PRINCIPAL’S MESSAGE

Dear Heritage Families:

Henry Adams once observed that a teacher affects eternity, because you can never tell where their influence stops. The person I would like to recognize today has undoubtedly had an influence on hundreds, if not thousands, of children during her career. She is a special person who plays a multitude of different roles in any given day. She holds high expectations for her students and her belief in each and every student promotes their confidence and encourages them to work to meet her expectations.

For all these reasons, our Teacher of the Year is truly deserving of this recognition. And yet, there is one more reason that is more important than any yet listed. When you teach, you not only teach content, but you teach who you are. You give to students, not just knowledge, but insight into who you are as a person. And our Teacher of the Year is a good person—kind, honest, trustworthy, a person with backbone who leads by example, who forges ahead without leaving others behind—a person who teaches with her heart as well as her head.

All of these qualities make

Mrs. Kenney

The Heritage Elementary Teacher of the Year!

It has been said, “The mediocre teacher tells, the good teacher explains, the superior teacher demonstrates, and the great teacher inspires.” It is clear to me today that we are in the presence of greatness.

Thank you for sharing your greatness with Heritage!
DATES TO REMEMBER

- Apr 15  PTO Meeting; 6:00pm
- Apr 17  No School; Teacher Work Day
- Apr 20-24  Book Fair
- Apr 20  KISS Luncheon – 4th Grade
- Apr 21  Chipotle Food Night (Reynoldsburg)
- Apr 22  Family Night at the Book Fair
- Apr 23  KISS Luncheon – Agan and Chapman
- Apr 24  KISS Luncheon – Bristle and Rogerson
- Apr 27  PLSD School Board Meeting; Heritage
- May 19  Fun Day
- May 20  PTO Meeting; 6:00pm
- May 28  Last Day of School

This month’s LEADER Board

PUTTING THE 7 HABITS TO GOOD USE

Last year the annual iRun for Jonah 5k was held to benefit our very own Gabe Nutter who has been going through treatment for leukemia. This year’s race will benefit Lauren Oliphant, a student at Pickerington High School Central, who is going through a similar battle.

As a school community, let’s pay it forward! We had so much support raised for Gabe and we would love to have us all SYNERGIZE and make a WIN-WIN for Lauren and her family. Please consider running, or walking, in this great event! We also have the benefit of pre-ordering our t-shirts (order form is at the end of the newsletter).
JUMP ROPE FOR HEART
Heritage Elementary students will have the opportunity to participate in Jump Rope for Heart! The fundraising for Jump Rope for Heart will happen April 13, 2015 to May 1, 2015. All students will participate in the Jump Rope for Heart jumping activities during their physical education class the week of April 27th to May 1st. Heritage Elementary has a tradition of being a great supporter of The American Heart Association’s Jump Rope for Heart. Students at Heritage Elementary will be learning “heart-healthy” concepts during the month of April. Let’s show our heart for helping others and ourselves!

Fundraising packets will be coming home with your students on Monday, April 13, 2015.

BOX TOPS & LABELS FOR EDUCATION SCHOOL COMPETITION
Our Box Tops/Labels for Education School Competition starts now and will run for two weeks only until April 24, 2015. The top three classrooms bringing in the most Box Tops and Labels For Education get a prize. The top three classes will get to spend the following amounts for their classroom:

- First Place $100.00
- Second Place $75.00
- Third Place $50.00

Remember when collecting and turning in Box Tops and Labels for Education:

- Trim each Box Top or Label for Education to the edge lines and check the expiration date. All Box Tops have expiration dates. Only bonus Labels for Education have expiration dates. Expired Box Tops or Labels for Education cannot be redeemed toward your goal and will be discarded.

- Once trimmed and checked, Box Tops should be placed in a sealed sandwich bag. Labels for Education should be placed in a separate sealed sandwich bag.

- To ensure Box Tops and Labels for Education are credited to the correct student, it is very important to write the student’s first and last name and teacher’s name on the sealed sandwich bag before turning them in to the school. This will guarantee the Box Tops and Labels for Education are counted toward the appropriate class for this contest. Additionally for Kindergarten classes, please add if your student is morning or afternoon Kindergarten to your teacher designation to ensure the Box Tops get counted toward the appropriate class for the contest.

- Grocery receipt bonus Box Tops or multiple count Box Tops (worth more than 1 Box Top) or bonus Labels for Education should be placed in sealed sandwich bag and labeled as outlined above.

- The collection box is located in the hallway outside the Main Office for students and teachers to drop off sealed, marked sandwich baggies.

