



Principal: Ms. Cheri Banks  
Secretary: Mrs. Denise Shand  
Division Homepage: <http://www.sjsd.net>  
Heritage Homepage: <http://heritage.sjsd.net>  
Instagram: @heritage\_hawks  
**JUNE ISSUE 2021**

# HERITAGE NEWS



Through co-operation, we all grow!

Mark  
Your  
Calendar

## Principal's Message

This year has been a year unlike any other. We would like to thank each Heritage family, staff member, and student for working so hard to make this year a success. We are beyond proud of our community and all we have achieved together. Although we faced many obstacles and frequent changes we continued to move forward in the areas of literacy, numeracy, and mental health.

Best wishes and continued success to our Grade 5 students who will be moving on to Middle School next year. We would like to say farewell to Mr. Benjaminson as he also begins his adventure teaching at Bruce Middle School! Our Grade 5s will be lucky to see a familiar face right from day 1.

We also want to wish Mrs. D. Lockhart and Mrs. Shand all the best as they begin the next phase of their life, retirement! We know they are both eager to spend more time with friends and family and relaxing after busy years here at school. They will both be missed beyond words.

On behalf of the entire staff at Heritage School, we wish you a safe and relaxing summer break!

Ms. Banks

## Dates to Remember:

- June 11 — Inservice—No School
- June 15 — Staff Meeting—Early Dismissal 2:55 pm
- June 28 — Report Cards will be emailed  
Last Day of School!!
- June 29 — Inservice—No School
- June 30 — Inservice—No School
- Sept 6 — Labour Day
- Sept 7 — Inservice—No School
- Sept 8 — Triad Conferences
- Sept 9 — Triad Conferences
- Sept 10 — First Day of Classes for 2021/22
- Sept 23 — Parent Council Annual General Meeting 7:00 pm



We would like to remind parents that once again we will be offering School Cash Online as a method of payment for:

### School Supply Fees \$50 for each child

School Cash Online will help parents pay supply fees, in full, safely, quickly and easily. By using School Cash Online, you will help increase efficiency and security at Heritage. You can even use your credit card.

To register before Meet the Teacher meetings, visit <https://sjsd.schoolcashonline.com>  
OR <https://www.sjsd.ca/school/heritage>

Thank you!





## **Return to School**



This fall we are hoping we will be able to return to our usual “Opening Day” Meet the Teacher format. However, at this point we are unsure of how things will look for the fall.

What we do know is that Tuesday, September 7th will be a division wide inservice. Wednesday, September 8th and Thursday, September 9th will not be regular school days for students. Those are the days we are hoping to hold our opening day conferences.

The first official day of classes will be Friday, September 10th, 2021.

More information will come out when we know more. Thank you for your patience.

### **SAFETY LOCKDOWN PROCEDURE**

**In the event of an emergency situation involving dangerous intruders, or other incidents that may result in harm to staff and students in the school, a school wide safety lockdown procedure will be used. As with other early years schools in the division, Heritage continues to practice this safety procedure twice a year.**

## Have a great



## VaCation!

## Note from the Library - Ms. Oliver

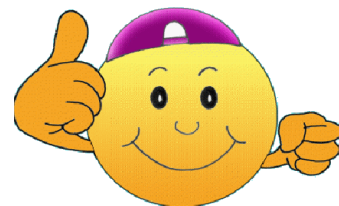
The last library class/book sign out for this school year is **Tuesday June 8th (day 6)** ALL library books must be returned by Wednesday, June 16 (Day 6). Overdue book notices will be sent home for any books not returned. Have an enjoyable summer. See you in September!



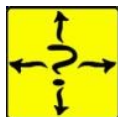
Finally the warm weather is here! We are trying to spend as much time outside as possible during the school day. It would be a good idea to ensure that students are wearing sunscreen when you send them to school in the morning and that they bring a sun hat with them each day to keep the strong rays off of them. A water bottle with their name on it will also be a convenient way for them to cool down during their time outside. Please also send a bottle of sunscreen with their name on it to keep in their backpack. Thank you for your assistance.



