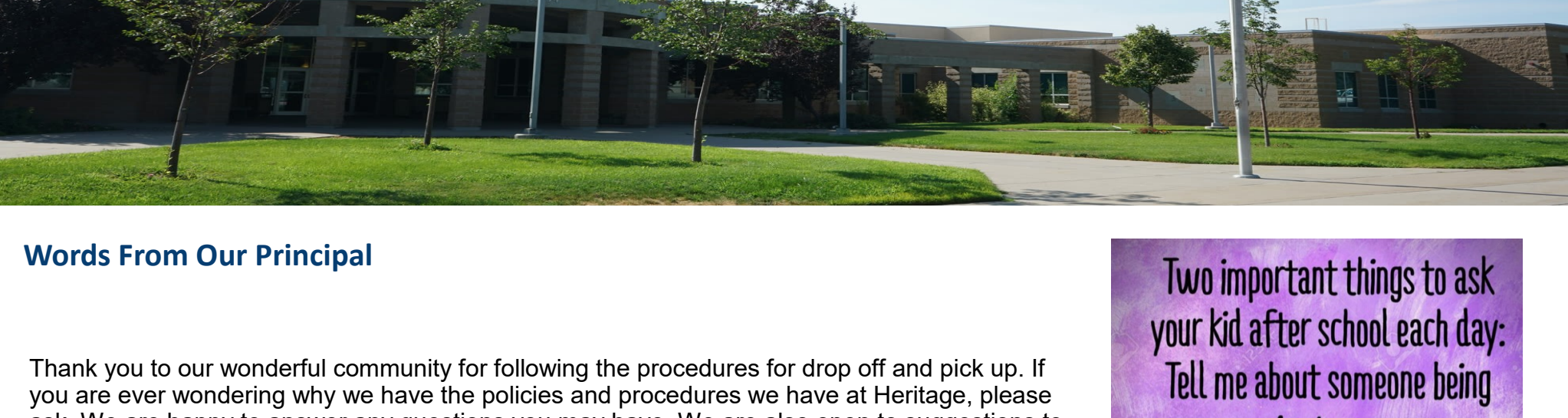


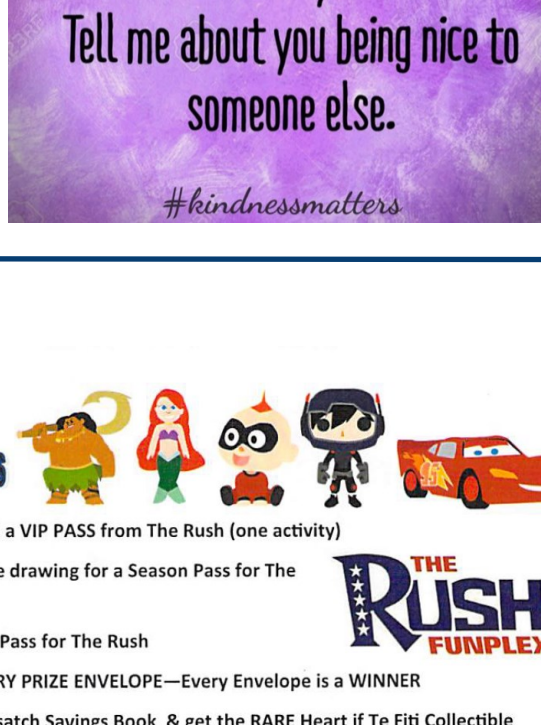
# HUSKYGRAM



AUGUST 30, 2019

## Words From Our Principal

Thank you to our wonderful community for following the procedures for drop off and pick up. If you are ever wondering why we have the policies and procedures we have at Heritage, please ask. We are happy to answer any questions you may have. We are also open to suggestions to make our procedures run more smoothly and effectively. Heritage faculty, staff, administration and community including the PTA, Community Council and all of you, are a part of an amazing team who are here to educate our students academically, socially, and emotionally as they grow into responsible citizens. We do appreciate all you do to make our school a great place for learning and growing.



**PARENTS - We are excited to share our fund-raiser with you this year!**  
We are offering the Wasatch Savings Guides, with **HALF** the money staying with our school, and helping you save **HALF** the money when you buy everyday purchases!

Save Up To 50% At Over 250 Davis/Weber Businesses Like:

**ONLY \$30**  
\$15 Goes To Our Group!

Over 100 Two-4-One Dinners & Save Up To 50% on...

