Please check out our website at www.spps.org/heights

Please read and discuss the Family Handbook with your students at: https://www.spps.org/domain/13882
Click the link below for Title I information regarding:
School Continuous Improvement Plan (SCIP)
Family Friendly SCIP
Family Engagement Plan (FEP)
Compact
Parent’s Right to Know
https://www.spps.org/domain/3785

Title I information will also be available in the school office and the family resource room.

Look for revisions and more information newsletters and flyers sent home in Thursday Folders.
Cognitive Ability Testing (CogAT7) Dates
CogAT7 Gifted identification testing will be between Oct 9-Nov 9.
** Teachers & Parents can nominate students that have not been previously identified.

Parent/Guardian Information on Statewide Testing
The Minnesota Department of Education (MDE) requires statewide standardized testing on an annual basis. For more information on statewide testing, as well as parents'/guardians' right to refuse testing click the link below:
https://www.spps.org/Page/33916

Tests and Testing Schedules
For information on ACCESS 2.0, CogAT, FAST literacy and MCA testing for the 2020-21 school year check out the SPPS District Testing Calendar, Test Descriptions and School Schedules at this link:
https://www.spps.org/Page/21430

iUpdate
Please complete iUpdate online at https://www.spps.org/onestop or call the school at 651-293-8815, to request a paper version. Updating your information in iUpdate will ensure that you receive proper services, eligible transportation and important communications by U.S. mail, phone, email or text. One parent or guardian from each primary household is expected to complete iUpdate.

Yearly Lunch Forms
Every SPPS family should complete an application for Education Benefits/Free or Reduced Price Meals each school year. Not only does this help us identify families in need of assistance, it also allows the District to receive federal dollars for classroom programming. Additionally, families who have completed an application and have experienced a change in household income or size are encouraged to complete a new application. Please complete your application ASAP. Applications are available online at https://www.schoolcafe.com/spps or call the school at 651-293-8815, to request a paper application.

Greetings Heights Hmong Families,
Lus tseem ceeb nyob rau lub 11 hlis ntuj 2023:
Los ntawm: Mr. Xiong

Lub 11 hlis ntuj 2023
Tim 1 Hnub yees duab (Picture Day)
Tim 9 Muaj conference thauv 2 teev 20 – 6 teev tsaus ntuj
Tim 10 Tsis kawm ntawv | Muaj conference thauv 8 teev – 1 teev tav su
Tim 23 Tsis kawm ntawv (Thanksgiving Break)
Tim 24 Tsis kawm ntawv (Thanksgiving Break)
Yog nej leej twg xav yuav duab rau nej cov me nyuam, thov saib daim flyer qhia txog tus nqi yees duab thiab muab nyiaj rau cov me nyuam nqa tuaj nyob rau hnub thaij duab.
November Conferences

Thurs, Nov 9 conferences are being held between and 2:20-6pm.

The daytime conference is Friday, Nov 10 between 8am-3pm. There is no school on Friday, Nov 10.

Interpreters will be available as needed. Transportation is available but limited. Contact Julie Wellman for information regarding transportation.

Stay Healthy!

Do Not Send your child to school if sick with the following:

* Fever 100.4 degrees or higher
* Throwing up/diarrhea in the last 24 hours
* If medications have been given to keep fevers down in the last 24 hours
* Cold symptoms, cough or other concerns

Send/bring your child to school and have our health team assess your child.

We’re here to help!

How to Opt Back Into Email or Text Messages

Please note that if you have “stopped” text messages or emails, you will no longer receive any district or school messages.

Below are instructions for users to opt back into our blackboard connect message service.

Phone: Recipients can call the opt-out hotline at 855-502-7867 from the phone number that was opted out.

Email: Please call The Heights office to update your email address.

SMS: If the recipient has opted out of receiving text messages, they can text "Subscribe SPPS" to the following shortcodes 23177, 63079, 82932, and 53291 to opt back in. Please ensure they send the text to all numbers to opt back in for emergency and non-emergency messages.

Cafeteria Information

Every SPPS family should complete an application for Education Benefits/Free or Reduced Price Meals. Not only does this help us identify families in need of assistance, it also allows the District to receive federal dollars for classroom programming. A new form must be completed each school year. Additionally, families who have completed an application and have experienced a change in household income or size are encouraged to complete a new application.

