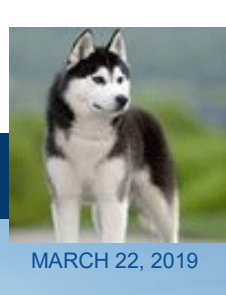


HUSKYGRAM

Weekly Newsletter Brought To You By Heritage Elementary



MARCH 22, 2019



Words From Our Principal

This past weekend we had the opportunity to watch Peter Pan Jr, hosted by our wonderful PTA. All performances were a huge success and it was such a pleasure watching the students form new friendships. Many people commented how fun it was to see the students in a new and exciting way. We are so proud of our students for trying something new.

Report cards are now available for 3rd quarter on myDSD. We are off to a great start of our 4th quarter.



We have seen an increase of reports in elementary schools related to E-Cigarette/Vaping incidents and wanted to provide you educational and resource materials for parents and students.

In addressing those concerns, below are some resource links for students and parents related to E-Cigarette/Vaping issues found in our Student and Family Resources Prevention webpage.

<https://thetobaccotalk.org/>

<https://www.davis.k12.ut.us/departments/student-family-resources/preventioncommunity/drug-and-alcohol-prevention>

(live links on attached pdf)

COUNSELOR'S CORNER

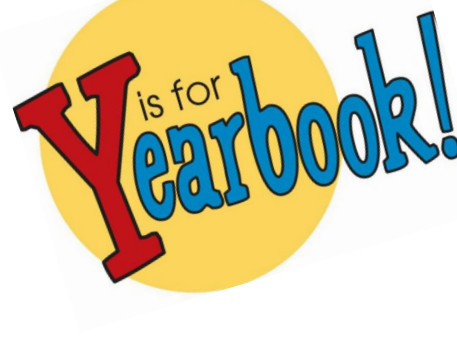
Mrs. Roger's Counselor Corner—

(Our next counseling lesson will be reading *Wilma Jean the Worry Machine* and discussing.)

Here are a few tips for Parents when dealing with an anxious child:

- Genuinely accept your child's concerns.
- Listen to your child's perceptions and gently correct misinformation.
- Patiently encourage your child to approach a feared situation one step at a time until it becomes familiar and manageable.
- Always try to get your child to events on time, or early – being late can elevate levels of anxiety.
- Continually set equal expectations for all kids anxious or not. Expecting a child to be anxious will only encourage anxiety.
- Role-play strategies – how to react in certain situations. –Explore both best case scenarios and worst-case scenarios using realistic evidence.
- Help your child organize their school materials for the next day the night before.
- Allow and encourage your child to do things on their own.
- If a child is going to be singled out for a classroom activity, let that child know a day in advance so that he can feel more prepared.
- Try not to pass your own fears onto your child.
- Set consequences – don't confuse anxiety with other types of inappropriate behavior. Set limits and consequences so that you don't allow anxiety to enable your child.
- Have reasonable expectations.

(Taken from *Helping Your Anxious Child* 2nd edition, Rapee et. Al Newharbinger Publications 2008)

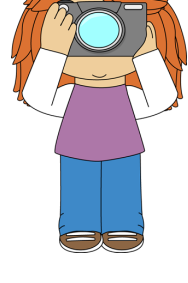


To order a yearbook, please log into your myDSD account. Click on "Payments", "Pay for Fees/Lunch", "Optional Fees", and pay for the yearbook.

You will know if you already purchased one because it will say Previously Purchased.

Yearbooks are \$17.00

LAST DAY TO ORDER IS MARCH 25TH BY 4:00PM



If you have any pictures from a class field trip, class party, or school activity, please email them to: ybpics1@gmail.com. We will include them in the yearbook.

When emailing the pictures please include what grade it is.

WHITE RIBBON WEEK.....April 15-19

Do you feel unprepared to help your child navigate social media and have a healthy digital lifestyle?

Join us...parents and teens welcome

THURSDAY, APRIL 18TH

7:00-8:15PM

HOW TO CREATE DIGITAL WELLBEING IN OUR HOMES AND IN OUR FAMILIES LIVES

with **Abbey Kyhl**

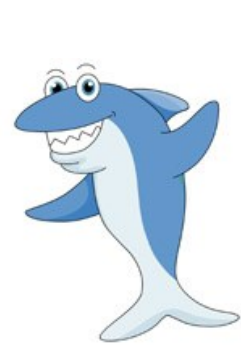


"I believe that the majority of our problems with technology are because we as parents weren't raised with this level of technology and so we don't know how to have digital wellbeing let alone teach it to our kids".

WANTED

A few good volunteers!

