

# HERON SCHOOL FRIDAY FLYER

Week of August 23-27



## UPCOMING DATES TO REMEMBER

- Aug 24 New Heron Family Orientation 5:30 -6:30 - Zoom
- Aug 25 School Site Council Meeting on **Zoom** 5:00 -7:30
- Aug 26 Middle School Fall Athletics Registration Due (Form Below)
- Sep 3 Principal Coffee Chat - via Zoom @ 9:00
- Sep 3 Elementary Fall Athletics Registration Due (Form below)
- Sep 6 No School - Labor Day
- Sep 7 ELAC Meeting **Zoom**
- Sep 9 PTSA Meeting on **Zoom**

## LUNCH MENU

### **MONDAY - 8/23**

Hamburger  
Grilled Cheese

### **TUESDAY- 8/24**

Jumbo Corndog  
Bean and Cheese Burrito

### **WEDNESDAY- 8/25**

Chicken Nuggets

### **THURSDAY- 8/26**

Spaghetti and Meat Sauce

### **FRIDAY- 8/27**

Pizza, Cheese or Pepperoni

## MESSAGE FROM MS. WHITTEN

We've had a wonderful first full week with our students! The students are doing really well, and I love seeing them back in their classrooms, learning together. This year we have many new families at Heron, and I would like to invite all families new to our school to join me Tuesday evening at 5:30 for a special New Family Orientation on Zoom, using this link:

<https://natomasunified.zoom.us/j/5300179302> Meeting ID: 530 017 9302

We'll provide important information about our school, give you a chance to meet other families, and ask any questions you might have. I look forward to seeing you there!

**Arrival and Dismissal:** Middle school starts at 8:05, and TK-6 starts at 8:15. Elementary students should not arrive before 8:00 unless they are eating breakfast in the cafeteria, which opens at 7:45. Students will all be dropped off and picked up at one of our gates, and if students walk or bike to school, they can get their cards scanned by our Jibe volunteers, stationed at each gate. If students need more support getting to their line-up location, parents may walk their students onto campus and then exit immediately once their child has been handed off to a staff member



- C Hallway Gate: This entrance/exit near the gym is reserved for our SDC students only.
- Flagpole/Banfield Gate: All TK/K students will be dropped off and picked up at this gate and assisted by our IA's. 1st-8th grade Students being transported by vehicle may also use this gate. Parents should stay in their cars and pull up in line to drop off/pick up your child near the flagpole.
- Minden Gate and MS Gate: 1st-8th grade walkers/bikers may use these gates; there is no car drop off here- the driveway is for busses and emergency vehicles only. Please do not make an illegal U-turn on Minden under any circumstances. We see this happen often, and it is very dangerous.
- Heron Park Gate: 1st-8th grade walkers/bikers may use this gate

**COVID Safety Guidelines:** As a reminder, we will be following California Department of Public Health Guidelines (CDPH), which includes:

- Parents may now walk their child to class at arrival and dismissal if your child is needing more support.
- All staff and students are required to wear masks properly while inside the building.
- Social distancing is no longer required, which means that students and staff will be passing next to each other in the hallways, and sitting near each other in classes.
- During lunch, students will be able to take off their masks to eat. If weather permits, Heron will have outdoor eating options available for students.
- While outside for recess students do not need to wear their masks.

Playground equipment can be shared- there are no outside restrictions.



- Students will be reminded to wash their hands and use hand sanitizer before playing on play structures and sharing items.
- Quarantine requirements have changed. Anyone who is vaccinated and asymptomatic will not need to quarantine. Any other situations will be discussed during contact tracing.

It is important that all staff and students follow the above guidelines to ensure that we are keeping each other safe.

**Outdoor Eating Options:** Although not required, we will be offering an outdoor eating option to help spread students out a little more, as long as weather permits.

- TK/Kinder: Eating inside the cafeteria, spaced apart since they have their own lunch period and the assistance of IA's
- 1st-4th: Grade levels will alternate each week between indoor and outdoor seating. We will start with 1st grade and 3rd grade eating inside, 2nd and 4th grade eating outside.
- 5th-8th: Students can choose their own seating - inside or outside

→ Don't forget to order your PTSA Spirit Wear by August 25th!

<http://heron.brandingblvd.net/>

Heron School PTSA will receive 20 % of each order placed! This will help us fund more Heron School activities. Our online store will be open until August 25th, 2019., after which, all orders will be produced and then delivered to classrooms! Be sure to order as soon as possible. Please be aware, once the shop closes, it won't be back until Spring! Happy Shopping!!

→ **Parking Lot Safety-** Please only park your car on the street or in a **MARKED PARKING SPACE**. Please do not leave your car parked and unattended in the middle of the parking lot. This blocks other drivers in and backs up the parking lot into the street. Most importantly, it limits visibility of students and creates a dangerous situation. Please remember the the bus lane on Minden is reserved for our school busses only; that may not be used for pick up or drop off.



## DID YOU KNOW?

### → **We are a Responsive Classroom School!**

Responsive Classroom is an approach to elementary and middle school education that emphasizes social, emotional, and academic growth in a safe school community. More information about the Responsive Classroom approach can be found at

<http://www.responsiveclassroom.org>. Our STEAM academic focus ensures that students are actively engaged in their learning through inquiry-based science instruction and the integration of technology, engineering, art, and mathematics throughout the day. Our goal is to deliver learning activities that are active, joyful, fun, and appropriately challenging. Students see how this learning is relevant to their lives and take a personal interest in it.



