



NOVEMBER 15, 2019

HUSKYGRAM



Words From Our Principal

We had such a great week!

Parent Teacher Conferences were a huge success. It was nice to see the students with their parents/guardians celebrating their accomplishments.

We also want to thank everyone for supporting our PTA and Book Fair!

“Excellence is not being the best;

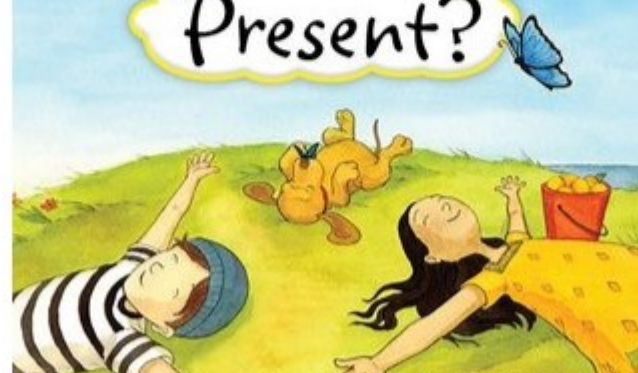
it is doing your best.”

via credentia.com

Counselor's Corner

Parents—You are invited to come and find out what **mindfulness** is all about and why we are teaching it here at Heritage Elementary.

When: **Tuesday, November 19 at 3:45 pm** with Rachel Reist, a therapist from Davis Behavior Health



Dear Parent,

Mindful Schools Lesson 9

Today was our ninth mindfulness lesson. We learned about **Heartfulness – Kind and Caring on the Playground**.

This lesson encourages students to begin integrating our previous **Heartfulness & Mindful Breathing** practices to increase compassionate interactions on the playground through pretend scenarios.

- ♦ Invite your child to teach you what they learned from their lesson today about **Kind and Caring on the Playground**.
- ♦ Bring awareness to your own interactions with others, practicing **Sending Kind Thoughts** and using **Mindful Breathing** when you notice you are frustrated or angry during an interaction with another person.

If you haven't yet subscribed to the Parent Video Series that accompanies these lessons, please do so. Watch the video for Lesson 09 to help guide you through this practice:

www.dbhprevention.org/parentvideos

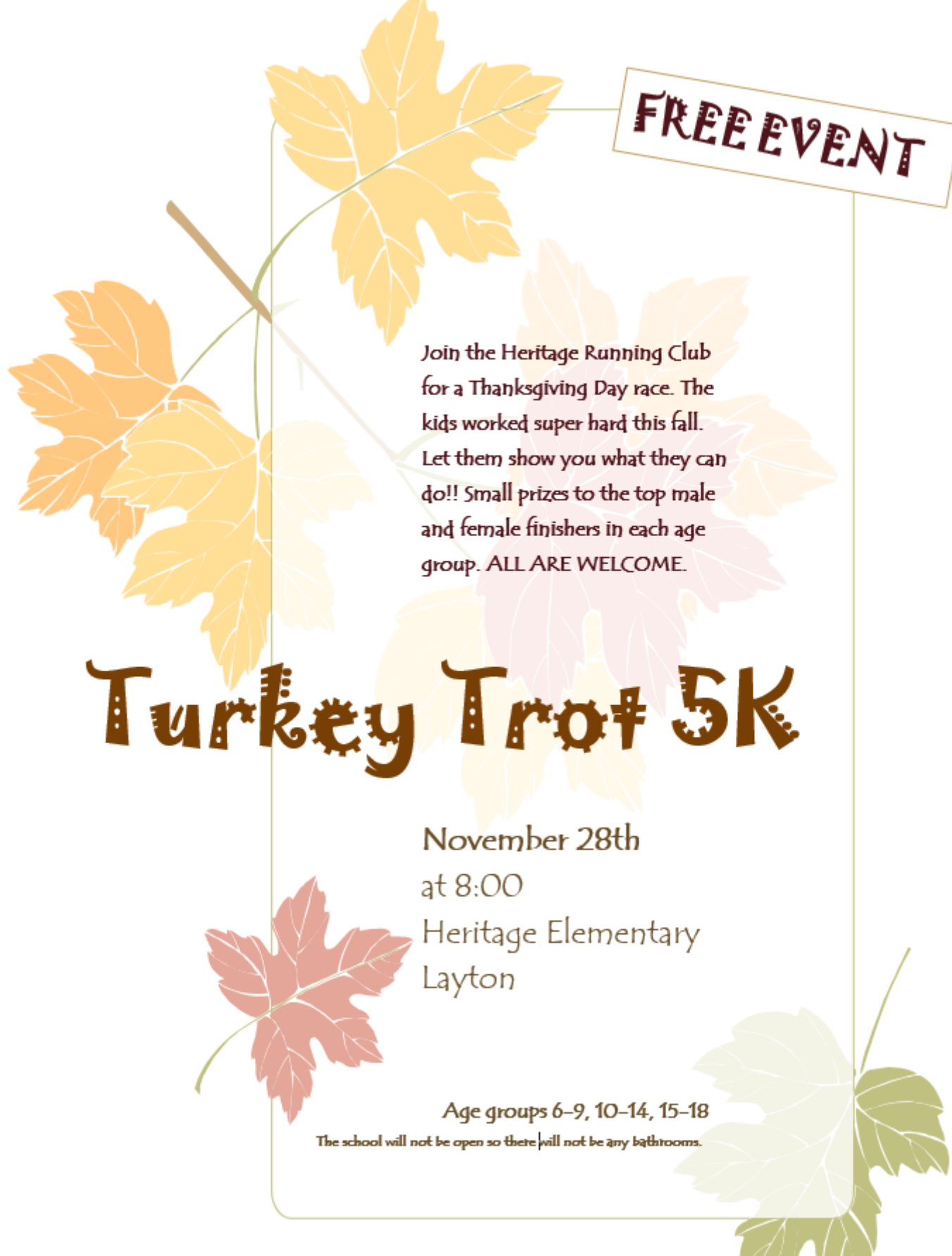
Shout out to the crossing guard on Weaver Lane...



