



HIGHLANDS HIGHLIGHTS

APRIL 2015



IMPORTANT DATES

April 13 RSA Day

Teacher's only in session

April 17 Milk & Cookie Day

April 20 PAC Meeting (Library)

April 22 Earth Day

Ready Set Learn

10:30 – 11:30 am

April 24 Talent Show (PM)

Everyone Welcome

May 1 Alternate Calendar Day

No School

May 5 Classroom Photos

May 11 PAC Meeting (Library)

May 12 HES Track Meet at COTR

Grades 4, 5, 6

May 15 Alternate Calendar Day

No School

May 18 Victoria Day (Holiday)

May 22 Milk & Cookie Day

May 25, 26, 27

Blue Lake – Grade 5/6 Field Trip

June 5 Pro D – No school

June TBA Fun Day @ Highlands

June 15 PAC Meeting (Library)

June 25 Last Day for Students

Assembly 9:00 to 11:00 am

June 26 Admin Day – Staff only

Principal's Message

There are a number of things going on this month at the school. We have a guest speaker (Loree Duczek) coming to talk to the students about recycling and protecting the environment. April 22nd is Earth Day and we will be participating in "Pitch-In", which means walking around the school and community, cleaning up.

We had our first initial meeting on ways to become a healthier school both mentally and physically. The title of this project is the "Healthy Schools BC Resource Guide for Teaching and Learning." This project will be an ongoing process for our school. We have students, parents, our school health nurse, and school staff on the team. We are at the beginning stages of this project, and we have been talking about who should be involved, and we are working on an assessment of what we do well and what we do not do well.

Our Highlands School track meet is coming up soon, on May 12th, at the College of the Rockies. This is a school event for grades 4, 5, and 6 students. We need parent volunteers to make this event a success. If you can help out please let your child's teacher or myself know.

You might have heard from your child that they have been participating in gymnastics routines in the gym. All of the students from Kindergarten to grade 6 are taking part. Our gym has been transformed, and set up with a number of different stations. The stations are balancing; head and hand stands; egg, shoulder and forward rolls; spring board and vault (for jumping); climbing frame; and the rings. This is a two week unit and then everything will be put away.

On Friday April 24th, we will be hosting our annual Highlands Got Talent show. This event starts at 1:15 pm and will last about one hour and fifteen minutes. We had our first official meeting to set out the guidelines and to begin the audition process. Auditions will run this week and next at lunch hours. The students who are participating are very excited to showcase their talent and from what we have seen, our students really do have talent. This will be a great show for our school and for any of you who would like to come and watch.

Steve Rogers
Principal

Ready Set Learn

The Ready Set Learn date for Highlands has been set for Wednesday, April 22 from 10:30 to 11:30 am. This activity is intended for three year olds to attend their neighbourhood schools and get acquainted with the school and staff. Parents and their three year olds will go to the Kindergarten room next to the gym for introductions and a fun filled hour of activities. If you have any questions about Ready Set Learn please feel free to call the school at 250-489-4391.

Highlands Track Meet

The Highlands Track Meet is scheduled for Tuesday, May 12, 2015. If an alternate day is needed the Highlands Track Meet will take place at the school. This date is fast approaching and we are going to need parent volunteers to help make this day a success. We need 20 volunteers to help with the day's events. A letter will be coming home very soon seeking help with a sign up form included. Please consider helping if you can, as the more parents we can secure, the better the day will be for the students. If anyone would like to help each group of students to practice for this event after school, please see Mr. Rogers.

We will need 8 parents for the finish line, and 2 parents for each of the following, plus volunteers will needed to run the concession.

- 100 metre start line, 200 metre start line, 400 metre start line, ball throw/shot put, high jump, triple jump and long jump.