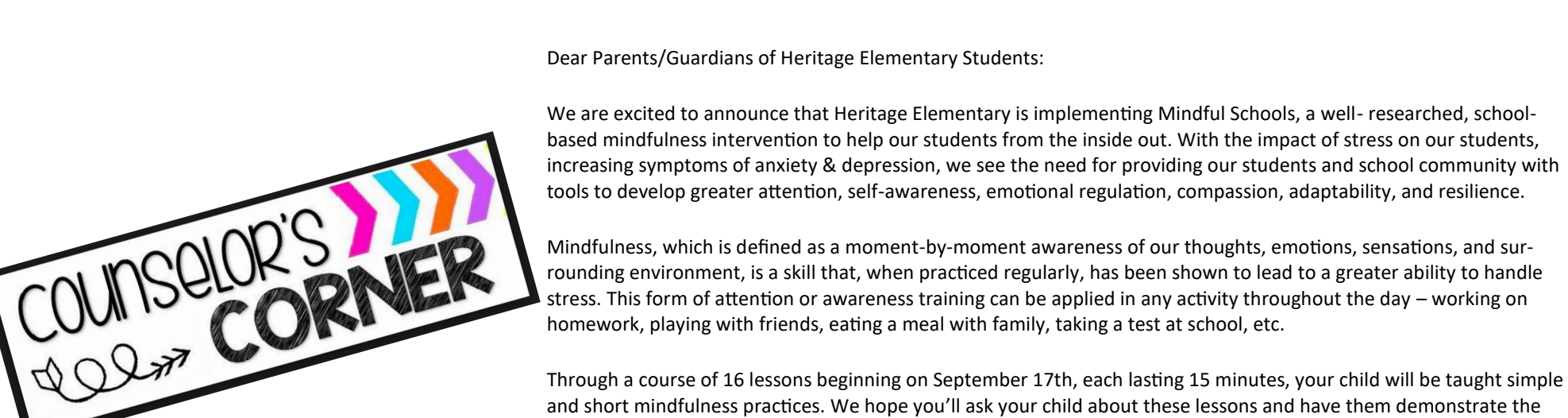
- Entertainment
- Golf
- Shopping & Services
- Health & Beauty
- Home
- Auto

**Watch For The Wasatch Savings Book Coming Home With Your Student Soon!**

**Wasatch Savings - Prices**

**Sell 1 Book**—Get a Lanyard, a Collectible and a VIP PASS from The Rush (one activity)  
**Sell 2 Books**—Get a Collectible plus get in the drawing for a Season Pass for The Rush (valid for Summer 2020—Two winners at this level)  
**Sell 3 Books**—Get a Collectible and a 3-Hour Pass for The Rush  
**Sell 4 Books**—Get a Collectible and a **MYSTERY PRIZE ENVELOPE**—Every Envelope is a WINNER  
**Sell 5 Books**—Get a Collectible and **FREE Wasatch Savings Book** & get the **BARE Heart If Te Fiti Collectible**  
**Sell 6 Books**—Get the **Ultra-RARE Maul Hook Collectible**

**KEEP SELLING ... You will get a Collectible with each book you sell**  
**SUPER-SELLER PRIZE**—Sell 40 Books—Get a **NEW BMX BIKE**  
**TOP SELLER PRIZE**—the TOP 2 SCHOOL SELLERS will get a **SEASON PASS** for The Rush (\$80 val)



Did you see your child? If so, please email either rkeller@dssmail.net or mdaly@dssmail.net with his or her name and we will call them down for a small treat or prize.

Dear Parents/Guardians of Heritage Elementary Students:

We are excited to announce that Heritage Elementary is implementing Mindful Schools, a well- researched, school-based mindfulness intervention to help our students from the inside out. With the impact of stress on our students, increasing symptoms of anxiety & depression, we see the need for providing our students and school community with tools to develop greater attention, self-awareness, emotional regulation, compassion, adaptability, and resilience.

Mindfulness, which is defined as a moment-by-moment awareness of our thoughts, emotions, sensations, and surrounding environment, is a skill that, when practiced regularly, has been shown to lead to a greater ability to handle stress. This form of attention or awareness training can be applied in any activity throughout the day— working on homework, playing with friends, eating a meal with family, taking a test at school, etc.

Through a course of 16 lessons beginning on September 17th, each lasting 15 minutes, your child will be taught simple and short mindfulness practices. We hope you'll ask your child about these lessons and have them demonstrate the tools they are learning. Each week in the Friday Newsletter there will be a summary of the mindfulness lesson they have learned with some instructions for you so you can join them in supporting their practice at home.

We will be evaluating the effectiveness of the mindfulness program by administering a pre/post survey. A copy of the survey is available for you to view at the counseling office. If you'd like to opt your student out of taking the survey please notify your child's teacher.

