October Events:

**Thursday, October 5, 2017**
Club’s Choice Fundraiser Ends
AM/PM PreK Bring Your Parent to School Day

**Monday, October 9, 2017**
6:00pm Plaza Movie Night

**Wednesday, October 11, 2017**
5:30-7pm Bully Prevention Family Night

**Thursday, October 12, 2017**
5:00-7pm PTA Kick-off Meeting

**Wednesday, October 18, 2017**
3:00-9pm Chuck E Cheese Fundraiser

**Thursday, October 19, 2017**
NO SCHOOL State Teacher Mtgs

**Friday, October 20, 2017**
NO SCHOOL State Teacher Mtgs

**Tuesday, October 24, 2017**
Picture Day

**Wednesday, October 25, 2017**
8:45am Chat w/the Principal
9:45am CARES Program
AM PreK, grades 3-5
2:10pm CARES Program
PM PreK, grades K-2

**Thursday, October 26, 2017**
5:30-7pm Family Math Night & Flu Clinic

**Friday, October 27, 2017**
NO SCHOOL Conf Prep Day

**November events continue on page 2…**

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**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. These goals can either be short term or long-term goals. Set routines for 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,

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**Parent Info on The Heights Website**

Please check our website at heights.spps.org. The 2017-2018 Family Handbook and Calendar will be 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 check the calendar at heights.spps.org for updates and revisions. Look for more information in the newsletters and fliers.
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.

PreK Parents

Pre-K Kindergarten parents mark your calendars! Thursday, October 5 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.

2016-17 Yearbook Sale

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

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.
School Attendance Matters

On Time. Every Day. Every Class
It is important for students to be in school the entire time that school is in session.

All students should be in their classroom from 8:30 am until their teacher dismisses them at the end of the day at 3:00 pm.

Tardy students and students that are picked up early are distracting to the entire classroom. Students leaving early may miss last minute instructions given by the teacher. To avoid being referred to the School Attendance Matters Program do not pick up your child(ren) early from school unless:
* they are ill
* they have a medical/dental appointment
* there is an extreme family emergency

Parents/guardians MUST communicate every time a child is absent. Please note not all absences will be excused. Call in or send a note to the main office, state reason for absence (be specific).

Documentation may be required to excuse these absences.

Hello The Heights Community Parents,

It is my honor to welcome you back to our new school year 2016-2017. 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)

Cafeteria information

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 3 through April/May. Students at The Heights will receive a fruit or veggie snack on Tuesdays, Wednesdays and Thursdays.

Menus are available online only. 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 11 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 something that made you laugh today at school.

2. Who do you like to sit by at school?

3. What was your favorite thing to do at school today?

4. What was your story about in reading today?

5. How did you help someone today at school?

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.
The Heights is happy to welcome Minnesota Reading Corps [MRC] tutors Rachel Carlsgaard and Janice Collova to our community this year! MRC’s vision is to help students read proficiently by the end of third grade. Tutors from MRC work toward this goal by meeting with students one-on-one to practice research-based interventions. Rachel and Janice look forward to begin tutoring students later this fall!

MRC will also be helping students and families in other ways. Rachel and Janice will be helping in the cafeteria during morning drop-off and afternoon pick-up. Look for them at PTA meetings and family nights.

We are so lucky to have them as part of The Heights community!
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 npmu li cas thiab puas muaj laxe qhia ntaww raws li lub xeev txoj cai los qhia qib ntaww ntmal thiab qhia yam uas nws qhia.
- Kev qhia seb puas yug tus xib fwb txawj los qhia rau lub cajj maj ceev es thijj li isis tag txawj txawj thiab muaj laxe raws li lub xeev tsog cai los tus.
- Kev qhia seb tus xib fwb puas qhia yam uas nws muaj ntaww pov thawj los qhia.
- Kev qhia seb tus me nyyam puas tuu txais kev sab los ntaww cov cov pus tus xib fwb (paraprofessional). Yog tuu no laww txawj thiab kawm ntaww siab li cas.


- In macalliminta ama macallimaddu buuxiyeyeen shuruudaha maadada iyo fasalka ay dhigayaa la xiriira ee uu gobolku ka rabo islamrkaana khibrad u leeyihiin maadada ay barayaan.
- In macalliminta ama macallimaddu haystaan oggalaansho ku meel gaar ah inta ay soo buuxinayaan shuruudaho laga rabab ee dhinaca wax barista iyo in laga qaaday ama laga fasaxay shuruudahaas hadda.
- In macalliminta ama macallimaddu ay barayaan maaddooyinka ay u haystaan shtagta islamarkaana takhasuska u leeyihiin.
- In uu ilmahaagu helo kaalmada macallim-kalkaaliyey, iyo weliiba nooca waxbarashada kalkaaliyeyasas.

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 maestro(s) del salón de su niño:

- Información sobre si 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.