

January 12, 2024

# Husky Happenings

January, 2024



## NEW YEAR, NEW OPPORTUNITIES

Happy New Year and welcome back!

As we start this year, we continue our journey around the Circle of Courage. In the fall, we asked our staff and students to reflect upon building a BELONGING school and develop our individual and collective INDEPENDANCE. Now as we come to the end of Term 1, how can we stretch ourselves to develop a sense of MASTERY?

In previous years, MASTERY was the target of many of our students; it was the mark to achieve on their Learner Profiles to impress parents, peers and demonstrate a job well done internally. The model of the Circle of Courage asks us to take just as much pride in ALL aspects of ourselves as opposed to only academics. Adopting a growth mindset and striving for a 1% target daily, or striving to get just a little bit better every day helps build a child's sense of internal sense of Mastery.

**January 31st is the end of Term 1 and our Learner Profiles will be shared on February 16th through your Essembli portal. Get your logins ready!**

THIS JUST IN! DOWNLOAD THE FSD APP! ([Apple](#), [Android](#))

## HERITAGE HEIGHTS EVENTS

Jan. 15 3:30 School  
Council Meeting

Jan. 16 - Rowan House  
Presentations (Grades 2  
and 5)

Jan. 19 - Enrichment  
Grades 7, 4, and 2  
skating

Jan. 22-26 - Lacrosse  
Week Grades 5-9

Jan. 22-26 - Family  
Literacy Week K-9

Jan 29 and 30 Grade 9  
Social and Science  
PAT's

Jan 30 - Digital Literacy  
Presentation Grades 4-8

Jan. 30 6:30 pm Parent  
Digital Literacy  
Presentation

Feb 1. Term 2 Begins  
Welcome to Kinder  
6:30 pm

"Click-able" Calendars

- [School Digital Calendar](#)
- [Athletic Central](#)
- [Division Digital Calendar](#)



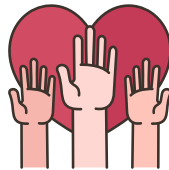


### Cold Weather Reminders

Due to the forever changing weather conditions, we feel it is prudent to remind you that we do have a cold weather policy that we attempt to adhere to during these cold spells.

When the temperature, including wind chill is below -20C, we keep the majority of students inside. If we have staff equipped to handle the cold, we will post a supervisor outside for those students who benefit (and are dressed) for a quick trip outside. Please note that until we reach the -20's, we are still sending all students outside, so being equipped for the weather is essential! In addition, bus drivers have the right to refuse student transportation should they not be dressed for the conditions.

In the case of an emergency, **all students** should be equipped to go outside should there be a fire or other evacuation required for their own safety.



### NEW YEAR, NEW YOU, & SUPPORT HHTS!

## **FIT BODY BOOT CAMP**

We have partnered with Auburn Bay Fit Body Boot Camp who is helping us raise money for Heritage Heights. Many of us (adults and kids alike) adopt new resolutions for the new year, some are related to our physical and mental well being. This opportunity supports our community wellness, therefore we fully support this initiative.

Here's are the best features of this partnership:

- Fit Body Boot Camp will be running a special 6-Week Transformation Challenge for Heritage Heights parents, friends, and family!
- All parents, friends, and family get a huge discount off the regular price of the program!
- Fit Body Boot Camp is donating 100% of all profits back to Heritage Heights AND helping our community be healthier at the same time!

Fit Body Boot Camp is a super friendly environment for people of all fitness levels regardless of your age or fitness level.

This IS NOT a military-style boot camp, so don't let the name fool you. They are an indoor group fitness program, helping hundreds of local community members transform their lives.

This fundraiser has limited spots available, and registration for their program is going to start this Monday, January 15th (a link will be emailed to you).

## **Athletics**

**Basketball Season is here!!** Watch the schedule and join us dressed in your Husky Colours to cheer on our team!

[Athletics Central and Calendar](#)



# The ABSOLUTELY TRUE STORY of **KING ARTHUR**

**Junior High Spring Production  
Coming soon!**

Wednesday, May 15th  
and  
Thursday, May 16th  
7PM

**Call to Register !**

**(403) 603-3232**  
25\$ fee per youth



**AGES  
12-17**

**ALL EXPRESSIONS • ALL BODIES • ALL YOUTH**

**WE INVITE YOUTH TO:**

- A safe place for everyone 
- A way to better get to know yourself and find your true inner meaning
- Take part in Self-confidence and Self-esteem building activities 
- A place to learn new skills and try new things 

**Tuesdays Monthly 4:30-7:30pm  
Okotoks, AB**

**Upcoming dates:**

OCTOBER 10<sup>TH</sup>  
NOVEMBER 14<sup>TH</sup>  
DECEMBER 12<sup>TH</sup>  
JANUARY 9<sup>TH</sup>  
FEBRUARY 13<sup>TH</sup>  
MARCH 12<sup>TH</sup>  
APRIL 9<sup>TH</sup>  
MAY 14<sup>TH</sup>  
JUNE 11<sup>TH</sup>  
JULY 9<sup>TH</sup>

**OVERCOMING FEAR**  
**SELF-REFLECTION**  
**SELF-EXPRESSION**  
**MOVEMENT**



Partially funded by



# Welcome to Kinder Open House



**Come learn about Kindergarten and  
our new FULL TIME Kinder  
program for fall 2024!**

**Thursday, Feb. 1, 2024  
6:30 pm**

**LET US PINK-UP THE SCHOOL!  
PINK SHIRT DAY  
FEB. 28, 2024**

ORDER YOUR PINK  
SHIRT TODAY

ORDERS DUE

JANUARY 20TH

[CLICK HERE TO](#)

[ORDER](#)

ORDERS DUE NOON

JANUARY 19TH





## Circle of Courage for Families

As Heritage Heights deepens our connection and understanding of the Circle of Courage Framework, we encourage parents & guardians to consider each element with us. This month we focused on Independence.

### Developing Mastery in Children: Mindset and an "I CAN!" Attitude

Cultivating the spirit of mastery in children is essential to their thirst for learning and overall competence. Mastery is a holistic approach that involves developing an array of competencies, including physical, social, and spiritual abilities. By facing various challenges and persevering beyond them, children can gain a strong sense of competence that encourages them to achieve more. In traditional Indigenous cultures, children were taught to learn from those with more experience who modelled learning. Mastery was a journey of personal growth, not a competition to become superior to another.

It is important to note that every child desires to succeed, and as stated in Reclaiming Youth at Risk, "when the child's need to be competent is satisfied, motivation for further achievement is enhanced; deprived of opportunities for success, young people express their frustration through troubled behaviour or by retreating in helplessness and inferiority" (Brendtro, Brokenleg, Van Bockern, 1990, p. 49). Therefore, it is crucial to provide children with the necessary tools and opportunities to foster their sense of competence.

As individuals, we all possess different competencies, and it's essential to strive towards our goals and develop our skills continually. Support from others, who help us persevere through life's challenges, is also critical. Therefore, we must aim to support others in achieving their goals, as well. By doing so, we can help cultivate a culture of mastery that promotes personal growth and achievement.

The following graphic compares positive (strengths) and opposition (weaknesses) to developing Mastery within.

