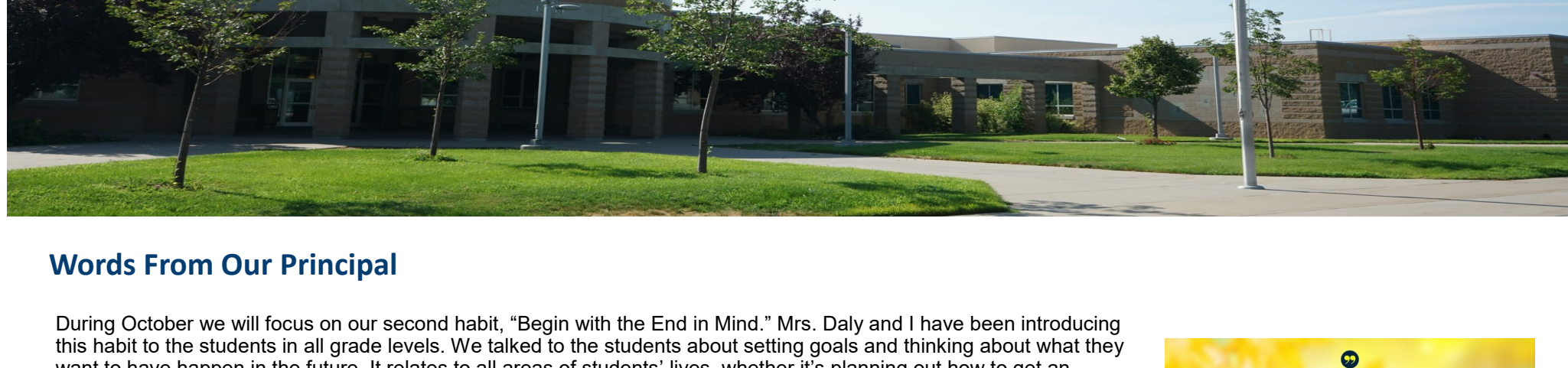




OCTOBER 4, 2019

Weekly Newsletter Brought To You By Heritage Elementary

HUSKYGRAM



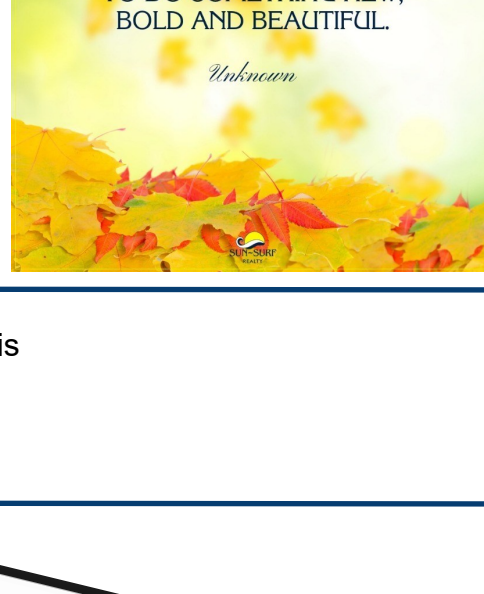
Words From Our Principal

During October we will focus on our second habit, "Begin with the End in Mind." Mrs. Daly and I have been introducing this habit to the students in all grade levels. We talked to the students about setting goals and thinking about what they want to have happen in the future. It relates to all areas of students' lives, whether it's planning out how to get an assignment done, or practicing to develop different skills in sports, language, friendship, etc. or planning for their future lives. We were happy to find that students could tell us about the first habit "Be Proactive" and have been demonstrating this habit at school.

