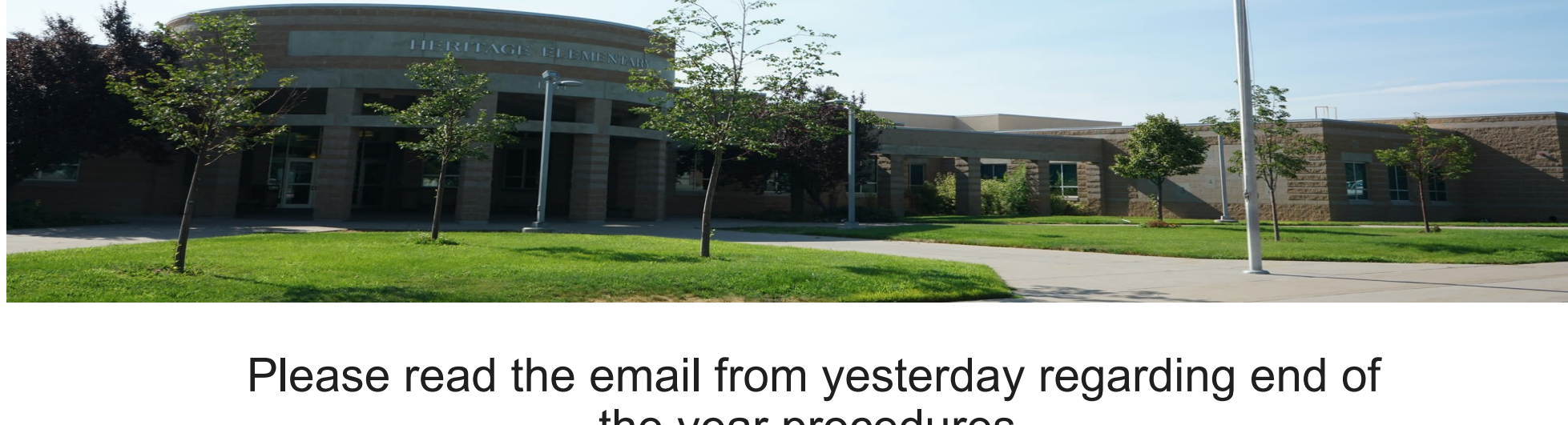


HUSKYGRAM



Please read the email from yesterday regarding end of the year procedures.

Heritage Husky Hero Teacher

Hello Heritage families! Teacher appreciation week looks a lot different this year. We decided we want to ask the students to write a letter with the things they love about their teachers, or a thank you to their teachers and any other members of the Heritage Elementary staff that they appreciate or want to give their thanks to. We will have cubbies out in front of the school from 8:30-1:30 every day May 4-14. Find the cubby with your teacher's name on it, leave it there, and we will do the rest. We would love it if you would try to make it extra special and show them how grateful you are for an amazing year. Be creative! They have all been working so hard to make sure we continue to learn through these unusual times, let's show them how grateful we are. Don't forget the PE teacher, librarian, computer teachers, art teacher, 4 janitors, ground duties, counselor, office staff, cafeteria workers-who have worked so hard making sure students still get lunch, crossing guards, the principal and vice principal. Let's end this year with a giant thank you to our teachers and staff!

Heritage PTA



Counselor's CORNER

The 30-Day Family Challenge may have some activities you have not tried yet or why not try all 30?

30-Day Family Challenge

THE GOAL IS TO DO AT LEAST ONE ACTIVITY TOGETHER EVERY DAY.

DAY 1 Ask what you can do to support each other.	DAY 2 Chalk your driveway.	DAY 3 Have an electronics-free day.	DAY 4 Game night!	DAY 5 Play a sport.	DAY 6 Dance while cleaning the house.
DAY 7 Have a picnic.	DAY 8 Do a big puzzle.	DAY 9 Plan and cook a healthy meal.	DAY 10 Write a gratitude list.	DAY 11 Do an act of service for a family member.	DAY 12 Do a 5-minute meditation.
DAY 13 Share your favorite memories.	DAY 14 Take turns drawing part of a picture.	DAY 15 Do a nature scavenger hunt.	DAY 16 Movie night!	DAY 17 Set personal goals.	DAY 18 Bake something.
DAY 19 Write a letter to another family member	DAY 20 Make up stories.	DAY 21 Do a workout.	DAY 22 Play hide-and-seek.	DAY 23 Build a fort in the living room.	DAY 24 Make a family music video.
DAY 25 Blindfolded obstacle course.	DAY 26 Do yoga.	DAY 27 Stargaze	DAY 28 Look at family photos or videos.	DAY 29 Go indoor or backyard camping.	DAY 30 Plan your next 30-day family challenge.

