HIGHLANDS HAPPENINGS

Volume 9, Issue 4

December 7, 2018

Holiday greetings from Highlands Elementary!

What a busy and productive few weeks we have had! Between the Thanksgiving holiday, special performances, family days, and the Holiday Shoppe family night, Highlands has been full of activity and excitement. Throughout these special activities, our main focus as always remains on student learning. We continue to thank the entire Highlands community for their hard work in contributing to student growth in so many ways.

We enjoyed our fourth "Highlands Family" assembly and group meetings this past Wednesday morning. Students filled over 480 goodie bags with fun and helpful items for people in need. Our older students are doing a wonderful job setting a positive example of participation and inclusion, and our younger students appear happy to follow the older students' lead and look up to their older counterparts. We're thrilled to be able to continue this important opportunity to build community and a sense of belonging for all students at Highlands.

Please enjoy this month's Highlands Happenings, including published work for students at all grade levels and reminders about upcoming dates and activities.

We'd like to wish a safe and restful holiday season to the entire Highlands family. As 2018 comes to a close, we have an opportunity to reflect on this year and think about our hopes and goals for next year. I hope you are able to take the time to remember the joys of the past, celebrate the gifts of the present, and look forward with anticipation and excitement to 2019 and beyond.

Sincerely,

Brian Graber Principal





- 6 SOS Food Drive Ends Holiday Shoppe Family Night 5:30-7:30 p.m.
- 12 Late Start 9:05 a.m.
- 14 PTC Ice Cream Day Early Childhood Holiday Program PTC Flying High Pizza Fun Night 7:00 - 10:00 p.m.
- 17 Elementary School Store
- 18 PTC Fun Lunch Ledo's Pizza Board of Education Meeting 7:00 p.m.
- 21 K-4 Sing-a-Long 1:45 p.m. (MPR) K-4 Parties 2:15 p.m.
- 24 NO SCHOOL Winter Break December 24 thru January 4

