

Highland Lakes Elementary School Newsletter



DECEMBER 2021

DECEMBER

- 1-3 Holiday Shoppe
- 17 End of Second Quarter
- 20-31 Winter Break

JANUARY

- 1-3 Winter Break Continues
- 13 Ready, Set Kindergarten
- 17 No School-Martin Luther King Jr

FEBRUARY

- 21 No School for Students

MARCH

- 11 End of Third Quarter
- 12-20 Spring Break
- 21 No School for Students

HIGHLAND LAKES ELEMENTARY SCHOOL

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<https://www.pcsb.org/highland-es>

Donna Gehringer, Principal Jason Jessie, Asst. Principal

NEWS FROM THE PRINCIPAL

We have had a productive first eleven weeks of the 2021/22 school year! I am proud to continue to serve as your child's Principal! 😊 As we move into grading period two, it is a good time to start goal setting with your child based on their last report card. Sitting with your child and discussing what they want to achieve academically and socially can be an important step toward their success in school.

As we approach the holiday season we have lots of exciting activities planned. Some of the activities include: the Great American Teach-In (If you would like to be a guest speaker please see our Family and Community Liaison, Suzy Jones), Friday Family Lunch, the opening of the School Store, the Holiday Shoppe and many more.

One of my personal goals continues to be becoming an even more "Family Friendly" community. 😊 I encourage you to come in and eat lunch with your child on Fridays. We are also looking for parent volunteers and mentors. When we have school-wide events at school your family is always invited. My desire is for your child(ren)'s elementary years to be ones that they look back on with fond memories of learning and fun. Our school has applied for and received a grant to begin The Leader in Me program at our school! This program is based on the 7 Habits of Highly Effective People and its goal is to empower students to be leaders in their school and community! As the year progresses you will hear more about the program and it's many benefits! 😊

My door is open for suggestions, comments or kudos. Please feel free to stop by, call or email me. I am thankful for all that you do for your child and his/her education!

Sincerely,

Donna Gehringer

WELCOME BACK VOLUNTEERS

Volunteers are welcome on school campus this school year and there are many ways you can help Highland Lakes Elementary. If you would like to volunteer at school, you must be a registered volunteer. Applications are online at www.pcsb.org/volunteer. Help is needed in the front office. We will also have "Volunteer Tuesdays", a day when teachers will bring projects to the front office for volunteers to help complete. This could include cutting with scissors, making packets, and other odd jobs for the classrooms. If you are interested in becoming a level 2 volunteer, there is a list of vendors that fingerprint for a fee on www.pcsb.org/volunteer. Level 2 volunteer status is good for 5 years at any Pinellas County School.

TRULY SMART TECHNOLOGY

Let's face it, parenting can be exhausting! It takes time and effort to do the job well. With the abundance of technology available, our time often is pulled in that direction for work or entertainment. Many of us have likely seen an entire family on devices while dining at a restaurant instead of talking with each other! It's important, however, to frequently break away from the technology for both adults and children.

Here are a few tips for using technology wisely provided by Main Line Health

Screen Time Tips

The same parenting rules apply to screen time as to anything else – set a good example, establish limits, and talk with your child about it.

To make your child's screen time more productive:

- **Encourage kids to be involved in a variety of free-time activities**, like spending time with friends, creating art projects, or reading. Make sure your child is physically active every day and gets enough sleep.
- **Turn off all screens during meals and at least 1 hour before bedtime.** Keep TVs and other screens, including smartphones, tablets, and gaming systems, out of your child's bedroom. Also, turn off entertainment media when kids are doing homework.
- **Research video and computer games before getting them for your child.** Look at the ratings, which can run from EC (meaning "early childhood" for 3 and older) to AO (meaning "adults only"). Younger kids in grade school should probably be limited to games rated EC or E (meaning "everyone" for 6 and older). E10+ (meaning "everyone 10 and older") may be appropriate for older kids. Preview games and even play them with your child to see what they're like before you let your child play alone. The game's rating may not match what you feel is OK for your child.
- **Spend time together with your child watching TV, playing games, or going online.** Use this time as a chance to talk and learn together.
- **Keep the computer in a common area where you can watch what's going on.** Teach your child about safe Internet and social media use.
- **Set a good example.** Turn off TVs and other screens when not in use. Don't leave screens on in the background. Turn off or mute your phone when you're not using it and during family times, like meals.

