns for their teens is to create a consistent evening/bed-time routine where children can start winding down 45-60 minutes before they actually go to bed. Some suggest, that this period of time should 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 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: A person's emotional health comes from a combination of their attitudes, personality, support systems, and brain chemistry. Keeping a positive attitude, making healthy lifestyle choices and talking to trained professionals about feelings, will help us through many of life's difficulties.



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

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 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

Phone: 403-938-1400

Fax: 403-938-1122

Website: heritageheights.fsd38.ab.ca/

Transportation (Bus)

Phone: 403-652-6547