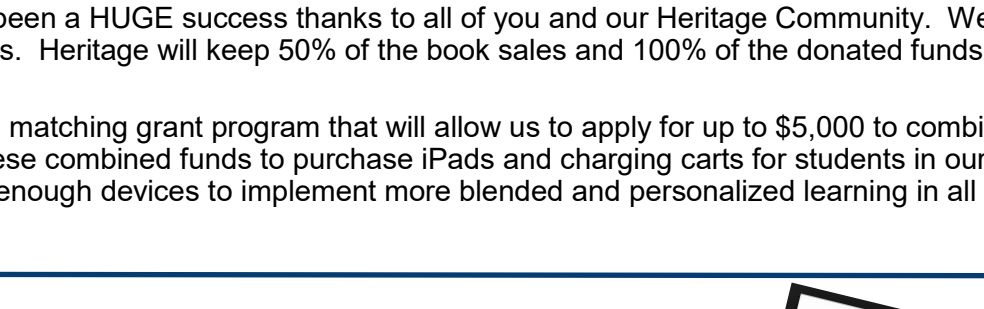




HUSKYGRAM

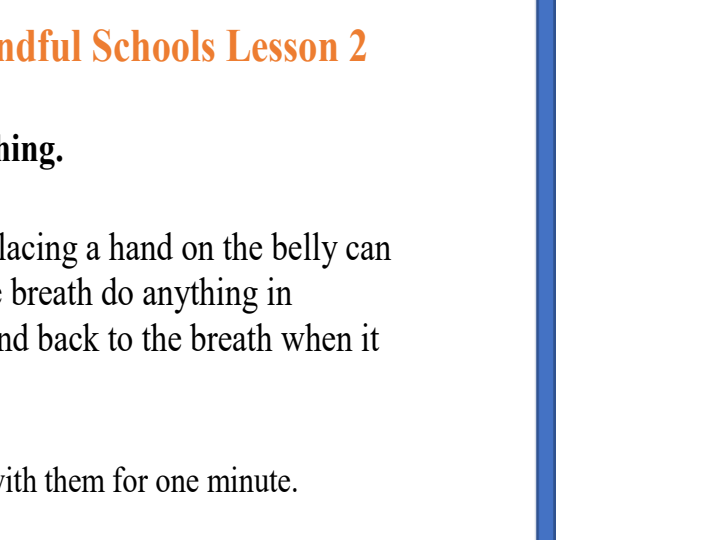


Words From Our Principal



Our Wasatch Savings Fundraiser has been a HUGE success thanks to all of you and our Heritage Community. We have collected just over \$30,000.00 in book sales and donations. Heritage will keep 50% of the book sales and 100% of the donated funds.

The Davis Education Foundation has a matching grant program that will allow us to apply for up to \$5,000 to combine with the money raised through our fundraiser. We will use these combined funds to purchase iPads and charging carts for students in our lower grades. These new iPads will help us to meet our goal of having enough devices to implement more blended and personalized learning in all of our classrooms.



Dear Parent,

Mindful Schools Lesson 2

Today was our second mindfulness lesson. We learned about **Mindful Breathing**.

Mindful Breathing is about noticing where we feel our breath in the body. Placing a hand on the belly can help you feel your breath and pay attention to it. We're not trying to make the breath do anything in particular—we're just learning to pay attention to the breath and bring the mind back to the breath when it wanders (in this way, the breath is like an anchor to keep the mind steady).

- ❖ Invite your child to teach you how to do **Mindful Breathing**. Practice this with them for one minute.
- ❖ Use **Mindful Breathing** yourself and with your child at various times throughout the day. Take 3 Mindful Breaths anytime you feel stressed. Practicing **Mindful Breathing** at non-stressful times can be helpful for your child, so that when stress does come, the brain is more ready to use this skill.