Mrs. Williamson
Media Specialist



What is DreamBox? DreamBox is a digital math program for grades K-8 that combines a fun and engaging math learning environment with a rigorous, standards-based curriculum. DreamBox lessons are interactive experiences that promote active learning and independent critical thinking and respond to each student's strategies and decisions in the moment. This enables DreamBox to individually tailor the instructional experience for each student based on the strategies they use when working through lessons. Because DreamBox dynamically adapts lessons and learning paths based on the needs of each learner, students always have just the right level of support when and where they need it.

Healthy Habits for Home Learning Success in DreamBox

- 1 **Try every problem:** Persist even when it is hard. ✓
- 2 **Finish every lesson:** Persevere instead of choosing another lesson. ✓
- 3 **Utilize in-lesson support:** The feedback, hints, and help are created to assist you. ✓
- 4 **Use headphones or speakers with volume on:** Listen to the directions, assistance, and feedback. ✓
- 5 **Work independently:** Don't let others do your work for you. ✓
- 6 **Complete 10 or more lessons per week:** Students who complete 10 or more lessons (or 2 hours) per week experience the most learning growth. ✓



Mr. Jessie
Assistant Principal

NEWS FROM THE SCHOOL COUNSELOR

My name is Vickey Sboukis and I am your School Counselor!

Each year I develop a program that aligns with the district goals in working towards the Pinellas County School goals of 100% student success and educating and preparing each student for career and life. Most specifically, my goals are to have students fulfilled, happy, confident, responsible and kind!

To achieve these goals, I will be helping students grow their social emotional skills. Social emotional learning also contributes to the prevention of truancy, bullying, as well student increasing academic achievement.

The lessons will be developmentally appropriate and focused on academic achievement, career development, personal and social development and community involvement and multicultural/ global citizenship development.

Career Development

Pinellas County has added a new app on Clever called Kuder Galaxy. This program uses the power of play to introduce career awareness and exploration appropriate for students in grades pre- K to fifth grade. Students can uncover their interests, explore numerous work environments and learn how school subjects connect to workplace skills and careers. All of this is through graphics, videos and games. I will be introducing this app to all of our students at HLE, however, they may also access the app from home.

Personal and Social Development

The first counseling lessons will be on Personal Safety and Abuse Prevention. I will be using the Child Safety Matters curriculum from the Monique Burr Foundation for Children. It is a comprehensive and evidence based primary prevention program that educates and empowers youth with the 5 Safety Rules and strategies to prevent, recognize and respond appropriately to unsafe situations.

If you have any questions or concerns, please do not hesitate to call me at 727-724-1429 or email me at sboukisv@pcsb.org.



Hi Highland Lakes Students & Families!

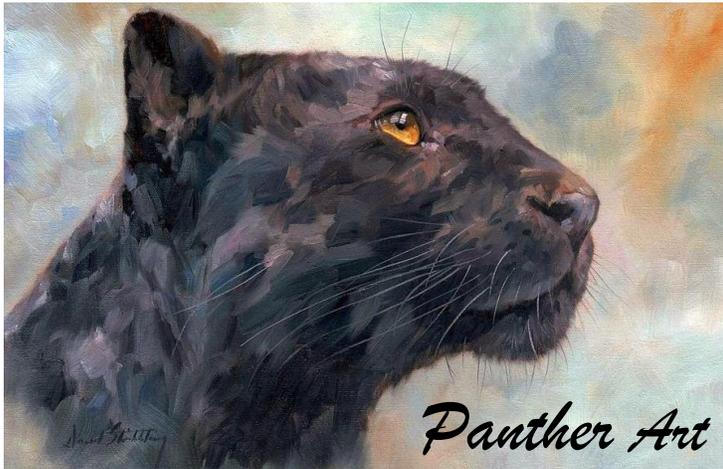
My name is Heather Hawkins and I am your new school social worker! I graduated from Florida State University with a Bachelors in Psychology and Criminology. I spent two and a half years as a Senior Juvenile Probation Officer in Tallahassee, Florida before returning to school to get my Masters in Social Work from Florida State University.