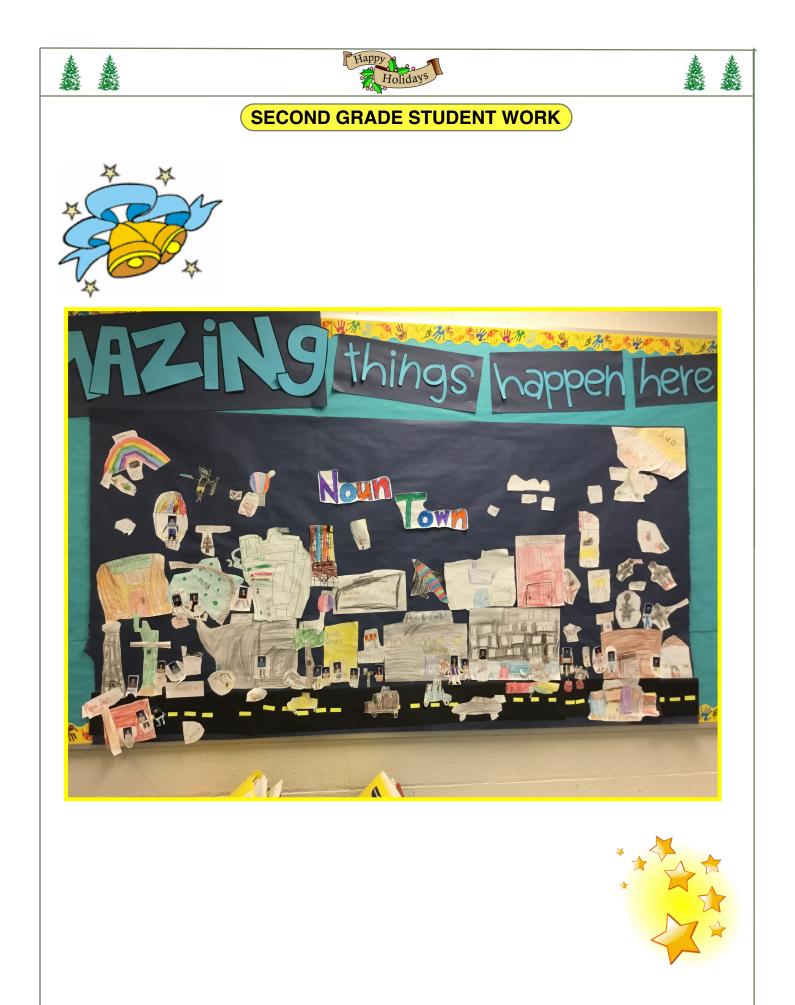
January

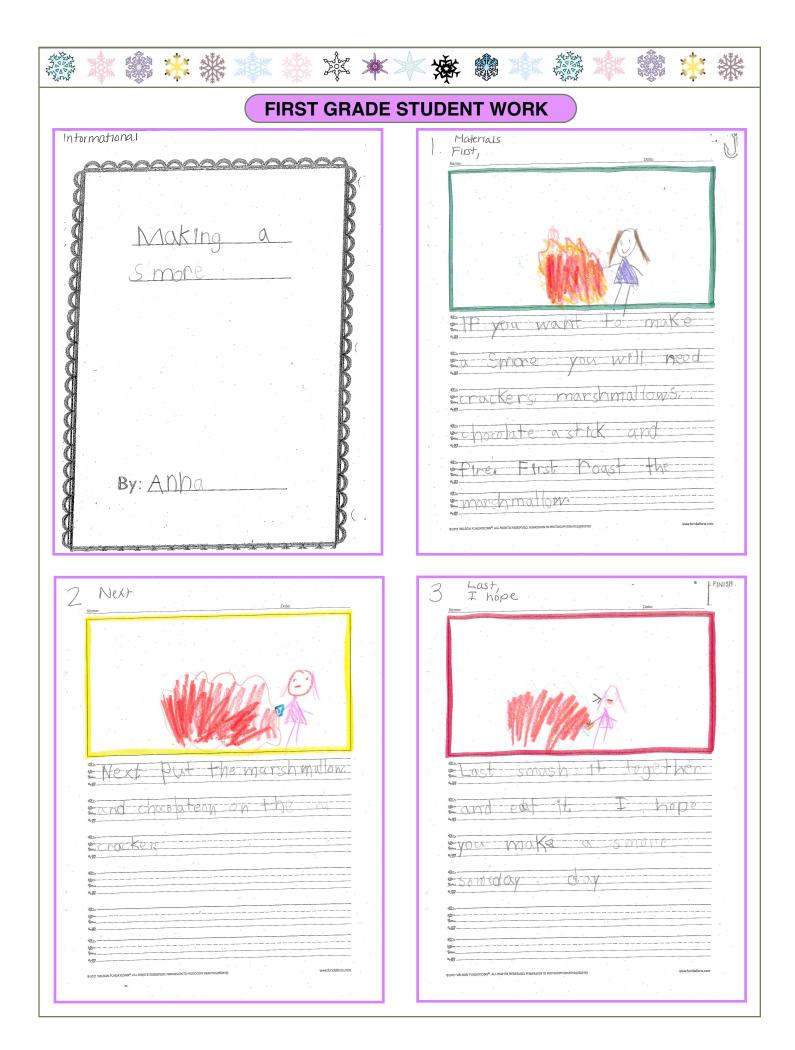
- 7 School Resumes
- 8 PTC Hot Lunch Pizza
- 9 Highlands Family T-shirt Day!
- 11 End of 2nd Quarter
- 15 PTC Meeting 9:00 a.m. PTC Fun Lunch - Little Joe's Beef Hot Dogs Board of Education Meeting 7:00 p.m.
- 18 No School Institute Day
- 19 Education Foundation Trivia Night
- 21 ES Sing-a-long 1:45 p.m. (MPR) ES Parties 2:15 p.m. Variety Show Program Book Ads Due Variety Show Cover Contest Entries Due



