



HIGHLAND HEIGHTS PUBLIC SCHOOL

NOVEMBER 2016 NEWSLETTER



KAWARTHA PINE RIDGE
DISTRICT SCHOOL BOARD

Principal: Mrs. D. Gannon

Administrative Assistant: Mrs. S. Allan

Head Custodian: Mr. B. Jones

Phone: (705) 742-8321 Fax: (705) 742-7340

Safe Arrival: (705) 740-9923

School Website: www.highlandheights.kprdsb.ca

Transportation Information: www.stsco.ca

Twitter: [@HighlandHtsPS](https://twitter.com/HighlandHtsPS)

Educating the Future Together

Upcoming Events

Pizza Days

Nov. 4th, Nov. 11th, Nov.
18th, Nov. 24th

Nov. 2th

Grade 8 students tour
Adam Scott

Nov. 9th

LifeTouch Orders Due

Nov. 11th

Remembrance Day
Progress Reports Go Home

Nov. 15th

Picture Retake Day
Healthy Active Living & Self-
Regulation Presentation by
Big Kids Entertainment

Nov. 18th

Bus Safety Presentation

Nov. 25th

PA DAY

Nov. 30th

Meningococcal Vaccine for
Grade 7 Students

Principal's Message:



October was an eventful month here at Highland Heights PS with a number of special events and sports activities. In addition, we commend our students for becoming involved in various activities such as Cross Country and Soccer. Thank you to our staff for their time and effort in helping to make these activities possible for our students.

The safety and well-being of our students and staff is always our first priority. Therefore, we ask that visitors always sign in and out at the main office.

As we head into the colder weather, please make sure students are dressed to go outside. Students will be outside for recess as well as the outdoor learning sessions throughout the winter. If the temperature reaches -26 degrees Celsius, then we will have an indoor recess. We will also bring students in at 8:50 am if the temperature is -26 or below.

As you know, we have a very dedicated crossing guard outside helping to ensure students arrive/depart safely. We appreciate Crystal's dedication to the safety of our students. 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.

Dee Gannon

dee_gannon@kprdsb.ca

Registration for the 2017/2018 School Year has begun!

It is time to register your child for full-day, every-day Junior or Senior Kindergarten starting in September 2016. You may register your child to start school in September 2017 if:

Junior Kindergarten – your child is four years of age by December 31, 2017
Senior Kindergarten – your child is five years of age by December 31, 2017



School Council Chair
Ruth Rusaw
ruthrusaw@gmail.com

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Student Achievement**
Steve Girardi
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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.



SAFE ARRIVAL PROGRAM

At Highland Heights PS, student safety is our highest priority. This includes making sure all of our students arrive safely at school, every day. We are introducing a **New System** that will make it easier for you to let us know when your child will be absent due to sickness, appointments or other reasons. It also will allow us to ensure children are safe and accounted for, efficiently and quickly.

Starting **Monday, November 7th**, we will begin using a new absence reporting system – **Safe Arrival**. It will allow you to report your child's absence quickly and conveniently, in any one of the following 3 ways:

By calling 1-866-740-2902

By logging into the Parent Portal website at kprdsb.schoolconnects.com to set up the ability to report absences online, or

By downloading an app onto your IOS or Android device, to report absences.

You will be able to use whichever of these methods you prefer to report your child's absence, 24 hours a day, 7 days a week.

We will also start using the automated telephone system to contact parents who have not reported their child absent. **Safe Arrival** will continue attempting to reach multiple contact numbers, for a predetermined amount of time. If the automated system has not been able to reach someone in that allotted time frame, our office staff will follow up.

As of Monday, November 7th, all absence reporting will go through the toll free number or Parent Portal website. After that date, please do not contact the school directly to report an absence.

Thank you for your patience and cooperation during this transition period, to better ensure the safety of all our children.



The Vesey's Seeds fundraiser was a success again this year. This year we made a profit of \$975. Thank you to Angela Caban for coordinating this fundraiser. If you are wondering where the money that is raised by fundraisers goes or you have ideas or suggestions, please join us at one of our monthly meetings. Please feel free to contact me through email at ruthrusaw@gmail.com or speak with me in person.

The next meeting is November 21st @ 6:30 in the Library. All parents are welcome. Please join us. We need your involvement.

Mental Health Corner

By Susan Calderwood, Mentally Healthy Child and Youth Worker



Exciting news! Mental health programming will be starting in your child's classroom based on the results of the Promoting Mentally Healthy Schools Survey. I want to tell you a little bit about each of the programs.

In Ms. Houghton's, Ms. Wood's, Mrs. Halpin's and Ms. Perkins' classrooms, we will be doing *The Zones of Regulation Program*. This program provides children with a "conceptual framework used to teach students self-regulation." "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. The **Blue Zone** can be compared to a blue rest area where you pull over when you're tired and need to recharge."

In Ms. Cavanagh's, Ms. Hedges' and Ms. Brown's classes we will be using *Kids Have Stress Too!* The aim of this program is to teach children how to recognize and deal with stress. Students will be introduced to stress-management strategies and specific skills that will foster their social and emotional competence, resilience and well-being.

Mr. McBride/Mrs. Henzie's class will be taught the *Second-Step Bullying Prevention Unit*. The goal of the Bullying Prevention Unit lessons is to develop students' skills for recognizing, reporting and refusing bullying and to foster a climate of safety and respect for all. Students achieve this goal by learning how to follow rules; recognize, report, and refuse bullying; and be a bystander who helps stop bullying.

I look forward to working with the classroom teachers co-teaching these programs in your child's classroom. If you have any questions please call the school.

School Activities

Cross Country Team

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 Mrs. Collison and Mr. McBride was coaching.



Jump Rope for Heart

Congratulations Highland Heights. We raised \$1,231.25 for Heart and Stroke. Well Done! Thank you to Ms. Obbard and Miss Brown for organizing this fundraiser for this important cause.

Remembrance Day – November 11th

Ms. Hedges and Ms. Brown's classes will be travelling to the Cenotaph to take part in the Remembrance Day Ceremonies. The remainder of the school will take part in an assembly.



LEST WE FORGET

The International Baccalaureate (IB): Student Success
in a Global Community

OPEN HOUSE - WED. NOV. 16TH

“BE IB FOR A DAY” - THURS. DEC. 8TH

A full day inside the unique IB Programme with students from across Peterborough County.

9:00 am – 2:30 pm at Kenner. Lunch provided.

Character Attribute for November is: **H O N E S T Y**

**I am sincere, truthful and
trustworthy.**



WRONG
is **WRONG**,
even if *everyone*
is doing it.

RIGHT
is **RIGHT**,
even if *no one*
is doing it.