

REMINDER: Yearbook online ordering will close Monday evening.
If you would like a yearbook, please don't hesitate.



APRIL 24, 2020

Weekly Newsletter Brought To You By Heritage Elementary

HUSKYGRAM



Watch for a separate email regarding procedures to close out our adventurous year.

Hey!
5th Grade Parents
Read This!

STUDENT COUNCIL APPLICATIONS BEING ACCEPTED NOW!

Attention
5th Graders!

Applications are due May 8th by 4:00pm—no late or incomplete applications will be accepted
To apply or for more information click <https://tinyurl.com/heritagestudentcouncil>
(live link in attached pdf version of HuskyGram)

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! —

COUNSELOR'S CORNER

Parents and students—we are looking for 8 third grade students who would be interested in becoming a member of our Heritage Hope Squad next year. Here are some things Hope Squad members do:

- Meet 2 times per month during lunch for Hope Squad meetings
- Help run Hope Week
- Help plan Heritage Hope Squad monthly activities
- Read books to younger grades
- Help with the Hope Squad Snack shack
- Reach out to students who may be lonely
- Show Kindness to everyone



All third grade students will be receiving an email asking if you are interested. You may not have received that email yet but will receive it in the coming days. Joining Hope Squad is not only a learning and leadership experience but it's a lot of *FUN!*



Goal Setting can improve mental health

Accomplishing goals gives the brain a boost of dopamine (the feel-good transmitter). That's why many people have "to do" lists



Setting goals gives children **valuable experiences** and skills such as resilience, self-esteem, and independence



Make S.M.A.R.T. Goals—SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT and TIME BOUND



Encourage and praise their efforts as they progress.



(information from HOPE 4 UTAH-Wellness Today)

Did you know that exercising is one way to get needed nourishment to help our bodies stay healthy and strong? It is important to find time every day to stay active. Did you know that exercise can help flush bacteria from the lungs and airways, reducing our chance of getting sick with a cold or flu?



Finish	Long Jump! Stand up, take the longest forward jump you can, and then move ahead one extra space!	Keep It Moving! <small>Created by Andrea Thorpe www.embracinghim.com</small>
 Do eight sit ups.	 Jump from side to side as you count to 30.	 Oh no! You're out of breath! Lose a turn.
 Your laces are untied! Go back to Start.	 Do seven push ups.	 Head, shoulders, knees, toes: nine times.
 Crab walk AND sing Alphabet Song.	 Count to 30 while you run in place.	 Super Skip Move Ahead
 You're full of energy! Take another turn.	 Oh no! You stopped to watch TV. Go back.	 Rules for play 1) Roll the die. 2) Move the number of spaces on the die. 3) When you land on a space with written directions, follow them. 4) Play until someone reaches the Finish box. Continue play to see who will finish second, third, etc.
 Balance on one leg for 15 seconds.	 Warm up by doing 10 jumping jacks.	 Start

The game of the week is: **Obstacle Course Race**

Equipment needed: cones or water bottles or toilet paper rolls; anything to hop around. You need 5 or more for each obstacle course lane. Each team needs either a bag or pillow case to hop in.



There will be a video example on Monday on the school's Facebook page.

You can also practice your soccer skills by using the same obstacle course using a soccer ball.

Have a great week! Keep active! Be creative! I miss you, Mrs. Brown

ART CLASS

Hi! Here's a fun art idea from Mrs. Cousineau. You'll need a sunny day, and a piece of sidewalk chalk. Go outside around noon, and set something like a toy or a rock down on the sidewalk. Mark the spot with an x. Look at the shadow cast by your object and trace around it with chalk. A couple of hours later, put your object and trace the new shadow. You should notice the shadow getting longer as it gets later in the day. Artists sometimes use shadows to help us get a feeling for the time of day in a painting or drawing. Have fun!
Mrs. Cousineau

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!

VIRTUAL TRAINING

BUILDING CHAMPIONS IN LIFE

-TAKE A BREAK FROM BEING STUCK AT HOME

-LEARN AWESOME MARTIAL ARTS SKILLS

-BE ACTIVE

-BUILD CONFIDENCE

FREE LIVE VIRTUAL P.E. FOR ALL DAVIS SCHOOL DISTRICT STUDENTS!

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