

Highland Happenings

Week 19: January 23rd-27th, 2023

Message from the Principal

This week, we welcomed back Samantha Ramsey in our LLS classroom, she is back from her maternity leave and we are glad to have her with us!

With Covid restrictions behind us, it is important to note that our water fountains are now open. There are no more water bottles being handed out from the office. Please send a labeled reusable water bottle in with your child to refill throughout the day.

Read on for a few updates.

Kerry



School Council

This Monday, January 23rd we will be having our School Council meeting at 6:30. Parents are welcome to join us virtually by clicking this link: https://kprdsb.webex.com/meet/kerry_zinkiewich

Pathways Project

As part of the Pathways Project, I often receive ideas to support families enjoying the outdoors. This month, one of the activities involves reading a book, so it's perfect! Click on the images below to enlarge them. You can find the book Stranger In the Woods being read on YouTube [here](#).



Apps Parents Should be Aware Of

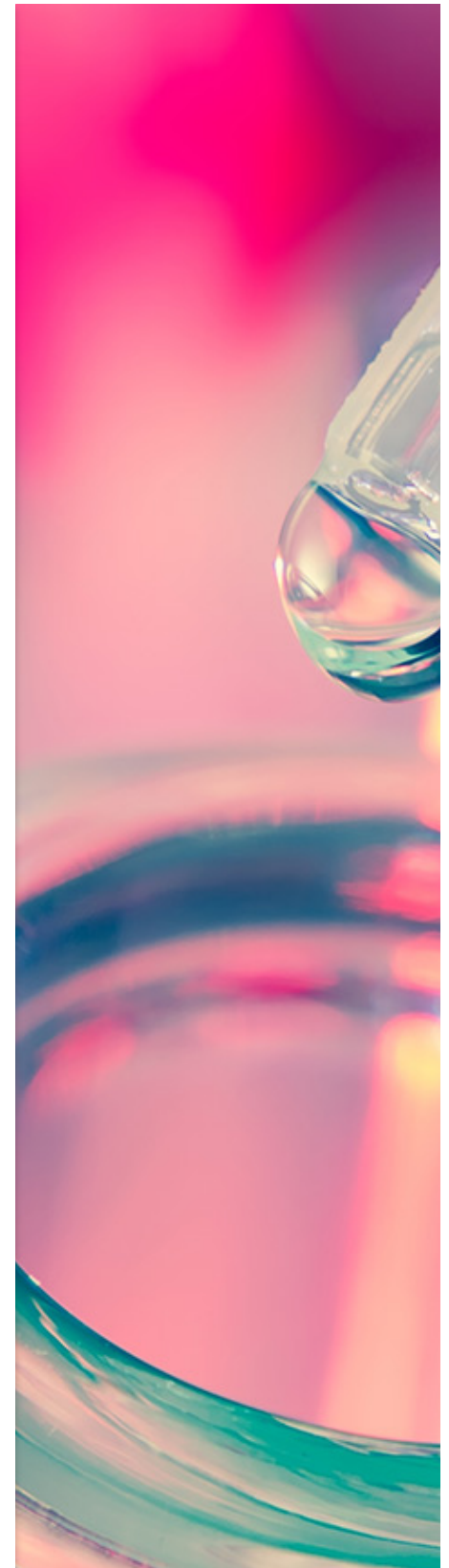
Over the holidays, the Peterborough Police released an image that you should know about if your child uses a phone or tablet. This image below is a list of apps parents will want to be made aware of. Checking your child's phone for these might be a good idea.

Accessibility

High Contrast Mode

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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
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays	
Food Banks in the City of Peterborough							
Good Neighbours Care Centre 10:00 am – 2:00 pm		Sacred Heart 8:00 am - 10:45 am		St. Luke's 10:30 am- 1:00 pm	St. Vincent's 9:00 am - 11:30 am		
Salvation Army 10:30 am – 11:45 am 1:00 pm - 3:30 pm (closed Jan 2nd)	Salvation Army 10:00 am – 11:45 am 1:00 pm - 3:30 pm	Good Neighbours 10:00 am – 2:00 pm	Salvation Army 10:00 am –11:45 am 1:00 pm - 3:30 pm	Good Neighbours 10:00 am – 2:00 pm			
Free Meals in Peterborough							
Take Away Breakfast Salvation Army 9:00 – 10:00 am (closed Jan 2nd)	Take Away Breakfast Salvation Army 9:00-10:00 am	Take Away Breakfast Salvation Army 9:00 - 10:00 am	Take Away Breakfast Salvation Army 9:00-10:00 am	Take Away Breakfast Salvation Army 9:00 – 10:00 am	Murray Street Baptist Church Breakfast 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	
Special Meals & Information							
One Roof Community Centre: Drop-in hours daily from 1-5p.m.				Building Locations			
Community Care: Provides Meals on Wheels for seniors. Call 705-742-7067				Good Neighbors Care Centre 164 Sherbrooke St.			
Salvation Army Breakfast: Take away breakfast - 19 Simcoe St. parking lot.				One Roof Community Centre 99 Brock St			
COVID19 Grocer Information: Grocery and Pharmacy Resources Webpage.				Sacred Heart 208 Romaine St. at Aylmer			
Find Food Support Online: Visit Social Services Food Support www.peterborough.ca/foodcalendar				Salvation Army 219 Simcoe St.			
Murray Street Baptist Church Breakfast: 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?"

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. 23rd Day 3	Tuesday Jan. 24th Day 4	Wednesday Jan. 25th Day 5	Thursday Jan. 26th Day 1	Friday Jan. 27th Day 2
6:30 School Council Meeting on WebEx		Bell Let's Talk Day		Highland Heights Spirit Day- wear your Highland Swag!
<p>Upcoming Dates: Jan. 23rd: School Council Meeting Jan. 31st - Junior Boys and Girls Basketball Tournament Feb. 1-15th- Krispy Kreme Fundraiser Feb. 3: PA Day Feb. 20th: Family Day Feb. 21st: Reports Home Feb. 22nd: Pink Shirt Day Feb. 22nd: Intermediate Boys Basketball Tournament Feb. 28th: Krispy Kreme Delivery March 8th: Cody Deaner - Motivational Presentation http://www.codydeaner.com/guestspeaking.html</p>				

Ongoing Communication



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Transportation Information:
www.stsco.ca

Twitter: @HighlandHtsPS

