

HUSKYGRAM

NOVEMBER 22, 2019



Words From Our Principal

This week I have had the honor and privilege of watching students compete in the Martin Luther King Jr. Speech Contest and perform in the school musical, Shrek Jr. Laurie Pabst, Maci Steffensen (2nd place) and Grant Cowdin (2nd place) competed in the MLK, Jr contest and represented Heritage so well.

Both casts of Shrek Jr. were exciting to watch and full of talented kids having fun. I highly recommend catching a performance either Friday or Saturday at 5:00 or 7:30 both days. There are 130 students participating in the musical and they all act, sing, and dance their hearts out.

Another privilege that I was able to be a part of was the annual Soup with the Sup't. event. Each year one student from each school is chosen to be honored by the Superintendent. The student who was chosen from Heritage was Hunter Sneddon. The lunch with his parents and superintendency was definitely a highlight during a week full of special events.

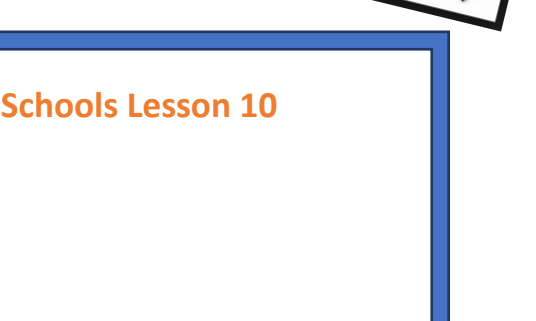
In this month of Thanksgiving, I am grateful to be at Heritage where I am blessed to work with wonderful students, teachers, staff, and parents. We have the best community of people who support and uplift our school. Thank you!

We all wish you a very happy Thanksgiving holiday.

We had a scary incident Thursday after school. A child darted into the street and a driver of a car had to slam on the brakes and came within inches of hitting that child. We get these types of calls much too frequently in the office.

EVERYONE should be having conversations with their children about walking and biking safety. Please tell them to use sidewalks and to look both ways before crossing a street.

Take the time to review safety practices with your children, even if they are not walking/ biking to/from school.



Dear Parent,

Mindful Schools Lesson 10

Today was our tenth mindfulness lesson. We learned about **Emotions**.

Mindfulness of Emotions is a powerful application of mindfulness. We explored emotions today by naming emotions (happy, mad, sad, scared, etc.) and noticing how emotions affect body sensations. With the older classes, we explored how naming our emotion 2-3 times creates **space** for mindfulness before reacting to the emotion, for example saying "frustrated frustrated" or "angry angry," etc. With younger grades, we practiced noticing emotions and where students feel emotions in the body.

- Invite your child to teach you about the lesson they learned today about **Emotions**.
- Model naming your own **emotions** out loud and encourage your child to do the same.

If you haven't yet subscribed to the Parent Video Series that accompanies these lessons, please do so. Watch the video for Lesson 10 to help guide you through this practice:

www.dbhprevention.org/parentvideos

Students: Do you love telling stories?

Come join us at the Heritage Elementary Storytelling Festival!

Information packets are in the office or request an electronic copy from Mrs. Lawhead at alawhead@dsdmail.net

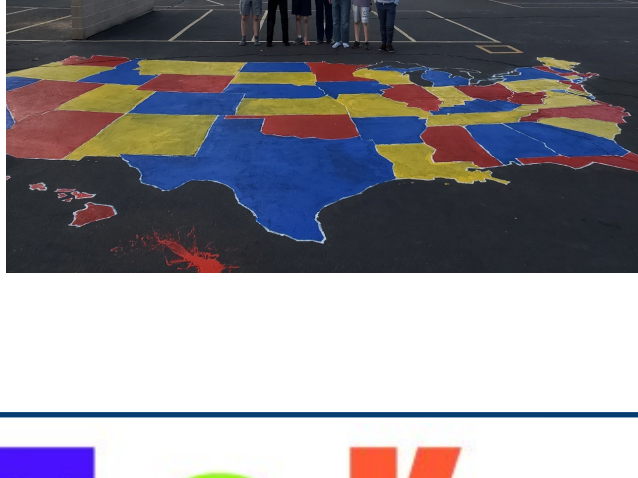
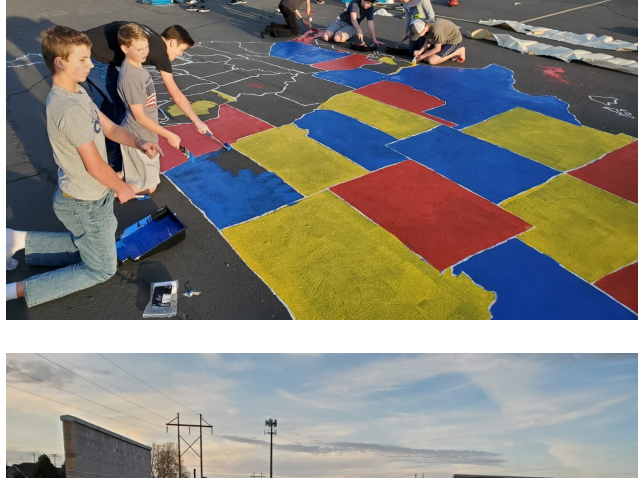
Storytelling Workshop Dec 4th 3:30-4:15

Storytelling Festival Dec 12th @ 3:45 in the library

Families invited!



Storytelling Festival



Thank you Mason Simons for our new map painted on our playground for your Eagle Project. Our students will love using it to learn and play! It looks awesome!

Thank You!

Thank you to our amazing PTA for the \$6,000 donation to go towards school field trips!

