



Highland Heights Public School

January 2019



Principal

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Superintendent of Student Achievement

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Principal's Message

Dear Parents and Guardians,

On behalf of the Highland Heights Staff, we would like to extend a warm welcome back and best wishes for a healthy and happy New Year to all of you! We sincerely hope that you enjoyed your holiday season and that you are refreshed and ready for the challenges and opportunities of 2019!

For many of us, the idea of a new year conjures up a vision of a clean slate, a fresh start, another chance to do something we've always wanted to do. Even though we may break some of our New Year's Resolutions, we know that the act of setting new goals for ourselves remains a very healthy process. It can be a good motivator and when we set our minds to it, it truly is amazing what we can accomplish!

As with all goals we set, it's important to set specific, achievable and realistic goals for ourselves and our families. We provide a positive role model for our children when we determine to do something and then go out and work hard to accomplish it. It's certainly a great feeling and one the entire family can share.

This year, in addition to your other resolutions, we ask you to consider renewing your commitment to being as involved in your child's education as you can. By involvement, we mean more than just coming to school for interviews and special events. We mean becoming more active in facilitating your child's academic growth. Find out what they are doing in class and familiarize yourself with the curriculum expectations for their grade level. Have your child read a book to you each night. Ask them what they're doing in class and have them teach you what they are learning. Ask your child's teacher about the learning goals they are

working on and how your child can know that they are achieving success. The research is clear. There is an overwhelmingly positive relationship between meaningful parental involvement and children's success in school. Benefits include better long-term academic achievement; higher motivation and more positive attitudes; increased commitment to learning; fewer behavioural problems; more successful programs and ultimately more effective schools. Together, we can make it happen.

Wishing you all the best in 2019!

Sincerely,

Drew Beaton

Upcoming Events

Jan. 7th – First day back to school

Jan. 15th – Free Cycle Cafe

Jan. 21st – Parent Council Meeting @ 6:30 p.m. in the Library

Looking Ahead:

Feb. 1st – PA Day (no school)

Feb. 18th – Family Day (No School)

January is “Spirit Moon” - Mnidoo-Giizis (Anishinaabe First Nation)



Spirit Moon is the first moon of Creation. A time when the teachings of life is being honoured in silence. In this great moment of the full moon, we understand this time as a time of Nookomis or the spirit that teaches the meanings of the continuum of life from this world to the next.

At this time our spirits are called to sit at the sacred fire with our tobacco and listen to these teachings from Nookomis. When the sacred fire begins, the path of the spirits can be seen clearer than any other time. Following the teachings the spirits return to earth

and can be seen travelling across the night sky. They are the healers of the universe or the Northern Lights.

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Character Trait for January: Initiative

To demonstrate initiative, we need to be eager to do what needs to be done without being prompted by others. We need to seize opportunities and willingly take the steps necessary towards achieving our goals.

“People are always blaming their circumstances for what they are. I do not believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they cannot find them, make them.” - George Bernard Shaw

Top 10 New Year’s Resolutions for Students!

Here are our top 10 to help students start the New Year off on a positive note.

- 10. Get plenty of sleep.** Scientists have found that students who do not get enough sleep have difficulty paying attention in class and do not do as well in school. Recommended amounts of sleep range from about 8½ to 11 hours a night for elementary students.
- 9. Eat healthy.** Eat more fruits, nuts, and vegetables. Drink at least eight (8 oz) glasses of water every day. Limit the amount of sodas and snack foods you eat.
- 8. Exercise your body and your mind daily.**
- 7. Follow the Golden Rule –** Treat others the way you would like to be treated.
- 6. Time + Effort = Achievement.** Take the time to carefully complete all assignments at school and home; ask questions when you do not understand a task; demonstrate perseverance (that means keep trying – even when the work is difficult), and eliminate the word “can’t” from your vocabulary. Make it a goal to do your personal best at school every day.
- 5. Read, read, read.** Success in school depends, in large part, on a student’s ability to read and understand what they have read. Read to get information, read for fun, read to someone in your family...just read!
- 4. Attend school regularly and on time.** First bell goes at 9:00 a.m. We miss you when you are not here!
- 3. Write out your Plan for Success.** The plan may include getting better grades, making new friends, studying harder, being positive, etc.
- 2. Share your Plan.** Talk with someone who can help you to reach your goal.
- 1. Have a fantastic year!**

Preparing for Cold Weather!

As we all know, the cold weather has arrived! As such, it is very important that students come to school wearing warm clothing. Sending an extra pair of socks, mitts and pants is also a good idea. Extra mitts and hats are available at the school, if needed. This is a reminder that students do go outside, even when it is very cold, so students need to be dressed appropriately.

Registration for the 2019/2020 School Year has begun!

You may register your child to start school in September 2019 if:

Junior Kindergarten – your child is four years of age by December 31, 2019

Senior Kindergarten – your child is five years of age by December 31, 2019

Online registration - Click here [Registration Form](#) and register TODAY!

