



Highland Heights Public School

May 2019



Principal

Mr. Drew Beaton

Drew_beaton@kprdsb.ca

Superintendent of Student Achievement

Mr. Steve Girardi

Steve_girardi@kprdsb.ca

Trustees

Ms. Rose Kitney

Rose_kitney@kprdsb.ca

Mr. Steve Russell

Steve_russell@kprdsb.ca

Administrative Assistant

Ms. Dawna Peltenburg

Head Custodian

Mr. R. Killen

430 Highland Road,
Peterborough, Ontario.

Tel: (705) 742-8321

Fax: (705) 742-7340

Safe Arrival: 1-866-740-2902

www.highlandheights.kprdsb.ca

[.ca](http://www.stsco.ca)

Transportation Information:

www.stsco.ca

Twitter: @HighlandHtsPS

Principal's Message

Hello Highland Heights families,

Highland Heights is once again going to be participating in the EQAO provincial assessment in both Grade 3 and Grade 6 during the month of May. This assessment gives the school a very valuable "snapshot" of how our students are progressing in their achievement of the overall expectations of the Ontario Curriculum. As such, it is important that all of our Grade 3 and Grade 6 students are at school to participate during this time, so we greatly appreciate your support in helping us to collect this very important assessment data. If you have any questions or concerns about the EQAO assessment, please contact us at the school so we can discuss any issues you may have.

Finally, we continue to watch our Kindergarten registrations very closely, so if you know anyone who is waiting to register their young children, please encourage them to do so as soon as possible.

Thanks for all of your ongoing support – and have a great month!

Sincerely,
Drew Beaton
Principal

Upcoming Events

May 1st & June 5th -
Swimming at YMCA

May 1st - Cops for Cancer
assembly 2 pm

May 6th – 12th Education
& Mental Health Week

May 6th – Ramadan
Begins

May 12th – Mother's Day

May 14th – Free Cycle
Café

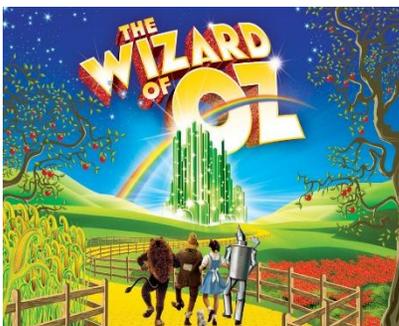
May 16th – School Play:
The Wizard of Oz

May 20th – Victoria Day
(no school)

May 27th – School
Council Meeting @ 6:30
p.m.

Lunchbox Days

May 1 st	Pita Pit
May 3 rd	Boston Pizza
May 8 th	Subway
May 10 th	Boston Pizza
May 13 th	Yo Yo's
May 15 th	Pita Pit
May 17 th	Boston Pizza
May 22 nd	Subway
May 24 th	Boston Pizza
May 27 th	Yo Yo's
May 29 th	Pita Pit
May 31 st	Boston Pizza



Mark this on your Calendar!

The Highland Heights Drama Club has been hard at work, rehearsing for our school play, **The Wizard of Oz!**

On Thursday, May 16th we will be having two performances, one in the afternoon at 2:00, and an evening performance at 5:30. Hope to see you there!

May is “Flower Moon” - Waawaaskone-Giizis (Anishinaabe First Nation)



Flower Moon is the fifth moon of Creation. Life-giving energies focus on the continuum of Creation, as the Creator had planned it to be. At this time, all plants present their spiritual identities and diversities in the form of multiple colours, shapes, textures and aromas that radiate a positive energy throughout Turtle Island.

Character Trait for May: Integrity

"Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not."

- Oprah Winfrey

Mental Health Week May 6th – May 12th

Students and staff at Highland Heights Public School are preparing to celebrate the Canadian Mental Health Association's Mental Health Week, which takes place from May 6th - 12th. Through an inquiry into mental health and wellbeing, along with their own experiences in Social Emotional Learning through the Mind Up Curriculum, students in Mrs. Hipgrave's ELD classes have prepared a week's worth of events to celebrate and bring awareness to the importance of mental health in student life. Each day, students will read an announcement about one aspect of mental health, followed by an activity for the day. Events for the week include:

Monday - Practice Self Care: Students are invited to write positive messages to themselves (and others) with sidewalk chalk outside at recess.

Tuesday - Try Something New: Students are invited to play board games from different cultures in the library at recess.

Wednesday - Practice Mindfulness: Students will participate in 2 minutes of mindfulness played over the announcements and will receive mandalas to colour. Yoga sessions will be led for students in K-3.

