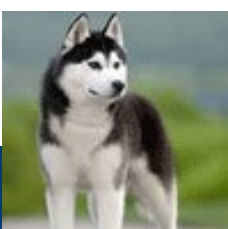


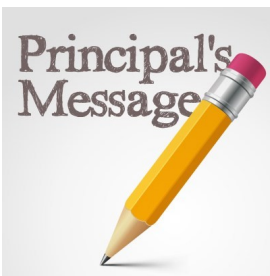
6 more days to purchase a yearbook



Weekly Newsletter Brought To You By Heritage Elementary

# HUSKYGRAM

MARCH 20, 2020



Please click on the link above the newsletter for a special message from our Principal



EMOTIONS & SELF-AWARENESS SOCIAL SKILLS CHARACTER

## How to Talk to Your Kids About Coronavirus

(See the attachment for the full article)

## MINDFULNESS



Students have been practicing mindfulness most of the year. Our emotional system has been dealing with all the change going right now. Mindfulness—focusing in the moment gives a wonderful reprieve to focus on only one thing and today it’s breathing. Your students have learned about mindful seeing, listening, etc.

Have your children continue their mindfulness practice along with their on-line studies. We will be sending a separate email with a short practice both parents and students can do. Your student can show you how to practice mindful breathing.



Facebook Heritage Elementary-Davis  
Instagram @heritageeldavis



## Grab N Go Breakfast & Lunch Schedule Monday–Friday

Breakfast: 8:30-9:30

Students will also be sent home with a lunch

Lunch 11:30-12:30

The lunchroom will be closed during Spring Break



Thank you to everyone who has contributed to our fundraisers the last two years. Because of this we have enough devices for ALL students who need one at home!



You can order this on myDSD now!

\$17

Money is not collected in the office.

Last day to order is March 27<sup>th</sup>.

No orders will be added after this date and we do not order extras.

We are still taking kindergarten registrations!

Please register your students for Heritage and Sunburst and tell all your neighbors with kindergarten aged children to do the same.

Thank you!



## READING CHALLENGE

The PTA Reading Challenge is still going strong.  
Please have your students continue reading!  
Tickets can still be turned in at the school.  
Stay tuned for dates and further instructions.