Thank you for your involvement in the fun and collecting of Box Tops and Labels for Education to earn money and merchandise for our school! For more information on how you can help our school with Box Tops for Education and Labels for Education or if you have some time to volunteer from home to help out with our Box Tops and Labels for Education programs, please contact Julie Brownfield, coordinator and chair, at juliescott03@hotmail.com or visit www.boxtops4education.com and www.labelsforeducation.com

As always, thanks for collecting!

PTO FOOD NIGHT
Chipotle Food Night is coming soon! Mark your calendar for Tuesday, April 21st as the night that you take a break from cooking and help Heritage Elementary raise some funds! From 5pm-9pm on that evening, the Reynoldsburg Chipotle will be hosting a food night for us! We will receive 50% of the profit for EVERY order placed that presents the flyer at checkout. Flyers will be coming home with your student soon and they will also be available on our THIS Week at Heritage webpage at that time. Thanks for all you do to support Heritage Elementary and our PTO.
Our Spring Book Fair is coming April 20th – 24th. Check out some of the new items that will be featured! There are also copies of the coloring pages attached at the end of the newsletter!
LIBRARY’S NOOK

CURL UP WITH A GOOD BOOK!
Spring is slowly getting here but we still have a few more weeks to enjoy being indoors with a good book. Here are some ideas to help you enjoy your springtime reading:

- **Curl up in a chair by a window and enjoy seeing the outdoors while you read.** If it is cold or raining, grab a blanket to stay nice and cozy! If it nice, sunny and warm, open the window and breathe the fresh air!

- **Lay on a blanket on the floor with a comfy pillow.** If it is cold, lay by the fireplace or even invite a family pet to curl up with you. If it is nice and warm outside, lay your blanket on the grass and enjoy hearing the birds and leaves on the trees as you read.

- **Start a neighborhood book group.** Invite your friends to read the same book and plan to meet to discuss what you have read. If it is cold outside, plan a popcorn party! If it is nice and warm, take a picnic out to the yard. You could even shoot hoops while you discuss the story together!

No matter what the season, there is always a good way to incorporate reading into a fun and relaxing time!

TRAY TALK – FROM HERITAGE CAFE

KISS LUNCHEONS
Kids Invite Someone Special Luncheons (KISS) for 3rd and 4th grades are coming soon! Mark your calendars!

- April 20th – All of 4th Grade
- April 23rd – Mrs. Chapman and Mrs. Agan
- April 24th – Mrs. Bristle and Miss Rogerson

Invitation letters have gone home with your student and are due back by Wednesday, April 15th.

Our students and Heritage lunch ladies look forward to this day each year. This is a special day set aside for the students to share a part of their day with someone special for a Heritage School Lunch.

HOOKED ON YOU
The cafeteria ladies are sailing the USS Heritage in search of a hearty catch! The kids have been creatively coloring a school of fish to decorate the cafeteria. Great Job!

Nancy Conley
Head Cook
8:15 am to 1:45 pm
April Class Lessons
This month, we will wrap up our review of the 7 Habits by focusing on Habit 7: *Sharpen the Saw!* We feel best when we have balance in our lives. Finding time to take care of our hearts, minds, bodies, and souls helps us to live more effective, fulfilling lives. Life is busy and full of stressors that pull us in many different directions. Teaching children strategies for “sharpening the saw” will empower them to make self-care a priority and to feel balanced, even when life gets busy.

Testing: Testing will resume this month for 3rd and 4th graders. See the schedule below for Heritage Elementary.

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Community resources:
Fairfield County 211- general assistance (740) 687-0500
Hands on Central Ohio (Franklin Co. 211) (614) 221-6766
Pickerington Food Pantry (614) 834-0079

COUNSELOR’S CORNER

Tessa Gossett, School Counselor
tessa_gossett@plsd.us
heschoolcounseling@weebly.com

Parents! Don’t forget to print the bookmark for you students!
PHYSICAL ACTIVITY IMPROVES QUALITY OF LIFE

Do you want to add years to your life? Or life to your years? Feeling your best boosts your zeal for life!

The American Heart Association recommends 30-minutes of moderate activity, but three 10-minute periods of activity are as beneficial to your overall fitness as one 30-minute session. This is achievable! Physical activity may also help encourage you to spend some time outdoors. Sunlight on your skin helps your body produce vitamin D, which brings many added health benefits.

Here are some reasons why physical activity is proven to improve both mental and physical health.

Physical activity boosts mental wellness.

Regular physical activity can relieve tension, anxiety, depression and anger. You may not only notice a "feel good sensation" immediately following your physical activity, but most people also note an improvement in general well-being over time during the weeks and months as physical activity becomes a part of your routine.

