Greetings Heights Community School families!

Thank you, families, for keeping our parent pick-up and drop-off lane safe and for being respectful to the gentle reminders and redirection from Heights staff. It’s important that you know “safety” is our first priority. Please continue to use the lane closest to the school building and refrain from having scholars cross the street.

Conferences are coming up soon and it is important for us to have 100% participation from our families. Our teachers and support staff want to celebrate and share how your child(ren) are growing and discuss how your partnership can support our scholars’ success. This is one way you can show just how important school is for you and your child(ren). Parents/Guardians should have received some form of progress feedback from your child(ren)’s teacher at least once so far this year. If you haven’t, please initiate a conversation with the teacher to discuss how you can get this information.

Each year a new application for Educational Benefits and Free/Reduce priced meals needs to be completed. Nutrition Services is still taking applications, but we ask that you submit your completed form as soon as possible. The Heights is a Title I school and your application is used to access Federal funding allocations for our programming at The Heights. Last year again, due to the low application numbers we were forced to make adjustments that have now created a few challenges for us this current year. We need 100% of our families to complete this form whether you think you qualify or not. You may complete an online application at https://mealapp.spps.org/. Thank you in advance for your support in reaching our goal of 100% completed applications.

Lastly, I ask that families know the contents in our Heights Family Handbook, our Rights and Responsibilities Handbooks and any communication that is sent home. We want you to be well informed. Being in the know will help strengthen our home school partnership. Our scholars deserve this.

In Partnership,

Principal Jones
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!

Classroom Celebrations
Reminder:
We are promoting 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.

The Importance of Sleep

How Does a Good Night’s Sleep Help My Child?
The American Academy of Pediatrics recommends that Children 6 to 12 years of age should sleep 9 to 12 hours a night on a regular basis to promote optimal health.
The group found that adequate sleep duration on a regular basis leads to improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health.

Not getting enough sleep each night is associated with an increase in injuries, hypertension, obesity and depression.

In addition to these recommendations, the AAP suggests that all screens be turned off 30 minutes before bedtime and that TV, computers and other screens NOT be allowed in children's bedrooms. For young children, establishing a bedtime routine is important to ensuring children get adequate sleep each night.

Please think as a family about your bedtime routines. Is your child going to bed early enough? Are screens turned off at least 30 min. before bed? Reading before bed is a great way to unwind. Many families have had success with the: Bed, Bath, Bed routine!

Health Corner

Parents if you have a student with the following health conditions asthma, food anaphylaxis, and seizure help us by making sure we have their medications and all the documents necessary to administer them at school.

Our weather is changing, dressing scholars appropriately is very important to avoid the challenges associated with cold weather.

Shot records are needed as soon as possible to avoid exclusion.

Remember to schedule flu shots.

Thank you for helping us take care of our students.

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

Box Tops for Education

Order Heights T-shirts and jackets all year round at:
http://stores.inksoft.com/heightscommunityschool/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.

Please check out our website at www.spps.org/heights

The 2018-2019 Family Handbook and Calendar are posted, as well as a family friendly Family Engagement Plan (FEP) and School Continuous Improvement Plan (SCIP), Parent’s Right to Know information and The Heights’ School Report Card.
Early Pick Up Procedures

Parents who plan to pick up children early are asked to please send a note and/or call ahead of time (before 1:00 p.m.). You must report to the main office and sign your child out. Please do not go directly to classrooms or the bus to pick up your child.

- Students may only be released through the main office when the parent/guardian arrives.
- Parent/Guardian must sign out their child and receive a “Picking up student” pass. They then may proceed to the classroom to check in with the teacher and pick up the student.
- After checking in with the teacher, the parent is free to leave with their child.
- Students picked up by anyone other than their custodial parent/guardian must call ahead of time and notify the office.
- Staff will not release a student to anyone that is not listed on the emergency card.
- The school staff reserves the right to ask for proper identification before releasing any student.
- Early pick-ups are considered the same as a tardy due to missed instructional time.

