

Family Newsletter

October 2017

The Heights Community School

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...

1863 E. Clear Ave.
St. Paul, MN, 55119

Phone 651-293-8815

Fax 651-293-8977

Attendance Line 651-744-2273

heights.spps.org



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,



Parent Info on The Heights Website

Please check out 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.

The Heights Community School
651-293-8815

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 -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.

November Events:

Sunday, November 5

Daylight Saving Time ends, fall back 1 hour

Wednesday, November 8

3-5:30pm [Fundraiser Pick Up](#)
Monday, November 13, 2017

6:00pm [Plaza Movie Night](#)

Tuesday, November 14, 2017

4:30-7:30pm [Evening Conferences](#)

Thursday, November 16, 2017

PreK NO SCHOOL Conferences

8:00am-7:30pm PreK

[Conferences](#)

4:30-7:30pm [Evening](#)

[Conferences](#)

Friday, November 17, 2017

NO SCHOOL

8:00am-3:00pm [Conferences](#)

Wednesday, November 22, 2017

[Picture Retake Day](#)

Thursday, November 23, 2017

NO SCHOOL Thanksgiving

Friday, November 24, 2017

NO SCHOOL

Wednesday, November 29, 2017

9:45am [CARES Program](#)

AM PreK, grades K-2

2:10pm [CARES Program](#)

PM PreK, grades 3-5

Health Corner

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)

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.

Parent Reminder

Parents please remember that if your child has had a fever (over 100 degrees), diarrhea or vomiting; please wait

24 hours

of symptoms free before you send your child back to school.



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!

We Have a Licensed School Counselor at The Heights!

SPPS School Counseling Mission Statement

Licensed School Counselors empower students and families to access their premier Saint Paul School's education through:

- *Academic Support
- *Social Emotional Support
- *College and Career Readiness

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

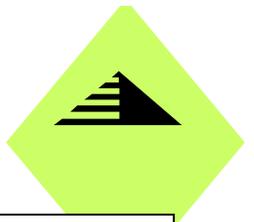
Conversation Corner

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.

Specialists' Corner



PTA News

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

Please return order forms and money by Thursday, Oct 5th.

The fundraiser delivery date is Thursday, Nov 16th from 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 PTA Kick-off meeting is scheduled for Thursday, Oct 12 from 5:00-7pm.

Please join us!

Saints North
Family Skate Center
1818 Gervais Ct, Maplewood
(651) 770-3848

Tues, Sept 26 6:00-8 pm
Thurs, Dec 7 6:00-8 pm
Fri, Feb 9 5:15-7:15 pm
Tues, April 17 6:00-8 pm

Chuck E Cheese
445 Commerce Dr, Woodbury
Wed, Oct 18 3:00-9 pm
Fri, Jan 19 3:00-9 pm
Fri, March 16 3:00-9 pm
Fri, May 11 3:00-9 pm

Keep collecting:



Box Tops for Education

Physical Education-Mr. Guthrie

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.

Science-Ms. Rhoads

The students of science are learning the expectations, safety, rituals and routines in the science lab. We are learning how to observe like a scientist and use our senses to discover the world around us.

Music-Ms. Fisher

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.

Save the Date! Spring Concerts Friday, May 18th, 2018

grades K-2 will be at 9:30 am
grades 4 & 5 will be at 2:15 pm

Enrichment-Ms. Allal

Kindergarten Enrichment students are learning rituals and routines. We are practicing CARES and skills for learning. Kindergarten will use a variety of methods to learn such as art, manipulatives, stories, games and music.

3rd Grade Enrichment students are learning rituals and routines. We are focusing on social studies this year and starting with geography.

4th and 5th grade Gifted Identified Students:

Cogat7 Gifted identification Testing is coming!

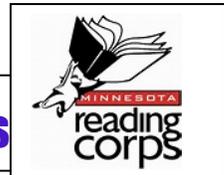
All kindergarten students will be tested in November

All second grade students who were NOT identified in kindergarten will be tested in October. Scheduled classroom testing days will be sent to parents before the test date. If you have a child in first, third or fifth that you would like to nominate for testing, please email me the student's name, grade, birth date and teacher.