We will be holding a parent workshop in the near future and invite you to attend. At this workshop, we will be providing more information about stress physiology, the benefits of mindfulness practice, and practical applications you can use at home.

We value your participation and support as we continue to cultivate an environment at school where students can thrive.

**counselor's CORNER**

**Intermountain Homecare & Hospice**

**Forget-Me-Not Friends Workshop**

Intermountain Homecare & Hospice is pleased to offer a children's grief workshop, specially designed for helping children (ages 6-18) who have experienced the death of a loved one. This course focuses on helping children to recognize their grief, providing them with tools and skills to express their feelings to positive remembrance, and teaching them that they are never alone in their loss.

**Every Tuesday, September 17-October 22, 2019**  
**5:30-6:30 p.m.**  
at  
**Intermountain Homecare & Hospice**  
3776 Wall Avenue  
Ogden, Utah

For more information or to register, please contact  
**Shawna Cales (435-553-5714)** or **Launi Layton (801-664-5996)**  
or email **Linda.Eggleston@gmail.org**

CLASS	START DATES	TIME	WEEKS	LOCATION
<b>Emotional Wellness Classes</b>				
<b>Managing Emotions - Kids</b> 6yrs - 11yrs FREE	Thursday, September 5 Thursday, November 7 Thursday, January 9 Thursday, February 20 Thursday, April 9	5:00 - 5:55pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Sea Glass Room
<b>Managing Emotions - Youth</b> 12yrs - 17yrs FREE	Thursday, September 5 Thursday, November 7 Thursday, January 9 Thursday, February 20 Thursday, April 9	4:00 - 4:55pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Sea Glass Room
<b>Managing Emotions - Men</b> \$50	Monday, June 3 Monday, August 5 Monday, October 7	5:30-7:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton
<b>Managing Emotions - Women</b> FREE	Thursday, August 22 Thursday, November 7	6:30-8:00pm	8 Weeks	Adult Clinic - Spaymore Room Davis Behavioral Health 934 S. Main St. Layton
<b>Learning to Breathe</b> \$50	Tuesday, September 24 (Fees 13-17) Wednesday, September 25 (Young Adults 18-21)	4:30 - 5:45pm	6 Weeks	Adult Clinic - Dogwood Room Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
<b>Mindfulness Based Stress Reduction</b> Registration required \$250	Wednesday, September 18 (Men Only Class) Monday, September 23 Tuesday, October 22	6:30 - 9:00PM 9:30 - Noon 6:30 - 9:00PM	8 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton

## Picture Day is Coming

Order before Picture Day at: **mylifetouch.com**

**Picture Day is:**  
**Monday, September 09, 2019**  
Heritage Elementary School

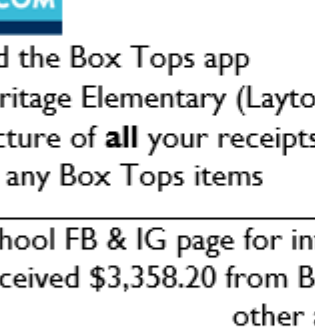
- Visit: **mylifetouch.com**
- Enter your Picture Day ID: **UM449181Q0**
- Order your perfect package—and don't worry about returning anything on Picture Day!

**Lifetouch REWARDS**  
Order online and receive exclusive offers from Lifetouch Rewards.

Questions? Please contact Customer Service at 800-734-4753.

Siblings are invited from 1:00-1:30 // Make Up Day October 14th

**Lifetouch**



## 2019-2020 Box Tops for Education

**Heritage Huskies!**  
**The New Digital Program is Here!**  
**We have the chance to "double dip,"**

**getting 10 cents from the clipped box top & 10 cents from the scanned receipt!**

**NO MORE CLIPPING**  
**BOX TOPS FOR EDUCATION**  
SCAN YOUR RECEIPT  
at **STFE.COM**

← See this **SCAN** your receipt

- Download the Box Tops app
- Select Heritage Elementary (Layton, UT)
- Take a picture of **all** your receipts to get credit for all your Box Tops items

**BOX TOPS FOR EDUCATION**  
CLIP IT

← See this **CLIP IT**

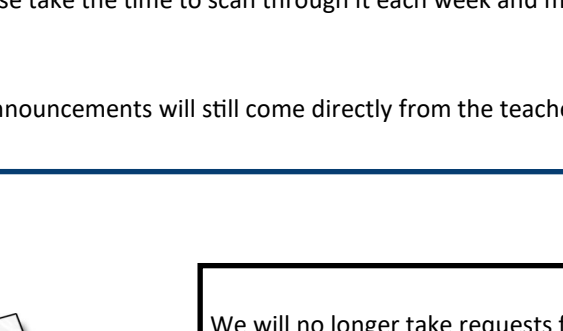
We are still clipping!