HOPE SQUAD

PARENTING IN A PANDEMIC

A Support Group For Parents

Offered by the Davis School District's Student and Family Resources Department

We'll explore such topics as:

- Tips for Pandemic Parenting
- Dealing with Distancing and... Too Much Togetherness
- Now "I" Have to Teach?!
- Optimism During a Pessimistic Pandemic

Join us on Zoom:
Tuesdays at 10am or 1pm
Thursdays at 2pm, 6pm, or 8pm

Group sizes are limited to 15 per session so make sure to register!
[Register Here](#)

If you have any questions, feel free to email cquick@dstdmail.net

Cassie Quick, C.S.W.
 Jody Lee, L.C.S.W.
 Anne Clark, M.A.E.D.
 Chaya Anderson, A.C.M.H.C.
 Lacey King, C.M.H.C.

To join this parent support group, go to:

- davis.k12.ut.us
- click on **Departments**
- click on **Student & Family Services**

click on the same poster you see above to register

Hey!
5th Grade Parents
Read This!

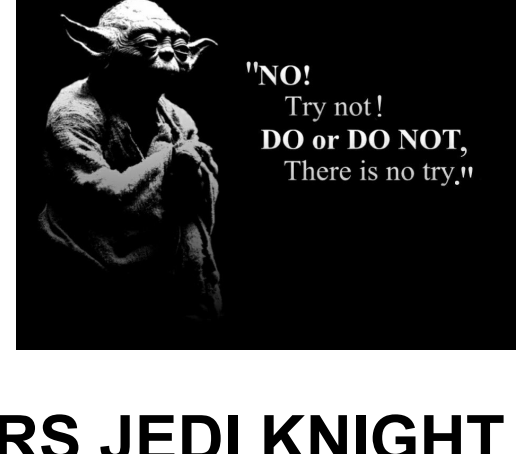
STUDENT COUNCIL APPLICATIONS BEING ACCEPTED NOW!

Attention
5th Graders!

Applications are due May 8th by 4:00pm—no late or incomplete applications will be accepted

To apply or for more information click <https://tinyurl.com/heritagestudentcouncil>

(live link in attached pdf version of HuskyGram)



STAR WARS JEDI KNIGHT WARM UP ACTIVITY

#1 DO 25 Jumping Jacks

Jumping Jacks



#2 DO 15 Bicycle Curl-ups



#3 DO 10 Push ups



#4 Jog in place to 50



#5 DO 15 Mountain Climbers



#6 DO 15 Burpees



"MAY THE FOURTH BE WITH YOU"

JEDI TRAINING

"CLOSE YOUR EYES, FOCUS YOUR FEELINGS AND USE THE FORCE."

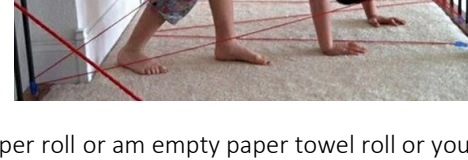
(remember to have your parent's permission and clean up your game when you are done)

A JEDI MUST FOCUS

Egg and spoon race: You need a large spoon and either a plastic egg or a real egg. Have a start line and a finish line. You stand at the start line and either use a timer or race someone to the finish line without dropping the egg off your spoon.

A JEDI MUST BE AGILE

Create an obstacle course to test your agility as a young Jedi. Start by making a web of laser-beams. You can use tent pegs or sticks and yarn for outdoors or tape with yarn to make in a hall. Have a start point and a finish point for your course and use a timer or race against another Jedi to see who can get finished first.



A JEDI MUST FIGHT WELL

Now it is time to test your lightsaber skills. You can use a pool noodle or a wrapping paper roll or an empty paper towel roll or you might even have a light saber.

JEDI WAR

Fill up water balloons and let it loose, having a water balloon fight. You can also use water guns.

ART CLASS

"We've learned that lines are a very important element in art. Remember, every time you draw or write your name, you're "taking a line for a walk" on your paper. Lines can be horizontal, vertical, diagonal, curved, zig-zagged, thick, thin, etc. (You get the idea).

Here's an art activity for this week:

Take a paper and pencil and look around your house for different types of lines, and draw them on your paper. You can find lines in things like bricks, tree branches, tiles, fabric on pillows, furniture, or even what you're wearing. Lines are everywhere! Have fun!

Mrs. Cousineau



Don't forget
to return your
library books!