Online registration allows parents to sign up for Kindergarten using any device connected to the Internet, any day of the week, and any time of day. It's easy, fast and convenient.

First, create an account using your email address. Then, complete the fillable fields, providing all of the information requested. Once complete, the form is sent to the school for review. The school secretary receives the registration form and checks for completeness and accuracy. The form may be sent back and forth between the parent/guardian and school until the form is complete.

As a final step, once the form is complete, parents/guardians will need to visit the school to provide the following information:

- Birth certificate
- Proof of address
- Citizen verification
- Custody documents (if applicable).

Parents will receive a Kindergarten Registration Package when they visit the school, containing a welcome letter, a book, information about busing, and strategies to support a successful start to school.

If you do not wish to register online, please print and complete the following form.

[PDF Version of our Registration Form](#) - Please print, then bring the completed form to your school.

It is time to register your child for full-day, every-day Junior or Senior Kindergarten starting in September 2019.

Anaphylactic Allergies

Again this year, we have several students who have severe anaphylactic reactions to peanuts or nut products. Currently, we ask everyone not to send peanut products in their children's lunches. However, we believe we can continue to do more. In school, these students are not only exposed to their classmates, but to others on the yard. Taking this into consideration, we ask that all parents continue to avoid sending peanut butter and other nut products to school. Although this request will cause some inconvenience, if you reflect upon the potential tragedy that could occur, we believe you will agree that this is a reasonable request. Although we cannot guarantee a Nut Free school, we can certainly aim toward this goal. Thank you in advance for your cooperation in helping to keep a safe environment for all our students.

Bullying Prevention Measures



At Highland Heights, we take the issue of bullying extremely seriously. We believe that everyone has the absolute right to be safe and feel safe at our school, and we consistently strive to make our school environment a secure place for everyone. Students are given consequences such as restricted recess times or community service for smaller issues, and they are suspended for more serious infractions. Research indicates, however, that sometimes children don't report when they are being bullied, so we rely on you for information. Please call Mr. Beaton at the school if you ever think your child is either being bullied or is bullying others.

School Council



Our School Council would like to invite you out to our January 21st meeting at 6:30 pm in the school library. There will be child care available. If you have any questions, please email Lorraine Brown @ lorrob@gmail.com.

The Lunch Box Orders have been fairly successful. A small portion of the cost of the food is returned to the school as a fundraiser. As of the end of November, there has been a total of \$223.30 raised. The more food ordered, the greater the fundraising return and students are really enjoying the lunches from Subway, Yo Yo's Yogurt, Pita Pit and Boston Pizza.

Merry Christmas and we wish all families to have a happy and healthy holiday.

Blizzards & Buses

It is that time of year again where the bus companies monitor the roads on a daily basis and determine whether there will be bus cancellations. If your child/children take the bus to school, please visit the STSCO Website to review which bus routes are cancelled or delayed at www.stsco.ca. Cancellations will also be announced on local radio stations. If busses are cancelled, we ask that parents of children who WALK to school, please call the SAFE ARRIVAL LINE 1-844-434-8119 if your child(ren) will not be attending school that day.

Literacy Lens

As your child continues to grow as a reader and writer

Critical literacy is the practice of examining and discussing the underlying messages in print or in other media in order to understand the world in which we live. Children are practising critical literacy skills when they think about the purposes for writing and talk about how texts (that includes books, websites, magazines, posters and so on) represent different points of view, beliefs and perspectives. In this stage, your child:

- Is able to read and understand different types of texts more precisely and quickly and with expression
- Is able to read, write and create a variety of media to express opinions and points of view (such as creating and watching videos, blogging, and reading graphic novels) <https://www.edu.gov.on.ca/eng/>

Math Fun at Home



TAKE IT AWAY

LEVEL: Grade 4 and up

SKILLS: Subtraction of three-digit numbers from four-digit numbers.

PLAYERS: 2

EQUIPMENT: 1 deck of cards: Ace - 9 (Ace = 1)

GETTING STARTED: Player One turns over four cards and makes the smallest four-digit number they can. Then Player Two turns over three cards and makes the largest number they can. Player One subtracts Player Two's number from theirs and writes down the difference. Then Player Two turns over four cards and makes the smallest four digit number they can. Player One turns over three cards and makes the largest three-digit number they can for Player Two to subtract. The player with the smallest difference scores a point. In the event of a tie, both players score a point. The first player to 10 points wins.

EXAMPLE:

- Player One draws 4, 6, 5 and 2, making 2,456.
- Player Two draws 1, 7 and 6, making 761.
- $2,456 - 761 = 1,695$

- Player Two draws 7, 4, 5 and 3, making 3,457.
- Player One draw 3, 9 and 4, making 943.
- $3,457 - 943 = 2,514$

Player One scores a point.

Have fun!!!