If you haven't yet subscribed to the Parent Video Series that accompanies these lessons, please do so. Watch the video for Lesson 02 to help guide you through this practice:

www.dbhprevention.org/parentvideos

DAVIS HELPS

Mental Health Screening for Youth

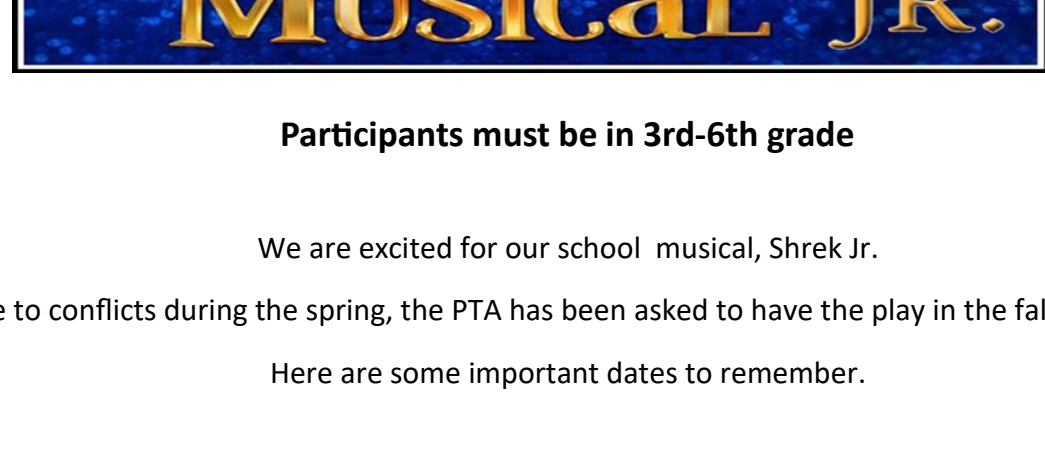
JR. HIGH & HIGH SCHOOL
Viewmont High school
September 25th. 5-8 PM

PRE-K & ELEMENTARY
Davis Behavioral Health
October 1st. 5-7 PM

Screening will address social & emotional needs & strengths,
depression, anxiety, trauma & suicide.
The screening is not a full psychological evaluation.
Clinical diagnosis will not be made. Parents must be present.

Meet mental health providers.
Learn about community resources.
Refreshments.

To schedule an appointment visit: www.dbhprevention.org/screening
or call Angie Smith @ 801-336-1742.



Participants must be in 3rd-6th grade

We are excited for our school musical, Shrek Jr.

Due to conflicts during the spring, the PTA has been asked to have the play in the fall this year.

Here are some important dates to remember.

Parent Meeting: October 2, 2019 @ 3:45 in the gym.

Auditions: October 4, 2019

Rehearsals begin: October 11th and will be every Tuesday, Thursday, and Friday from 3:30-5:30.

Performances: November 22 & 23

**Please send all your questions to

Spotlight Children's Theater

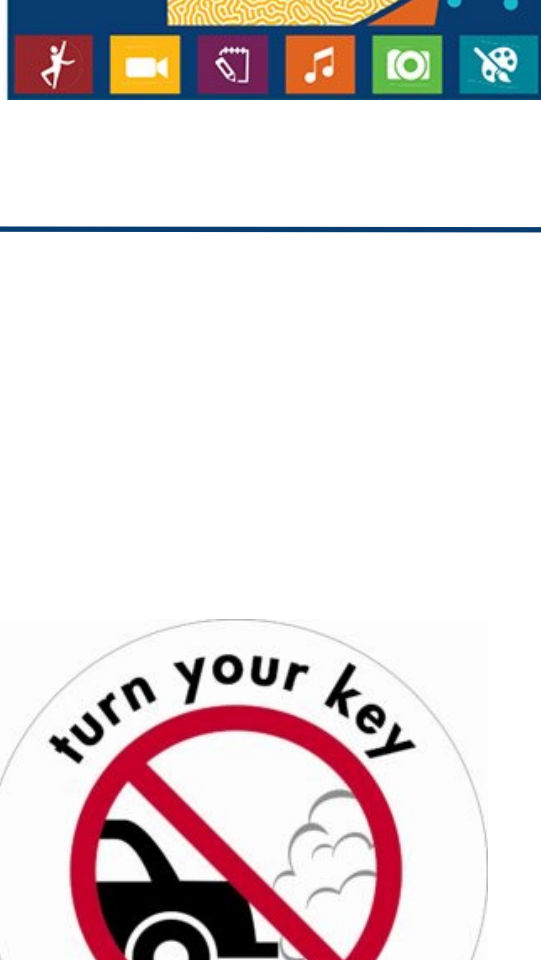
lara@spotlightct.org



Do you like to be in front of people? Are you good at memorizing and speaking with expression? Do you feel that everyone should be treated equally?