WOW

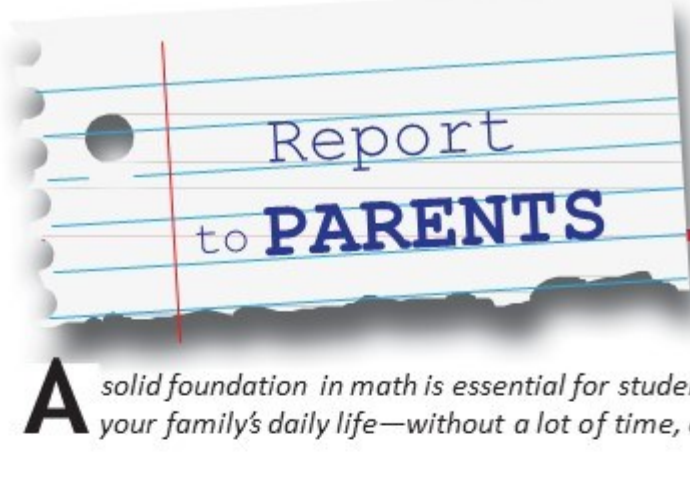
FREE EVENT

Join the Heritage Running Club for a Thanksgiving Day race. The kids worked super hard this fall. Let them show you what they can do!! Small prizes to the top male and female finishers in each age group. **ALL ARE WELCOME.**

Turkey Trot 5K

November 28th at 8:00
Heritage Elementary Layton

Age groups 6-9, 10-14, 15-18
The school will not be open so there will not be any bathrooms.



Reinforce Math Skills With Everyday Activities

A solid foundation in math is essential for students to succeed in school and beyond. Incorporate math into your family's daily life—without a lot of time, effort, or expense—with these fun ideas.

In the kitchen. Cooking is not only a terrific way to help children understand fractions—it's also excellent family bonding time. Show younger children how measuring two half-cups of flour yields the same amount as one full cup. Ask older children to help you cut a recipe in half or double a recipe. Have them write down the new measurements and check the computations together.

At the grocery store. Bring a calculator with you to the store when you shop. Young children can add up how much you have spent on groceries or saved with coupons. Kids in third grade or higher can help determine which size of detergent offers the best value, or whether using a particular coupon is cost-effective.

In the garage. A tire gauge is one of the simplest tools for a child to use, and can help him or her learn about addition and subtraction. Show your child how to measure the pressure in your bicycle or car tires. Then, have your child help you determine how much air you need to add or release. Older children can calculate gas mileage.

On the computer. Find activities that reinforce math skills, from computer games like Math Blaster to apps.

On the road. Long car trips were made for math games. Pick a number from one to 10 and have each family member try to find a license plate with the target number. Younger children can add the numbers together. Children who have learned subtraction can try to find one that involves adding a few of the numbers and then subtracting one.

Kids who have learned multiplication and division can put those skills to use.

At the toy store. If your child is trying to save up to buy something special, keep a chart of how much money they will need and what they have saved to date.

At home. Classic games such as dominoes, cards, puzzles, or Monopoly teach math reasoning. Sewing and building projects both involve plenty of computation. Teach your child how to measure and sew fabrics together, or build basic structures out of wood (with adult supervision).

Above all, avoid passing any math phobias that you might have on to your child. It's important for children to hear at home that what they're learning is valuable—that all the work they're doing trying to comprehend division or fractions or measurement will pay off their whole lives.

Web Resources

Common Sense Media provides reviews of education apps. www.commonsensemedia.org

PBS Parents has a math portal with tips, games, and everyday activities. www.pbs.org/parents/education/math/

The Figure This Family Corner offers tips, tricks, and downloadable brochures. www.figurethis.org/te/family_corner.htm



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RP 31.3



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You can order this on myDSD now!

\$15

Last day to order @ the lower price is

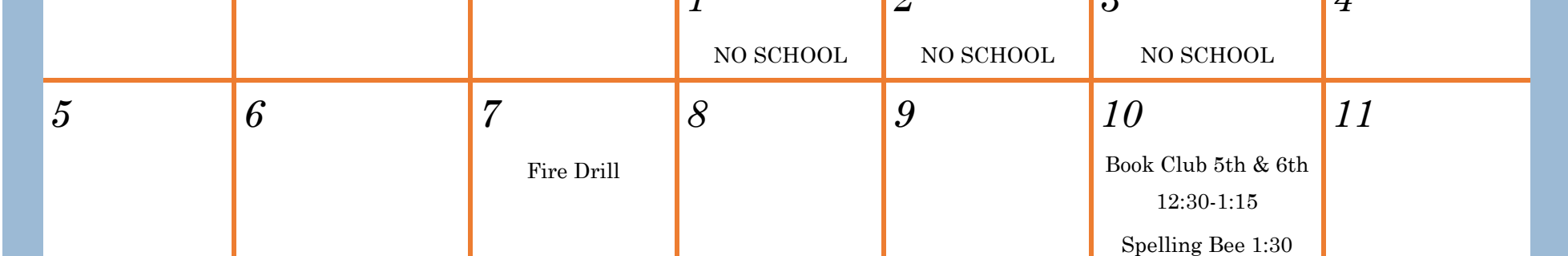
December 20th!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Professional Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Storytelling Workshop 3:30-4:15	5	6 Science Fair	7
8	9 Choir Assembly for Parents 6:30	10	11	12 Storytelling Festival 3:45 in Library	13	14
15	16	17	18	19	20 Yearbook @ Lower Price Ends After today	21
22	23 NO SCHOOL	24 NO SCHOOL	25 JOY LOVE PEACE	26 NO SCHOOL	27 NO SCHOOL	28
29	30 NO SCHOOL	31 NO SCHOOL				



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4
5	6	7 Fire Drill	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	