Good Luck in  
Middle School,  
Grade 5's!



## Class Placement Process



At Heritage School, the creation of balanced classes is fundamental in supporting the instructional program and diverse needs of all the learners within the classroom setting. The class creation process is a complex one involving the gathering of information about student needs and the making of collaborative decisions about students' placement in classes.

The purpose of the Class Placement Process is to maximize the learning and teaching opportunities for all students and teachers by constructing balanced classes.

**Collaborative staff teams and administration make up the team. Using professional judgment, they strive to construct classes that are heterogeneous (mixed) and balanced in composition.**

The following criteria are used to establish balanced classes:

- Student performance
- Our knowledge of social interactions and dynamics between individual students and group of students, including friendships in the school context
- Placement of students new to Heritage School
- Parent information
- Approximately equal class sizes at any grade level
- Students with special needs

## School Bus



Any students who are being bussed in September will receive a bus notification listing the pickup/drop off times and locations. The only exception to this will be any newly enrolled students and the Kindergarten students. This information will be mailed or emailed out to you along with a letter advising of the Meet the Teacher dates in September.



Mrs. D. Lockhart

### Roots of Empathy

Baby Beckett continues to reach developmental milestones from rolling over, sitting up to commando crawling! The kindergarten students enjoy witnessing these milestones and are always amazed at the difference one visit can bring to his skill level. During our visit we also talked about body language. A special "thank you" goes out to the Sarahs family for sharing Beckett with us!

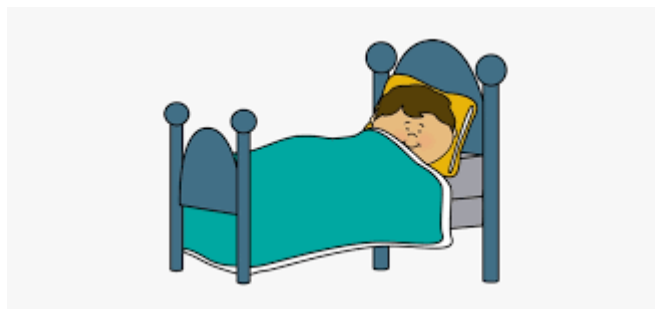
### The Importance of Sleep

I have been thinking a lot lately about sleep. Perhaps it is because I am tired at this time of year, or that I know many children tell me how tired they are. This got me thinking and reading about the importance of sleep. Sleep is as important to our health as exercise and nutrition. Sleep helps our bodies to restore energy, to concentrate and to focus. A constant lack of sleep impacts both our mental and physical development. Lack of sleep in children has been linked to mood swings, behavior problems, hyper-activity, and academic problems. Without sufficient sleep our mental alertness is altered. Although we are still able to go through routines, our ability to focus is impaired and we have more difficulty understanding and remembering new information. For children and schoolwork, this can be very frustrating as they may miss important information, experience difficulty recalling information, and find it difficult to take in, think about, and remember new concepts.

So how much sleep should children get? The recommendation is between 9 and 11 hours for children between the ages of 5 and 12 years of age. But it is not just the hours of sleep, it is also necessary to have continuous sleep. Establishing routine bedtime schedules that allow for a half hour relaxing activity before bed helps to induce sleep. It is also important that a child's bedroom is a quiet place. T.V., computers, and caffeine prior to bed may lead to difficulties with falling asleep, nightmares, or disrupted sleep where the child sleeps for short periods then wakes up and eventually sleeps again. Sleep is a very important part of healthy living. Talk to your child about the importance of sleep in our lives and how it helps our bodies to be able to learn new skills and our brains to be able to think smarter.