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. What fun activities did you do during class today?
2. What do you think your friends like best about you?
3. What was the hardest thing you had to do today?
4. What was the nicest thing someone did for you today?
5. What qualities do you think make a good teacher and why?

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.

Scholastic Book Fair

The Scholastic Book Fair will be in the library during conference times

November 15th, 16th and 20th.

Our Fall Scholastic Book Fair theme is:

An Enchanted Forest

It’s a whimsical place full of irresistible books kids can’t wait to read so their imaginations can grow!

Volunteers are needed! Please contact Julie Wellman (651-293-8815) if you can help, or return the slip below:

I can help with the book fair! ___ Tues, Nov 15 4-8pm ___ Fri, Nov 16 8am-12pm ___ Thurs, Nov 20 4-8pm

Name__________________________ Phone # ____________________
At The Heights we are teaching all of our students, staff and parents about Self-Regulation. Self-regulation can go by many names, such as:

- self-control
- self-management
- anger control
- impulse control

These terms all describe a person’s ability to adjust their reactions to hard situations in a way that is socially appropriate. Ask your child about The Zones of Regulation. They are learning about it in their classrooms and practicing it in our school community.

Kathy Drinkwine, Licensed School Counselor

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The Minnesota Report Card gives parents, educators, schools, districts and citizens easy access to understandable district and school data. Choose from several reports for information in a local district, a specific school, or the state as a whole.

Visit The Heights website at [www.spps.org/heights](http://www.spps.org/heights) > About > Title I > MDE Report Card to learn about The Heights’ academic performance.
Updates from the Specialists

Physical Education-Mr. Guthrie
For the month of November, 3rd-5th grade will be working on fitness, and bowling. We will be finishing up our fitness stations, and talking about fitness, and moving on to bowling. We will not only learn how to properly hold and role a ball, we will also be learning how to score our own game of bowling manually.

Science-Ms. Saunders-Pearce
Happy fall from the science room! We are wrapping up rituals and routine and moving on to our first units of study. Here is what we will be working on:
5th grade- Experimental Design.
4th grade- Magnetism and Electricity
3rd grade- Structures and Functions of plants and animals
2nd grade- Life cycles of plants and animals
1st grade- Earth Materials
Kindergarten- Trees

If you have any questions or concerns, please feel free to contact me.
Becky Saunders-Pearce
651-293-8815
becky.saunders-pearce@spps.org

Music-Mr. Claver
This unit, scholars worked on music literacy and consistency. This winter, 3rd grade will start a recorder unit, and 4th and 5th grade will start their ukulele unit. All students continue to reinforce basic music skills such as keeping a steady beat and pitch matching. Scholars in Kindergarten, 1st, and 2nd Grade are working on developing their singing voices, moving to music, and performing rhythms with eighth note difficulties.
Looking ahead!
Our Spring Music Concerts are Friday, May 17, 2019.
K-2 – 9:45am
3-5 – 2:10pm

Enrichment-Ms. Clardy
Enrichment classes in October have continued to probe into mindsets. We studied the brain and how it functions. The following topics were covered: everyone can learn, growth V. fixed mindset, parts of the brain, neurons, vulnerability and taking risk/challenges to learn. Our new student council of 18 members from fourth and fifth grade. Their first meeting will be November 19. The purpose of student council is to help develop leadership skills. Students plan a variety of events, serve as positive role models and promote school spirit. GT classes will resume on the week of November 19. We will meet every week. Every student was tested for this program in kindergarten or second grade while they attended any St. Paul schools. In addition, students new to the district, recommended by their teacher, or their parents were also assessed. New to the Heights this year is the Dominoes club. It meets on Fridays. We would like to start Hmong dancing ASAP. We are in need of a volunteer to teach students. Please contact me if you’re available.

Feel free to contact me with any questions or comments. Mary.frances.clardy@spps.org