October Events:

**OCTOBER**

- **National Principals Month**
  - Thursday, October 4, 2018

- **Club's Choice Fundraiser Ends**
  - AM/PM PreK:
    - **Take Your Parent to School Day**
    - Monday, October 8, 2018

- **6:00pm Plaza Movie Night**
  - Wednesday, October 10, 2018

- **5:30-7pm Zones of Regulation Family Night**
  - Thursday, October 11, 2018

- **5:00-7pm PTA Kick-off Meeting**
  - Wednesday, October 17, 2018

- **3:00-9pm Chuck E Cheese Fundraiser**
  - Thursday, October 18 &

- **Friday, Oct 19, 2018**

  - **NO SCHOOL State Teacher Meetings**
    - Tuesday, October 23, 2018

  - **Picture Day**
    - Thursday, October 25, 2018

  - **8:45am Chat w/the Principal**

  - **9:45am CARES Program: PreK, 3-5**

  - **10:10am CARES Program: PreK, K-2**

  - **5:30-7pm Family Math Night, Flu Clinic & Title I Annual Meeting**

- **Friday, October 26, 2018**

  - **NO SCHOOL Conference Prep Day**

November events continue on page 2…

---

**A Note from Principal Jones**

As we continue to build on the great start to the school year, I would like to give some tips on how to help your child be successful at school. Talk to your child about how important school safety is. At The Heights Community School, we expect every student to show CARES: Cooperation, Assertion, Responsibility, Empathy and Self Control. Ask your child to explain what these expectations look like at school.

Please get to know your child’s teacher. The partnership between family and teacher is extremely important. When the teacher and parent/guardian have a strong partnership, kids do better in school. Set school goals with your child. Have a regular homework and bedtime. Also, set a consistent morning routine. Kids work much better when things are predictable. Rituals and routines are very important at home and school.

Ask questions each and every day of school. This shows your child that you are interested in their school and what they are doing. Insist on them giving their best effort. If your child knows that school is important to you, it will be important to them.

By now many families have received a call from your child’s classroom teacher and some calls from our specialists. Teachers have been asked to introduce themselves and check in to see how the first weeks of school are going. If you have not heard from your child’s teacher please feel free to reach out to him/her as well.

My challenge for each parent/guardian at The Heights is to know the name of your child’s teacher and the letter of the bus your child rides to and from school. Don’t be surprised if I randomly ask you these questions as I pass you in the hallway or see you at a school event.

Thank you for partnering with us!

Principal Chreese C. Jones

---

**Parent Info on The Heights Website**

Please check out our website at [www.spps.org/heights](http://www.spps.org/heights). The Calendar-At-A-Glance is posted, as well as a family friendly Family Engagement Plan (FEP) and School Continuous Improvement Plan (SCIP). The information will also be available in the school office and the family resource room.

Please read and discuss the Family Handbook with your students at: [https://www.spps.org/domain/13882](https://www.spps.org/domain/13882)

Look for revisions and more information newsletters and flyers sent home in Thursday Folders.

For interpreting needs, please call 651-293-8815:

- Hmoob – Dennis Xiong
- Español – Herbert Mancilla Lima
### Morning Schedule

- **8:15** Cafeteria opens for FREE Breakfast to Go
- **8:30** All students must be in their classrooms or they will be marked tardy.

**Reminder:**
Call the attendance line before 7:30 am when your child(ren) will not be in school. Please give a detailed reason.

**651-744-2273**
The attendance line is available 24/7!

---

### November Events:

**Sunday, November 4, 2018**
Daylight Saving Time ends, fall back 1 hour

**Monday, November 12, 2018**
6:00pm Plaza Movie Night

**Thursday, November 15, 2018**
PreK NO SCHOOL Conferences
8:00am-3:00pm PreK Conferences
4:00-8:00pm Evening Conferences

**Friday, November 16, 2018**
NO SCHOOL
8:00am-12:00pm Conferences
4:00-8:00pm Evening Conferences
3-6:00pm Fundraiser Pick Up