4th and 5th Grade Student Council:

Applications have been given to interested student council candidates. Please read over the expectations and turn in your signed forms to me by October 18, go to the meetings on Thursdays to get an application and learn how to complete the process. Meeting times for student council are: 8:55-9:45 for fourth grade, and 10:38-11:28 for fifth grade.

Remember to check our website and look for "specialists".



Minnesota Reading Corps

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!

News from the MLL (Multi Language Learner) Department

Save the Date!
2017 BACK-TO-SCHOOL KICKOFF NIGHT
Friday, September 29, 2017
Washington Technology Magnet (Great Hall)
1495 Rice Street, St. Paul, MN
5:30-8:00pm

Highlights of the evening include:

- 📅 Resource Fair–Saint Paul Public Schools o Community Organizations
- 📅 Meet and greet our new Superintendent Dr. Joe Gothard
- 📅 Attend the Parent Advisory Councils (PACs) breakout sessions for our Hmong, Karen, Latino and Somali families.

Light dinner and childcare provided

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.

HMONG: NIAM TXIV MUAJ CAI PAUB TXOG COV XIB FWB QHIA NTAWV Raws li txoj cai *Every Student Succeeds Act*, cov niam txiv muaj cai nug kom paub txog cov xib fwb qhia ntawv uas qhia ntawv rau lawv tus me nyuam thiab cov neeg uas pab tus xib fwb qhia ntawv seb lawv txawj thiab kawm ntawv siab npaum li cas. Cov niam txiv uas xav paub txog tej li hais no muaj peev xwm sau tau ntawv mus rau Human Resource department, Attn: ESSA Teacher Qualifications, Saint Paul Public Schools, 360 Colborne Street, Saint Paul, MN 55102-3299. Nej muaj cai nug txog cov nram qab no ntsig txog nej tus me nyuam tus xib fwb qhia ntawv.

- Kev qhia seb tus xib fwb txawj npaum li cas thiab puas muaj lai xee qhia ntawv raws li lub xeev txoj cai los qhia qib ntawv ntawd thiab qhia yam uas nws qhia.
- Kev qhia seb puas yog tus xib fwb ntawd los qhia rau lub caij maj ceev es thiaj li tsis tag txawj txawj thiab muaj lai xee raws li lub xeev txoj cai los tau.
- Kev qhia seb tus xib fwb puas qhia yam uas nws muaj ntawv pov thawj los qhia.
- Kev qhia seb tus me nyuam puas tau txais kev pab los ntawm cov pab tus xib fwb (paraprofessional). Yog tau no lawv txawj thiab kawm ntawv siab li cas.

SOMALI: Xuquuqda ay Waalidku u leeyihiin inay Ogaadaan Macluumaadka Macallimiinta iyo Shaqaalaha Kale Sida uu qabo qaanuunka loo yaqaanno "Every Student Succeeds Act" oo micne ahaan ah "Qaanuunka Guusha Arday Walba", waalidiintu waxay xaq u leeyihiin inay codsan karaan macluumaad ku saabsan xirfadda macallimiinta iyo shaqaalaha kale ee carruurtooda wax bara. Waalidiinta raba inay helaan macluumaadkan, qoraal ha u soo diraan qaybta shaqaalaynta mas'uulka ka ah oo la dhaho Human Resource Department. Codsigaaga halkan ku soo hagaaji: Attn: ESSA Teacher Qualifications, Saint Paul Public Schools, 360 Colborne Street, Saint Paul, MN 55102-3299. Waxaad xaq u leedahay inaad codsato macluumaadkan hoose ee ku saabsan macallimiinta ilmahaaga wax bara:

- In macallinka ama macallimaddu buuxiyeen shuruudaha maadada iyo fasalka ay dhigayaan la xiriira ee uu gobolku ka rabo islamarkaana khibrad u leeyihiin maadada ay barayaan.
- In macallinka ama macallimaddu haystaan oggolaansho ku meel gaar ah inta ay soo buuxinayaan shuruudihii laga rabay ee dhinaca wax barista iyo in laga qaaday ama laga fasaxay shuruudahaas hadda.
- In macallinka ama macallimaddu ay barayaan maaddooyinka ay u haystaan shatiga islamarkaana takhasuska u leeyihiin.
- In uu ilmahaagu helo kaalmada macallin-kalkaaliye, iyo weliba nooca waxbarashada kalkaaliyahaas.

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.