Exercise increases the flow of oxygen, which directly affects the brain. Your mental acuity and memory can be improved with physical activity.

Physical activity improves physical wellness.

Stronger immunity
It enhances your immune system and decreases the risk of developing diseases such as cancer and heart disease.

Reduced risk factors
Becoming more active can lower your blood pressure by as much as 4 to 9 mm Hg. That's the same reduction in blood pressure delivered by some antihypertensive medications. Physical activity can also boost your levels of good cholesterol.

Physical activity prolongs your optimal health.

Without regular physical activity, the body slowly loses its strength, stamina and ability to function well. And for each hour of regular exercise you get, you'll gain about two hours of additional life expectancy, even if you don't start until middle age. Moderate exercise, such as brisk walking, for as little as 30 minutes a day has the proven health benefits listed above as well as:

- Improves blood circulation, which reduces the risk of heart disease
- Keeps weight under control
- Helps in the battle to quit smoking
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Releases tension
- Promotes enthusiasm and optimism
- Counters anxiety and depression
- Helps you fall asleep faster and sleep more soundly
- Improves self-image
- Increases muscle strength, increasing the ability to do other physical activities
- Provides a way to share an activity with family and friends
- Reduces coronary heart disease in women by 30-40 percent
- Reduces risk of stroke by 20 percent in moderately active people and by 27 percent in highly active ones
- Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life
- Helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer for seniors

So why not see for yourself? Once you get over the inertia and find creative ways to fit physical activity into your life, we think you'll agree that the effort to get moving is worth it!

Information from The American Heart Association  (last reviewed on 03/22/2013.)
https://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Physical-activity-improves-quality-of-life_UCM_307977_Article.jsp
BIKE SAFETY
Now that spring is here and soon we are moving into summer, bike riding is a great way to spend time together as a family while getting fresh air and exercise.

Wearing a helmet when bicycle riding should not be an option for anyone in the family even if it is for short distances in a safe area.

Helmets are important because most bicycle accidents involve head injuries that could cause permanent brain damage or death. Each year in the United States, about half a million kids are seriously injured in a bicycle-related accident. Most of these injuries could have been avoided if a helmet was worn.

When choosing a bicycle helmet the main things to keep in mind are:

• Pick bright colors that are visible to motorist and other cyclists.
• Make sure the helmet is well ventilated.
• Make sure that the helmet has a CPSC or Snell sticker inside. These indicate that the helmet meets standards set by the Consumer Product Safety Commission (CPSC) or the Snell Memorial Foundation, a nonprofit group that test helmet safety.
• Make sure your child’s helmet fits correctly and can be adjusted. If you purchase your helmet at a bike store, you should be able to get assistance with the fit and adjustment of it.

Be sure to replace any helmet made before 1999. If your child hits any surface hard while wearing a helmet, replace it. Helmets lose their capacity to absorb shock after taking serious hits.

Reference from Nationwide Children’s Hospital.

Tami Tackett, RN, BSN
PLSD School Nurse
iRun for Jonah Benefitting

Lauren Oliphant

irunforjonah.com

What? Family Friendly 5k Walk/run

When? Sunday, May 17th @ 2:00. Sign-in/Registration starts at 10:00 am.

Where? PHSC (Route goes through Ra-mar subdivision)

Why? To benefit Lauren Oliphant and her family as she undergoes treatment for Leukemia. Lauren is a sophomore at Pickerington Central High School who is active in many school activities and enjoys spending time with her family and friends. See the website for Lauren’s story.

How you can help!

• Get EXCITED!!
• Register online to run/walk in the race.
• Support the cause! (Buy a t-shirt, Walk/Run in the 5K, Send info to your friends and family)

Dates/Information to keep in mind:

• Pre-order for t-shirts are due April 24th. The shirts will be delivered to Heritage Elementary prior to the 5K if you fill out the attached form and return it to Heritage. You can also order a t-shirt online when you register for the event; if you order online, you will pick up your t-shirt on the day of the event when you sign in. T-shirts are $12 and ALL $ goes to support Lauren’s family!

iRun T-shirt Pre-order

Student Name: ____________________________________________________________

Building: ________________ Homeroom: ________________________________

How many shirts?  Youth: S____ M____ L____ XL____

Adult: S____ M____ L____ XL____

Paid $12 (per shirt)  cash ______ check # ____________

(Please make checks payable to PHSC Renaissance with Lauren Oliphant in the memo)
COME TO OUR
BOOK FAIR!
Explore an Ocean of Books!

Dates/Times/Place
April 20-24.  Family Night: Wed, April 22, 5:00-8:00pm

Your Name________________ Your Teacher________________ Grade______
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