**Wednesday, November 21, 2018**
Picture Retake Day

**Thursday, November 22, 2018**
NO SCHOOL Thanksgiving Break

**Friday, November 23, 2018**
NO SCHOOL Thanksgiving Break

**Tuesday, November 20, 2018**
9:45am CARES Program PreK, K-2
2:10pm CARES Program PreK, 3-5

For the entire 2018-19 Family Calendar go to our website at:
[www.spps.org/heights](http://www.spps.org/heights)

---

### Classroom Celebrations

We promote food-free classroom celebrations. Due to food allergies and dietary food restrictions, we will not be allowing cupcakes or sweet treats to be shared with classmates in ALL classrooms at The Heights.

Ask your teacher for an approved snack list. Please see our family handbook for more information on our website at:
[https://www.spps.org/domain/13882](https://www.spps.org/domain/13882)

---

### PreK Parents

Pre-kindergarten parents mark your calendars! Thursday, October 4 is **PreK Take Your Parent to School Day**.

PreK parents are invited to visit their child’s classroom and learn about their day. Look for more information from your child’s classroom teacher.

---

### EDL (Extended Day Learning) Information

Extended Day for Learning (EDL) features both math and reading instruction and opportunities for Grades 3–5 students to explore new abilities and interests, including instrumental music instruction for students in grades four and five. **Your 4th or 5th grade child can choose the flute, clarinet, trumpet, trombone, drums, saxophone and violin.**

Student qualifications include a need for math and reading instruction and applied academic (enrichment) experiences beyond the school day. Participation is voluntary and provided free of charge. Transportation and a snack are provided.

Sessions are 3:00–4:45 after the regular school day, on Tuesday and Thursday. Students participate in both academic reading and math and applied academics (enrichment) activities during each program session.

Ask your child’s teacher about the program.

---

### Volunteer Information

Parents can volunteer in a variety of ways: join PTA, help at family events, help in the classroom, chaperone field trips etc.

All volunteers who wish to chaperone field trips are required to have completed a background check. **The cost is $15 (cash only). The background check is good for one year only.**

Please allow 2 weeks for processing.

Parents can still volunteer in the building and in classrooms by simply filling out a volunteer form.

Please see our family handbook for more information at:
[https://www.spps.org/domain/13882](https://www.spps.org/domain/13882)
Hello Heights Community Parents,

It is my honor to welcome you back to our new school year. There are a couple of things I would like to share with you.

Medications: As the weather is changing, I am encouraging parents whose child/children have asthma to please send asthma medications to the school with the paper work. I know these papers were sent home at the end of school year. If you do not know where your package is, we will give you another one. We need an asthma action plan every new school year. For those who have anaphylaxis/food allergies, we need an EpiPen and Benadryl and anaphylaxis action plans as well.

Vision screening: The Philips eye institution will be coming for screening sometime this fall to do vision screening for all the students in kindergarten, 1st, 3rd, and 5th grades. We will let you know as soon as the date is finalized.

Immunizations: This is a flu season, be sure to have your child/children vaccinated. Also check their immunization records to ensure that they are up to date with all the required shots. If you have questions or concerns, feel free to contact the school health office.

When we have all the necessary supplies we need at school to take good care of our scholars, they remain healthy and stay in school to learn. My goal this school year is to eliminate school absence due to illness by 10%.

Thank you for taking time to read and act on the important information in this newsletter. Have a blessed year.

Mrs. Obasi (School Nurse)
Mrs. Galvez Nery (Health Assistant)

Free/Reduced Lunch Forms – The Heights offers Free breakfast and lunch to all students. All families must still complete the free/reduced lunch form every year even if you are exempt. If you are still in need of an application, they are available in the office. You can also apply on-line at www.spps.org.

Your child’s meal account PIN is their SPPS student ID number. Please keep practicing the number with your child to ensure the line moves quickly and efficiently. Students who bring a lunch from home and get a milk at school will have to have money in their account to pay for the milk. The cost for milk is $ .50.

The Fresh Fruit and Veggie Program runs October through April/May. Students at The Heights will receive a fruit or veggie snack on Tuesdays, Wednesdays and Thursdays.