Thursday - Be Active: Students in Grades 4-6 will participate in Drum It Up activities. Students in K-3 will participate in activities outside at recess.

Friday - Connect: Students will come together in the Gym for a schoolwide “Lip Sync” Contest.

Classes are also challenged to prepare a healthy, inexpensive snack or meal using fresh fruit and vegetables prior to the start of Mental Health Week and Ramadan. Recipes will be collected and published in a school cookbook which will be shared with families to explore the connection between healthy eating and mental health.

Mrs. Hipgrave's students hope that these activities will give other students simple tools to use in their own lives to help foster positive mental health and wellbeing.

Here are some tips on improving mental health:

- One way to stay mentally healthy is to look on the bright side of things.
- Instead of saying “I can't do it” say “I can't do it yet.”
- Eat healthy snacks like fruits and vegetables.

- Be active for 60 minutes every day.
- Get enough sleep. Kids need about 9-10 hours of sleep per night.
- Be kind and fair to others.
- A way to keep you friends and family mentally healthy is to make them feel good about themselves. You can do this by telling them things that you like about them, and by thanking them for all the nice things they do for you.
- Solving a tough problem can make you feel good about yourself and boost your mental health. The steps to solve the problem are just as important as the solution. So, don't give up on working through a problem is good for you.
- Be aware of your emotions and how you deal with them.
- Spend time with people you love.

(Taken from the Durham Region Health Dept.)

Butterfly Garden



If you have been out in our school yard recently you may have noticed that our butterfly garden is in need of a lot of love. What was once a beautiful, thriving garden has now fallen into an area of broken fencing and the takeover of invasive species. In May and June Mrs. Snowball and Mr. Perrin's grade 3/4 class will be working in partnership with the Otonabee Region Conservation Authority (ORCA) to weed and replant the garden. With limited funding, we are looking to the school

community for plant donations that we can incorporate into our garden space in early June. Any gardeners splitting plants from their own garden this spring are welcome to donate their extra plants to our school. Examples include (but are not limited to) hostas, Black-Eyed Susans, Echinacea "Coneflower", yarrow and lavender.

By embracing the shade of mature trees we also have the opportunity to redesign some of the garden into an outdoor classroom space with log seating and a small stage area. We are looking for the donation of 5-6 large logs (approx. 5-6 feet in length, 12 or more inches in width) which can be used as seating. Thank you for supporting this exciting project for our school!

Grade 8 Clap Out & Graduation

The Grade 8 Graduation Ceremony will be taking place on Tuesday, June 25th at 6:00 p.m.

Also on Tuesday, June 25th, the Grade 8's will participate in a ceremony in which they will be "clapped out" of the school @ 10:30 a.m. In a nutshell, students, staff and parents will line the hallways and the graduating classes will walk through the school receiving applause. Looking forward to seeing you there!

Safe Arrival & Student Absences



If your child is going to be **absent** or **late**, please call our **Safe Arrival Line at 1-844-434-8119**. It is very important that we know when your child is going to be absent or late. If you have not called the Safe Arrival Line, the program will continue attempting to reach families. Thank you to those families that continue to call the Safe Arrival Line.

Safe Welcome Reminder

Please begin your visit into our building at the main office. It is important that we preserve our instructional time for our students - we remind you to please check in at the office if you have a message or something to drop off for your child or his/her teacher. In our continued effort to maintain safety for all our students at Highland Heights, we require all visitors in our building, at any time of day, to be wearing a visitor pass or some other type of authorized identification. Thank you for your support with this.

The Importance of Punctuality and School Attendance



Arriving at school on time helps your child to start the day positively. When your child arrives at school on time, they have the time to be warmly greeted by their teacher, review the plans for the day and have an opportunity to socialize with peers before lessons begin. Working together to arrive on time for class sends the message that school is important, and helps your child develop strategies that will help them have lifelong patterns for success.

Recurring late arrival is a serious issue that affects academic achievement and the harmony of the classroom environment. Every day your child is absent or late they miss learning opportunities and developing new skills, both academic and social.

When your child starts school late they may be confused about the learning that has started in the class. Arriving late to class also disrupts the important rhythm and flow of the day and disrupts the learning of others. Educators work hard every day to plan for fun and engaging learning opportunities for students each and every day. Thanks for helping us maintain a warm, welcoming and positive learning environment for all.

Kindergarten Registration for the 2019/2020 School Year



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

To register your child, the school will need proof of address and your child's birth certificate. If you have any questions, please contact the school office at 705-742-8321. We also ask that you share this information with friends, relatives or neighbours.

