

Picture retake day is on Monday Oct 14th.

This is for anyone who missed, new students, siblings, etc.

If you are a regular volunteer, please come sometime between 8:15am-12:30pm to get your picture taken so we can have a volunteer badge made for you!

Weekly Newsletter Brought To You By Heritage Elementary

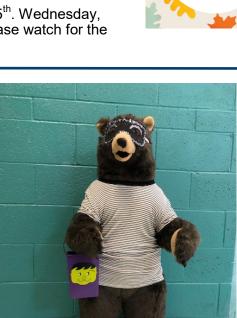


Words From Our Principal

On Tuesday the 8th, we had an accreditation team visit our school from AdvancED. The two ladies who visited us were very complimentary in their comments about our teachers, students, and school in general. Accreditation is a huge undertaking and Davis School District is the only system accredited district in the whole state. Thank you all for the parts you play in making Heritage a great place for learning and growing!

You may have noticed that our marquee information is not always up-to-date. We have been having some technical difficulties getting the information to sync with the marguee. We have people working on it, but for the time being the information may not be current.

Fall Break is October 17th and 18th, and we will not be sending another HuskyGram until October 25th. Wednesday, October 16th is a regular school day. Parent Teacher Conferences are November 13th and 14th, please watch for the email with information about scheduling appointments with your children's teachers.



Thursday & Friday

October 17th-18th

L BREA



A shout out and THANKS to RC Willey for the generous donation of amazing stuffed animals. We will be using them in a variety of ways including as prizes for students. You can meet one of them, this is Husky the Bear.



COUNSELOR'S

IKINER



Mindful Schools Lesson 4

Today was our fourth mindfulness lesson. We learned about body awareness and your child learned a practice called the **Body Scan**.

An important part of mindfulness is strengthening our ability to notice what is happening in the body. The **Body Scan** practice invites us to notice sensations in the body – for example, warm, cool, tingly, prickly, tight, heaviness, lightness, etc.

• Invite your child to teach you how to do the **Body Scan**.

Use the **Body Scan** yourself and with your child at various times throughout the day. This is a wonderful practice to do before bed.

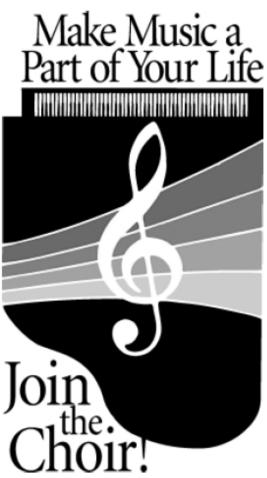
If you haven't yet subscribed to the Parent Video Series that accompanies these lessons, please do so. Watch the video for Lesson 04 to help guide you through this practice: www.dbhprevention.org/parentvideos

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-Thursday Dec 19 2:30-3:00 p.m. Parent Concert Monday December 16 6:30-7:00 p.m.



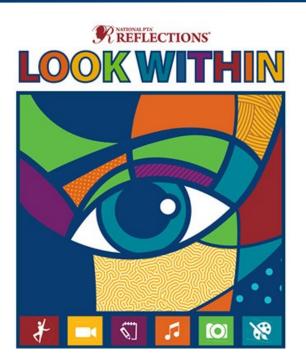
Spring Session-Pop Music Theme Jan 30, Feb 6, 13, 20, 27 March 5, 12, 19 School Sing Along Assembly-Thursday 26 2:30-3:00 p.m. Parent Concert Mon March 16 6:30-7:00 p.m.

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.

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!



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



https://saferoutes.utah.gov/walk-n-roll/

(live link in pdf version)

The Walk & Roll Challenge rewards students K-8 with monthly prizes for walking and biking to school. It runs from September 3 to May 15. Students track and enter daily progress online by the end of each month. Winners are chosen the first week of the following month.

Parents who allow their kids to walk or bike to school can also win prizes in a separate drawing.

Kids who walk, bike or scooter to school:

- Improve their academic performance •
- Develop healthy, active habits
- Lower anxiety and increase focus
- Decrease drop-off and pick-up congestion
- Reduce air pollution

Get started by downloading a progress chart from SafeRoutes.Utah.gov/Walk-N-Roll





Please refrain from making a U-turn in front of the school on Arbor Way. It stops the flow of traffic because cars heading in either direction have to stop and wait for the U-turn to be completed. Today cars actually slammed on their brakes as a van quickly pulled into and then backed out of a driveway to turn around.

