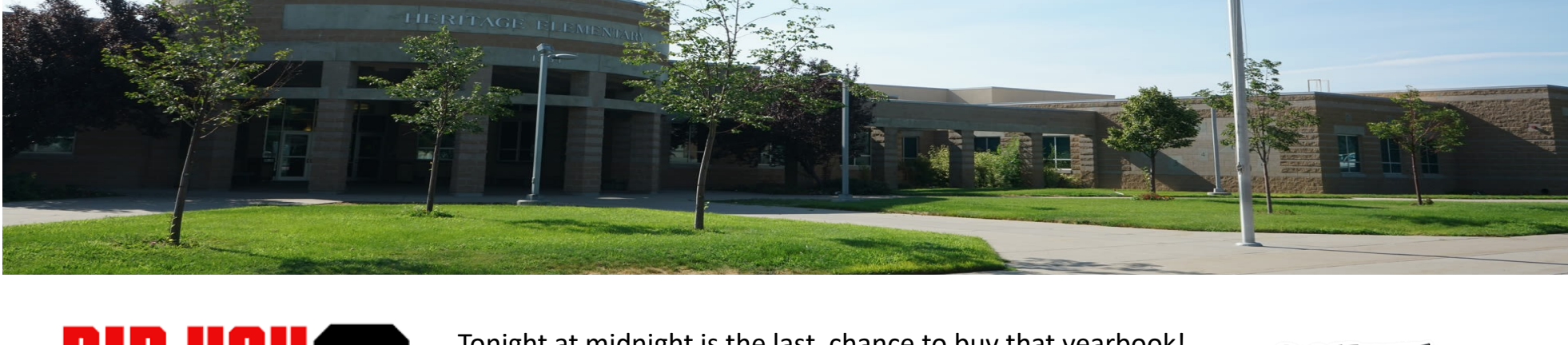


HUSKYGRAM



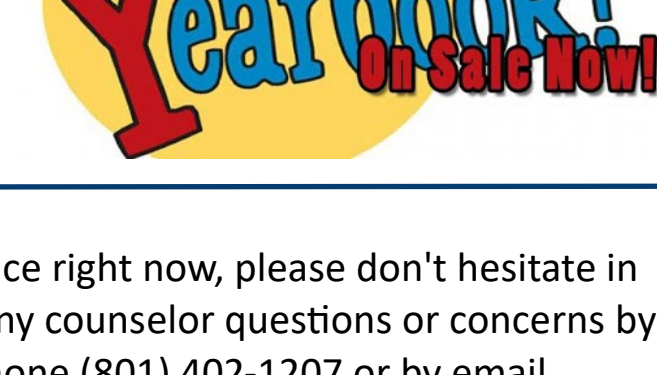
Tonight at midnight is the last chance to buy that yearbook!

\$17

You purchase on myDSD under optional fees.



You can also verify on myDSD under optional fees if a yearbook has already been purchased.



Although I am not in my office right now, please don't hesitate in contacting me if you have any counselor questions or concerns by leaving a message on my phone (801) 402-1207 or by email at: chrogers@dsdmail.net



Mrs. Rogers

PROJECT A.W.A.R.E.

Mental Health During Social Distancing

Staying home from school, away from friends, and normal activities can feel really hard.

Being social helps us manage stress and stay mentally healthy. When we are distanced from friends it can lead to feelings of worry, depression, & loneliness.

Here are some tips that can help:

1. Keep a regular routine for sleeping, eating, exercise, hygiene, study, and play.
2. Find ways to be productive with cleaning, classwork, and goals.
3. Use social media, texting, or video chat for fun & connections.
4. Find uplifting music, shows, and books to keep you occupied; spend time outside or with a pet.
5. Keep a daily journal to track what you are grateful for.
6. Take a break from the news if it is causing you to worry.
7. Stretch, exercise, and take deep breaths to feel calmer.
8. Talk about how you are feeling with family, friends or check in with a counselor using telehealth.
9. Use the SafeUT app and chat with a crisis counselor.
10. Remember that this situation is temporary, and that we are all in this together. Offer kindness to others.

Utah State Board of Education

Here's a post from Centennial Junior high suggesting fun family activities for spring break:

<https://sway.office.com/s4rxAXQgUe8vY?ref=Link&loc=play>

(live link in the pdf version)



PE CLASS

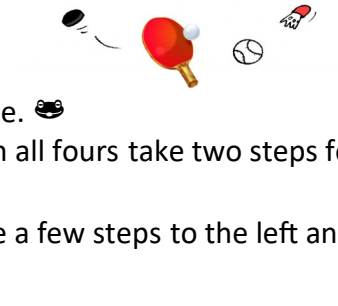
Hey Heritage Huskies!!! It's Mrs. Bown, the PE teacher. Hopefully you are all doing well at home. I thought I would give a few suggestions on how to keep active while we are home. We have been working on the events preparing for the decathlon so here is a small work out suggestion: warm up with a brisk walk up and down your street, then 30 curl ups, 30 push ups, if you have a jump rope jump as many as you can in 30 seconds, if not do 30 jumping jacks. If you want, on the school track outside, there is a start and stop line to run the 200 meter dash. A fun game idea for the week is Hide and Go Seek Base tag. One person is IT while everyone else hides. A base area is chosen before the game begins. Everyone then hides while the person that is IT counts to 30. The person that is IT tries to find everyone hiding but if the people hiding can sneak to the base before getting caught, they are safe. The first person caught is it for the next round. Every few days I will try and post a new idea for us to keep active at home. Have FUN!!!