Menus are available online only. Go to https://www.spps.org/ns, click on “view school lunch menus” and check out Nutrislice, the online interactive menu! Families can view the menu for The Heights. It has a feature for parents of students with allergies to filter out the menu items containing each allergen. It also gives nutritional information and can help with counting carbs for diabetics. It’s a great tool for parents to help educate their kids about their allergies!
Greetings Families,

My name is Kathy Drinkwine and I am honored to work with the students, families, and staff at The Heights Community School. The School Counseling Program is for all students in our school. I reach all students by teaching Life Skill lessons to whole classrooms and supporting our school-wide Positive Behavior Intervention Systems (PBIS). I am proud to share that our whole school is learning about The Zones of Regulation. This is a framework used to teach students, staff and families self-regulation. This is the ability to get to a place of self-control when faced with strong emotional responses. Please look for more information about that as the year progresses.

In addition to whole school counseling, I work with small groups on specific skill building. I also work with individual students when it is needed.

Parent Support – Parents might call to talk about things like:
- "My child doesn't want to go to school in the morning"
- "I'm concerned because my child keeps telling me that he doesn't have any friends"
- "We recently had a death in the family, and I'm not sure how my child is coping"
- "My child's is very sad because her mother doesn't live with us anymore"
- "My child gets really frustrated doing homework, and nothing I say seems to help"

If you have any questions or concerns about your child that you would like to discuss with a school counselor, please feel free to contact me, kathy.drinkwine@spps.org or 651-325-2415.

I can be reached Monday – Friday from 8:00-3:30. If I am not in the office, please leave a message and I will call you back as soon as I get it.

Please plan to attend the October 10th Zones of Regulation Family Night. We will talk about our programs to help students stay safe and learn ways to manage strong emotions. I look forward to seeing you there!

Ms. Kathy Drinkwine
Licensed School Counselor

Conversation Corner

A conversation with your child is a great way to encourage children to increase vocabulary and gain confidence with speaking. Mrs. Galowitz and Mrs. Johanson have worked together to give you some ideas to help you get more than a “yes”, “ok”, or “no” answer when asking your child about their school day. On the way home, at dinner or even bedtime is a great time for these simple questions.

1. Tell me about your teacher. What makes her/him happy or sad?
2. What was something good that happened at school today?
3. If you could change one thing about your day at school, what would it be and why?
4. What was the best part of lunch?
5. What did you do in specialist today?

As answers develop using a phrase such as, “tell me more” will help your child make more connections to school. It is a busy day full of learning and we hope children begin to talk more about the wonders of their school day.

Translations

All school documents can be translated or interpreters made available upon request.

Spanish
Todos los documentos pueden ser traducidos o interpretados oralmente si usted lo solicita

Hmong
Tej ntaub ntawv tom tsev kawm ntawv uas xa los rau nej, peb yuav pab txhais thiab nrhiav neeg txhais lus rau nej yog nej hais qhia peb

Somali
Dhammaan dukumiintiyada iskuulka waa la turjumaan karaa ama waxaa la heli karaa turjumaan haddii la codsado

Karen
"มีสถานที่ทำงานที่ปลอดภัยและมีการสนับสนุนทางจิตใจที่ดี"
The PTA News

The fall Clubs Choice Fundraiser began Thursday, Sept 20th and ends Thursday, Oct 4th. Please return order forms and money by Thursday, Oct 4th. The fundraiser delivery date is Thursday, Nov 20th from 3:00-6:00 pm. Please keep in mind that you must pick up orders on Nov 20th.

We have no place to store items that need to be refrigerated. Items will be returned to the company and will be delivered at a later date.

*****************************************
The PTA Kick-off meeting is scheduled for:

Thursday, Oct 11
5:00-7pm
Please join us!