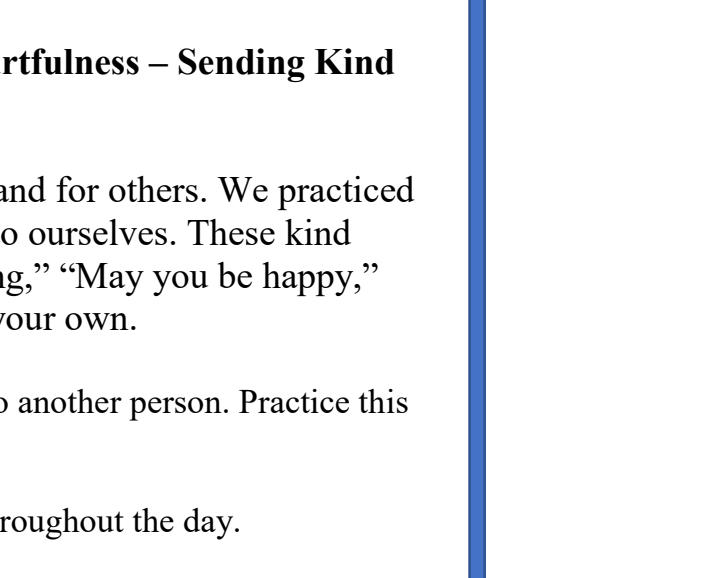
Mrs. Rogers has been teaching Mindfulness techniques in every classroom. The students are catching on and enjoying learning ways to refocus and de-stress. You may like to watch the parent videos she sends each week (see in her section of the HuskyGram) for more information about Mindfulness.

There are so many varied activities offered at Heritage and I hope your children can join one that they're interested in. We so appreciate all who volunteer to give these opportunities to our students.

A big thank you to the officers from the Layton City Police Department who ran a successful Lockdown drill this week and then helped us lightly lob candy off the roof of the school as a reward for either selling or bringing back their Wasatch Savings Books. We love our community and all the support we are given!



Facebook Heritage Elementary-Davis
Instagram @heritageeldavis



Dear Parent,

Mindful Schools Lesson 3

Today was our third mindfulness lesson. We learned about **Heartfulness – Sending Kind Thoughts**.

Heartfulness is all about cultivating compassion for ourselves and for others. We practiced this by learning to send **Kind Thoughts** to another person and to ourselves. These kind thoughts may be phrases such as "May you be healthy and strong," "May you be happy," "May you be peaceful," or other phrases you come up with on your own.

- ❖ Invite your child to teach you how to **Send Kind Thoughts** to another person. Practice this with them for one minute.
- ❖ Practice **Sending Kind Thoughts** to others and to yourself throughout the day.

If you haven't yet subscribed to the Parent Video Series that accompanies these lessons, please do so. Watch the video for Lesson 03 to help guide you through this practice:
www.dhprevention.org/parentvideos

Math + Night

Heritage ELEMENTARY SCHOOL

Monday, October 7th 6:00PM – 8:00PM

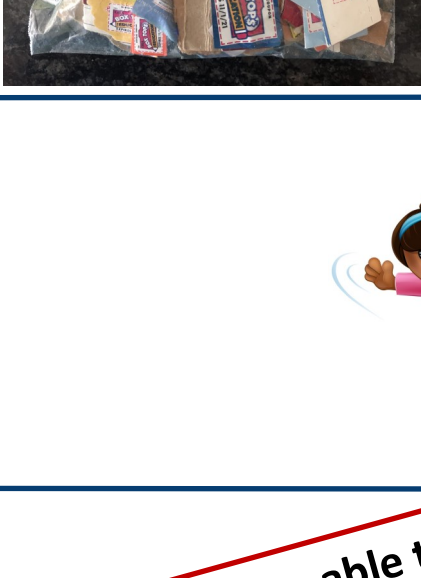
Join us at Heritage Elementary School for rewards, giveaways, and games for the whole family.

Math Nights engage students and parents together in math activities, using hands-on learning experiences and fun games. These experiences inspire students' interest in math, help them understand and master math concepts, promote STEM literacy, and empower families to support their children's success in math.

In partnership with...

MATHNASIUM OF LAYTON

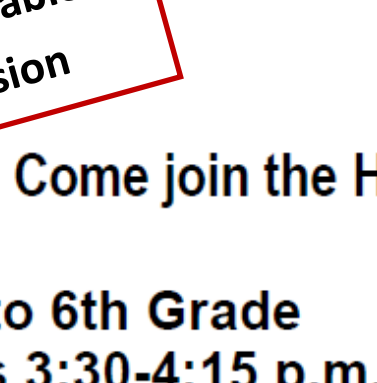
www.mathnasium.com/layton
2151 N. Hill Field Road, Layton UT 84041



BOX TOPS FOR EDUCATION

Send your kids with their **clipped Box Tops** next week, **October 7-11th!**

- Each class will have a Box Top collection container kept in the classroom throughout the week
- At the end of the week the Box Tops will be counted for each class
- The class with the most Box Tops will receive a pizza party
- Please send Box Tops in a **baggy labeled with the number of box tops and the teacher's name**
- Please **throw away any expired Box Tops** or ones that have the dates torn off



Ballroom has begun but you can still join!
4th-6th graders (3rd grade boys can join as well)

Level One Tue/Fri 7:45am-8:30am
Level Two Wed/Thur 7:45am-8:30am

A parent meeting will be held in the near future.

