



Highland Heights Public School

October 2019



Principal's Message

Principal

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Dear Parents and Guardians,

Every year, it is really hard to believe how quickly time flies during the busy month of September! This year has certainly been no exception, and I am pleased to report that despite some of the challenges we have faced recently, our teaching and learning is off to an excellent start. It was great to see so many families out to our Open House. It is always wonderful to see students so excited to show their families around their classrooms and school. As we head into the month of October with its fall fairs, colours and harvest traditions, we wish you all a fantastic Autumn!

The tradition of excellence continues at Highland Heights because of a complex web of dedicated and caring partnerships between families, staff and students in this community. Together we co-create a culture of high expectations, active involvement and positive well-being, and we thank you for your continued support in everything we do. Please remember that as always, we take the well-being and educational progress of your children very seriously, so if you should ever have any questions, comments or concerns, please do not hesitate to contact us here at the school. Our doors are always open.

Finally, we would like to thank all parents who attended our first School Council meeting. Our new School Council Executive members for the 2019-2020 school year are Angela Bolton (Chair), Jeanna Tindale (Vice-Chair), Laurie Marshall (Treasurer) and Angela Caban (Secretary). Once again, we look forward to a successful year working together! Although these formal positions have been filled for this year, we would still love to see new parents out to our School Council meetings! The next meeting is Monday, November 25th at 6:30pm in the school library, and new voices and perspectives are always welcome!

From Our Families to Yours,
Happy Autumn and Happy Thanksgiving!

Sincerely,

Drew Beaton

Upcoming Events

- October 14th:
Thanksgiving Monday
- October 18th: Bus Safety Presentation
- October 19th: KPR Parent Conference @ Port Hope High School
- October 23rd: Junior Flag Rugby Tournament
- October 24th: Intermediate Flag Rugby Tournament
- October 31st: Halloween
- November 5th: School Photos – Retakes Day

Character Trait for October: Fairness

To demonstrate fairness, we need to be sensitive to the needs of individuals. We need to include others, value their uniqueness, and celebrate our differences. We need to treat people with the consideration with which we would like to be treated.

"Live so that when your children think of fairness and integrity, they think of you."
- Jackson Brown Jr.

Safe Arrivals and Departures

Yard Supervision in the morning begins at 8:50 a.m. Please do not have your children arrive before this supervision begins as they will be left unattended, and we cannot ensure their safety.

To assure maximum teaching time and optimum learning, please remember that students need to be present and on time every day. If your child is going to be **absent** or **late**, please call the **Safe Arrival Number – 1-844-434-8119** and follow the automated prompts. If a child has been marked absent and there is no message from a parent/guardian, a phone call will be made from the Safe Arrival automated system.

Parents are asked to check in at the office when picking up your child/children early from school due to illness, appointments, etc. We ask that you sign out your child on the sign out sheet outside the secretary's office. We also ask that parents do not go to classrooms to collect your child. Mrs. Peltenburg will buzz the classroom and have your child meet you at the office.

We also ask parents or guardians to make arrangements to meet your child or children at a designated spot outside the school at the end of the day. We would appreciate it if you could wait outside for the school bell to ring. If you need to enter the school, please make your first stop at the office.

Please also note that our phone lines are extremely busy much of the time. Our secretary, Mrs. Peltenburg, is determined to respond to each call as quickly as she can, but your support is required to help things run smoothly. Please make sure that all plans are made with your children prior to the school day so that only urgent calls are made to the school. Please do not leave urgent messages at the end of the day as the phone lines are occupied and your message may get missed.

Thank you for your cooperation and understanding!

Safe Welcome Program

As we work to ensure the safety of all our students, we are continuing to lock all our doors just before school starts. If your child is late arriving in the morning after 9:05, please come to the front doors so that your child can sign in at the office and we can mark our attendance appropriately. Just a reminder that our school has a front door security system which includes a camera and intercom connected to the school office. Parents and visitors will be buzzed in by office staff who will release the door lock from the inside. We understand that this may cause some inconvenience, but, the safety of our students is our highest priority. Please be patient if you are not buzzed in immediately!

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.

Picking and Dropping Off Your Child



For the safety of all students, please notify the school if anyone other than a parent or guardian will be picking up your child or children. Without notification, students must follow the regular arrangements made for travelling home. Also for student safety, please use the back parking lot off of Highland Court, not the front area of the school.

No Dogs on School Property



We thank you for your support in helping to ensure the healthiest possible play-space for our students. Although we understand that our yard looks like an appealing place to bring a dog, we are asking all of our neighbours not to bring their dogs on school property at any time, and especially not during the school day. As you are aware, the presence of visiting dogs creates several potential problems which we are seeking to avoid. Even though responsible dog-owners "stoop and scoop" when walking their pets, we are still left with a problem with the stuff that ends up being lost, forgotten or left over. Please remember that we have a lot of little people that are crawling and playing on our yard, and even when a mess has been picked up, children still end up being negatively affected. On behalf of all of our students and staff, we sincerely appreciate your cooperation and understanding.

School Council



School Council is an advisory body that works together to provide ideas and opinions to help the principal make the school a better place for learning. Parents are encouraged to be involved in the school council. We all work together to improve student achievement and success. Our next meeting is November 25th @ 6:30 in the Library. All parents are welcome. Please come out and join us.

Volunteers

We are in need of volunteers again this year. Volunteers play a very important part in helping us to deliver a wide variety of effective school programs. If you are interested in volunteering for any aspect of school life, please contact the school to discuss the opportunities available to you. For the protection of our children, anyone who volunteers at school is required to have an annual Criminal Record Check. These checks include a vulnerable sector screening. Letters can be picked up in our main office to take to the police station.

KPR Personal Electronic Device Policy

Our school follows the Kawartha Pine Ridge District School Board's policy on use of personal electronic devices (PEDs) - such as cell phones and MP3 players - in schools. The policy states PEDs may be used only during designated non-instructional times, and in areas designated by principals. At Highland Heights, our designated time and place to access PED's is during the indoor portion of Nutrition Breaks only. More precisely, students will have access to their PED's between 11:05 and 11:25 in the morning, and between 1:25 and 1:45 in the afternoon. Cell phones and other PEDs must be turned off and stored out of sight at all other times. PEDs may never, under any circumstances, be used in washrooms. Please note that this policy was approved after extensive consultation with students, parents, school councils, teachers, principals, support staff and community members. Parents are also reminded that we strongly discourage the use of electronic games or other toys at school. These items can be a huge distraction to learning and the school cannot be responsible for these items when they are lost or stolen. Your assistance to ensure that students do not bring these items to school is greatly appreciated!

Hallowe'en

Hallowe'en is coming up soon and we know that a number of our students and families celebrate this day. Once again, we are allowing students to wear costumes to school on Thursday, October 31st. Students are not allowed to bring swords/clubs/sticks, etc. as part of their costumes and we will not allow students to wear masks as this is safety issue. The school is also not able to take responsibility for lost or damaged costumes. Please remember that the school is a nut/peanut safe school, so please continue to monitor what treats your child brings to school.



Safety Reminders

Please plan ahead with your children in order to be as safe as possible on Hallowe'en night.

Know where your children will be:

- The best time to trick-or-treat is still early evening and older children should plan to go with friends and be back at a reasonable, pre-arranged time. Parents can help plan a route map for trick-or-treating around the neighborhood. And remind them only to visit homes or apartments where the lights are on.

Review pedestrian rules:

- Please remind your children to cross streets at corners; watch for traffic in all directions; stick to sidewalks if possible; don't walk between cars or cut through vacant lots. It is also a good idea to give kids a flashlight with fresh batteries.