*****************************************

Saints North
Family Skate Center
1818 Gervais Ct, Maplewood
(651) 770-3848
Tues, Sept 25 6:00-8 pm
Thurs, Dec 6 6:00-8 pm
Fri, Feb 8 5:15-7:15 pm
Tues, April 16 6:00-8 pm

Chuck E Cheese
445 Commerce Dr, Woodbury
Wed, Oct 17 3:00-9 pm
Fri, Jan 18 3:00-9 pm
Fri, March 15 3:00-9 pm
Fri, May 10 3:00-9 pm

Keep collecting:

Box Tops for Education

Order Heights T-shirts and jackets all year round at:
http://stores.inksoft.com/heightscommunityscho
til/shop/home

Many styles, colors and sizes to choose from!

Apparel is delivered to the school and passed out to the student to take home.

Specialists’ Corner

Physical Education-Mr. Guthrie
For the month of October, 3rd -5th grades will be finishing up our flag football unit, then moving into our bowling unit. In bowling, students will learn how to properly hold and roll a bowling ball, as well as how to score a game of bowling. 1st -2nd grades will be finishing up our dodging and chasing unit. During that unit, we practiced safely dodging and chasing in a small space like our gym. We achieved this through games like Spiders and Flies, Bridge Tag, and Pac-man. Once we finish this unit, we will be starting our basic motor movement unit. This unit will consist of games and activities that promote the five basic motor movements (jumping, hopping, skipping, shuffling, and galloping). Kindergarten will be working on how to move safely in the gym. This can be a long process, so we spend two rotations working on this skill. We achieve this through games like Duck Duck Gray Duck, Red Light Green Light, and What Time is it Mr. Fox. If you have any question, I can be reached through email at Jermaine.guthrie@spps.org, or my office phone at 651-744-2316, and cell phone 612-743-4508. Feel free to reach me any time.

Science-Ms. Saunders-Pearce
Greetings Heights families. My name is Becky Saunders-Pearce. This is my 3rd year at The Heights. For the last two years I was a 5th grade teacher. Prior to that, I was a science specialist at another school. I was given the opportunity to move into the science position this year and am very excited. In science class, scholars are learning the expectations, safety, and rituals and routines in the science lab. We are learning how to observe like a scientist, using our senses and a variety of tools.

Music-Mr. Claver
Hello Heights Families, and welcome back to another year in music! My name is Michael Claver, and I’m excited to return as the music teacher this year. We have so many wonderful activities planned for our scholars this year. In addition to our annual concert, we are excited to explore various performance opportunities. Music is a big part of the Heights Community School. We involve music in many of our school activities and routines. We learn music in a fun and engaging way to help our scholars become the best musicians that they can. This year, the 3rd graders will explore recorder, while the 4th and 5th graders will spend time learning the ukulele. Please look for updates regarding Band and Choir as the year progresses.

Enrichment and GT-Ms. Clardy
Hello my name is Ms. Clardy (C Lard Dee). After teaching in St Paul Schools for 21 years, I am thrilled to join The Heights Community! I am the new G.T. and Enrichment teacher. I have a Master in Education in Curriculum and Instruction: with an Emphasis in Elementary Reading. This helps me create a classroom which facilitates a high-quality learning environment.

In September, I met with your scholar three times. We focused on establishing a strong learning environment by learning rituals and routines. We also began with goal setting. In October, we will focus on Mindset, the brain and taking academic risk to grow. I am teaching all scholars in grades one-five once a week for 50 minutes. In addition, I will be working with students identified as Gifted and Talented, Student Council, Chess Club, Dominos, Hmong Dance, Destination imagination, Book Clubs and research projects.

Cogat7 Gifted identification testing will be between October 8-November 13.

All kindergarten students will be tested. All second-grade students who were NOT identified in kindergarten will be tested. Scheduled classroom testing days will be sent to parents before the test date. Teachers will also be nominating student from grades one, three, four and five.

Student Council: Applications have been passed to all fourth and fifth grade students. Results will be announced in October.
Head back to school! Help our students build brighter futures.

We are looking for a Reading Corps tutor for the 2018-19 school year. You can work with K–3rd grade students every day during the school day and help them become successful readers!

Reading Corps provides comprehensive training in strategies proven to help students build reading skills. Tutors are paid a living allowance and are eligible for up to $2,960 to pay tuition or repay student loans. Tutors 55 or older may gift the award to their child or grandchild. Tutors may be eligible for free health insurance and child care assistance.

Learn how you can get involved by visiting readingandmath.net. You can also help by telling a friend or family member (grandparents make great tutors, too!) about openings at our school and statewide! Positions start in October for the 2018 school year. Send questions to april.stensgaard@servetogrow.org or call 612-460-8617.

---

**Title I Information – Parent’s Right to Know**

**ENGLISH: PARENT’S RIGHT TO KNOW TEACHER AND PARAPROFESSIONAL QUALIFICATIONS** Under the *Every Student Succeeds Act*, parents have the right to request information regarding the professional qualifications of their student’s classroom teachers and paraprofessionals. Parents who would like to receive this information should write to the Human Resource Department, Attn: ESSA Teacher Qualifications, Saint Paul Public Schools, 360 Colborne Street, Saint Paul, MN 55102-3299. You have the right to ask for the following information about each of your child’s classroom teacher(s).

- Information about whether the teacher has met state qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction;
- Information about whether the teacher is teaching under emergency or other provisional status through which state qualification or licensing criteria have been waived;
- Information about whether the teacher is teaching (subjects or content) in which proper certification is held by the teacher.
- Information about whether the child is provided services by paraprofessionals and, if so, their qualifications.


- Kev qhia seb tus xib fwb txawj npaum li cas thiab puas muaj lai xeex qhia ntaqw raws li lub xeex txoj cai los qhia qib ntaqw ntaww thiab qhia yam uas nws qhia.
- Kev qhia seb puas yog tus xib fwb ntawd los qhia rau lub caij maj ceev es thiab li tus tag txawj txawj thiab puas lai xeex raws li lub xeex txoj cai los dau.
- Kev qhia seb tus me niub xib fwb puas qhia yam uas nws muaj ntaqw pov thawj los qhia.
- Kev qhia seb tus me nyuam puas tau txais kev pab los ntaqw cov ramb tus xib fwb (paraprofessional). Yog tau no laww txawj thiab kawn ntaqw siab li cas.

**Somali: Xuguqada ay Waalidku u leeyihiin inay Ogaadaan Macluumaadka Macalliminta iyo Shaqaalaha Kale** Sida uu qabo qaannuka loo yaqaanno "Every Student Succeeds Act" oo micne ahaan ah "Qaanuunka Guusha Arday Walba", waalidintu waxay xaq u leedahay inaad codsato macluumaadkan hoose ee ku saabsan macalliminta ilmahaaga wax bara:

- In macallinka ama macallimaddu bauxiyeen shuruudaha maadada iyo fasalka ay dihgayaa la xirrira ee uu gobolku ka rabo islamkaana khibrad u leeyihiin maadada ay barayaan.
- In macallinka ama macallimaddu haystaan oggolaansho ku meel gaar ah in uu xanuunayaa shuruudhii iyo ceeb jirta xiwada xarista in uu la qaadad ama xaqay xanuunka waxbarashada hadda.
- In macallinka ama macallimaddu ay barayaa maaddooyinka ay u haayasta shatiga islamkaana takhasuska u leeyihiin.
- In uu ilmahaaga helo kaalamda macallim-kalkaaliyi, iyo weliba nooca waxbarashada kalkaaliyiyaas.

**Spanish: Los Padres Tienen Derecho a Conocer las Calificaciones de Maestros y Paraprofesionales** Bajo el acta Cada Estudiante Triunfa, los padres tienen derecho a solicitar información sobre las credenciales profesionales de los maestros del salón de su niño y paraprofesionales. Los padres que deseen recibir esta información deben escribir al Departamento de Recursos Humanos (Human Resources Department), Attn: ESSA Teacher Qualifications, Saint Paul Public Schools, 360 Colborne Street, Saint Paul, MN 55102-3299. Usted tiene derecho a preguntar la siguiente información de cada uno de los maestros de su niño:

- Información sobre el maestro cumple con las credenciales y licencias del estado para los grados y asignaturas que enseña;
- Información sobre si el maestro está enseñando con una licencia de emergencia o provisional, por la que el estado lo ha eximido de los requerimientos de credenciales o criterios para obtener la licencia.
- Información sobre si el maestro está enseñando (asignaturas o contenido) en la cual tiene una certificación apropiada.
- Información sobre si el niño recibe servicios de paraprofesionales, y si sus calificaciones.

