



# Highland Happenings

Week 12: Nov. 27th– Dec. 1st, 2023



## Message from the Principal

Hello everyone!

When I changed the date on the header to December, it was quite the surprise! It is getting colder and darker at night! This is another reminder to send in extra mittens and socks for your child's bag. We are outside for 40 minutes each day. The little stretchy mittens and gloves from the dollar store are great for fall, but do not keep hands warm in the colder weather.

Have a wonderful weekend!

Kerry

## Spirit Wear

With Christmas coming, we are offering Highland Heights spirit wear for sale. Orders are due Sunday 26th using School Cash Online. Please check School Cash Online for details. These will be in before Christmas. We will call home and let you know it is in so that we don't ruin the surprise.

## Are you without a family doctor?

This week I received an email from the operators of the *PFHT Health Clinic*. It is an in-person medical clinic exclusively for those who do not have a primary healthcare provider (family doctor or nurse practitioner). This clinic now has dedicated appointments for youth ages 0-17. Please see the poster below for more information.



## PFHT HEALTH CLINIC

Providing in-person, problem-specific care to Peterborough City and County residents who do not have a primary healthcare provider (doctor or nurse practitioner)

**Dedicated appointments for youth ages 0-17!**

**PROBLEM SPECIFIC CARE**

- Sore throat
- Sore ears
- Growth & development concerns
- New sprains/strains
- And more...

**CONTACT US**

705-651-4866  
www.peterboroughfht.com  
@PtboFHT



SCAN ME

## Vocabulary Word of the Week

Our Mystery word hints this week were:

- The **Mystery Word** is an eight letter noun that begins with an 'e'. This word describes names an exciting or reckless adventure
- It is similar to *incident, experience and shenanigans*
- It is not similar to *boring and everyday experience*
- It makes sense in this sentence "The parents were upset to learn that their children had been involved in a dangerous \_\_\_\_ off school grounds."

Do you have any guesses as to what the word might be? Ask your child if you are right!

## Meningococcal, Hepatitis B and Human Papillomavirus 9

In previous years Peterborough Public Health nurses visited each school at least three times (three rounds) during the school year to offer free Meningococcal, Hepatitis B, and Human Papillomavirus 9 (HPV) vaccine to all grade 7 students, and some grade 8 students who need to complete their vaccine series.

This year we will be adjusting our schedule to two rounds. The school vaccine team is currently completing round one, and will visit schools again between March and May. The dates for these clinics have already been confirmed with your individual schools and remain unchanged. **All previously scheduled second round clinic dates between November 20th and January 30th are cancelled.** Students will still be offered the same vaccines based on parent consent, but may receive more doses (up to three) at a single visit.

We have updated our website to reflect this change: [Peterborough Public Health](#)

Any questions regarding this change can be directed to Peterborough Public Health at 705-743-1000 ext. 242.

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## Week-At-A-Glance



<b>Monday</b> Nov. 27th Day 2	<b>Tuesday</b> Nov. 28th Day 3	<b>Wednesday</b> Nov. 29th Day 4	<b>Thursday</b> Nov. 30th Day 5	<b>Friday</b> Dec. 1st Day 1
				<b>Intermediate Girls Volleyball</b>

**Upcoming Dates:**

Nov. 29th- Meningitis Vaccine - this has been cancelled  
 Dec. 1st- Intermediate Girls Volleyball  
 Dec. 4th- Virtual School Council meeting  
 Dec. 11th - Rocks and Rings (grades 3/4 and up)

**Gratitude**

Thank you for those of you who have filled out the gratitude survey. I've been copying them and sharing them with the staff on a bulletin board. Please continue to share those with me so that I can help the staff understand just how much they are appreciated! You can use this [google form](#) to share it with me.



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**Kerry Zinkiewich**

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