



HERITAGE HILLS ELEMENTARY

Heritage Hills Parent Weekly

May 6 - May 13, 2024

This Week at Heritage Hills:

Mental Health Week

Monday, May 6

- Ms. K in the school

Tuesday, May 7

- Ms. K in the school
- Running Club @ 7:30 a.m. - meet on the field
- Earth Rangers 11-12
- Author Visit

Wednesday, May 8

- Hats on for Mental Health - Students are encouraged to wear a hat
- Grade 3 - SCA Field Trip
- Skipping Club - 10:06 a.m. - Bring your skipping rope
- Ms. K in the school
- School Council and FAHHE - Annual General Meeting @ 6:30 pm - [School Council Operating Procedures](#)

Thursday, May 9

- ECS In-School Field Trip
- Elk Island Track Invitational 4-6pm at The Strathcona Athletic Park

Friday, May 10

- ECS In-School Field Trip
- Grade 1 - Arbor Day Field Trip
- Bear Witness Day - Jordan's Principle

Monday, May 13

- Ms. K in the school
- Grade 6 PAT: Français/French Language Arts Partie A

Principal:

As we move into our first full week of May it looks like it may start off wet, so remember to dress your child appropriately for the weather. We try our best to send students out for recess as much as possible. I think we are all looking forward to what also looks like warmer temperatures in the 20's by the second half of the week.

Thank you for all the support you give to Heritage Hills Elementary. Please continue to keep an eye out on the weekly schedule as this time of year is very busy with field trips and school events. Enjoy a great week.

Mental Health Week:

Mental Health Week takes place May 6-12. To mark the week, Heritage Hills Elementary has a series of activities and lessons planned for students all centered on the Mental Health Week's theme, the healing power of compassion. Some of the activities planned include:

- Daily announcements focusing on mental health and how to support strong mental health.
- Lesson delivered by classroom teachers on mental health.
- A collaborative art project that will be displayed during our Art Show.
- School wide "Hats on for Mental Health" day on May 8th.

Video resources for parents, guardians and students.

[The Core Story of Child Development](#)

Learn about what child development is, how it happens and how development is derailed by adverse early experiences. Gain practical tools for enhancing everyday life with young children.

[Managing Children and Adolescents with Severe Anxiety Issues: A Toolbox of Strategies](#)

Explore some of the social and personal factors that contribute to the development of anxiety. Dr. Kelly Dean Schwartz from the University of Calgary discusses some of the practical strategies that we can use to support children and youth with an anxiety disorder.

[Understanding Youth Mental Illness](#)

Youth between the ages of 15 to 24 are more likely to suffer from mental illness and/or substance use disorders than any other age group. What puts teens at risk of mental illness? What are the signs to watch out for? What can we do as parents to help teens dealing with mental health issues build resiliency and develop strategies for coping?

[Promoting Social and Emotional Well-Being in Children](#)

Review the different adult and environmental supports children require for healthy social and emotional development.

[Flipping Your Lid](#)

A Scientific Explanation of how and why we can lose control of our emotions.

[Why Do We Lose Control of Our Emotions](#)

Cartoon suitable for children and youth.

[5-4-3-2-1 Grounding Exercise](#)

Cartoon suitable for children/youth.

[Box Breathing – A way to calm your body.](#)

Cartoon suitable for children/youth.

[Brain Basics – Anxiety for Kids.](#)

Cartoon suitable for children/youth.

[Anger Management for Kids.](#)

Cartoon suitable for children/youth.

First Nations, Metis and Inuit :

Here is the [**May edition of the EIPS First Nations, Metis and Inuit community newsletter.**](#) Learn about events happening in the community, new staff who are support the team and opportunities to get involved in learning Northern Michif with Elder Mary SkyBlue Morin.

LitBit: High Frequency Words

Did you know there are a certain number of high-frequency words students need to learn in the English Language Arts and Literature curriculum? But what are high-frequency words and how can you help at home? [Check out this great LitBit video with Mrs. Martin-Spady to learn more.](#)

Get Ready for Kindergarten:

Do you have a child registered in kindergarten next year? If so, make sure to attend Heritage Hill's Elementary upcoming Kindergarten Information Night on Thursday, May 23. You will get to:

- Meet our ECS Teachers and school administrators
- Tour the classrooms and school
- Find out what a typical day looks like in ECS
- Gain insight on the Kindergarten curriculum

Kindergarten Information Night 2024:

Date: Thursday, May 23

Time: 6:30pm

Location: Heritage Hills Elementary gymnasium.