I originally grew up in Pasco County so I'm very excited to back in the area! I am a big sports fan, and since my family is from Canada, we are even bigger Tampa Bay Lightning fans! I look forward to working with all of you and have enjoyed my time at Highland Lakes so far! I am here to help in any way that I can so please feel free to reach out. My extension is 2141 or my email is hawkinshea@pcsb.org. Go Panthers!

Thank you,

Heather Hawkins, MSW
School Social Worker
Highland Lakes Elementary School
727-724-1429 ext. 2141





I have been consistently amazed with the art work our HLE artists have been creating! We have been working hard with a variety of materials this year! Be sure to check out Artsonia to see what your artists has made so far this year! If you need help accessing your account, please email me at martinstay@pcsb.org

K-Africa: Artists have focused on the elements of art lines, patterns, and colors. They have fallen in love with the “Line Song” by Scratch Garden and love singing along. Artists created work inspired by Mud Cloths and Ndeble Houses. Coming up, they will be focusing more on shapes and texture as we continue to travel around Africa!

1st- Australia: Artists have focused on the elements of art lines, patterns, shapes and color. They have created works inspired by Esther Stewart, the Koru spiral and have started learning about Aboriginal Art. Coming up, artists will focus on the elements of art shape, space, color as we continue to focus on Australia and the surrounding islands.

2nd- Central and South America: Artists have focused on the elements of art line, color, patterns and shapes. Students have learned about the artist Romero Britto, llamas in Machu Picchu, and created collages inspired by Chilean Arpilleras. Coming up, Artists will focus on the elements of art texture, shape, and space as we continue to travel around Central and South America.

3rd- Asia: Artists have focused on the elements of art line, shape, pattern, and color. Students learned about Architecture, the artist Yayoi Kusama, and started a project on Batiks. Coming up, artists will focus on the elements and principles shape, pattern, rhythm, and texture as we continue to travel around Asia.

4th- Europe: Artists have focused on the elements of art line, shape, color, and pattern. They learned about one-point perspective, European Landmarks, and still lifes. Coming up, students are learning about the elements of art space, texture, value, and movement as they continue to travel around Europe.

5th- North America: Artists have focused on the elements and principles of art line, color, value, space, movement, emphasis, and texture. Students have learned about the artist Oscar Howe and endangered animals for the Kid’s Tag art License Plate program and about silhouettes. Students started printmaking based on the artworks by Andy Warhol. Coming up, artists will learn about the elements and principles of art space, movement, contrast, and texture as they continue to travel around North America.

Taylor Martins
Visual Arts Teacher
martinstay@pcsb.org.



NOTEworthy News

The first several weeks of music have been a success! Students, new and returning have begun their journey into the musical world. They are learning rules, expectations and all there is to learn about while in the music classroom. I am excited to explore a new school year with all our HLE panthers!

Fourth and fifth grade students have the opportunity to join the 2021-2022 HLE Chorus! Chorus meets during the regular school day for 45 minutes on Wednesdays beginning on September 15th. Students who have a talent or curiosity in singing and performing will get to experience first-hand what it is like to be a part of a special musical group. In Chorus, we will focus on learning how to perform in an ensemble while learning some of the greatest hits the musical world has to offer! If your student is interested or if you have any questions, please contact me via email for a chorus form or for more information. klinekam@pcsb.org

Musically yours,

Ms. Kline
Music Specialist
klinekam@pcsb.org

HOW TO KEEP YOUR KIDS HEALTHY DURING FLU SEASON

Have kids wash their hands frequently at home and school.

