

the best. It is helpful if your child's name is on their items. Our lost and found has many items in it that would love to be reunited with their owners. There will be no school on Friday November 1<sup>st</sup> for students. This is a Professional Day for teachers.





Dear Parent, **Mindful Schools Lesson 6** Today was our sixth mindfulness lesson. We learned about **Heartfulness – Generosity.** We continued to cultivate the quality of **Heartfulness** by focusing on **Generosity** today. We practiced cultivating awareness of

how it feels to give to another person through acts of service. Students were encouraged to do generous acts for others and also notice generous acts others do.

Practice Heartfulness – Generosity yourself by bringing to mind times you have been generous to others and noticing how your body feels as you think about this. Bring awareness to **generous** acts you do for others throughout the day.

If you haven't yet subscribed to the Parent Video Series that accompanies these lessons, please do so. Watch the video for Lesson 06 to help guide you through this practice: www.dbhprevention.org/

REGION 3 PTA AND DAVIS SCHOOL DISTRICT SOCIAL AND EMOTIONAL LEARNING PRESENT **EVERY ONE MATTERS** 

> Wednesday, November 13 6 p.m. - 6:45 Interactive Booths 7 p.m. Keynote Presentations Farmington High School 548 W. Glovers Lane Farmington, UT Keynote Speakers: Jeanette Herbert, Uplift Families Initiative and First Lady of the State of Utah Jeanette Herbert Greg Hudnall, HOPE4UTAH Founder and Executive Director Services and Resources for: Mental Health Suicide Prevention Internet Safety Communication Strategies Bullying & Safety Strengthening Families Early Childhood Interventions Booths will reopen at 8 p.m. **Greg Hudnall** for 30 minutes



## develop greater awareness, self-regulation, and compassion.

Location: Davis Mindfulness Center—476 Heritage Park Blvd, Layton, Ste 120 To Register: davismindfulness.org. Or, contact Angie Smith 801-773-7060 ext. 502 Cost: \$10.00/family

DAVIS

Distribution of these materials is in no way an endorsement of services, activities, and/or products by the Davis School District. **UPSTART Waterford Preschool** 

The program is proven to help children learn reading skills that prepare them for success in school and give them an advantage to early education opportunity.

Ideas for fun games and simple tasks that connect to what your child is learning We will be holding PARENT Nights in early November to get you started on the program. But if you want your child to start sooner, pre-register and choose to complete an online orientation. Visit our website to register or call Waterford at 1.800.669.4533.

waterfordUPSTART.org

Will your child be ready for

**UPSTART** 

school on day one?

With an online orientation, your child can be using the program this week! Davis School District Teaching and Learning Department **Davis School District Families:** 

Waterford UPSTART TEAM

The Waterford UPSTART program includes:

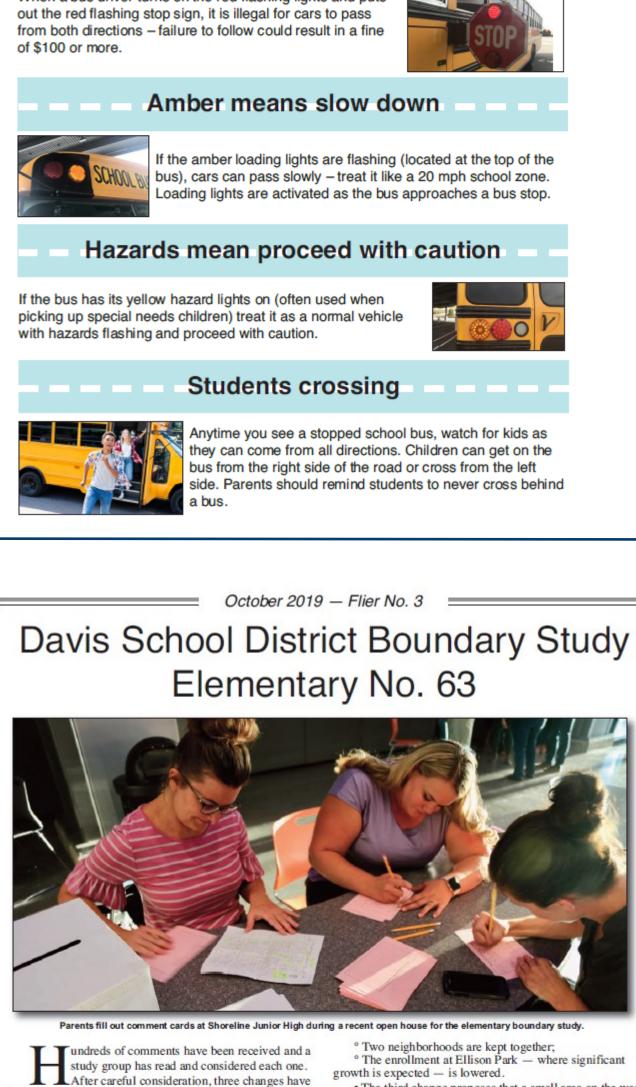
Online learning at home in just 15 minutes a day

