

# Highland Happenings

Week 18: January 16th-20th

Accessibility

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## Message from the Principal

What a great first week back at Highland! It felt so good to see everyone! It's amazing how all the students have grown and changed in the time I was away.

This upcoming week, Ms. MacKenzie and I will be working together again. If we need to call you, you might hear from either one of us. I am looking to return to work full time starting Jan. 23rd.

It is great to see the kids having fun at recess. In these winter months, they do need warm clothes and sometimes extra socks/ mittens / pants for when their clothes get wet. Labelling your child's clothes also helps us ensure they get back to the right student as not all personal items find their way to the right spot :)

During COVID, our water fountains were closed, but they are now open again. Sending your children with a refillable water bottle is still a great option so that they can have their water right at their desk.

Read on for a few updates.

Kerry



## Upgrades at Highland Heights

Over the Winter Holidays, our school had new exhaust fans installed on top of the gym. This allows for more fresh air to be circulating throughout the school. This has led to some interesting temperatures throughout the school. Some rooms are much warmer than usual, others are much colder. We are working on getting that levelled out!

On Monday and Tuesday, we will be having new LED lights installed in the gym. These are more energy efficient and longer lasting.

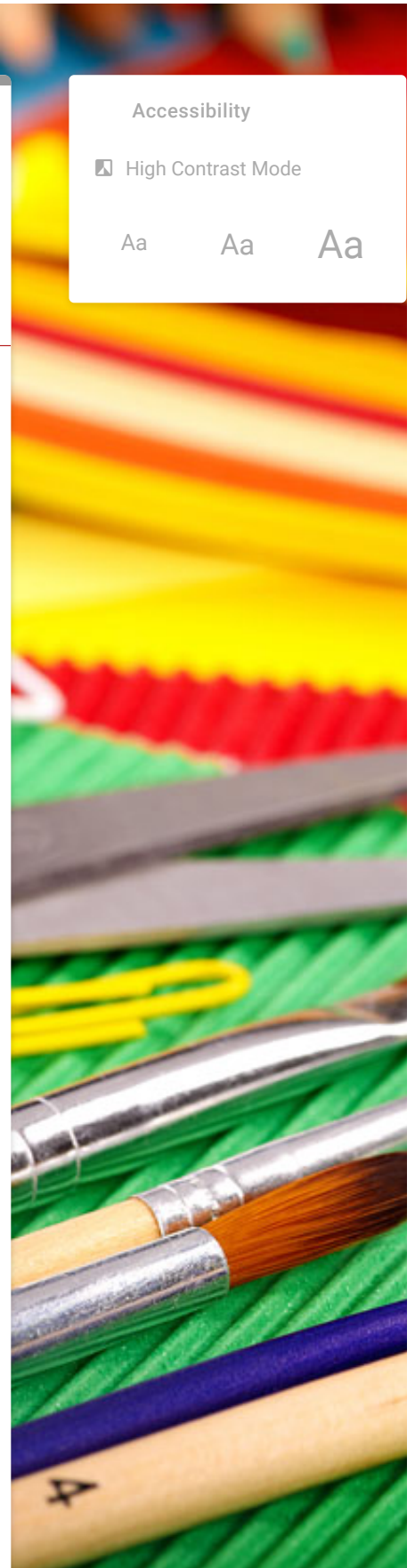
## Basketball

At Highland, we have several basketball teams practicing at recesses and lunches:

- Mr. Ritchie is coaching Junior Boys
- Mr. M Brown is coaching Junior Girls
- Mr. A Brown is coaching Intermediate Boys
- Mr. Perrin is coaching the Intermediate girls



A huge thanks to all our coaches for giving up their time!



## Online Storybooks

If you are looking for books for your children to read at night, check out this site: [vooks.com](https://www.vooks.com) for books brought to life with animation, narration, music and sound.

## Food Support in Peterborough

[This link](#) will take you to the Food Calendar with locations and offerings that can help support your family.