- Continue to clip the pink Box Tops
  - do not cut or tear off the date

Check out the school FB & IG page for information about classroom competitions & school goals & rewards.  
\*Last year we received \$3,358.20 from Box Tops! That money went toward field trips, field day, prizes, and other activities sponsored by the PTA.

**\*\*Thanks to all who are using the Box Tops app--after only 20 days we have earned \$70.40!**

**\*\*Continue to clip and save your paper Box Tops for our first classroom contest that will occur in October. More information coming next week!**

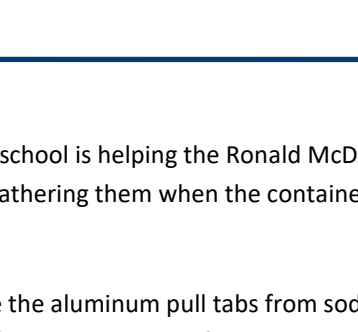
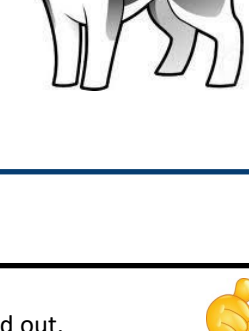


You can order this on myDSD now!

\$15

## Purpose of the HuskyGram

We know you get a ton of emails so we are really trying to minimize the amount you receive from Heritage Elementary. Unless a topic needs immediate attention, we are going to put all school wide announcements, events, calendars, etc. in the HuskyGram. Please take the time to scan through it each week and most of your questions should be answered here.



We will no longer take requests from callers to call down students in advance to be checked out.

Please allow extra time here in the office for us to find your student once you arrive. They could be anywhere

Please discuss with your children before school where they will be going after school or any meeting places. The number of parents calling at the end of each day for messages to be passed along has become unmanageable and we'd hate to not get a message to your student in time.

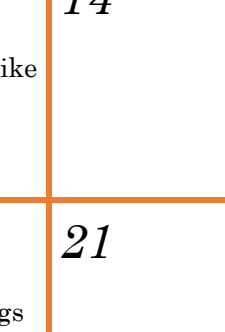
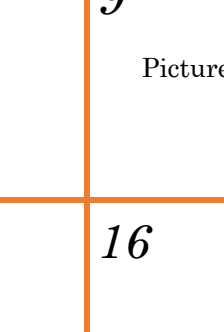
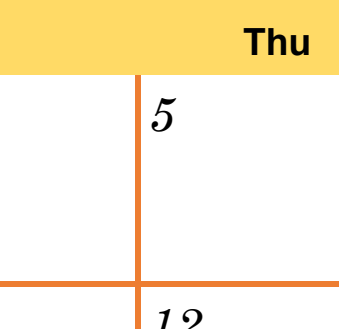
Our school is helping the Ronald McDonald House this year. Each classroom has containers and our Student Council will be gathering them when the containers are full. <https://www.rmhcslc.org/get-involved/pop-tabs/>

Save the aluminum pull tabs from soda cans. The proceeds from recycling support the cost of House operations. Pop Tabs are found on millions of beverage and food cans. It's these small, all too often overlooked pop tabs that are proving to be a tremendous source of charitable revenue for Ronald McDonald Houses. With the cooperation of schools, companies, and individuals in the community, the Ronald McDonald House in Salt Lake City has raised thousands of dollars since the program kicked off in April 1997.



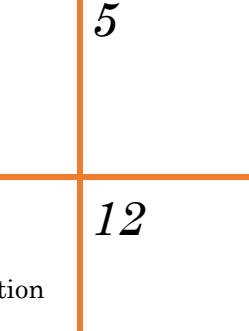
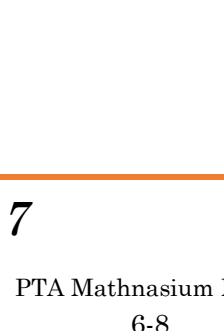
**Ronald McDonald House Charities**  
Intermountain Area

Keeping families close™



## September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 NO SCHOOL	3	4	5	6 Wasatch Savings Fundraiser Opens	7
8	9 Picture Day	10	11	12	13 PTA Heritage Hike Fundraiser	14
15	16	17	18 PTA Board Meeting 11:30 Community Council Mtg 4:00	19	20 Wasatch Savings Fundraiser Ends	21
22	23 Prof. Learning Day for teachers NO SCHOOL	24	25	26	27 PTA BDay Table	28 
29	30					