Instruction that is personalized to your child's needs and pace Parent coaches to support you in helping your child learn offline

Waterford UPTSTART is a great addition to the things your child is learning in preschool.

With Waterford UPSTART the answer is YES! **※**Waterford Register today at

> Stop for safety National School Bus Safety Week Oct. 21-25 Last March, in just one day, 917 school bus stop arm violations were recorded in districts throughout the State. Red means students ahead When a bus driver turns on the red flashing lights and puts out the red flashing stop sign, it is illegal for cars to pass from both directions - failure to follow could result in a fine of \$100 or more. Amber means slow down If the amber loading lights are flashing (located at the top of the bus), cars can pass slowly - treat it like a 20 mph school zone. Loading lights are activated as the bus approaches a bus stop.



been made to the proposed boundaries.

Springs elementary schools.

school.

The boundary study creates boundaries for an elemen-

· First, a narrow strip of homes on the west boundary of

· Second, the proposal also places a group of students

Those changes were made because of four benefits:

Ellison Park will now receive bus transportation to the new

o Students who were crossing railroad tracks to attend

tary school being built in west Layton. The new school re-

lieves overcrowding at Ellison Park, Heritage and Sand

Ellison Park stays at the school (see the map on the next

east of the railroad tracks in the new school boundaries.

The study group proposes these changes:

° It creates a better enrollment balance;

. The third change proposes that a small area on the west

The new proposal will be presented to the Board of Edu-

The Board of Education will consider the boundaries for

645 N. MAIN ST., LAYTON UT 84041

boundary of Sand Springs Elementary remain at that school.

That change improves the walking route for a small group of

cation during its Oct. 15 meeting to be held at 6 p.m. in the

Davis School District Auditorium, 45 E. State St., Farming-

ton. A public hearing follows at 6:30 p.m. During that public hearing, parents can speak to the board about the proposal.