3rd graders are now able to join the fall session

Come join the Heritage Elementary School Choir!

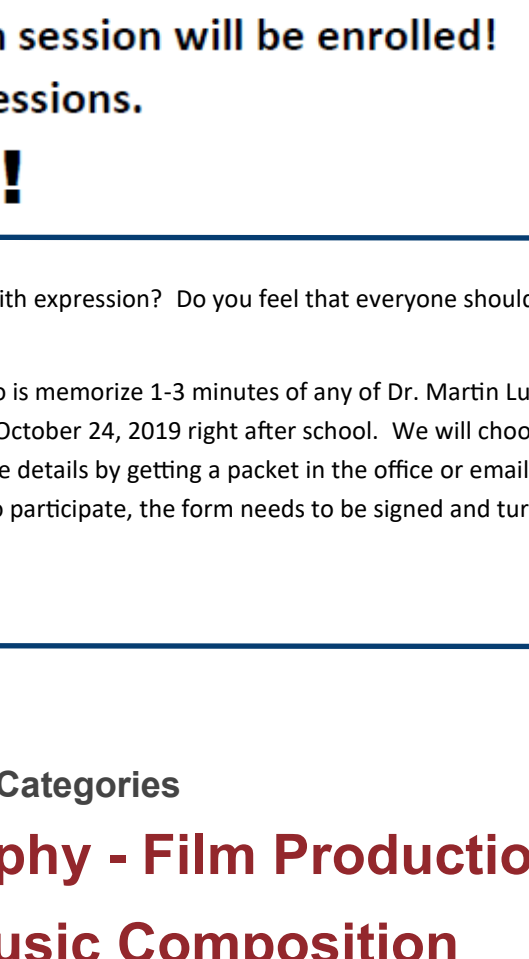
4th Grade to 6th Grade
Thursdays 3:30-4:15 p.m.
In carpeted auditorium by piano

Fall Session-Christmas Music Theme
Oct 3, 10, 24, Nov 7, 14 (7:45 – 8:30 a.m.), 21, Dec 5, 12
School Sing Along Assembly-Thursdays Dec 19 2:30-3:00 p.m.
Parent Concert Monday December 16 6:30-7:00 p.m.

Spring Session-Pop Music Theme
Jan 30, Feb 6, 13, 20, 27 March 5, 12, 19
School Sing Along Assembly-Thursdays 26 2:30-3:00 p.m.
Parent Concert Mon March 16 6:30-7:00 p.m.

Students will learn 6 songs and actions.
They will be required to practice at home, in the car, or wherever they can on their own to learn words and actions.

Make Music a Part of Your Life



Please fill out and cut off the below enrollment information sheet
Cost: \$11.00 for each session (includes one T-shirt per session) Please make checks out to Heritage Elementary or attach \$11.00 cash by placing inside an envelope and turn into the office.

First 50 students registered in the office for each session will be enrolled!
Students may enroll for both sessions.
No auditions!



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@dsmail.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

