



APRIL 17, 2020

# HUSKYGRAM



## WORDS FROM OUR PRINCIPAL

I'm sure the news that we are on the soft closure for the rest of the year was hard to hear. We miss our students so much, but because we love them, we want everyone to be safe and healthy. We will continue to obey the directives issued by the Health Department, Governor Herbert and other leaders.

District Leaders are working on a plan to close out the school year. Please watch for that information to be released during the first week of May. In the meantime, thank you for all you're doing to help your children continue learning. Remember to take time to enjoy activities together and be aware of the family's emotional wellbeing. Academics are important, but relationships and emotional health must come first. Please contact teachers and administration if you are in need of extra support.

We are looking forward to the day when your children are with us again at Heritage!

Sincerely,  
Principal Ruthanne Keller

## 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.

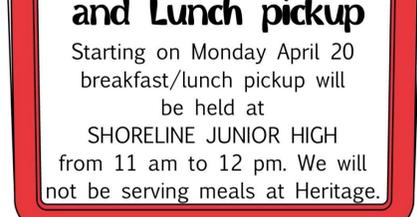
Please call the school office to make an appointment, 801-402-1200.

Thank you!



Kindergarten

— 2020-21 REGISTRATION NOW OPEN! —



Starting on Monday April 20 breakfast/lunch pickup will be held at SHORELINE JUNIOR HIGH from 11 am to 12 pm. We will not be serving meals at Heritage.

## COUNSELOR'S CORNER

### Some ideas to help manage worry and anxiety during these uncertain times:



**Set a routine.** Maintain regular waking up and going to bed, eating at regular times...Use a timetable to give structure to your day.



**Stay mentally and physically active.** Try learning something new...keep physically active.



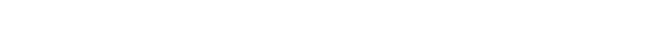
**Practice gratitude...** connect with moments of joy, aliveness...At the end of each day take time to reflect on what you are thankful for today... Start a gratitude journal.



**Notice and limit worry triggers.** Try to notice what triggers your worry and anxiety...Is it watching the news for more than 30 minutes each day? Checking social media each hour? You might limit the time you listen or limit time you spend on social media news checking IF it's a trigger.



**Rely on reputable news sources.** ...The Center for Disease Control and Prevention provides excellent information. (Information from PSYCHOLOGY TOOLS—Dr. Matthew Whalley & Dr. Hardeep Kaur)



### Utah's Courts are Here to Help

*During the COVID-19 Pandemic we have shifted many of our services and resources online or by phone to keep you and our staff safe.*

If you are filing documents in an existing case, you can now do it by email: [https://www.utcourts.gov/howto/filing/email/filing\\_cases.html](https://www.utcourts.gov/howto/filing/email/filing_cases.html)

If you need to file documents for a new case, or need to file in person, please contact your local court first before coming in: <https://www.utcourts.gov/directory/>

**Getting Protection From Abuse During the COVID-19 Pandemic:**

To file a protective order or stalking injunction, you can now do it by emailing your request: [https://www.utcourts.gov/howto/filing/email/protective\\_orders.html](https://www.utcourts.gov/howto/filing/email/protective_orders.html)

If you need to file in person, please contact your local court first before coming in: <https://www.utcourts.gov/directory/>

If you do not have access to the internet or cannot file in person, please call the Utah Crime Victims Legal Clinic at 801-246-1204 or the Timpanogos Legal Center at 1-801-649-8895 for assistance.

**SUPPORT AND RESOURCE LINKS:**

Utah Domestic Violence Coalition Hotline (statewide): 1-800-857-5465 or <https://www.udvc.org/>

Legal Aid Society of Salt Lake (conducting virtual protective orders for SLD and West Jordan): 801-239-7171 or [lasalc.org/protective-orders](https://lasalc.org/protective-orders)

2-1-1 Utah (statewide): Dial 2-1-1 [www.211utah.org](http://www.211utah.org)

Timpanogos Legal Center Call Center (statewide): 1-801-649-8895 or <https://timlegal.com/>

Utah Crime Victims Legal Clinic (statewide): 801-742-1204 or <https://www.utahvictimclinic.org/contact.html>

Utah Legal Services (statewide): 800-662-4245 or <https://www.utahlegalservices.org/>

Utah Courts' Self-Help Center (statewide): email- [selfhelp@utcourts.gov](mailto:selfhelp@utcourts.gov); text- 801-742-1898 call toll free- 888-683-0009 or <https://www.utcourts.gov/selfhelp/contact/>

State-Wide Advocates for Victims Organization: [https://www.utcourts.gov/howto/filing/email/docvictm\\_advocates.pdf](https://www.utcourts.gov/howto/filing/email/docvictm_advocates.pdf)

**Eviction and Debt Collection Response During COVID-19 Pandemic:**

\*On April 1, 2020, the Utah Governor ordered a moratorium on residential evictions through May 15 for some tenants who have been directly impacted by COVID-19. [Click here to see the order.](#)

For the latest information about what is happening with eviction cases in Utah, please visit: <https://www.utcourts.gov/howto/filing/eviction.html>

For information on the status of an eviction or debt collection hearing, please contact the district courthouse staff in the county you reside: <https://www.utcourts.gov/directory/>

Resources for debt collection cases are available at: [https://www.utcourts.gov/howto/judgment/debt\\_collection/](https://www.utcourts.gov/howto/judgment/debt_collection/)

**SUPPORT AND RESOURCE LINKS FOR ISSUES INVOLVING HOUSING AND RENT:**

Utah Legal Services: 800-662-4245 or visit <https://www.utahlegalservices.org/>

Utah Housing Authority: 801-284-4400 or visit <https://utahhousingcorp.org/about/housingAuth>

2-1-1 Utah: Dial 2-1-1 or visit <https://211utah.org/index.php/housing-and-utilities>

For help on other legal matters you may contact the Utah Courts' Self Help Center: Email- [selfhelp@utcourts.gov](mailto:selfhelp@utcourts.gov); text- 801-742-1898 call toll free- 888-683-0009 or <https://www.utcourts.gov/selfhelp/contact/>

## Art with Mrs. Cousineau

**Hi! I have a couple more ideas for you all to keep your creativity flowing. Have you ever wondered what it would be like to be a bird flying above your yard? You could draw a "bird's eye" map of your yard or neighborhood. Add details and color. Another thing I know you all enjoy is when we've made texture rubbings on paper with a crayon. You could go outside and make rubbings of things like tree bark, bricks, or even the sole of your shoe!**

Hello Heritage Huskies!