tentative approval during its regular meeting at 6 p.m. on

fall of 2020, is part of the bond which voters approved in

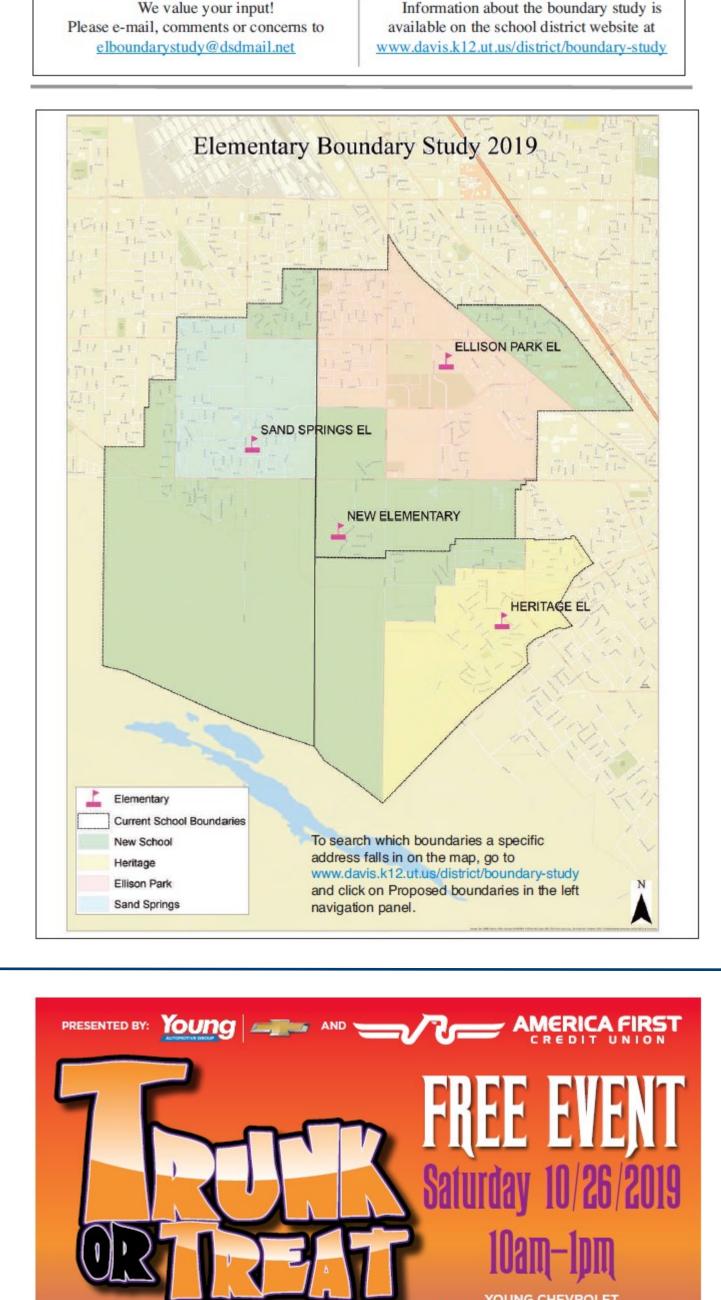
November 2015.

Nov. 6. Final approval is scheduled for the regular meeting

at 6 p.m. on Dec. 3. The new school, which will open in the

students and keeps about 40 students, who were in close

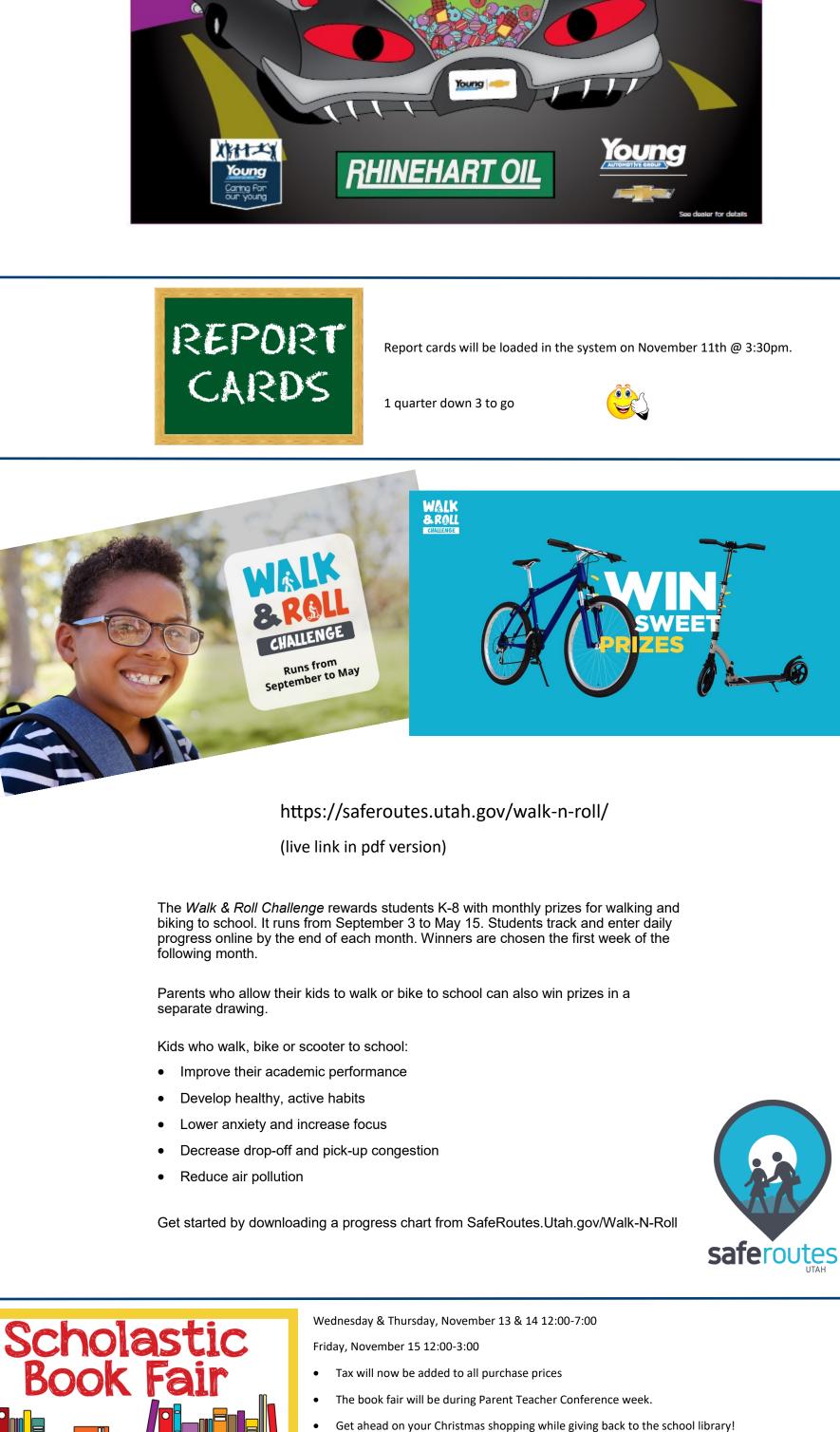
proximity to the school, at their neighborhood school.



