

October 3, 2023

# Husky Happenings

October



## THE YEAR OF THE HUSKY!

It has been a fantastic month for our Husky community! Every Friday we have had the chance to get together, whether around Circle of Courage, enrichment opportunities, or for some exercise and reflection. We would like to extend our gratitude to our dedicated parents, staff, and community members who have volunteered their time to make these gatherings possible.

Throughout September, our teachers led conversations and established classroom goals centered around the Circle of Courage's four core elements: Belonging, Independence, Mastery, and Generosity. Moving forward, we plan to focus on one element each month to foster a new sense of identity as Huskies this year.

For October, our theme is Belonging. Please refer to the attached document for ways in which you can support this theme from home.

## HERITAGE HEIGHTS EVENTS

Oct. 5 - World  
Teachers' Day!

Oct. 6 - 1:30 Trickster  
SHOW! All parents  
welcome

Oct. 9 - Thanksgiving  
Holiday Monday

Oct. 10 - Grade 6  
Vaccinations

Oct. 12 - Lifetouch  
Picture Day #1 K2,  
Grades 1, 3-5

Oct. 13 - Lifetouch  
Picture Day #2 K1,  
Grades 2, 6-9

Oct. 16 - 3:30, School  
Council Meeting

Oct. 20 - PD day, no  
classes.

"Click-able" Calendars

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



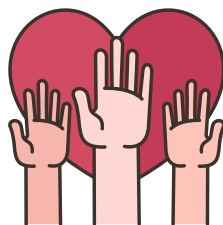
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## GRATITUDE

Big high-fives and hugs to the amazing parent volunteers who rocked the Terry Fox Run, Family BBQ, field trips, and reading support! You have been our school's superhero squad, and your support has been out of this world.

We are setting up a new logging system to give you the recognition you deserve! And, watch this space - a special thank you event is returning in spring to give you all the love you deserve!



## RAPID FIRE UPDATES

- School Fees posted to Student Accounts. Parents/Guardians are responsible for payment within 30 days. [Login here](#)
- Fee [Exemption forms available](#) for those in need, please notify the office by October 30th, form deadline by December 31, 2023
- Student absences, please send to Heritage Heights School general email ([heritage@fsd38.ab.ca](mailto:heritage@fsd38.ab.ca)) by 9 AM.
- [Communication Plan](#) and [System of Assessment updates](#): Please review the recent updates to our school assessment procedures and practices.
- A case of lice has been reported in our school. The appropriate class has been notified, however please be advised of the [Alberta Health recommendations](#) for identifying and supporting your child.
- [Rules of the LOOP](#) - Just a reminder that our traffic circle has some guidelines to keep everyone safe. Please review.



## **Athletics**

Reminder, all students in Grades 5-9 MUST have appropriate attire for PE classes, this includes shoes. Our Fall order for branded attire has closed and will reopen later in the year. Standard athletic attire does suffice for every day use if you are still waiting.

[Athletic Calendar](#)



# The Circle of Courage

## Educating the Mind & Teaching the Heart

The Circle of Courage is a philosophy developed by Larry Brendtro, Martin Brokenleg, and Steve Van Bockern that was published in their book *Reclaiming Youth at Risk*. The Circle of Courage is a model of positive youth development based on medicine wheel teachings that integrate traditional Indigenous child-rearing practices with modern youth-development and resilience research. There are four universal needs essential for the growth and development of all children: significance, competence, power, and virtue. For children to develop a strong sense of self-worth they must know that they are: significant (possessing a healthy spirit of belonging), competent (possessing a healthy spirit of mastery), powerful (possessing a healthy spirit of independence), and virtuous (possessing a healthy spirit of generosity). The medicine wheel in which the Circle of Courage is placed, is a foundational teaching tool used in most Indigenous groups as a system of knowledge to teach and describe wisdom about life, knowledge and being. Placing the Circle of Courage within the medicine wheel symbolizes the holistic lifelong learning evident in developing each principle of Belonging, Mastery, Independence, and Generosity throughout each stage of life. The Circle of Courage is a holistic and lifelong learning model to create a balanced, harmonious, and resilient individual.

## Belonging

### *I am significant.*

The spirit of belonging is the universal longing for human connection cultivated by relationships of trust, so that a child can say, "I am loved." Belonging is the first and most important principle of The Circle of Courage that emphasizes the importance children have to belong and connect with others and the world around them. To belong is our most basic need as identified in Maslow's hierarchy; it is recognized that a child must establish a sense of belonging before they can move towards building self-actualization and self-confidence. Belonging comes through building relationships with others and with the world one lives in. We can cultivate belonging through our relationships with family, friends, school, work, community groups, church groups, clubs and sports, etc. Having strong and healthy relationships (sense of belonging) nurtures a child's self-worth, self-esteem and equips them with the qualities necessary to develop healthy relationships. A child with a strong sense of belonging will demonstrate trust, inclusion, warmth, friendship, and cooperation. On the other hand, a child with a weakened sense of belonging will demonstrate distrust, exclusion, detachment, rejection, and antagonistic behaviour.



Belonging is the place where children begin to form healthy relationships. Connecting with the environment, with nature, and with others teaches children the foundations to building healthy relationships and developing a strong sense of self-worth. In Indigenous cultures, significance was nurtured in communities of belonging. Lakota anthropologist Ella Deloria described the core value of belonging in these simple words: "Be related, somehow, to everyone you know." Treating others as *kin* builds powerful social bonds that draw all into relationships of respect.

What communities and places do you belong to? How can you contribute to belonging in your community?

This resource is shared via our FSD [The Indigenous Student Success Toolkit](#).

# Mark Your Calendars! Trickster Theatre Presents



A Theatrical Show on the Theme of the Circle of Courage  
grades 1-6

**Showtime**  
**Friday, October 6th 1:30pm**

**Brought you with support from:**  
**Heritage Heights Parent Association**