We know it is hard to want to go around to Angel street when you live on the North side of the school but remember Safety Before Convenience.

Thank you!



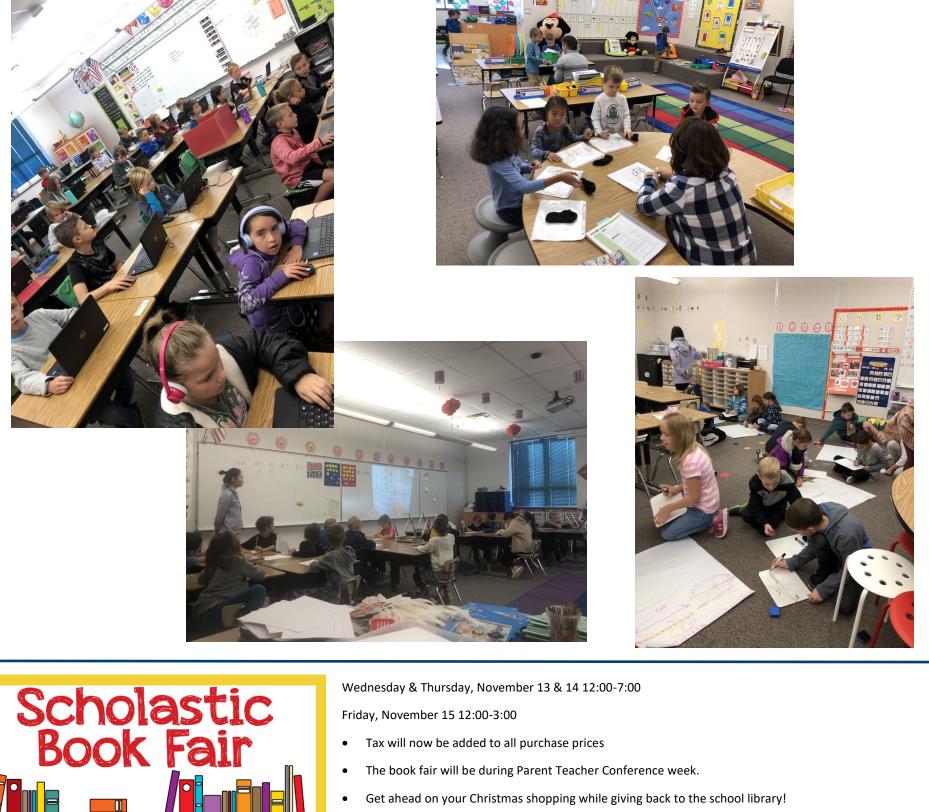
9-11 am and 2 pm

Grades: K, 1st, 3rd, 5th, and any new students to the district.



We are more than happy to screen any student not in these grades where there is a concern about their vision. If this is the case, parents need to let their student's teacher know to send them down during the screening. If parents do not want their student screened, they need to fill out the attached form and bring it on the day of screening.

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



Gift cards will be available for purchase if you and your student would like to give their teacher a gift

To sign up to volunteer please go to the following link: https://www.signupgenius.com/go/8050949aeaa2aa64-book



Facebook Heritage Elementary-Davis

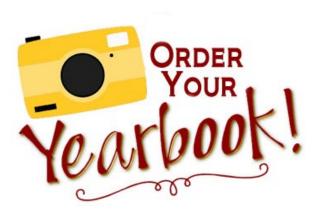
Instagram @heritageeldavis

Hello Heritage Families,

We have three new Chinese interns at our school this year that would love 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 Laralifferth@hotmail.com with the month you'd like to host. Don't miss out on this fun opportunity!



Thanks! Lara Lifferth Heritage PTA Chinese Immersion Rep



You can order this on myDSD now! \$15





Mon



Wed



Thu

	Custodian Week—	1	2	3	4	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 Book Club 5th & 6th 12:30-1:15 Box Top Clipping Collection	12
13	<i>14</i> 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 Birthday Table	26
27	28	29	30	31 End of Term EARLY OUT		

		November 2019				Give Thanks
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Professional Day NO SCHOOL	2
3	4	5	6	7	8 Book Club 5th & 6th 12:30-1:15	9
10	11 Report Cards	12	13 SEP Conferences Book Fair	14 SEP Conferences Book Fair	15 Birthday Table	16
17	18	19 Mindfulness Parent Mtg 3:45	20 PTA Board Meeting 11:30 Community Council Mtg 4:00	21	22 Shrek Jr Performance	23 Shrek Jr Performance
24	25	26	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30