Wishing you a restful summer,

Mrs. D. Lockhart



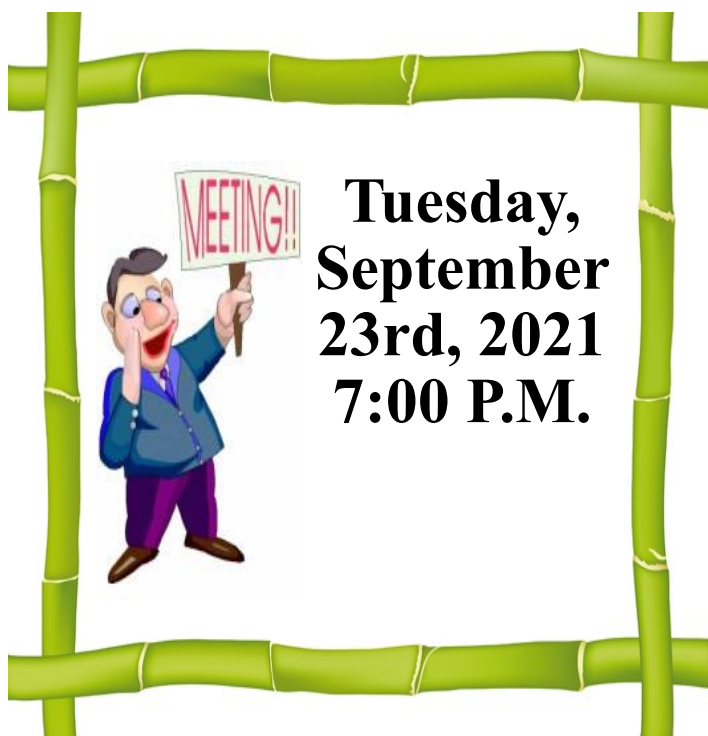
## PARENT COUNCIL NEWS

Our AGM for the 2021/2022 school year will be held on September 23, 2021 at 7pm. We would love to have you join us! We are always looking for more members to join our board or even parents willing to volunteer their time at Parent Council events!

If you are interested in joining us or have any questions about parent council please email our executive board at [heritageparentcouncil@gmail.com](mailto:heritageparentcouncil@gmail.com)

We look forward to seeing you next year.

Have a safe and healthy summer!



## Phys. Ed By Mr. Sarahs

The month of May looked quite different than we are used to. Remote learning kept some students at home while others were able to come to school. In gym class we worked on riding bikes and bike safety. Some classes learned the hand signals and how to safely ride in the community while other classes practiced and gained confidence riding bikes in the playground and on the tarmac. We also played games to keep up our fitness levels and to improve our basic movement skills.

The SJASD "Wheel Challenge" is underway and is taking place from May 15 to June 15, 2021. It is a chance to celebrate and encourage students to "wheel" on a regular basis. So—roller skate, rollerblade, bike, scooter, use your wheelchair or bike your way to wellness. These activities can be enjoyed as a young child and through adulthood. Don't forget to fill out your BINGO cards and return them to school or submit them online for a chance to win a brand new bike.

Gym classes will continue to be outside and in the gym, so please make sure that your child is dressed properly for the weather and has running shoes at school.

Athletes of the Week for May are Finlay B, Grayson M, Jerome K, Declan G, Nico G, Kolin M, Jase B, Cole L and Carter G.



## Fun Science in Room 16!

Over the past month, Room 16 has been learning about Simple Machines. We have learned that there are 6 simple machines: the lever, inclined plane, wedge, wheel and axle, pulley and screw. We have also learned that we can combine these machines to make more complex machines. With "Remote Learning," the students of Room 16 have been challenged to build their own Rube Golberg Machines. Rube Golberg was an American cartoonist, sculptor, author, engineer, and inventor. The term "Rube Golberg Machine," describes a series of simple machines put together to create one contraption. There are some great examples of these "contraptions" online and a popular band called, "OK Go!" has some great videos on YouTube that utilize Rube Golberg Machines. I am looking forward to what the students of Room 16 come up with for their own machines!