How to apply for free and reduced-price lunch?
- Applications can be completed online at https://www.schoolcafe.com/spps.
- Call the school at 651-293-8815, to request a paper application.
- Paper applications can be mailed to your home by request by calling Nutrition Services at 651-603-4950

The Fresh Fruit and Veggie Program runs October through April/May. Students at The Heights will receive a fruit or veggie snack on Tuesdays, Wednesdays and Thursdays.

Menus are available online only. Go to https://www.spps.org/ns, click on “view school lunch menus” and check out School Cafe, the online interactive menu! Families can view the menu for The Heights. It has a feature for parents of students with allergies to filter out the menu items containing each allergen. It also gives nutritional information and can help with counting carbs for diabetics. It’s a great tool for parents to help educate their kids about their allergies!
School Counselor
Amy Robinson

ATTENDANCE MATTERS!
9 days or less = School Success

Missing just 2 days or more days a month puts students at risk for not reading well by the end of 3rd grade, struggling in middle school and unable to graduate from high school. Being in school helps students get to know their teachers and their classmates so they can build trusting relationships which help motivate them to learn and keep trying even when schoolwork becomes hard.

Please contact your child's teacher, or Amy Robinson at (651) 744-2910, or Rachel Fulin at (651) 744-6884 if you need help brainstorming how to get your child to school every day on time unless they are very sick.

Classroom Counseling Lessons
For the next few months our counseling classroom lessons will focus on Bully Prevention. Students in Kindergarten -5th grade will be taught how to recognize the difference between bullying and a conflict and what to do if they experience or see bullying.

Scholastic Book Fair Coming Soon!

The Scholastic Book Fair will be held during Conference Week:

Wednesday, Nov 8 & Thursday, Nov 9
Students can purchase books during the school day and
Families can purchase books during conferences after school from 2:30-6:00.

Friday, Nov 10
Families can purchase books during conferences from 8:00am-3:00pm.

Families can set up an online wallet account for students to use at school. Families will also be able to buy books online.
P. E.: Mr. Beason
HAPPY NOVEMBER ALREADY HEIGHTS FAMILIES. WOW, THE FALL HAS FLOWN BY. WE COMPLETED FALL FITNESS ASSESSMENTS AND MANY OTHER BASIC SKILLS AND GAMES.
GRADES K-2 WILL BE WORKING ON MORE TUMBLING SKILLS, THROWING AND CATCHING SKILLS ALONG WITH NATIVE AMERICAN GAMES.
GRADES 3-5 WILL BE WORKING ON INVASION GAMES, THROWING AND CATCHING SKILLS AND GAMES, COOPERATIVE GAMES, AND NATIVE AMERICAN GAMES.

BE THANKFUL FOR TIME WITH YOUR KIDS AND GET OUTSIDE FOR SOME FUN AND EXERCISE! PLEASE REMIND YOUR STUDENTS TO BE; SAFE, RESPONSIBLE AND RESPECTFUL TO ALL OTHERS.

Science: Mr. Welke
5th Grade is working on an Engineering unit playing the part of Engineers working on getting astronauts to Mars.
4th Grade is working on a unit understanding energy.
3rd Grade is working in groups studying different materials to make pet umbrellas.
2nd Grade is working on learning about different landscapes across the United States by following a family as the travel from Oklahoma to California during the days of Dust Bowl.
1st Grade is working on understanding the difference between living and nonliving things.
Kindergarten is working on understanding how we use our 5 senses in Science.

Music: Mr. Anderson
Hello Heights Community!

It has been great to work with these students again. Things are picking up speed as we head into Fall and Winter. We are beginning to use some of our classroom instruments. This year we will be focusing on our vocal material to share what we've learned in music. If you have any songs you really want the class to learn let me know. Dress warm and stay cool.

Have a great Fall!
Mr. Anderson

Art: Mx Rosno
Happy Fall Heights Community!
The 2nd and Kindergarten Acting classes tried out games that require performing like charades and keeping in character with the game laughing statues. Student Visual Artists began exploring line and shape through observing and drawing a variety of animals, both real and mythical, and their anatomy. Some of the favorites were dragons, mermaids, and giraffes. Students were taught to use value to make a range of darks to lights and had the option to use black paper. Fashion, Human Figure Drawing, Portraits, and Painting are up next!

- Mx. Rosno
The Family-School Compact will be discussed with families during November conferences.

For easier viewing here is a link to the English version:


Here is a link to the Spanish version:
