



**HERITAGE HILLS**  
ELEMENTARY

# Heritage Hills Parent Weekly

**February 21 - February 28, 2022**

**Twitter Account: [@HeritageHills](https://twitter.com/HeritageHills)**

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**This Week at Heritage Hills:**

**\*\*[Black History Month](#) - February and Forever: Celebrating Black History today and every day**

**Monday, February 21**

- Family Day - School Closed

**Tuesday, February 22**

- Theme Day: Ultimate Twosday 2-22-22 - Wear a Tutu, Tie, or dress like a Twin.

**Wednesday, February 23**

- Pink Shirt Day - Be sure to wear Pink
- Artist in Residence for Grade 3 & 4 Students

**Thursday, February 24**

- 100th Day of School
- Artist in Residence for Grade 3 & 4 Students

**Friday, February 25**

- Hot Chocolate Outside for all students (Served by Admin)
- Theme Day: HHE Wear or Wear Blue or Orange
- Artist in Residence for Grade 3 & 4 Students

**Monday, February 28**

- A great day for Teaching and Learning

## Principal's Message:

Hope you enjoyed a great family day long weekend. Thank you to those of you who participated in student-parent-teacher conferences last week. Returning student registration for the 2022-2023 school year closes on February 28. Getting your registrations in on time helps us with our staffing. Staffing commitments are based upon actual registrations and the timelines for staffing have become earlier this year. Late registrations may have an influence on staffing. If you haven't completed your re-registration please do so by February 28, 2022.

## Staffing Update:

We would like to congratulate Mrs. Pavan as she has taken on a new position with Elk Island Public Schools working on the new curriculum. We wish Mrs. Pavan all the best in her new role.

## Parent Volunteers:

It is so nice to have parent volunteers in the school again. Thank you to those of you who have already come in to work with staff and students. The Covid rules continue to evolve and I want to thank you for being so patient. Currently when you come into the school to volunteer you will need to take a rapid test before working with students and staff.

Once again, thank you for all the support you give to Heritage Hills Elementary and our students. If you have any questions or concerns please do not hesitate to call us at (780) 467-7447 or email us at [General.HHE@eips.ca](mailto:General.HHE@eips.ca)

## Counselor:

Thank you, students, families, and staff for making me feel so welcome during my first week.

I will be at school Mondays and Wednesdays, and Tuesday mornings. I invite parents to contact me by email at [michelle.kropp@eips.ca](mailto:michelle.kropp@eips.ca)

**Fight Flight Freeze – Anxiety Explained for Kids.** This video teaches kids how anxiety is a normal biological response – called “Fight, Flight, Freeze” – that can get triggered inappropriately in the modern world.



<https://www.anxietycanada.com/articles/fight-flight-freeze-anxiety-explained-for-kids/>

Creative Outlet is a free '3 day' program offered over Spring Break, by Strathcona County for grade 4 to 6 students. The program aims to help children express themselves and improve their overall mental health. Topics will include, make a mess, expressive art, and reduce, reuse and recycle. Limited spots available. For more information contact, [FamilyResourceNetwork@strathcona.ca](mailto:FamilyResourceNetwork@strathcona.ca)

### Last Chance to Order Heritage Hills Spirit Wear:

The [online store](#) will **close February 24**. Orders will be delivered to the school.

### Head Lice:

It is that time of year to make head checks for lice a regular part of your child's personal hygiene routine!

Head lice is one of the most common problems faced by school-aged children and their families. While head lice control is primarily a parent responsibility, parents, the school and community all have a role to play. We strongly encourage you to speak to your children about proactive behavior to prevent the spread of head lice. This includes not sharing combs, hats, pillows and hair accessories and to avoid head to head contact. Children should know that anyone can get head lice, it does not jump or hop from head to head and it is not dangerous. Although head lice is not considered a health issue it can cause stress, anxiety and economic hardship for staff,

students and parents. It is essential that each family does its part at home by undertaking routine screening, early detection and removal of lice and nits as part of routine personal hygiene. Updated resources on how to properly screen and treat head lice are available on our school website or from school office staff.

Here are some basic facts about head lice.

Head lice infestations are common in school aged children and anywhere children gather.

Checking and treating children for head lice is a parent's/caregiver's responsibility.

Since head lice is a common problem in school children it is strongly recommended that you check your child's head weekly during the school year for head lice even if they are currently lice free.

- Head lice do not spread disease and are not associated with serious illness or a sign of poor hygiene.
- Children may have head lice but go weeks before showing symptoms. Misdiagnosis of head lice infestations is common. In some cases, lice can be mistaken for dandruff as they have similar symptoms and appearances.
- Head lice are spread mainly through direct head-to-head (hair-to-hair) contact or through sharing of personal items like hats or brushes.
- Lice do not hop or fly, but can crawl at a rapid rate.
- A diagnosis of head lice requires detection of live head lice. Detection of nits alone does not indicate an active infestation. Children with live lice need to stay home and get treated and should not return to school until the live lice are gone.
- Topical insecticides such as Nix can be toxic, particularly if misused. Care should be taken to avoid unnecessary pesticide exposure. There are now non-pesticide containing products such as *Nyda* and *Resultz* approved for lice treatment.
- A good lice comb along with manual picking of head lice and nits (eggs) is an essential part of treatment for head lice. Topical treatments alone do not always kill all of the lice and do not remove the nits.
- Excessive household or school cleaning is not warranted following the detection of a case of head lice because neither head lice nor nits survive for an extended period of time away from the scalp.
- According to the Canadian Pediatric Society, exclusion from school and daycare due to the detection of the presence of active lice or 'nits' (eggs) does not have a sound medical basis. As such 'No nit' school exclusion policies are

not recommended. Instead, sharing of personal items such as combs, brushes, hats and close head-to-head contact should be avoided.

- Families of children in a classroom where a case of active head lice has been reported will be notified as such. The school will work with the teacher, students and families to help prevent further transmission. Information on the prevention and treatment of head lice is available on our school website or at [www.EIPS.ca](http://www.EIPS.ca)

Source: Canadian Pediatric Society

## Caregiver Education Series:

Alberta Health Services is hosting a series of caregiver information sessions focused on ways to support students' mental health. The sessions are free and geared toward parents, caregivers, teachers and community members who want to learn more about challenges impacting children and adolescents. This year, session topics include anxiety, ADHD, depression, self-harm, technology, teens and teaching leadership skills, and more.

Visit [Caregiver Education for the Edmonton Zone](#) for more information and session dates.

## Cyberworld Presentation:

Lakeland Ridge is partnering with Saffron Centre to deliver a free parent/caregiver session on February 24, 2022 at 6:00-7:30 pm that focuses on internet safety and awareness. All EIPS are invited to attend Cyberworld: What Happens When Youth Press Send? presentation. The presentation will take place virtually through Microsoft Teams.

Attached is the [Cyberworld Parent Presentation poster](#). The link to the presentation can be found in the poster.

## School Fees Survey (2022-2023)

As discussed at the school council meeting, please find below a link to a survey regarding school fees for the 2022-2023 school year. We look forward to hearing your feedback.

<https://forms.gle/xcoNGs1owsw4hiUc8>

## Kindergarten Registration:

Is your child turning five on or before Dec. 31, 2022? If so, it's almost time to register for kindergarten. To register, simply complete the online registration form at [eips.ca/kindergarten](http://eips.ca/kindergarten) starting on February 1, 2022.

To help families prepare, Elk Island Public Schools has put together an online [EIPS Kindergarten Tool kit](#) to make the transition as smooth as possible. The kit

includes information on registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more.

Additional information regarding Heritage Hills Elementary's kindergarten program is available at [heritagehillselementary.ca](http://heritagehillselementary.ca).

## Carnaval:

Week 2 was fantastic. Some highlights:

- Cornet de tire d'érable - [Link to the YouTube clip](#) from Wednesday's presentation
- Sledding
- Snowshoeing
- Skating
- Broomball
- Metis finger weaving
- Bonhomme plasticine sculptures
- Repas québécois avec tourtière et tarte au sucre
- Carnaval songs, dance and videos
- Bonhomme stopped by for a quick visit this past week. We hope to see him again soon.

## FAHHE Update:

### Blaze Pizza Nights

For the month of March, Blaze pizza will be supporting the FAHHE by hosting a fundraiser each week where we receive 20% of the proceeds that evening when customers show our [flyer](#). You can print out the [flyer](#) or show it on your phone. Works for online orders too!

Wednesday, March 2<sup>nd</sup>

Monday, March 7<sup>th</sup>

Tuesday, March 15<sup>th</sup>

Thursday, March 24<sup>th</sup>

### Hot Lunch

Thanks to all your support of our hot lunches this year.

We have been approached about adding a universal hot lunch fund to assist families who maybe can't afford the special lunch at this time. We have added a donation item to the menu if you would like to donate to the fund. If you would like to access the fund, please email [hhehotlunch@gmail.com](mailto:hhehotlunch@gmail.com).

For March we will be having 2 hot lunches. Ordering for both lunches is now open.

### Subway

Wednesday, March 9<sup>th</sup> – Kinder A (Order deadline March 2<sup>nd</sup>)

Friday, March 11 – Kinder B and 1-6 (Order deadline March 4<sup>th</sup>)

## **COBS**

Wednesday, March 23<sup>rd</sup> – Kinder A (Order deadline March 16<sup>th</sup>)

Thursday, March 24<sup>th</sup> – Kinder B and 1-6 (Order deadline March 17<sup>th</sup>)

Returning families: <https://munchalunch.com/login>

New family registration: <https://munchalunch.com/schools/heritagehills>

## **Playground Committee**

We are so lucky to have been able to fundraise for an amazing playground at Heritage Hills when it opened. However, the building is not complete. There is a plan to add more equipment into the current playground on the back side where there is lots of open sand. We would like to create a playground committee who will work closely with the school and the county to fundraise and install the remaining equipment. Do you have a knack for writing? Do you love planning fundraisers? We are looking for individuals who can help apply for grants, seek sponsorships as well as plan some amazing fundraisers to make this playground complete. Please email [fahhe.president@gmail.com](mailto:fahhe.president@gmail.com) if you are interested or would like more information.

Next Meeting: March 9, 2022, following the school council meeting .

## **First Nations, Metis and Inuit:**

There are many exciting upcoming events and resources available for February and March. Check out our page on the school [website](#)

**Enjoy a great week everyone!!!**

**“Kindness is a language which the deaf can hear and the blind can see.”**

**— Mark Twain**