Continue to emphasize that all goodies need to be brought home before eating:

- Any doubt about something in the bag? Throw it out! As always, allow your child to eat only those treats that come in original, unopened wrappers. To avoid squabbles, combine all the food into one bag or bowl!

Costumes should be white or light-coloured:

- Decorate with reflective tape so motorists can easily see you crossing the street.

Thanks and have a very enjoyable Hallowe'en!

Mental Health Corner



Research in positive psychology tells us that those who practise gratitude have more positive emotions, a greater sense of belonging and a lower incidence of depression and stress. Positivity can also help enhance one's well-being and the effects can be long-lasting. Here is one idea you can practise as a family.

By expressing gratitude, we seek out and focus on the positives while encouraging others to do the same. A simple thank you is a way to promote positivity at home, school and in the community. Just by saying "thank you" to someone who is doing a good job, can make their day and may even open up a positive conversation.

(Taken from the Not Myself Today Toolkit Resource Guide)

School Activities

Cross Country

The Cross Country team represented our school well in the meet at Nicholls Oval on Wednesday, October 2nd. Thank you to Ms. Swales for coaching.

Soccer Tournaments

Congratulations to our Junior and Intermediate Soccer Teams. Both teams demonstrated great school spirit and perseverance at their tournaments. Thank you to Mr Edney and Mr Perrin for coaching.

Free Cycle Café

What do a cup of coffee, a pair of gently used jeans, and a bottle of shampoo have in common? They're all items that we are hoping will be available at the Highland Heights Free Cycle Café! Families at Highland Heights can drop in at the new monthly "Free Cycle Café" thanks to the school's strengthened partnerships with community services and organizations. The greatest influences on a person's health are the social determinants of health including - but not limited to - income, education, living environments, employment and social supports. Health and education are closely connected, and the impact of the relationship starts early. Early childhood is a crucial period for brain development and requires adequate nutrition, exercise, sleep and support to reach optimal outcomes. For the education sector, the well-being of students and teachers is key to success at school. Having enough nutritious food to eat, a safe place to play and be active, and feeling good about yourself are all important factors for children to be ready to learn. Unhealthy students are less able to concentrate and learn, have increased levels of absenteeism and may eventually drop out of school. The higher education a person

obtains the more resources they will likely have to support their health and well-being. By improving students' literacy and health literacy we hope to impact inter-generational patterns of disadvantage that are associated with health inequities. The Free Cycle Café is one strategy to provide the best possible foundation for learning to all students at Highland Heights.

The Free Cycle Café provides a one-stop shop on the third Tuesday of the month where parents and students can:

- access free cycle clothing; pick up personal care items;
- find out about community programs such as recreation and child/youth organizations;
- talk to public health and school staff about parenting, relationships and child development;
- taste-test healthy snack recipes ... and more!

Our next Free Cycle Café will be held on Tuesday, October 15th beginning at 2:30 pm in our Breakfast Room. Hope to see you there!

Register for KPR's Free Parent Conference October 19th

Register now for Free Parent Conference October 19

Now's your chance to register for KPR's free, annual Parent Conference, featuring internationally renowned resilience researcher Dr. Michael Ungar!

Registration continues until October 11 at www.kprschools.ca for:

2019 Parent Conference

The Risk-Taker's Advantage: How to Make Kids More Resilient by Not Bubblewrapping Them

Saturday, October 19

9 a.m.-11:30 a.m.

Port Hope High School, 130 Highland Dr., Port Hope

With Keynote Speaker: Dr. Michael Ungar

Plus light refreshments, child minding for ages 2 & older, & booths by agencies serving families

Don't miss this rare opportunity to hear Dr. Michael Ungar, a funny and engaging speaker who is considered one of the top experts on resilience in Canada and internationally.

It's all FREE. If you need assistance, have questions or if there are accommodations that would make the conference more accessible for you, please call 705-742-9773 or toll-free 1-877-741-4577, ext. 2001, or email judy_malfara@kprdsb.ca