



# Husky Happenings

## May 2017

### Excellence, Integrity, Leadership

Husky Happenings – May 2017

#### HERITAGE HEIGHTS HIGHLIGHTS

Prepare to experience the magic of pixie dust and fly away to Neverland with our annual Musical Theatre Production of Peter Pan. This mythical journey is sure to produce laughs as we enjoy the free-spirited and mischievous adventures of Peter Pan, as he never grows up. Tickets are \$10 (adults) and \$5 (children) and are available in our main office for evening performances on Tuesday, May 2<sup>nd</sup> and Thursday, May 4<sup>th</sup>. Curtain opens at 7 pm. We hope to see you there!

Please join us for our Café Positivi-Tea on Friday, March 12<sup>th</sup>. This is our chance to say a very special thank you to our parent volunteers. We could not do the many activities that we do without your support. Please join us at 2 pm in our Learning Commons for our Thank You. Little ones are welcome as well.

Well done to our badminton players for their recent tournament play at Edison School and advancing to divisional play. Badminton is a short season! Thanks to coaches Ms. Hillestad and Mrs. Provost.

#### UPDATES

Our grade 9 students are currently fundraising for their grade 9 Farewell on June 2. Students have 3 fundraisers currently underway:

Selling Purdy's chocolate bars for \$2 each. Please see any grade 9 student or drop by the office to purchase a delicious chocolate treat.

Bake sale at our Musical Theatre production of Peter Pan. Bake sale items and water will be on sale during intermission of both performances.

Ice Cream sale. Students will be selling tasty treats on Thursdays at lunch during the month of May. All treats will be \$1 and will be on sale in the elementary hallway (outside grade 2 classrooms) and kitchen.

Grade 9 students and parents thank you in advance for your support.

#### SPECIAL POINTS OF INTEREST:

- Administration / Office
- Monthly Calendar
- Parent Council News
- Health & Wellness

Early in May you will receive our annual parent survey. Please take some time to complete this online survey 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.

Looking ahead:

Students in grades 6 & 9 will be writing Pt. A of the Language Arts PAT on May 9<sup>th</sup> (grade 9) and May 11<sup>th</sup> (grade 6).

Track and Field Meet for grades 6-9 May, 16<sup>th</sup>. If you are able to volunteer please contact Ms. Coskey.

Talent show May 26<sup>th</sup>. All families are welcome to attend.

All requests for classroom placements for the upcoming school year must be submitted by Thursday, May 4th in order to be considered. A reminder that we are not accepting requests for teachers. Please refer to the letter you received via email on April 24<sup>th</sup> for complete details regarding requests.

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)



## SCHOOL COUNCIL NEWS

Parent Council will be having a bottle drive on May 23 –26. Please bring any bottles / cans to the school and drop them off at the trailer that will be parked in the Visitor Parking lot.

Thank you for your support!!!!



**It's that time of year when we celebrate our amazing Husky parent volunteers!**

For all your hardwork, Heritage Heights students and staff invite you to this year's volunteer social, Café Positivi-Tea, on Friday, May 12th from 2-3PM.

Please come enjoy refreshments, hors d'œuvres, entertainment, and, most importantly, our gratitude for all you've done to make Heritage Heights an exciting place to be!



**\*Free Event\***

**Travel back in time and experience the fascinating world of Norse culture by taking a trip to our Viking Village for some genuine family fun! Come cheer on epic displays of live-action battle reenactments (kids get to do mock battles too), throughout the weekend, or take a stroll through the crafters market. Enjoy such vendors as Evonne Smulders Sage Pottery, [MasterArk.com](http://MasterArk.com), Guin-eve's Games , Recreated Textiles and Teresa Wyss Pottery.**

**Munch on Viking style food from Chimmi's Fresh Grill food truck, and indulge in our award-winning mead – a sweet fermented beverage made here at the farm with honey that Norsemen termed the “Nectar of the Gods”.**

**Combine your experience with an Apiary or Meadery tour and visit our Country Store for some delicious honey products and mead – the food and drink of the Vikings.**