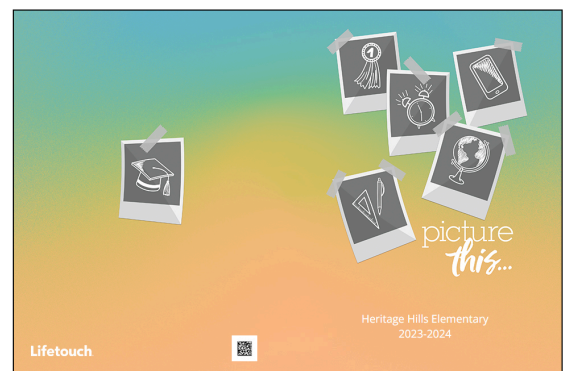
To make the transition to school as smooth as possible, Elk Island Public Schools has put together a toolkit for families. The kit includes information about registration, important dates, programming options, what to expect, eligibility, finding your designated school, transportation and more. Find it at:

[Welcome to EIPS Kindergarten.](#)

Additional information about Heritage Hills Elementary's kindergarten program is available on the [school website](#).

Yearbook Sales:

Don't forget to order your 2023-2024 yearbook on your PowerSchool. There is a soft and hard cover option. The purchase of a yearbook is not required but is a great way to capture the memories of the 2023-2024 year at Heritage Hills Elementary.



Volunteers Needed:

Sports Day will be taking place on Friday, May 31st. Division 2 students will be participating from 9:00 a.m. - 11:45 a.m. Division 1 will go through the stations from 1:10 p.m. - 3:05 p.m. We are in need of parent volunteers to run stations as classes rotate through them. Please fill out [this form](#) if you are available to assist on that day.

** If we experience inclement weather, we will have a rainout day on Tuesday, June 25th.

Terry Fox T-Shirts

The Terry Fox Foundation has once again partnered with beloved Canadian actor Ryan Reynolds to launch its annual limited-edition Terry Fox Run shirt.

This year's shirt features the tagline **#NoMatterWhat**, celebrating Terry's unwavering determination, no matter the challenges or circumstances, when running his iconic Marathon of Hope in 1980. We are excited for the launch of this year's Terry Fox t-shirt!. This is a wonderful opportunity for our school community to come together and support our Terry Fox run in September. Sales of the t-shirts

provide support for cancer research and are added to our school's fundraising total.

We will be opening up sales for the t-shirt between April 26 to May 6, 2024. Ordering will be done online via your PowerSchool Parent Portal and there are several sizes available. Please ensure that you select the exact sizing as there will be no refunds issued. The cost for each t-shirt is \$20.00 for youth and \$25.00 for adults. T-Shirts will be received by the end of June.

The purchase of a t-shirt is optional.



School Supply List 2024-25:

It's that time of year again when we are looking at school supplies for the next school year. To make it easier for you and to provide consistency for all our students, school supply lists for each of our grades are listed below. You can order your child's school supplies through Write-On Stationary or purchase them on your own. Please see the information for each grade below.

[Heritage Hills Elementary - SHERWOOD PARK - Class/Grade Grade 1](#)

[Heritage Hills Elementary - SHERWOOD PARK - Class/Grade Grade 2](#)

[Heritage Hills Elementary - SHERWOOD PARK - Class/Grade Grade 3](#)

[Heritage Hills Elementary - SHERWOOD PARK - Class/Grade Grade 4](#)

[Heritage Hills Elementary - SHERWOOD PARK - Class/Grade Grade 5](#)

[Heritage Hills Elementary - SHERWOOD PARK - Class/Grade Grade 6](#)

[Heritage Hills Elementary - SHERWOOD PARK - Class/Grade Kindergarten](#)

<https://www.write-on.ca/shop/>

FOR ONLINE ORDERS:

- Go to www.write-on.ca
- Click on “PARENTS – Order Here”
- School Name: Heritage Hills Elementary - SHERWOOD PARK
- Choose your grade and place your order.
- Complete your order by clicking ‘PLACE ORDER’
- You will receive an automatic email confirmation to confirm your order has been received
- We accept VISA, MC, AMEX, Visa Debit and Interac On-line.
- **Deadline to Order: August 1, 2024**

Complete your census online starting May 1, 2024

The 2024 municipal census begins May 1. Watch your mail in late April for your personalized PIN number. We strongly encourage residents to use the online platform for its efficiency, convenience, and security.

Starting May 13, our dedicated census workers will conduct door-to-door collection for households that have not yet participated, while the online option remains open throughout this period.

Visit Strathcona.ca/census for more information.

Be kind whenever possible. It is always possible.”

—The Dalai Lama