



# The Hillcrest P.S. Herald

## Week at Glance: Dec 9<sup>th</sup> - Dec 13<sup>th</sup>

Dear Parents/Guardians,

We hope you had a wonderful weekend. A big congratulations to all of our intermediate volleyball teams who participated in the tournaments last week. We are excited to share that our intermediate girl's competitive team won their tournament and will be going to the board KPREAA tournament this Friday, "Good Luck Girls!" Please see the notes and dates below for the remaining 2 weeks before Christmas Break.

Have a great week!

### Monday, Dec. 9<sup>th</sup> - Day 2

~Mr. Coulter

- Int. Band practice after school

### Tuesday, Dec. 10<sup>th</sup> - Day 3

- Hot Lunch - Chicken Fingers

### Wednesday, Dec. 11<sup>th</sup> - Day 4

### Thursday, Dec. 12<sup>th</sup> - Day 5

- Int. Band practice @ 1<sup>st</sup> break

### Friday, Dec. 13<sup>th</sup> Day 1

- Int. Girl's Volleyball KPREAA tournament
- Global Goals Inquiry Fair - Mme Thompson
- Hot Lunch - Subway



### Important Up-Coming Dates:

- Dec. 16<sup>th</sup> - Caroling in our Gym @ 11:30am
- Dec. 17<sup>th</sup> - Spirit Day - Dress like an Elf
- Dec. 18<sup>th</sup> - Hot Lunch orders due
- Dec. 18<sup>th</sup> - Spirit Day - Ugly Christmas Sweater Day
- Dec. 19<sup>th</sup> - Movie in the Gym
- Dec. 20<sup>th</sup> - Last Day before Winter Break
- Dec. 21<sup>st</sup> - Jan. 5<sup>th</sup> - Winter Break

## School Council News:

Good News!! We have added pizza to our hot lunch starting in January. Hot lunch orders are due December 18<sup>th</sup>. Our next council meeting is on Wednesday, Jan. 15<sup>th</sup> at 4:45pm in our school library, new members are always welcome!

If you have any questions about Council or if you want to volunteer, please contact Jen @ [jenn.scriven@gmail.com](mailto:jenn.scriven@gmail.com)

### The Mindful Parents and Kids Belly Buddies Program

School Council is proud to support this eight-week on-line program that introduces mindfulness in a way that parents and kids can practice together or independently. We are going to introduce this program to families on **Tuesday, January 21, 2020 from 6-7pm in our school library.**

During the following weeks of this eight-week program, participating students will come together during the school day to decorate a beach stone with an animal picture that corresponds with that week's on-line Brain Science Lesson and Guided Meditation. These stones are called "Belly Buddies" and they will be used during the online lesson and bedtime routine, accessible from the comfort of your home.

The program will only be open to registered participants and space is limited. If you are interested, please email Mr. Coulter at [kevin\\_coulter@kprdsb.ca](mailto:kevin_coulter@kprdsb.ca) The program is geared to students in grades 1-7, but younger and older students are welcome to participate too.

*"Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us."*

## Student Council News:

Student Council is busy planning next week activities. Please see the important upcoming dates above and stay tuned for further information on morning announcements and in next weeks "Week at a Glance".

## **Music Notes from Mrs. V**

*Hillcrest staff and myself wanted to let you know there will not be a Holiday Concert in December this year. We are looking forward to our school-wide carol sing and entertainment by the Intermediate Band as the month goes on. All classes will participate in a concert showcasing our learning in the New Year. Please stay tuned for more information and dates. ~Mrs. Van Straten*



## **Ukulele Program at Hillcrest Needs 1 More!**

We just need one more student from grades 1-6 who is interested in learning to play the Ukulele. This program is run by "Little Jammerz", an outside organization. They need a minimum of 12 students to run the 8 week program that would happen during nutrition breaks or after school. We currently have 11 interested students so far and would love to get 12. The cost would be \$90 per student (\$11.25 per lesson). Students are given a Ukulele to use and can take it home to practice. Please contact or email Mr. Coulter if you are interested in this program for your child in grades 1-6.

## **Crochet Club - Looking for Donations**

We are excited to be able to offer a "learn to crochet" club at Hillcrest P.S. this year. Mrs. Marineau, Mrs. Shaw, and Mme Brinkman have all offered to teach students in grades 4 to 8 who are interested in learning during second recess on day 3's only. We have about 30 students who have expressed an interest and we are asking for yarn or crochet hook donations. If you have any yarn or size 4.5mm, 5mm, or 5.5mm hooks at home you are willing to donate, your donation would be much appreciated.

## **Check Out our Website**

A reminder to check our school website <http://hillcrest.kprdsb.ca/> often for updates on when events are happening at Hillcrest PS. There are a variety of KPR links, school news articles and an easy way to keep up to date of our Twitter feed.

## **School Cash On-line**

Parents, you asked and we listened! All school fees, team fees, field trips and items for which funds are collected are now available to be paid ONLINE. All Hot Lunch orders can only be ordered and paid through this process. Register today at <https://kprdsb.schoolcashionline.com>



## News from the KPR School Board:



### KIDS HAVE STRESS TOO PARENT WORKSHOPS

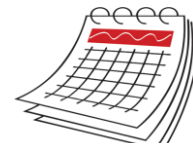
Parents and caregivers: Registration opened November 8 for the Kawartha Pine Ridge District School Board's Parent Workshops on Kids Have Stress Too!

The workshops will run from 10-11:30 a.m. at three locations:

Tuesday, December 10 at KPR's Kirby Professional Learning Centre in Clarington

Tuesday, March 31 at Port Hope High School

Visit [kprschools.ca](http://kprschools.ca) after November 8 for details and to register for one of these workshops!



### School Year Calendar 2020-21 Options

KPR appreciates the input of all our stakeholders when making important planning decisions. We would like your comments regarding the three possible options being considered for the 2020-21 school year calendar.

[Please click here](#) or go <http://kprsurveys.kprdsb.ca/SchoolYearCalendar2020-21/> to see all of these proposed options in calendar format, to indicate your preferred option and provide comments.

Survey is limited to one submission per person. We thank you for your comments.