## October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 PTA Mathnasium Night 6-8	8 Boo to the Flu 3:30-7:00	9	10 Boo to the Flu 3:30-7:00	11 5th Grade Maturation 11:15	12
13	14 Picture Retakes	15 Vision Screening	16 PTA Board Meeting 11:30 Community Council Mtg 4:00	17 FALL BREAK NO SCHOOL	18 FALL BREAK NO SCHOOL	19
20	21	22	23	24	25	26
27	28	29	30	31 End of Term EARLY OUT		

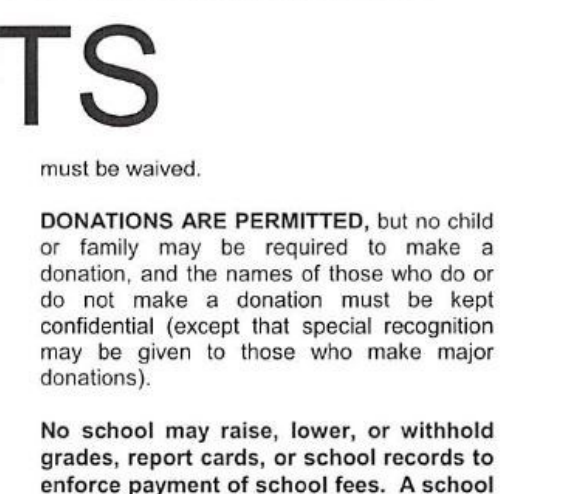
## Stuff the Bus

September 7th. 10am - 1pm

**KIA** | **Young** 308 North Main Street Layton, UT 84041 801-444-2277 • youngkia.com

## Free Family Event

- List of Items to bring:
- Preschool Children's Books • Crayons • Scissors for Preschoolers • Glue Sticks
  - Markers • Pencils • Backpacks • Paper
  - Jewelry Making, Coloring, Construction
  - Art Supplies • Matching Games/cards • Blocks • Legos • Puzzles



Giant Slide • Face Painters • Dunk Tank • Pizza\*  
**COME DUNK A PRINCIPAL!**  
Bring in a package of school supplies and get a book, stuffed animal, or bookmark!\*

**KIA** | **Young** 308 North Main Street Layton, UT 84041 801-444-2277 • youngkia.com

\*While supplies last.

## SPECIAL NOTICE FOR PARENTS OF CHILDREN IN GRADES K-6

## PARENTS

**SCHOOL FEES ARE NOT PERMITTED DURING THE REGULAR SCHOOL DAY IN GRADES K-6. FEES MAY BE CHARGED TO STUDENTS IN SIXTH GRADE ONLY IF A STUDENT ATTENDS A SCHOOL THAT INCLUDES GRADES 7-12.** You may not be charged for classroom snacks, newspapers, textbooks, field trips, art supplies, assemblies, musical instruments, or anything else that is part of the regular school day.

**YOUR CHILD MAY BE ASKED TO bring common household articles to school, but your child cannot be penalized for failure to bring the articles.**

**SCHOOL FEES MAY ONLY BE CHARGED FOR ACTIVITIES WHICH TAKE PLACE BEFORE OR AFTER SCHOOL OR DURING SCHOOL VACATIONS.** If those types of fees are charged, you receive TANF (currently qualified for financial assistance or food stamps), or if your child is eligible based on income verification, receives (SSI) Supplemental Security Income (QUALIFIED CHILD WITH DISABILITIES), or is in the custody of a Utah State or local governmental agency or foster care, your child is eligible for fee waivers (meaning that you will not be required to pay the fee).

If you are required to apply for fee waivers by your school district or charter school, you will be asked, consistent with local board policies and/or guidelines and school timelines, to provide documentation of your fee waiver eligibility.

Your child may also be eligible for fee waivers if your family is having serious financial difficulties due to circumstances beyond your control, even though other eligibility requirements are not met. If your child is eligible for fee waivers, ALL fees

must be waived.

**DONATIONS ARE PERMITTED,** but no child or family may be required to make a donation, and the names of those who do or do not make a donation must be kept confidential (except that special recognition may be given to those who make major donations).

No school may raise, lower, or withhold grades, report cards, or school records to enforce payment of school fees. A school may withhold the official student records of a student responsible for lost or damaged school property consistent with Section 53G-8-212; however, may not withhold a student's records that would prevent a student from attending school or being properly placed in school.

To find out more, contact:

Your school at: 801.402.1260  
Your district at: 601.492.5425

or the following:

Utah State Board of Education  
250 East 500 South  
P.O. Box 144200  
Salt Lake City, Utah 84114-4200  
801-538-7830

USBE 41513