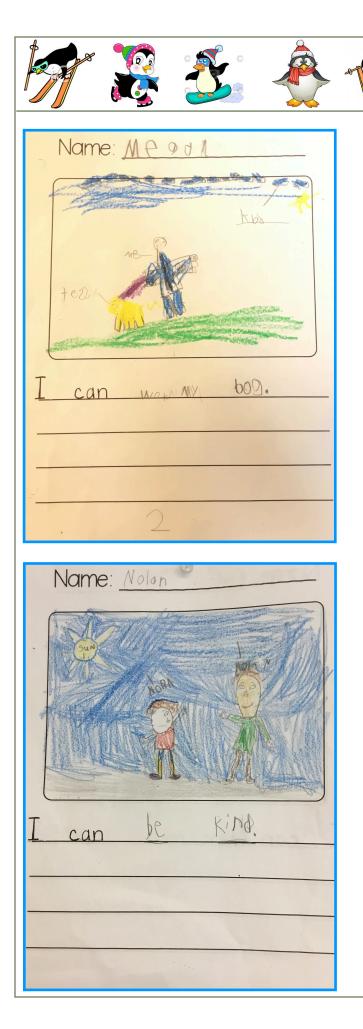
FOURTH GRADE STUDENT WORK Komodo Dragon By:Isaac P CHOMP! The Komodo Dragons poison seeps into its prey. I strongly believe the Komodo Dragon is a marvelous animal. The three reasons I have are, the Komodo Dragon's teeth, poison, and what they eat. First of all, The Komodo Dragon has amazing teeth with cool features. An example is, it has jagged spikes on the back of it's teeth so if an animal tries to escape it will get even more injured. It's teeth are also very large and strong. Another reason is, Komodo Dragons love to eat small animals. They can also eat some snakes! An example of how they kill their prey is, they rip it to shreds with their amazing powerful teeth. That would NOT be a pretty sight to see! Third and final reason, Komodo Dragons have very powerful venom. In addition to venom the Komodo Dragon has dangerous bacteria in its mouth. For example, the Komodo Dragons venom prevents blood from clotting so its prey often dies from blood loss. WOW! What a way to die... All in all, I believe the Komodo Dragon is an amazing animal. The Komodo Dragon has cool teeth, a crazy diet, and dangerous venom. Do you think the Komodo Dragon is a cool animal? I know I do. s 1 ž C l C 4 50 00 By 0 C C 8 < 010

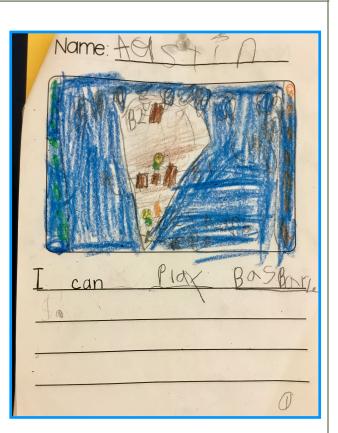




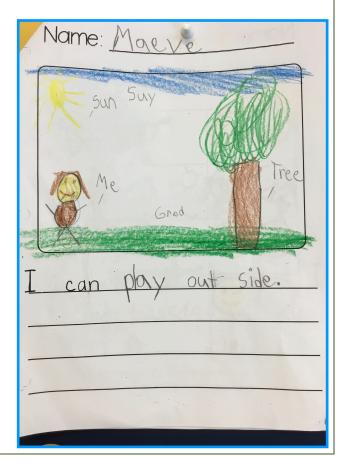








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EMPORTANT DATES

Late Start - Dec. 12th 9:05 a.m.

Holiday Sing-a-long - Dec. 21st 1:45 p.m. Parents, younger siblings, and all students are invited to

the K-4 Holiday Sing-a-long on Friday, Dec. 21st. We need to begin promptly at 1:45 p.m., so please be in the Multipurpose Room, ready to "sing-a-long", by 1:45 p.m. Please be advised that there is limited seating.



Boxtops & Soup Labels

The head-to-head competition is still going on between homerooms. Please bring in your boxtops. The first competition will end on Dec.14th.





Winter Recess Policy:

ABSENCE LINE: 579-6894

Please remind students that they will have outdoor recess in dry weather, if the temperature and wind chill are 15 degrees or above. Please make sure your students are adequately clothed for outdoor recess. Hats, mittens, and scarves are needed for cold weather. We ask that children wear boots when there is snow on the ground.





ELEMENTARY OFFICE HOURS: 7:45 A.M. - 4:00 P.M. **OFFICE LINE: 579-6886** PLEASE CALL IN YOUR STUDENTS ABSENCE AND HOMEWORK REQUEST BEFORE 10:00 A.M.





December 2018



Put memory to work

Many card games build *working*, or short-term, memory. This kind of memory lets your youngster remember and use information he learned recently. Play Go Fish or Crazy Eights together. By keeping track of which cards have been played, your child will make better moves!

Taking the lead

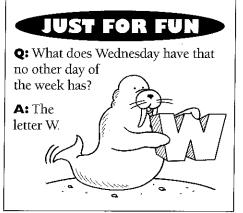
You may have heard the phrase "a born leader." But leadership skills, such as speaking up and taking initiative, can be learned. Encourage your youngster to practice during group projects. For example, she might suggest a way to divide up tasks or offer to give the introduction during the group's class presentation.

Busy parents can volunteer

Whether you have a little time or a lot, you can pitch in at your child's school. Ask teachers and PTO or PTA officers for ways to volunteer that fit your schedule. Maybe you'll listen to students read for 20 minutes during your lunch break or compile families' book catalog orders on the weekend.