If so, the Martin Luther King Speech Contest is perfect for you! All you have to do is memorize 1-3 minutes of any of Dr. Martin Luther King's speeches and present it in front of the judges. Our school try-outs will be October 24, 2019 right after school. We will choose up to 3 students to go to district contest with a chance to win cash prizes! Get all the details by getting a packet in the office or emailing Mrs. Lawhead @ alawhead@dsdmail.net for a digital copy. If you are planning to participate, the form needs to be signed and turned into the office by **October 11, 2019**.

Good luck!



Arts Categories

Dance Choreography - Film Production
Literature - Music Composition
Photography -Visual Arts

We are excited to announce the Reflections Theme for this year is "Look Within."

Reflection entries are due on Tuesday, October 22nd.
Information and entry forms are in the school office

We are heading into BAD AIR SEASON

Idle-Free Ordinance:

The ordinance prohibits idling for more than two minutes on public streets or in private spaces that are open to the public (like parking lots). September is idle-free month to help raise awareness.

Here at Heritage Elementary we have many students who are affected by bad air quality. We can all do our part in helping our air improve by turning off our cars while parked. We really can make a difference.

<http://utahcleancities.org/idle-free/>
(live link in pdf)



Husky Running Club

We run for the fun of it!!

Beginning September 16th
Mondays after school 3:30-4:00 pm, Thursdays lunch recess
(Meet at the track behind the portables)
*It's free and open to everyone!
Questions? Contact Lisa VanDyke (801)698-0492



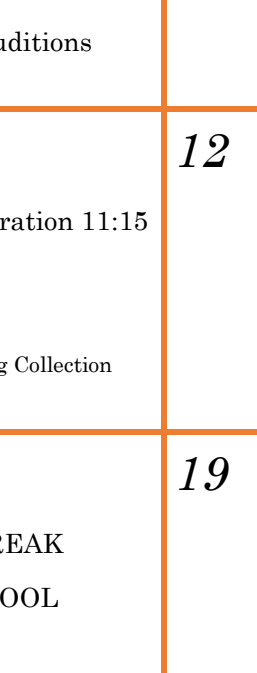
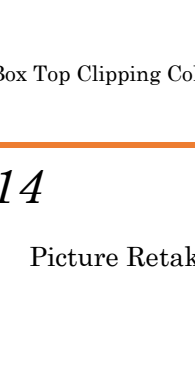
You can order this on myDSd now!

\$15



Wed & Thursday, November 13 & 14 12:00-7:00
Fri November 15 12:00-3:00

Please note: Tax will now be added to all purchase prices



October 2019

Sun Mon Tue Wed Thu Fri Sat

	Custodian Week— We appreciate Janell, Gaby, Jeff & Jesse	1 Lockdown Drill w/ Layton Police 1:30	2 Shrek Jr Parent Meeting 3:45	3	4 Shrek Jr Auditions	5
6	7 PTA Mathnasium Night 6-8 Box Top Clipping Collection	8 Accreditation Team Visit Boo to the Flu 3:30-7:00 Box Top Clipping Collection	9 Box Top Clipping Collection	10 Boo to the Flu 3:30-7:00 Box Top Clipping Collection	11 5th Grade Maturation 11:15 Box Top Clipping Collection	12
13	14 Picture Retakes	15 Vision Screening	16 PTA Board Meeting 11:30 Community Council Mtg 4:00	17 FALL BREAK NO SCHOOL	18 FALL BREAK NO SCHOOL	19
20	21	22	23	24 Martin Luther King Jr Tryouts	25	26
27	28	29	30	31 End of Term		



November 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1 Professional Day NO SCHOOL	2
3	4	5	6	7	8	9
10	11	12	13 SEP Conferences Book Fair	14 SEP Conferences Book Fair	15	16
17	18	19	20	21	22 Shrek Jr Performance	23 Shrek Jr Performance
24	25	26	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30