For our exercise workout this week you need a ball. 🏀

See if you can.....

- 1) bounce the ball through your legs
- 2) dribble the ball as high as you can
- 3) dribble the ball, quickly spin around and then dribble again
- 4) bounce the ball sitting down, then kneeling on 1 knee
- 5) throw the ball in the air and try to make it spin when it bounces
- 6) bounce the ball as many times as you can with your eyes closed
- 7) hop around on 1 foot and bounce the ball, practice legs
- 8) set up 5 cones or objects spaced apart and practice the basketball dribble that we do in class.

**Game of the week: Cup Stacking**  
Equipment needed: at least 12 cups

- 1) Speed Stack Racing  
Practice the 3 3 3 pattern for younger kids, or the 3 6 3 pattern for older kids  
If you need a reminder on how to do the patterns, go to [www.speedstacks.com](http://www.speedstacks.com) for an example.  
You can race against another person or set a timer and time yourself.
- 2) Minute to Win It Stack Attack (21 cups work well for this game if you have that many)  
Players stack up a pile of cups in the shape of a pyramid; 6 cups on the bottom row, then 5 cups on the next row, then 4 cups, 3 cups, 2 cups and top off the pyramid with 1 cup.  
You stack the cups and then take them down in 1 minute.
- 3) Catch That Ball  
You will need a partner. Each of you need a cup. You need a small ball to pass with your partner (a ping pong ball, or small bouncy ball or a marble). Stand facing your partner, the one who's holding the ball will toss it to the partner who will catch it in the cup. Each person will then take a step backwards to create a space between partners when the ball is caught in the cup. Keep making space between partners until you are unable to catch the ball successfully.

Have a GREAT WEEK!!! Mrs. Bown

### VIRTUAL TRAINING

BUILDING CHAMPIONS IN LIFE

Want to keep your kids active? We're not going to let anything stop that! We're offering **VIRTUAL TRAINING**, so they can continue to move, wherever you are. **SIGN UP TODAY!**

**CHAMPIONSHIP MARTIAL ARTS**  
KAYSVILLE, UT 84037  
(801) 725-1170  
[WWW.KAYSVILLEKARATE.COM](http://WWW.KAYSVILLEKARATE.COM)

**TAKE A BREAK FROM BEING STUCK AT HOME**

- LEARN AWESOME MARTIAL ARTS SKILLS
- BE ACTIVE
- BUILD CONFIDENCE

Dear Parents, Students, Community,

Coronavirus (COVID-19) is placing great strain on us all.

During this time of crisis, we are currently offering a FREE 2 Week Virtual Martial Arts PE Course for all Davis County Elementary School Students!

**Simply follow these steps to join:**

1. Click here to register your child for the Free Virtual Classes: <https://www.kaysvillekarate.com/offer/davis-school-district-free-martial-arts-classes/>
2. A Championship Martial Arts Team Member will contact you with info on how to access to the classes online.

These fun workouts will help your child burn off that excess energy in a safe and convenient way! Plus they are learning self-defense and have an opportunity to see their friends in our online classes!

**How does it work? It's simple!**

- Upon enrolling, a Championship Martial Arts Team Member will contact you to get your child's information and give you the relevant links.
- Simply click the link on your phone, tablet, or computer — and you're set.
- (An app download may be required — if so, it's fast and free!)
- Don't let corona stop your children from living strong, healthy lives.

If you have any questions, email us at [info@kaysvillekarate.com](mailto:info@kaysvillekarate.com) or call 801-725-1170.

Committed to your health, safety, and fitness,  
Championship Martial Arts

## FREE at-home Kindergarten Readiness Program

UPSTART IS A FREE, TECHNOLOGY-DELIVERED KINDERGARTEN READINESS PROGRAM THAT WILL GIVE YOUR CHILD A FUN START IN READING, MATH, AND SCIENCE (WITH A FOCUS ON READING) IN JUST 15 MINUTES A DAY, 5 DAYS A WEEK.

<p><b>FREE</b></p> <p>UPSTART is funded by the state of Utah to help prepare children for kindergarten. There is no cost for participating families.</p>	<p><b>PERSONALIZED</b></p> <p>Our software provides hundreds of instructional hours and assesses each child's progress to determine the type of instruction (s) he/she will receive.</p> <p>Personal Care Representatives are available six days per week to</p>	<p><b>INDEPENDENT AND FUN</b></p> <p>This easy-to-use program is designed for children during the year before they enter kindergarten and will capture your child's interest and imagination with engaging books, songs, and activities.</p>	<p><b>EFFECTIVE</b></p> <p>UPSTART has been proven to be effective and has been used by thousands of families across Utah.</p>
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## please check

# Lost & Found

The lost and found bins are out front. They are full of jackets/coats, umbrellas, lunch boxes, etc.

Please feel free to come see if anything belongs to you.

Everything will be donated at the end of the school year.

THANK YOU!