Worth quoting

'If opportunity doesn't knock, build a door." *Milton Berle*



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Smart discipline

Disciplining your child is all about guidance. You're training her to follow rules and behave in an acceptable way without your nagging or yelling. Consider these strategies to make discipline easier and more effective.

Stay positive

Rather than telling your youngster what she *can't* do, try explaining what she *can* do. Instead of "Don't shove your brother," you might say, "Keep your hands to yourself, and politely ask Billy to move out of the way." Giving your child clear instructions will inspire her to cooperate.

Watch body language

When you correct your youngster, speak face-to-face rather than calling to her from across the room or another part of the house. You could get down on her level, gently touch her shoulder, and speak softly. Sensing that you're in control of yourself will keep her calm so she focuses on what you're saying.

Engineering at play

Every time your youngster has fun on the playground swings, he has engineers to thank! Let him explore engineering for himself by constructing a play swing set.

He might use craft sticks for the frame, yarn for the chains, and cardboard for the seat.

How could he make a swing that gives a longer "ride"? Suggest that he adjust the length of the "chains," and then test it each time. He can set a timer for one minute, pull back the seat, and count the swings per minute. What does he notice? (The shorter the chains, the more swings per minute.)♥



Highlands Elementary School

Mr. Brian Graber, Principal

Be consistent

If your child breaks a rule, announce a consequence right away. This helps her see cause and effect. For example, if she eats in the living room and that's not allowed, ask her to vacuum up the crumbs right away. *Tip:* Being consistent with consequences shows that you're serious. If she knows you won't change your mind, she'll be better about sticking to the rules.♥



"I love to learn"

Children devote more energy to learning when they're motivated. These ideas will boost your youngster's thirst for knowledge.

Show enthusiasm. Tell your child what you learn. ("I found out that about 90 percent of the world's population lives in the Northern Hemisphere!") Also, ask him to teach you information he learns in school. If he's studying nocturnal animals, he might explain to you why his hamster runs on its wheel at night. He'll see learning as an



Frosty science

With this experiment, your child can see frost and learn why people sprinkle salt on icy sidewalks and roads.

How? Have your youngster rinse out two empty soup cans, remove the labels, and



fill each can halfway with ice. She should stir $\frac{1}{4}$ cup salt into just one can and set both cans aside.

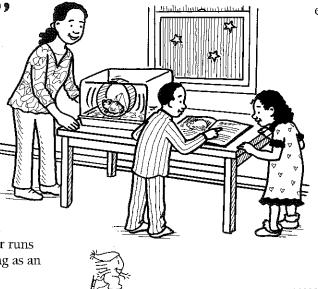
What happens? After 10 minutes, she'll notice frost on the "salty can" and water on the other one.

Why? Salt lowers the melting point of the ice, so the can with salt got colder than the other can. When water in the air condensed onto the cans, it froze into frost on the one with salt. That's why salt is useful in winter-it melts snow and ice, making it safer to walk or drive.♥

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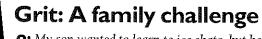
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everyday activity for kids and grown-ups, and your attitude will be contagious.

Inspire curiosity. Express interest when your youngster poses questions. If he asks why we get the hiccups or whether owls really are wise, you could say, "That's a good question! Let's find out together." Then, help him look up the topic in a library book or online. When you discover the answer, encourage him to share it with friends or relatives so they can learn more, too.



Q: My son wanted to learn to ice skate, but he changed his mind after he fell one time. How can I teach him not to give up when something is tough?

A: Children (and adults) may believe they should be able to easily do whatever they try right away. Understanding that setbacks are normal will help your son develop grit, or perseverance toward long-term goals.



Talk about times when you were successful even though you struggled at first. Maybe you were afraid to put your face in the water but you learned to swim by taking lessons and working hard to overcome your fear.

Then, consider having a "family grit challenge." Each person can choose one thing to tackle that is hard for him and requires persistence, such as following a fitness routine or cutting back on screen time. Compare notes after a month, and then set your next goals!♥

Making a difference



I wanted my daughter, Char-

lotte, to learn about the importance of helping our community.

While grocery shopping one day, we saw a sign announcing that each cus-

tomer could pick a favorite charity for the store to support. I let Charlotte choose, and she decided on a nonprofit that benefits kids with cancer. Now every time we buy groceries, she reminds me that we're helping sick children.

That led us to think of other ways kids can make a difference. Recently, we decided to bake brownies and take them to the fire station. I explained that this would show appreciation for the hard work that firefighters do.



Charlotte felt proud when the firefighters thanked her. I realized that the more ways we can find to serve our community, the more likely it will become a habit as she gets older.♥