Since kids often touch their mouths and faces, parents should make sure their kids' hands are washed with soap and water to remove germs before eating, after using the bathroom, and when they come inside from playing. Hand sanitizer can be used for times it's not possible to wash.

Indoors or outdoors, get active.

Kids should get regular, moderate exercise to boost their immune systems. Studies have shown that being active can help reduce cold and flu episodes.

Get plenty of sleep.

Children need between 9 and 14 hours of sleep a day depending on their age. Sleep deprivation can weaken the immune system and increase the risk of getting sick.

Eat a well-balanced diet.

Provide meals with plenty of colorful fruits and vegetables to help boost children's immune systems. Look for foods rich in vitamin C and vitamin D, and avoid foods high in additives, preservatives, and sugars.

Decrease stress.

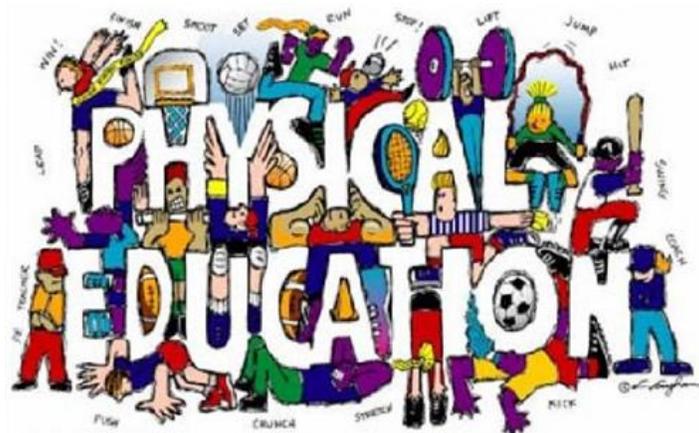
Elevated stress hormones can lead to decreased immunity. Give kids plenty of down time for rest and creative play to help lower their stress levels and keep them from getting sick.

Avoid germy sharing.

Sharing is good for kids, but many commonly shared items can be breeding grounds for germs. Teach children to never share straws and cups, caps and scarves, or anything that comes in contact with their mouths and faces.

When kids do get sick, it's important for parents to keep them home and take steps to prevent germs from spreading to others. If you're unsure whether an illness requires a doctor's visit, it's best to err on the side of caution.

Katherine L. Imborek, MD
Family Medicine



Wow! Hard to believe we are already nearing the end of November. The cool weather is (hopefully) coming and Physical Education at HLE is ready for it! As it gets cooler (hopefully!) please make sure students come to school dressed properly AND write your kids name in their jackets. Also, please don't forget to send your child to school with water!

Over the past 10 weeks our students worked on their group and personal fitness, nutrition, and even got into some games that required teamwork and different skill work. The next 10 weeks we will be working on individual skills like Chasing and Fleeing, Throwing and Catching, Dribbling, and getting into some games that incorporate these skills as well. We have also started our Mile Marker which means students have had the chance to earn new tokens for their necklaces!

We love seeing our students learn the fundamentals of a skill, practice the skill, and then apply everything into a game. We always try to remind our students about why they are doing what they are doing, instead of just telling them we are playing a game. This helps us see if a student is truly understanding what we are teaching. When you see your child, you should ask them about what they are working on at PE!

We hope everyone enjoyed their Thanksgiving Break and the approaching Winter Break that is quickly approaching! As always, we encourage you to stay active with your child over these breaks. If you have any questions, comments, or concerns, please feel free to reach out to our Physical Education Program!

Coach Brittain (brittaind@pcsb.org)

Coach Mac (mcdowellja@pcsb.org)

Coach Chris (jurasinskic@pcsb.org)