We received a very nice phone call from a parent letting us know the great act of kindness this gentleman was showing our students as they were coming to school.

He went up and beyond with a leaf blower to make sure the path was clear and safe for children to walk on.

We have passed on this compliment to his superiors but also wanted the school community to know what a wonderful asset he is to our students. He greets them each morning with an enthusiastic smile to start their day off right.



Please do not allow your students to bring Pokémon cards to school. They have become too much of a distraction causing students to not come in from recess on time. Students are also trading them at recess and then having trader remorse when they get home. Please keep these prized possessions safe at home where trading can be monitored.



Facebook Heritage Elementary-Davis

Instagram @heritageeldavis


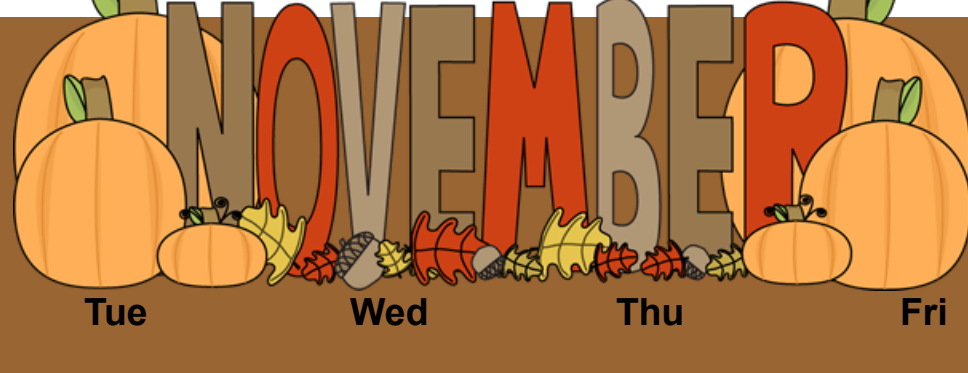



You can order this on myDSD now!

\$15

Last day to order @ the lower price is

December 20th!

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	1 Professional Day	2
10	11 Report Cards Loaded	12	13 SEP Conferences Book Fair EARLY OUT	14 SEP Conferences Book Fair EARLY OUT	15 Book Fair Birthday Table	16
17	18	19 Mindfulness Parent Mtg 3:45	20 PTA Board Meeting 11:30 Community Council Mtg 4:00 Preschool Open House 7:00	21	22 Shrek Jr Performance	23 Shrek Jr Performance
24	25	26	27 NO SCHOOL	28 Turkey Trot 8am NO SCHOOL	29 NO SCHOOL	30

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Science Fair	7
8	9	10	11	12	13	14
15	16 Choir Assembly for Parents 6:30	17	18	19	20 Yearbook @ Lower Price Ends After today Birthday Table	21
22	23 NO SCHOOL	24 NO SCHOOL	25 LOVE PEACE	26 NO SCHOOL	27 NO SCHOOL	28
29	30 NO SCHOOL	31 NO SCHOOL				

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4
5	6	7	8	9	10 Book Club 5th & 6th 12:30-1:15 Spelling Bee 1:30	11
12	13	14	15	16 End of 2nd Term Early Out	17 Professional Day NO SCHOOL	18
19	20 Martin Luther King Jr Day NO SCHOOL	21	22	23 Chinese New Year Celebration	24 Birthday Table	25
26	27	28	29	30	31	