Spring Water Awareness

Another reminder that with the warmer conditions of spring, we have fast flowing creeks and rivers with very cold water in them. Please remind your children to stay away from areas where spring water conditions exist.

Wet Weather Days



Even though we make all kinds of efforts to keep our students dry, some inevitably still manage to get wet. Please remind your children to stay dry, but send extra socks and pants if your child is especially attracted to water. We will be discouraging children from calling home for dry clothes as this does not encourage responsibility for staying dry and they often waste valuable classroom time while waiting for dry clothes. Thank you for reminding them of this on wet days.

Summer's Coming!

As summer approaches, we receive numerous brochures and flyers regarding various summer programs and camps for children. The programs vary in costs, length of time they run and age suitability. As a service to parents, these program flyers are posted on our community information board in the front foyer. With warmer weather and sunshine coming, we remind parents to apply sunscreen to their children and to have them wear hats, especially when outdoor activities are planned. Finally, if you are moving over the summer, please contact the school to let us know. Also, if you have new neighbours with school age children, please remind them to register their students as soon as possible. This information helps keep our class organization for next year more accurate, and means less turbulence and classroom changes in the Fall.

Anaphylactic Allergies

Another reminder to parents that we do have students with life-threatening nut allergies. For students with food allergies, it is crucial that a safe environment be created for them at school. This requires cooperation from students, parents and staff. Together, a nut-free environment is possible. Remember that the best way to avoid bringing unsafe products into school is to read labels carefully.

Bullying Prevention @ Highland Heights



As you know, 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 Corner



Hello Parents and Caregivers!

The final meeting for the year will be Monday, May 27th at 6:30 p.m. We would love to have you join us.

Our Breakfast Club is running smoothly. Many thanks to our Breakfast Club Co-ordinator Tracey Davidson and her team of volunteers for filling the bellies of our children and starting their days with a smile.

If you cannot make the meeting, I will gladly hear your questions or ideas and present them on your behalf at the meeting. Please feel free to contact me through email at lorrob@cogeco.ca or speak with me in person.

Literacy Lens

Read Everyday!

Children respond well to routine, so if possible, make reading together something that you and your child look forward to every day. Here are some ideas about how to make the most of this time together:

Create a daily reading time:

- Set aside a special time each day when you can give your full attention to reading with your child.
- Find out what your child is passionate about and learn as much as you can about this topic.
- Go to the library together or browse online for material.
- Use books featuring your child's favourite character from a specific TV show.
- Use great websites from home or your local library to read online.
- Include a spot for games, puzzles, comics or software.
- Read books and other materials in your child's first language. This will help your child with reading in English and French and other languages as well.

(Reading and Writing with your Child, Kindergarten to Grade 6: A Parent Guide)

School Activities



Mental Health Awareness Week is May 6th to 12th.



Free Cycle Cafés – May 14th and June 18th – 2:30-4:00 – In our Breakfast Club Room



Healthy Living Activity Day at the Peterborough YMCA

On Friday, May 1st and June 5th, staff and students will be taking part in our final swimming day at the YMCA. The students and staff have had a blast! Students that were a little unsure of swimming have gained great confidence. Thank you to Ms. Calderwood for organizing this for us!



Lip Sync Battle – Friday May 10th



Amigos Club - The Amigos Club continues to run every Wednesday during first nutrition break. We are inviting any grade 4-8 students to join. The amigos program brings students with and without disabilities together for the purpose of building relationships, enhancing communication and social skills, and having fun. Teachers and support staff will run activities for LLS classes and other grade 4-8 students who want to join. For further information feel free to contact Deb Chapman at the school or the Amigos Program Co-ordinator Tiffany Christie at 705-876-0383. Watch for upcoming event for the Amigos club.

United Way's Backpacks for Kids: Helping to Support Student Success

Although it may seem too early to start thinking about Back to School – Backpacks for Kids is already hard at work preparing for the 2019-2020 school year. The Backpacks for Kids program ensures that all students in Grades K-12 can start the school year off with the right tools for success.

Back to school in September can be both an expensive and stressful time of year. If your family could benefit from assistance through Backpacks for Kids, please contact the school to sign up for this program. Your information will be kept private and confidential and you will not be asked to prove your income. Please be advised that we may not be able to provide backpacks for all children.

Backpacks for Kids, is a special project of The United Way Peterborough & District and relies on community support and donations and 100% of donated funds are spent on backpacks. Donations are accepted at United Way Peterborough & District on behalf of Backpacks for Kids. Tax receipts are available for donations of \$20 or more. Call Stephanie Levesque, Labour Programs & Services Development Officer, at United Way for more information 705-742-8839 ext. 32.