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. I know many families have had success with the: Bed, Bath, Bed routine!

Health Corner

Shot records are needed as soon as possible to avoid exclusion. A list of students not compliant with immunizations will be coming home this week.

Please check your child’s backpack.

Winter wear:
Please dress your child/children very well according to the weather. Put extra clothes in their backpacks if needed.

Remember to schedule flu shots.

Thank you for helping us take care of our students.

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

2016-17 Yearbook Sale

You can still buy last year’s yearbook for half price! It’s only $6 for a yearbook. Cash only please. They are for sale in the music room.

PTA News

The fall fundraiser began Thursday, Sept 21st and ended Thursday, Oct 5th.

The fundraiser delivery date is: Thursday, Nov 16th 3:00-5:30 pm

Please keep in mind that you must pick up food orders on Nov 16th.

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 next PTA meeting is scheduled for Thursday, January 11, 2018 from 5:00-7pm.
Please join us!

Saints North
Family Skate Center
1818 Gervais Ct, Maplewood
(651) 770-3848
Tue, Sept 26  6:00-8 pm
Thurs, Dec 7 6:00-8 pm
Fri, Feb 9 5:15-7:15 pm
Tue, April 17  6:00-8 pm

Chuck E Cheese
445 Commerce Dr, Woodbury
Wed, Oct 18
Fri, Jan 19
Fri, March 16
Fri, May 11

Keep collecting:

Box Tops for Education

Handbook and Calendar is posted, as well as a family friendly Family Engagement Plan (FEP) and School Continuous Improvement Plan (SCIP).

Links to testing and district information are also provided.

Please check the calendar at heights.spps.org for updates and revisions.
Early Pick Up Procedures

Early Departure / Early Pick Up
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 make arrangements 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 #2

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 is your favorite letter of the alphabet? Why?
2. What is your favorite day of the week?
3. What do you normally do during recess?
4. Do you prefer math games with cards or dice?
5. If you could have a class pet, what would it be?

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 14th, 16th and 17th.

Our Fall Scholastic Book Fair theme is:
Wild West Book Fair!
SADDLE UP AND READ!

Watch for a flyer to come home that will show some of the items that will be coming to our book fair. (The flyer cannot be used to place an order, but you can visit the book fair online at scholastic.com/fair.)

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 14  ___ Thurs, Nov 16  ___ Fri, Nov 17
Name_____________________________ Phone # ____________________
**Information from the Counselor**

We are teaching all of our students about Self-Regulation

Kathy Drinkwine, Licensed School Counselor

Self-regulation can go by many names, such as “self-control,” “self-management,” “anger control,” and “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.

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**Information from the Specialists**

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<thead>
<tr>
<th>Physical Education-Mr. Guthrie</th>
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<td>In physical education, we are finishing up our flag football unit for 3rd-5th grades. We learned how to throw and catch a football the proper way, as well as how to run a receiving rout. In K-2nd, we have been focusing on dodging and chasing. Students have worked on not only what it means to dodge and chase, as well as how to do it safely in the gym.</td>
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<tr>
<th>Science-Ms. Rhoads</th>
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<tr>
<td>K- Being weather scientists and using our senses</td>
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<td>1st- Being rock scientists and learning how to observe</td>
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<td>2nd- Learning about animals groups and life cycles</td>
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<td>3rd- Learning about parts of plants and their functions</td>
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<td>4th- Learning about force and magnetism</td>
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<td>5th- Learning about the scientific process using pendulums</td>
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<th>Music-Ms. Fisher</th>
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<td>Students are reviewing notes and rhythms on the xylophones. We are beginning guitar and garage band units. Band will also start this month after school on Tuesdays and Thursdays in EDL. Glee club (5th grade only) will start early this year. After winter break we will start our African Drum unit.</td>
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<tr>
<td>Save the Date! Spring Concerts Friday, May 18th, 2018 grades K-2 will be at 9:45 am</td>
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<td>grades 3, 4 &amp; 5 will be at 2:10 pm</td>
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<th>Enrichment-Ms. Allal</th>
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<td><strong>Enrichment K and 3</strong></td>
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<td><strong>Kindergarten</strong>- We are learning the Second Steps program and integrating some art activities into our lessons.</td>
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<tr>
<td><strong>Third Grade</strong>- We are beginning a Geography unit. Students will be creating a project at the end of the unit.</td>
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<th>GT- Fourth and Fifth (schedule change)</th>
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<td>We will be starting our GT time on Fridays only starting in November. Destination Imagination, GT, Student Council and Chess Club will all be on Fridays.</td>
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| Student Council application deadline has passed. Fourth and Fifth grade classrooms will choose four representatives after I review the applications and references. Students must show a good understanding of CARES and have three recommendations from teachers. Our first meeting will be Nov. 3. If your child is chosen, a welcome letter will come home. |

| CoGAT testing for 1-5 is finally finished!! Kindergarten testing window begins Nov. 6-14. An exact testing date letter will come home. Any questions? Call Ms. Allal @ 651-744-2334 or email brenda.allal@spps.org. |