

Highland Happenings

Week 13: Dec. 4th- Dec.8th, 2023



Message from the Principal

Hello everyone!

Over the last few weeks, our Volleyball teams have been competing against other schools in Peterborough. Our teams really show true Highland Heights spirit and are wonderful representatives of our school. A huge thank you goes out to our coaches who give up their lunches to help provide these opportunities for our students.

Have a wonderful weekend!
Kerry

School Council Meeting

Monday, December 4th is our next School Council Meeting. Please join us for this virtual meeting at 6:30, most meetings are around an hour long. You can join here:

https://kprdsb.webex.com/meet/kerry_zinkiewich

Food Drive - A Message from Grade 5/6 Students:

Students in Mrs. Hipgrave's grade 5/6 class are collecting food drive donations in support of Kawartha Food Share. The food drive will run from **Monday, December 4th to Wednesday, December 20th, 2023**. If you would like to help, you can bring non-perishable food items such as cans, boxes, packages, jars, or toiletries to our school. Thank you for helping our community!

New Instagram Account

Mr. Brown and Mrs. Hipgrave taken over the Highland Heights Instagram Account. We had to create a new one since the old password went missing. You can [follow the account here](#).



highlandheightspublicschool
2 posts · 15 followers · 1 following
Highland Heights Public School
The Year We Ate in Highland Heights
© 2023 Instagram. All rights reserved.

Kinark Autism Services March Break Camp Registration

Kinark Child and Family Services March Break and Spring Groups are Open for Registration! Kinark Autism Services offers a variety of group programs for children and teens with Autism Spectrum Disorder (ASD) and their families. Please see photo below for upcoming March Break and Spring Group-Based ABA (Autism Spectrum Disorder) services.

ABA Services

Are you looking to support your child/teen's learning and skill development?

Enroll in a group at Kinark Autism Services!

Kinark Autism Services offers a variety of group programs for children and teens with Autism Spectrum Disorder (ASD) and their families. These groups are developed and delivered by our experienced clinicians to help support skill development in different areas, such as social and play skills, emotional regulation, career skills, and more!

Here are just some of the groups we offer:

Ready, Set, Play!

Recommended for ages 2 to 4
Learn how to help your child enhance their social and play skills through fun activities with Ready, Set, Play!

Explorer Club and Kids Klub

Recommended for ages 4 to 12
In these groups, children interact with others to develop their play and conversation skills.

Emotions & Me (1, 2)

Recommended for ages 6 to 12
This group program helps children learn to recognize their emotions and identify strategies to support emotional regulation.

Children's Friendship Training and Friendship Crew

Recommended for ages 7 to 12
In this group, children are taught social skills that support friendship building and are given the opportunity to practice these skills.

AIM (Accept - Identify - Move) 1, 2, 3)

Recommended for ages 7 to 18
Kinark's AIM program is based on curriculum developed by Dr. Mark Dixon and Dr. Dana Paliianias. AIM helps participants develop social-emotional skills by combining three evidence-based practices: Mindfulness Training, Acceptance and Commitment Therapy (ACT), and Applied Behaviour Analysis (ABA).

PEERS® for Adolescents

Recommended for ages 12 to 18
The Program for the Education and Enrichment of Relational Skills (PEERS®) is an evidence-based social skills group for motivated teens who are interested in learning new ways of making and keeping friends.

Dungeons & Dragons

Recommended for ages 12 to 18
Dungeons & Dragons is a role-playing game that uses storytelling to create an interactive environment where participants can practice problem solving and social skills.

Career Connections

Recommended for ages 12 to 18
This group teaches participants the skills to find and be successful at work, including how to write a resumé, interview for a job, and social skills at work.

Game of Life - Life Skills

Recommended for ages 14 to 18
During the group, participants will work together with others to prepare, share a snack, and clean up, as well as learn other important life skills.

Groups are offered virtually and in person!

Scan to learn more!



March Break Groups are also available!

Visit our website for more information today! <https://bit.ly/kinarkabagroups>

To contact us about Groups or other services available at Kinark, please call 1-800-283-3377 or email autisminfo@kinark.on.ca.

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.

Vocabulary Word of the Week

Our Mystery word hints this week were:

- The I smore one
- It is similar to *opponent, contestant and challenger*.
- It is not similar to *teammate or friend*
- It makes sense in this sentence "Some songbirds sing to warn _____ birds to stay away from their territories"

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

Countdown to the Holiday Break (Starting December 11th)

For the two weeks before our holiday break, we are encouraging everyone to dress up each day with a different theme. You can see the calendar below - this will start Dec. 11th.



Week-At-A-Glance

Week 13 : Dec. 4th-8th, 2023				
Monday Dec. 4th Day 2	Tuesday Dec. 5th Day 3	Wednesday Dec. 6th Day 4	Thursday Dec. 7th Day 5	Friday Dec. 8th Day 1
6:30 School Council Meeting				School Wide Lunch "Sloppy joes" (both meat and vegan)
Upcoming Dates:				
Dec. 4th- Virtual School Council meeting				
Dec. 11th - Rocks and Rings (grades 3/4 and up)				
Dec. 12th- Intermediate Boys Volleyball				

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
share it w



123

form to



Principal
Ms. Kerry Zinkewich
kerry_zinkewich@kprdsb.ca

Superintendent of Student Achievement
Mr. John Ford
john_ford@kprdsb.ca

Trustees
Ms. Rose Kitney
rose_kitney@kprdsb.ca

Mr. Steve Russell
steve_russell@kprdsb.ca

Administrative Assistant
Ms. Dawna Peltenburg
dawna_peltenburg@kprdsb.ca

Head Custodian
Mr. Rob Killen
robert_killen@kprdsb.ca

430 Highland Road
Peterborough, ON
K9H 5J7
Tel: (705) 742-8321
Safe Arrival: 1-866-740-2902
www.highlandheights.kprdsb.ca



Transportation Information:
www.stsco.ca

Twitter: @HighlandHtsPS



Kerry Zinkewich

Kerry is using Smore to create beautiful newsletters

Created with smore

Communicate quickly and effectively with interactive newsletters.

Smore empowers educators to connect with their community, streamline school communications, and increase engagement.

Create a newsletter