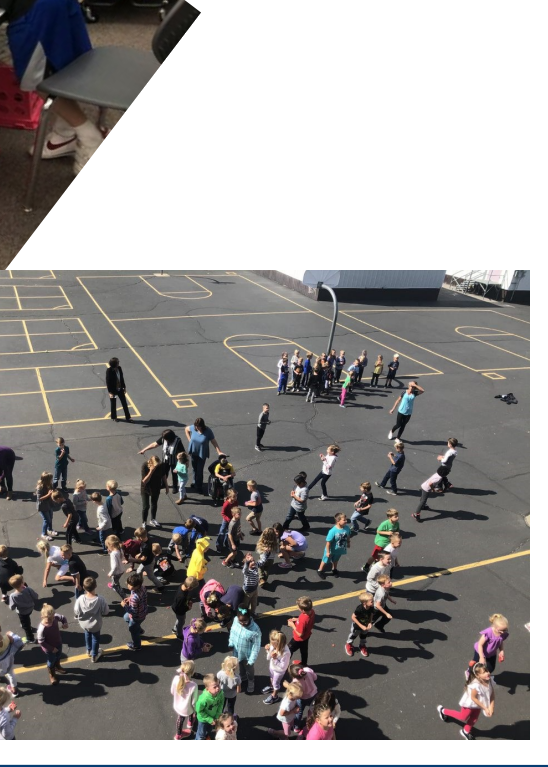
Hello Heritage Families,

We have three new Chinese interns at our school this year to help to get to know more families in our community. One easy and fun way for this to happen is for Heritage families to host the Chinese interns for dinner (or invite them to a fun family event related to different holidays or seasons of the year). This opportunity is not only for immersion families, but for anyone at Heritage that is interested in connecting with other people and cultures. The interns are all from China (two females and one male, all in their 20's), and speak English well enough to visit any family in the area. I am creating a schedule for the full school year, so if you are interested, email Lara at Laraliffert@hotmail.com with the month you'd like to host. Don't miss out on this fun opportunity!

Thanks!
Lara Liffert
Heritage PTA Chinese Immersion Rep

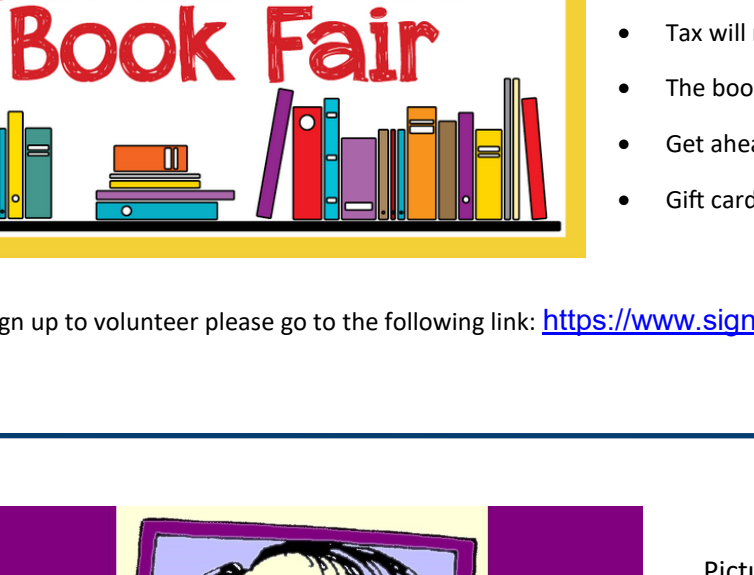


Do you see your child? If so, please email either rkeller@dsmail.net or mdaly@dsmail.net with his or her name and we will call them down for a small treat or prize.



Say Boo to the Flu

and Increase Education Funds for Your Elementary School!



Get vaccinated against the flu at your school's on-site Say Boo to the Flu clinic & **CNS will donate \$2 per eligible immunization to your school.**

CNS is able to bill the following insurances (No Copay):
Aetna, Allina, Ameribank, Blue Cross, Cigna, Direct Care Administrators, DMB, Educators Mutual, GEHA, Meritain, Molina, Molina Marketplace, Oxford Health Plan, PEHP, Select Health, United Health Care, University of Utah, UMR, Tall Trees Administrators, Tricare, WISE Network, CHIP, Medicaid, Medicare Part B, and most Medicare Advantage Plans.

Reduced & no-cost flu vaccines will be available to individuals & families who are uninsured & unable to pay.

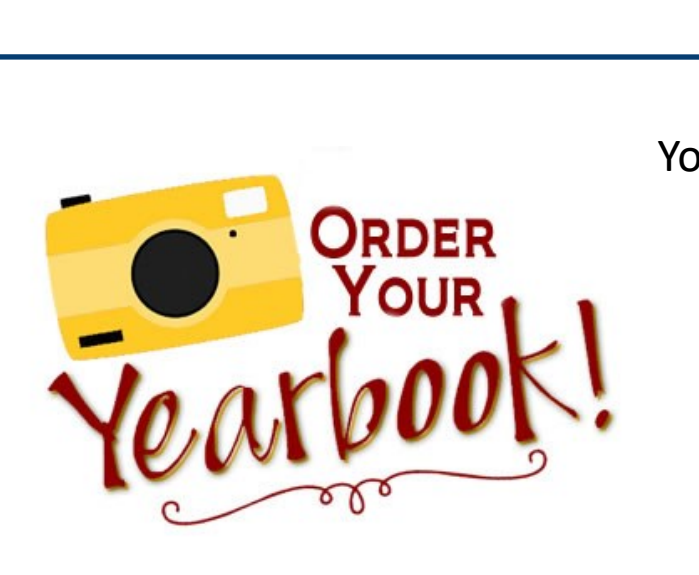
Partnering with your school to protect against the flu.

www.cns-cares.org

Due to this being such a popular event we scheduled two dates for you and your family to come and get flu shots.

****Tue Oct 8th 3:30pm—7:00pm**

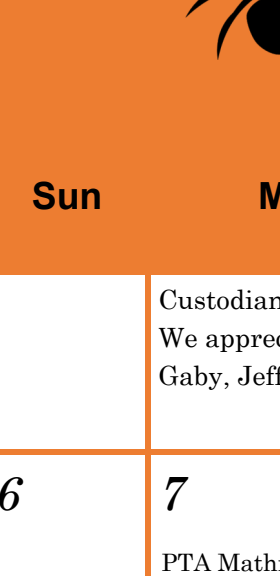
****Thur Oct 10th 3:30pm—7:00pm**



Wednesday & Thursday, November 13 & 14 12:00-7:00

Friday, November 15 12:00-3:00

- Tax will now be added to all purchase prices
- The book fair will be during Parent-Teacher Conference week.
- Get ahead on your Christmas shopping while giving back to the school library!
- Gift cards will be available for purchase if you and your student would like to give their teacher a gift

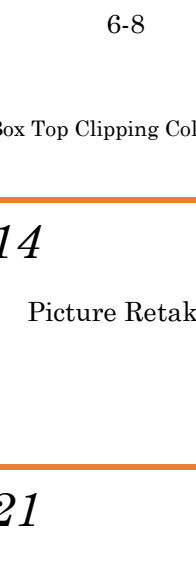


You can order this on myDSD now!
\$15

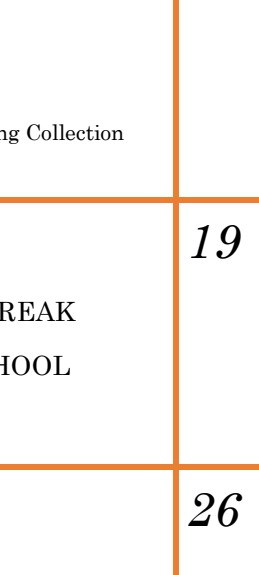
Husky Running Club

We run for the fun of it!!

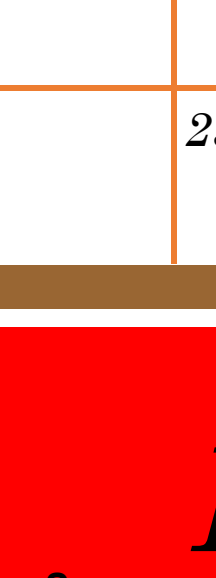
Beginning September 16th
Meets after school 3:30-4:00 pm, Thursdays lunch-meets
(Meet at the track behind the portables)
It's free and open to everyone!!
Questions? Contact Lisa VanDyne (801)898-0462



October 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Custodian Week—We appreciate Janell, Gabby, 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		

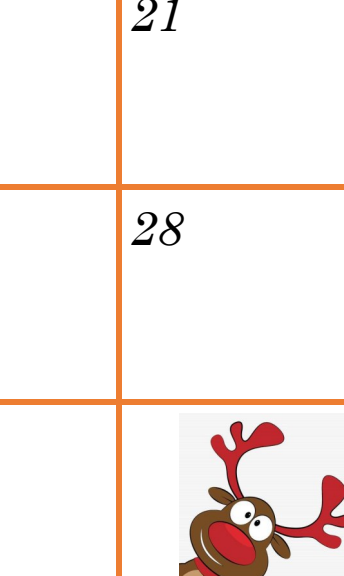


November 2019



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 Mindfulness Parent Mtg 3:45	20	21	22 Shrek Jr Performance	23 Shrek Jr Performance
24	25	26	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30

December 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 HOLIDAY	26	27	28
29	30	31				