Young Chevrolet is throwing a Trunk-or-Treat fundraiser for the Davis Education Foundation! Bring this flyer in and Young Chevrolet will donate \$5 to the Davis Education Foundation. This event is open to the public and FREE. Come out, Trunk-or-Treat and help raise money for the Davis Education Foundation!

Trunk-or-Treat • Costume Contest • Giant Slide

Coloring entry (win an iPad mini) • Candy and more



Gift cards will be available for purchase if you and your student would like to give their teacher a gift

Facebook Heritage Elementary-Davis

Instagram @heritageeldavis

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

You can order this on myDSD now!

To sign up to volunteer please go to the following link: <a href="https://www.signupgenius.com/go/8050949aeaa2aa64-book">https://www.signupgenius.com/go/8050949aeaa2aa64-book</a>

Follow Us!

We have three new Chinese interns at our school this year that would love to get to know more families in our community. One easy and fun way for this to happen is for Heritage families to host the Chinese interns for dinner (or invite them to a fun family event related to different holidays or seasons of the year). This opportunity is not only for immersion families, but for anyone at Heritage that is interested in connecting with other people and cultures. The interns are all from China (two females and one male, all in their 20's), and speak English well enough to visit any family in the area. I am creating a schedule for the full school year, so if you are interested, email Lara at Laralifferth@hotmail.com with the month

Hello Heritage Families,

Thanks! Lara Lifferth

Sun

3

*10* 

Mon

Tue

you'd like to host. Don't miss out on this fun opportunity!

Heritage PTA Chinese Immersion Rep





November 2019

Thu

Fri

Sat

Wed

17		19 Mindfulness Parent Mtg 3:45	20 PTA Board Meeting 11:30 Community Council	21	22 Shrek Jr Performance	23Shrek Jr Performa
24	25	26	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30
Sur		ecen Tue	nber <sub>Wed</sub>	201	19 Fri	Sat
1	2	3	4	5	6 Science Fair	7
8	9	10	11	12	13	14
15	16 Choir Assembly Parents 6:30	1 <i>7</i>	18	19	20 Yearbook @ Lower Price Ends After 2Day	21
	23	24	25 <b>L</b>	26 NO SCHOOL	27 NO SCHOOL	28
22	NO SCHOOL	NO SCHOOL	PEACE		1.0 20110 02	