R & R Program

R&R is a program developed by Loyst and Associates Autism Services Inc. in 2006 to help children with Autism Spectrum Disorder learn to:

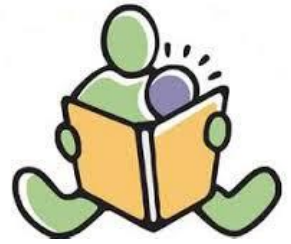
- Be calm and flexible
- Tell people what they want and think
- Develop true friends and loving, reciprocal relationships with their families.

R&R is an individualized, developmentally based curriculum which teaches social cognition through naturally reinforcing play activities. Currently there are five students at Highland benefiting from the R&R program on a daily basis. This program will continue to be open for any new students that come to Highlands who need intervention.

In order to better assist and enhance the R&R program at our school we are looking for gently used items to start our toy library. Some examples are:

- story/picture books
- pretend play toys (eg: Toy kitchen/food)
- simple puzzles
- simple board games
- a tunnel
- beanbags
- bins or storage boxes

Thank-you to PAC! They have generously donated money to the R&R program. For more information on the program please visit <http://www.randrforautism.com/>



10 Reasons To Reasons To Read To Your Child Tonight

1. Because when you hold them & give them this attention they know you love them.
2. Because reading to them will encourage them to become readers.
3. Because children's books are so good that they are fun even to adults.
4. Because illustrations in children's books often rank with the best, giving children a lifelong feeling for good art.
5. Because books are one way of passing on your values.
6. Because books enable your child's imagination to soar.
7. Because until they learn to read themselves they will think you are magic.
8. Because every teacher & librarian they ever encounter will thank you.
9. Because they might turn off the TV.
10. Because you'll get a chance to read some great books you missed when you were a kid.

Reading Tips

- Read with expression - "ham it up" - use different voices.
- Put a reading light on your child's bedside table.
- Buy books as gifts & encourage others to give books as gifts.
- Exchange books with friends & neighbours, or at the second hand book store. Get a library card for yourself & your children
- Let your children see you reading & enjoying it.
- Reading aloud isn't just for Moms. Dads need to show that reading is a "guy thing" too.
- Take books on car trips, to the Dentist & Doctor's offices & on a holiday. Listen to recorded stories when in the car.
- Watch a movie together & then read the book.

School Tips To Save Energy



- Buy good-quality, long-lasting products that can be handed down to younger children.
- Recycle as much waste as possible.
- Use cold water when washing school clothing.
- Encourage children to take shorter showers using restricted-flow shower head.
- Make sure children turn off taps when brushing their teeth, instead of allowing a constant flow of water.
- When making children's lunches, stay away from pre-packaged or processed foods as much as possible. Use a reusable lunch bag.
- Clean waxed paper, plastic bags & tinfoil can be re-used several times if children bring them home.
- A small thermos of cold milk or juice will cut down on unnecessary packaging.
- Encourage to children to drink water from drinking fountains at school, instead of relying on expensive bottled water.
- Encourage your children to become active in a recycling program or a recycling club at school.
- Walk or cycle with your children to school instead of driving. This reduces vehicle emissions.
- Turn off your car instead of idling for periods longer than 10 seconds.

Kindergarten Registration

School District #5 Southeast Kootenay welcomes all children born between January 1, 20010 and December 31, 2010. All new students to School District #5 must register at the school within your neighbourhood school's catchment area. A **birth certificate** or other legally acceptable documents, along with proof of BC residency, i.e. **care card** must be provided at the time of registration. We look forward to your child joining us at Highlands Elementary School.

PAC Highlights

Our next PAC meetings will be April 20, May 11, & June 15 at 7:00 pm in the school Library: if you are unable to make the meetings, our minutes are posted on our PAC bulletin board by the side entrance of the school by Ms. Johns class or you can review them on our PAC page of the Highlands website.

Our PAC meetings encourage discussion of new ideas and issues and are a great forum to discover what is going on at Highlands School.

- Milk and Cookie Day is coming up next Friday, April 17 so send a loonie with your child for a milk and we will provide the cookies!
- Hot Lunch continues to be a success. Thank you to everyone for having orders in on time every week!

That is all for now, Lies Salvador PAC Chair

