



Highland Heights Public School

November 2019



Principal

Mr. Drew Beaton

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Superintendent of Student Achievement

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Trustees

Ms. Rose Kitney

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Administrative Assistant

Ms. Dawna Peltenburg

Head Custodian

Mr. R. Killen

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Safe Arrival: 1-866-740-2902

www.highlandheights.kprdsb.ca

Transportation Information:

www.stsco.ca

Principal's Message

Dear Parents and Guardians,



October has been another busy month with lots of fun and exciting events, field trips, and awesome learning opportunities. Thank you to all of our staff and student leaders who make Highland Heights such an incredible place to be. We recognize and appreciate how lucky we are to have such a dedicated team who generously donate their time to provide such nurturing, enriching opportunities for our students. Congratulations to all of our athletes who participated in Cross Country, Soccer and Rugby. Thank you for being great ambassadors representing Highland Heights with great teamwork!

As we all know, November brings shorter days with less and less daylight. As such, it is important to pay close attention to our crossing guard, obey traffic lights, and use extra caution when checking traffic before crossing the street. As the days get shorter, colder weather and chilly, windy mornings also become more common. Please ensure your child has boots, mittens, a hat and a coat so recesses and the walk to and from school can be enjoyed comfortably.

Thanks for your continued support!

Sincerely,

Drew Beaton

Upcoming Events

Nov. 5th

Picture Retake Day

Nov. 6th

Grade 8 students tour
Adam Scott

Nov. 8th

Progress Reports Go
Home

Nov. 11th

Remembrance Day

Nov. 22nd

P.A. Day – No school

Nov. 25th

School Council Meeting

Nov. 26th

SK Vision Screening

November is “Freezing Moon” – Baashkaakodin Giizis (Anishinaabe First Nation) and **Indigenous Peoples Awareness Month in KPR**



At Highland Heights, and at schools throughout KPR, we acknowledge every day that our schools are located on the territory of the Mississauga Anishnaabe.

“Freezing Moon”, in the Anishnaabe calendar, is the eleventh month of Creation. This is a time when the stars in the night sky of the universe are closer to Mother Earth and brighter. During the day the warmth of the sun is becoming more distant. The clouds, winds and rains, are travelling across Mother Earth more

frequently than any other cycle of the moons.

At this time Creations is being transformed. The animals are gathering together, while their furs are changing colour and becoming thicker. The fish are beginning to come closer to shore. The birds are flocking together in their many formations. All are preparing for long journeys to the sacred circle of the fasting grounds.

Character Trait for November: **Courage**

What is courage? It is the ability to face that of which we are afraid, acknowledge our fear, and rise above it. It is the willingness to take responsibility for all of our choices. Let’s remember that to demonstrate courage, we need to face our challenges directly. We need to speak up for ourselves and others even when it may be unpopular and we ask for help when necessary. We also show courage when we recognize risks and dangers and do not take unwise chances just to impress others. This month, we will take the opportunity to remember all those people who courageously gave their lives for others in the many armed conflicts that have occurred and that still occur in our world.

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.” - Winston Churchill

Playground Safety

As we strive for peace in the world, we also work daily on cultivating peace in our own school yard. Please remind your children to play safely – and never aggressively - and to always respect the rights of others.

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**. If a child has been marked absent and there is no message from a parent/guardian, the automated system will contact parents/guardians.

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.

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 through the implementation of the Safe Schools Program, we are continuing to lock all our doors at 9 a.m., before school starts. If your child is late arriving in the morning (after 9:05 a.m.), 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. When dropping off or picking up students in the back parking lot, please make sure the area for the bus is left open. It is a tight parking space to bring in buses at the best of times!

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. If you need to sign your child or children out during the school hours for an appointment, etc., please come to the office and we will have your child or children meet you at the office. Parents and guardians are kindly asked to avoid going to classrooms during instruction time, unless a previous arrangement has been made with the classroom teacher.

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



Our next meeting is November 25th at 6:30 in the Library. All parents are welcome so please join us. Also please feel free to contact Angela Bolton, your School Council Chair, through email at angela_bolton@live.ca.

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!

Colder Weather has Arrived!

It is very important that students come to school wearing warmer clothing. Dressing in layers and sending an extra pair of socks, mitts and pants is a good idea. Extra mitts and hats are available at the school, if needed. It can be very cold on the hill, so students need to be dressed appropriately.

Mental Health Corner



At Highland Heights, our Primary and LLS classes focus on a program called “The Zones of Regulation” in our collective effort to teach all of our students how to recognize and regulate their emotions. This program provides children with a conceptual framework used to understand how to self-regulate. Creating this type of system to categorize the complex feelings and states students experience, improves their ability to recognize and communicate how they are feeling in a safe, non-judgemental way. The zones can be compared to a stoplight. When given a green light (in the Green Zone), one is “good to go”. A yellow light or caution sign mean slow down or take warning, which applies to the Yellow Zone. A red light or stop sign means stop; when a person is in the Red Zone, they are not in control of one’s body but need to stop and regain control. It is important to have children understand that everyone experiences all of the zones at one time or another; the Red and Yellow Zones are not the “bad” or “naughty” zones.”

Math Minute

Online Math Fun at Home

If your child is not already playing this game at home, please check out the Prodigy Math Game. Prodigy allows children to practice the math skills they learn in class in a fun, Pokemon-style video game. The game continues to improve students' confidence, abilities and test results in math, and continues to earn rave reviews from kids. You can sign up for a free parent account at www.prodigygame.com. If you have any questions about how your child can take full advantage of this fantastic online opportunity, please contact your child’s teacher.

Literacy Lens

It is very important both to listen to children read aloud and to continue to read to them even after they become independent, fluent readers. There are many different ways of reading together: taking turns reading pages, reading in unison and stopping to talk throughout the reading. Children choose books about topics that interest them, and your interest in the same books will lead to rich conversations that will build talking and listening skills.

If you’re stuck, here are some “talk starters” to get your conversation going:

- What did you notice about ...
- What else could you have done ...
- What would you do if ...
- What would happen if ...
- How do you know that?
- Convince me about that!

As you are listening:

- If it’s a book being read, show your child that you are enjoying the book by being curious and asking questions.

- Make connections to what he or she already knows.
- Rephrase what you are hearing.
- Be patient. Make sure your child has enough time to figure out tricky words.
- After reading, talk about interesting and puzzling parts of the book.

School Activities

Cross Country

Congratulations to the Cross Country Team. Everyone ran like a true Highland Heights' champion and represented the school with great sportsmanship and perseverance. Way to Go Team! Thank you to Ms. Swales and Mr. Edney for coaching!

Rugby Tournament

Congratulations to the Rugby Teams! Our team made Highland Heights proud by demonstrating great school spirit and perseverance at the tournament. A huge thank you to Mr. Perrin and Mr. Conlin for coaching!

Soccer

Congratulations to the Soccer Team. They played a great tournament and displayed great sportsmanship throughout the day. Thank you to Mr Perrin and Mr. Edney for coaching!