- It's time to start thinking about the PTA Board for 2019-2020 and we want YOU!
- We have some really fun positions available so grab a friend and sign up in the office. We need 2 volunteers per position.
- If you have any questions please call Deija Peterson 801-589-3551.



Shoreline Jr High
Open House Information Meetings:

- Tuesday March 26th Legacy Junior
- Thursday March 28th Centennial Junior

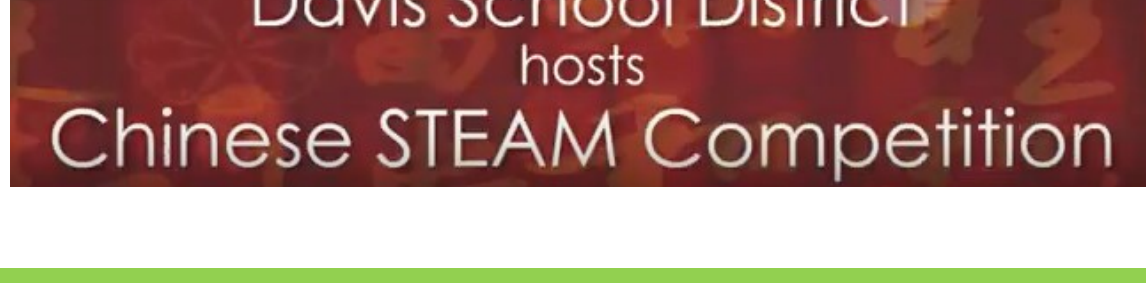
*Choose either night... it will run from 6-7

The school district put together a fantastic video featuring our school and the recent Chinese STEAM competition that was hosted here.

Check it out.

<https://www.youtube.com/watch?v=cwvwwF36894>

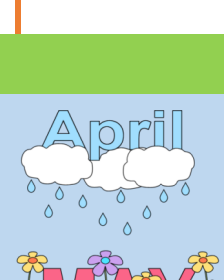
See the attached HuskyGram for the live link



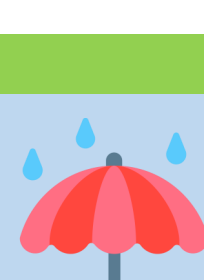
March 2019

Sun Mon Tue Wed Thu Fri Sat

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 End of Term	16
17	18 PROFESSIONAL DAY NO SCHOOL	19 Kindergarten Registration	20 Kindergarten Registration	21 Kindergarten Registration	22 Kindergarten Registration 5th Grade Maturation 11:15 Birthday Table	23
24	25 Last day to purchase yearbooks	26	27 4th grade program 2:30	28 Shoreline Jr High 6th Grade Open House @ Centennial 6-7 North End District Spelling Bee Syracuse High 6pm	29 Immersion applications due by 4pm	30



April 2019

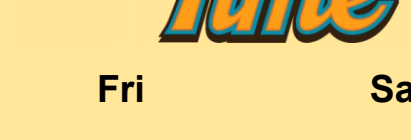


Sun Mon Tue Wed Thu Fri Sat

	1 SPRING BREAK	2 SPRING BREAK	3 SPRING BREAK	4 SPRING BREAK Librarian Appreciation	5 SPRING BREAK	6
7	8	9	10 District Spelling Bee Final	11 Garden Club	12 Kinder Immersion Acceptance Announced	13
14	15 White Ribbon Week	16	17	18	19	20
21	22	23 The Rush Skate Night 6-8	24	25 Garden Club Ballroom Parent Program	26 Birthday Table	27
28	29	30				



May 2019



Sun Mon Tue Wed Thu Fri Sat

			1	2	3	4
5	6	7 Principal Appreciation School Nurse Appreciation	8	9 Garden Club	10 Birthday Table	11
12	13	14	15	16	17 6th Gr Spring Fling	18
19	20	21	22	23 Garden Club STEM Olympiad @ Davis Jr High	24	25
26	27 Memorial Day NO SCHOOL	28	29 Field Day	30 6th Gr Graduation	31 Last Day of School	



DO YOU UNDERSTAND HOW TOBACCO HAS CHANGED?

THE JUUL CIGARILLOS CHEW FLAVORS MODS DIP HOOKAH

HERE IN DAVIS COUNTY, NEARLY 1 IN 5 YOUTH REPORTED E-CIGARETTES EXPERIMENTATION AT SOME TIME (2017).

Most e-cigarettes contain NICOTINE, a highly addictive chemical that can harm brain development.

visit **TheTobaccoTalk.org** to learn more

4 out of 5 kids who have used tobacco started with a flavored product

The brain's peak period to develop addiction is in adolescence.



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