January 2023 – Community Food Calendar							Social Services
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Food Banks in the City of Peterborough</b>							
<b>Good Neighbours Care Centre</b> 10:00 am – 2:00 pm		<b>Sacred Heart</b> 8:00 am - 10:45 am <b>St. Vincent's</b> 9:00 am - 11:30 am		<b>St. Luke's</b> 10:30 am- 1:00 pm	<b>St. Vincent's</b> 9:00 am - 11:30 am		
<b>Salvation Army</b> 10:30 am – 11:45 am 1:00 pm - 3:30 pm (closed Jan 2nd)	<b>Salvation Army</b> 10:00 am – 11:45 am 1:00 pm - 3:30 pm	<b>Good Neighbours</b> 10:00 am – 2:00 pm	<b>Salvation Army</b> 10:00 am – 11:45 am 1:00 pm - 3:30 pm	<b>Good Neighbours</b> 10:00 am – 2:00 pm			
<b>Free Meals in Peterborough</b>							
<b>Take Away Breakfast</b> Salvation Army 9:00 - 10:00 am (closed Jan 2nd)	<b>Take Away Breakfast</b> Salvation Army 9:00-10:00 am	<b>Take Away Breakfast</b> Salvation Army 9:00 - 10:00 am	<b>Take Away Breakfast</b> Salvation Army 9:00-10:00 am	<b>Take Away Breakfast</b> Salvation Army 9:00 - 10:00 am	<b>Murray Street Baptist Church Breakfast</b> 9:00 a.m. (3rd Saturday monthly)		
One Roof Community Centre – St. Johns 1:00 pm – 2:00 pm	One Roof Community Centre – St. Johns 1:00 pm – 2:00 pm	One Roof Community Centre – St. Johns 1:00 pm – 2:00 pm	One Roof Community Centre – St. Johns 1:00 pm – 2:00 pm	One Roof Community Centre – St. Johns 1:00 pm – 2:00 pm	One Roof Community Centre – St. Johns 1:00 pm – 2:00 pm	One Roof Community Centre – St. Johns 1:00 pm – 2:00 pm	
<b>Special Meals &amp; Information</b>							
<b>One Roof Community Centre:</b> Drop-in hours daily from 1-5p.m.				<b>Building Locations</b>			
<b>Community Care:</b> Provides Meals on Wheels for seniors. Call 705-742-7067				Good Neighbors Care Centre 164 Sherbrooke St.			
<b>Salvation Army Breakfast:</b> Take away breakfast - 19 Simcoe St. parking lot.				One Roof Community Centre 99 Brock St			
<b>COVID19 Grocer Information:</b> Grocery and Pharmacy Resources Webpage.				Sacred Heart 208 Romaine St. at Aylmer			
<b>Find Food Support Online:</b> Visit <a href="#">Social Services Food Support</a> <a href="http://www.peterborough.ca/foodcalendar">www.peterborough.ca/foodcalendar</a>				Salvation Army 219 Simcoe St.			
<b>Murray Street Baptist Church Breakfast:</b> 3rd Saturday each month. 175 Murray St. Call 705-745-4376				St. Vincent De Paul 256 Murray St			

## Questions to ask your children to get them talking

Here are some great questions to ask instead of "How was your day" or "How are you?".



**Emotion- Based Questions**  
 help kids explain complex situations that they may not fully understand and help teens to process moments and feelings.

- "What made you laugh today?"  
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- ◀ "What are you proud of yourself for today?" ▶  
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- "When did you feel frustrated or angry today?"

@evolvedteacher

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Monday Jan. 16th Day 3	Tuesday Jan. 17th Day 4	Wednesday Jan. 18th Day 5	Thursday Jan. 19th Day 1	Friday Jan. 20th Day 2
Grade 7 & 8 at Camp Kawartha	Grade 7 & 8 at Camp Kawartha	Grade 7 & 8 at Camp Kawartha		
<b>Upcoming Dates:</b> Jan. 23rd: School Council Meeting Feb. 3: PA Day Feb. 20th: Family Day Feb. 21st: Reports Home Feb. 22nd: Pink Shirt Day March 8th: Cody Deaner - Motivational Presentation <a href="http://www.codydeaner.com/guestspeaking.html">http://www.codydeaner.com/guestspeaking.html</a>				

Ongoing Communication





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Transportation Information:  
www.stsco.ca

Twitter: @HighlandHtsPS