**Date: May 13-14th 2017  
Where: Chinook Honey Company  
Box 12, Site 14, RR1 Okotoks, AB T1S 1A1  
Time: Saturday – 10 am – 5 pm  
Sunday – 10 am – 5 pm**

**\*Horde at the Hive is now taking vendor applications! See here for more info: <http://chinookhoney.com/hoard-at-the-hive-vendor-application/>**

**Our Grade 6 – 9 students will be participating in our annual Track and Field Day on May 16<sup>th</sup> with a rainout day of May 18<sup>th</sup> which takes place in Okotoks at the track located near OJHS. Permission forms have gone home and should be returned to homeroom teachers.**



**Ms. Coskey is looking for volunteers for this event, if you can volunteer please email her at [CoskeyH@fsd38.ab.ca](mailto:CoskeyH@fsd38.ab.ca)**

**We are also in need of a trailer to transport our equipment to OJHS for the day. Again, please email Ms. Coskey if you have a trailer.**

# MAY 2017

	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		Peter Pan Musical 7 pm	NO Kindergarten Classes	NO Kindergarten Classes Peter Pan Musical 7 pm	PD Day—No School	
7	8	9	10	11	12	13
		Gr 4 Field Trip LandFill ( 4C) Gr 9 P.A.T.—LA	Gr 4 Field Trip LandFill ( 4D, 4M) Gr 8/9 Band ABA Festival Gr 9 Girls—Explore IT (SAIT)	Gr 6 P.A.T.—LA	Gr 5—DARE Volunteer Social 2-3 pm Parent Cnl—Flower Fundraiser (PICK UP) PM	
14	15	16	17	18	19	20
	School Council Meeting—7 pm	Jr High Track & Field Meet		Jr High Track & Field Rain Out Day	PD Day—No School	
21	22	23	24	25	26	27
	Holiday NO SCHOOL	Bottle Drive	Bottle Drive	Bottle Drive	Bottle Drive DARE Talent Show Spirit Day	
28	29	30	31			
	Gr 5—Waterton Field Trip (May 29-31) Gr 4—Ralph Klein Park May 29—June 1					

# Health & Wellness.....



Netflix recently released a new series, “13 Reasons Why.” The show is generating lots of interest because of the topic, and also because Selena Gomez is the executive producer of the show. The series (based on a book of the same name) revolves around 17-year-old Hannah Baker, who takes her own life and leaves behind audio recordings for 13 people who she says in some way were part of why she killed herself. Each tape recounts painful events in which one or more of the 13 individuals played a role.

Producers for the show say they hope the series can help those who may be struggling with thoughts of suicide, and the show has certainly received positive feedback in the entertainment world for addressing a topic that is still often considered taboo. While the series does show that there is no single cause of suicide, it does not emphasize strongly enough that the cause of suicide amongst young people is most often the result of a treatable mental illness.

While most youth are able to differentiate between reality and a TV drama there is concern for vulnerable youth who have a history of trauma, are victims of related content, or are currently struggling with suicidal ideation.

Parents should ask their child if they have watched this documentary. The National Association of School Psychologists states that while they don’t recommend teens view this series they do suggest that parents tell their teens that they want to watch it with them, (or catch up if they’ve started) and discuss their thoughts about it. Many parents worry that talking about suicide with teens will increase their risk. In fact, the opposite is true as it creates opportunities to help and support. Parents can ask their child if they have ever thought of suicide or if they have a friend who is struggling. Listen to your child without judgment. If you are concerned about your child’s mental health or one of their peer’s you can contact me ([raes@fsd38.ab.ca](mailto:raes@fsd38.ab.ca)) for more information or directly call the Alberta Mental Health intake line at 1-877-652-4700.

Please don’t hesitate to get in touch with me if you have any questions or concerns about this TV series, suicide, or your child’s mental health.

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

## References:

National Association of School Psychologists - <http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/13-reasons-why-netflix-series-considerations-for-educators>

Canadian Centre for Threat Assessment and Trauma Response - <http://cctatr.createsend.com/t/ViewEmailArchive/d/1F6913C4928A02FB/C67FD2F38AC4859C/>

## 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.

Excerpt from SYNERGY



# 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**