---

**Minnesota Reading Corps**

- Information about whether the teacher has met state qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction;
- Information about whether the teacher is teaching under emergency or other provisional status through which state qualification or licensing criteria have been waived;
- Information about whether the teacher is teaching (subjects or content) in which proper certification is held by the teacher.
- Information about whether the child is provided services by paraprofessionals and, if so, their qualifications.


- Kev qhia seb tus xib fwb txawj npaum li cas thiab puas muaj lai xeex qhia ntaqw raws li lub xeex txoj cai los qhia qib ntaqw ntaww thiab qhia yam uas nws qhia.
- Kev qhia seb puas yog tus xib fwb ntawd los qhia rau lub caij maj ceev es thiab li tus tag txawj txawj thiab puas lai xeex raws li lub xeex txoj cai los dau.
- Kev qhia seb tus me niub xib fwb puas qhia yam uas nws muaj ntaqw pov thawj los qhia.
- Kev qhia seb tus me nyuam puas tau txais kev pab los ntaqw cov ramb tus xib fwb (paraprofessional). Yog tau no laww txawj thiab kawn ntaqw siab li cas.

**Somali: Xuguqada ay Waalidku u leeyihiin inay Ogaadaan Macluumaadka Macalliminta iyo Shaqaalaha Kale** Sida uu qabo qaannuka loo yaqaanno "Every Student Succeeds Act" oo micne ahaan ah "Qaanuunka Guusha Arday Walba", waalidintu waxay xaq u leedahay inaad codsato macluumaadkan hoose ee ku saabsan macalliminta ilmahaaga wax bara:

- In macallinka ama macallimaddu bauxiyeen shuruudaha maadada iyo fasalka ay dihgayaa la xirrira ee uu gobolku ka rabo islamkaana khibrad u leeyihiin maadada ay barayaan.
- In macallinka ama macallimaddu haystaan oggolaansho ku meel gaar ah in uu xanuunayaa shuruudhii iyo ceeb jirta xiwada xarista iyo weliba nooca waxbarashada kalkaaliyiyaas.

**Spanish: Los Padres Tienen Derecho a Conocer las Calificaciones de Maestros y Paraprofesionales** Bajo el acta Cada Estudiante Triunfa, los padres tienen derecho a solicitar información sobre las credenciales profesionales de los maestros del salón de su niño y paraprofesionales. Los padres que deseen recibir esta información deben escribir al Departamento de Recursos Humanos (Human Resources Department), Attn: ESSA Teacher Qualifications, Saint Paul Public Schools, 360 Colborne Street, Saint Paul, MN 55102-3299. Usted tiene derecho a preguntar la siguiente información de cada uno de los maestros de su niño:

- Información sobre el maestro cumple con las credenciales y licencias del estado para los grados y asignaturas que enseña;
- Información sobre si el maestro está enseñando con una licencia de emergencia o provisional, por la que el estado lo ha eximido de los requerimientos de credenciales o criterios para obtener la licencia.
- Información sobre si el maestro está enseñando (asignaturas o contenido) en la cual tiene una certificación apropiada.
- Información sobre si el niño recibe servicios de paraprofesionales, y si sus calificaciones.
Saint Paul Public Schools is faced with inadequate state funding, increasing educational costs and continued budget cuts.

The Saint Paul Board of Education unanimously approved a resolution asking voters to consider a school funding increase on the Nov. 6, 2018 ballot.

If voters approve the request, the funding would help:

- Invest more in schools and student needs at all grade levels
- Implement the district’s Strategic Plan to increase achievement for all students
- Increase mental health and social-emotional learning support for students
- Create middle schools designed to meet the academic and developmental needs of this age group and set them on a solid path for high school and beyond
- Limit addition budget cuts

Learn more at:

http://spps.org/referendum2018