Week of March 20-April 5th

Kids Morning Out For The Week:

Set a timer and complete each animal movement for 45 sec. with a 15 sec. rest between each exercise.

- 1) Frog Hops - Hop back and forth, like a frog. Depending on how much room you have, you may have to hop in place.
- 2) Bear Walk - Place your hands and feet on the floor. Your hips and butt are up in the air, higher than your head. On all fours take two steps forward and two steps back, then repeat.
- 3) Gorilla Shuffles - Sink down into a low sumo squat and place your hands on the ground between your feet. Shuffle a few steps to the left and then back a few steps to the right. Maintain the squat and ape-like posture through the entire movement.
- 4) Starfish Jumps - These are jumping jacks! Do as many as you can, arms and legs spread wide like a starfish! *
- 5) Cheetah Run - Run in place as fast as you can! 🐆
- 6) Crab Crawl - Sit with your knees bent and place your palms flat on the floor behind you near your hips. Lift your body off the ground and walk on all fours forward and then backward.
- 7) Elephant Stomps - Stand with your feet hip-width apart and stomp, raising your knees up to hip level or as high as you can bring them up. Try to hit the palm of your hands with your knees.



Game of the Week:

Easter Egg Bowling

Inside or Outside game

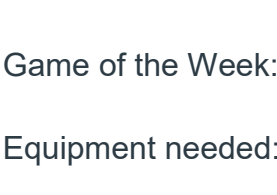
Equipment needed: 9 plastic Easter Eggs, small ball

Set your 9 eggs up in a triangle shape. Measure a distance away from the eggs for a starting point for your feet to stand at. Roll the ball and try to knock down as many eggs as you can. To take your game up a level, you can add a treat in your eggs and you can collect the treats as you knock down the egg.

Happy Spring Break!!! Mrs. Bown

Week of April 6th - April 11

Kids Morning Workout for the week:



Game of the Week: Indoor/Outdoor Tennis

Equipment needed: Balloon or beach ball, Paper plates, wooden spoons

Tape plate to spoon. Blow up balloon or beach ball. Use banister or couch or tape line as a dividing middle line for opponents. Hit the balloon back and forth to opponent. If the balloon touches the ground on your side, the opponent gets a point. First person to score 15 points is declared the WINNER!!!

Happy Week after Spring Break!!! Mrs. Bown



KINDESS "ROCKS"

Family Activity: We currently have around 75 Kindness Rocks placed in the neighborhoods in our boundary. Families can hunt for the rocks to see how many they can find. You can also paint your own to leave around the neighborhood.

Please remember to leave them where they are for other families to find.

Possible places to search: community mailboxes, the walking path, trees along the parkway, places along the parade route. Happy Hunting!

Getting started with Sora

With Sora, you can get free ebooks and audiobooks from your school.

1. Install the Sora app from the Apple App Store or Google Play Store, or go to soraapp.com.
2. In Sora, find your school (or enter your school's setup code), then sign in.
3. username@go.dsdmail.net (ex.: 23aname@go.dsdmail.net), computer password
4. Browse the Explore tab and borrow a book. Your book will open so you can start reading right away.

Close the book and go to your Shelf to see all your books (including assignments). From there, you can:

- Tap Open Book or Open Audiobook to read or listen to the book.
- Tap Options to return the book, get to your notes and highlights, and more.

For more help with Sora, visit help.soraapp.com.

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Did You Know?

You can add your public library in Sora to explore additional titles!

Read on Sora
The student reading app

Don't forget to add your child's public library account to their Sora account so they have more books to choose from.



DSD Community Preschool Registration 2020-2021

A tuition-based preschool experience
\$100 per month for mixed age classes, September through mid-May
\$40 Non-Refundable Registration Fee for all students
"Scholarships and reduced tuition options will be available"

Current copy of a birth certificate and immunization records are required to register.

DO NOT REGISTER for community preschool if your student is on a current IEP, with the exception of Talking Time

Two-Day programs
Monday/Wednesday OR Tuesday/Thursday
AM session (8:50 AM – 11:30 AM) OR
PM session (12:45 PM – 3:25 PM)
Traditional School Schedule, beginning after Labor Day and ending mid-May

We Can! Curriculum includes numeracy, literacy, language, motor and social skills development.

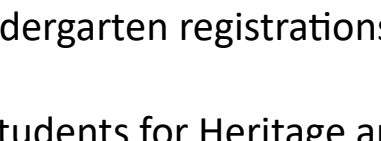
If your student turns 5 on or before September 1, 2020, he/she is eligible for Kindergarten and therefore, is NOT eligible for community preschool.

Students must be at least 3 years old on or before October 1, 2020 to be eligible for the three-year-old classes (not eligible for mixed age classes).

If your three-year-old has a September/October birthday, he/she is only eligible to attend one day per week and tuition is \$50 per month.

For questions, please call 801-402-5409
Registration opens at 8:00 am on May 4th and ends at 5:00 pm on May 8th.
www.davis.k12.ut.us/academics/early-childhood/community-preschool
"Locations are subject to change based on space"

Due to high demand, parents will only be given the option to indicate preference on days of the week. Every effort will be taken to ensure people receive their first choice, but it is not guaranteed. Every registration will be given a preschool spot, but we cannot guarantee a spot in the boundary school.



Facebook Heritage Elementary-Davis

Instagram @heritageeldavis

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!



— 2020-21 REGISTRATION NOW OPEN! —