### **Key Components of Responsive Classroom**

- **Morning Meeting and Responsive Advisory Meetings:** Each TK-6 class gathers together each morning at 8:15AM to greet one another, share news, participate in an activity, and warm up for the day ahead. 7-8 students start each day with Responsive Advisory Meeting at 8:05. Timely arrival to school is extremely important so that all students have the opportunity to be an active participant in the development of their classroom community.
- **Rule Creation:** Students help create classroom rules that allow all members of the classroom community to reach their learning goals.
- **Interactive Modeling:** Students are explicitly taught to notice and practice expected behaviors in order to demonstrate and internalize them.
- **Positive Teacher Language:** Adults use carefully selected, respectful words and tone to promote active learning and self-discipline.
- **Collaborative Problem-Solving:** Strategies such as conferencing and role-playing are used to help students solve problems and resolve conflict.
- **Logical Consequences:** Adults respond to misbehavior in a way that respects children, guides them to recognize the effects of their actions, and helps them develop internal controls.
- **Classroom Organization:** The physical space is carefully structured in ways that encourage independence, cooperation, and productivity.
- **Guided Discovery:** Materials are introduced in a way that encourages discovery and creativity.
- **Academic Choice:** Teacher-structured choices are provided to students to help increase motivation, self-direction, and learning.
- **Working with Families:** Family partnerships are essential. Families are invited to share insights and are collaborative partners in their child's education.

→ **Heron School Website** - Our website is a great resource of information about our school. You have access to current events information, our PTSA website, school supply lists, bell schedules, parent resources, school and district policies, after-school program information and athletic program information. Please make sure to visit it often! <https://natomasunified.org/hes/>



→ Follow us on Facebook and Twitter! LIKE Heron Flyers on Facebook and FOLLOW AmyWhitten@HeronSchool on Twitter! #FlyersSOAR

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## THIS WEEK IN SPORTS

### HERON SCHOOL ATHLETIC PROGRAM

#### Parent Information 20 21-22

Thank you for your interest in having your student participate in our athletic program! We look forward to seeing our students compete and enjoy learning and playing sports here at Heron. Our sports program is for 4th-8th grade students.

Each year the Natomas Unified School District requires that each student have a Student Athlete Clearance Packet completed prior to being eligible to tryout or participate in a school-sponsored sports program. Part of the clearance packet is a physical form that needs to be signed by your child's physician. It is very important that you plan ahead to have this completed by the posted deadlines.\*

As we approach each sport a permission slip will be available for your student to take home to have you sign showing your authorization to participate. This permission form is required for each sport that your child would like to participate in. The Student Athlete Clearance Packet is only completed once per year and is due by the deadline of the first sport your child plays. All packets and permission slips are to be turned in to the Kerry House in the school office. Only fully completed packets will be accepted.

Completed Student Athlete Clearance Packets can be turned in anytime after the first day of school.

Please make sure to check the Friday Flyer each week for information regarding upcoming sports as well as weekly schedules. Information and the full schedules are posted on the Heron website as the information is available.

Thank you again for your support of our program and if you have any questions regarding the paperwork process, please contact Kerry House at 916-567-5680 or [khouse@natomasunified.org](mailto:khouse@natomasunified.org).

Click here to open the [Student Athlete Clearance Packet](#). Permission slips for Flag Football and Volley are attached.

All previous paperwork and physicals have expired and will need to be updated.

#### 6th grade Flag Football

**Practice will begin August 26, 2021 at 2:30 - 3:15. Practice will be held on the Heron field.**

**You MUST be cleared by Mrs. House to practice.**

**Please bring a water bottle, towel, and your football cleats.**

#### 6th grade Volleyball

**Practice will begin August 25, 2021 at 2:30 - 3:15. Practice will be held in the gym.**

**You MUST be cleared by Mrs. House to practice.**

**Please bring a water bottle, and tennis shoes.**

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## IN THE SPOTLIGHT: Away For the Day Cell Phone Policy

At Heron, we have an “Away For the Day” cell phone policy. Students are still allowed to bring their phones to school, but they must remain turned off and in their backpacks during the instructional day- from the first bell to the last bell. After viewing the powerful *Screenagers* documentary for the last two years with our families and 5th -8th grade classes, the teachers and I decided it was time to make a change. We were finding so many instructional uses for students’ personal devices throughout the day that before long, many students got accustomed to having their phones out all day. This meant



more distraction and social media posting during the school day, and less meaningful interaction with each other. We feel our “Away For the Day” cell phone policy is the right thing to do to ensure our students are given a safe and welcoming learning environment. Students are given a reminder if they forget and take their phone out; after that, they will need to turn their phone into the office. On the first offense, students may pick up their phone after school. After that, the phone will only be returned to a parent who comes to pick it up. Please refrain from texting or calling your student during the school day; if you need to contact your child, call the front office at 916 -567-5680, and we will be happy to help. If you’d like to learn more about how screens affect us or how you can help your child balance his or her screen time, you’ll find the Screenagers website full of great information for parents. You can also subscribe to their weekly “Tech Talk Tuesday” newsletter, and get helpful tips and conversation starters for your family every week.

[https://www.screenagersmovie.com/parenting\\_apps/](https://www.screenagersmovie.com/parenting_apps/)





**HERON SCHOOL**  
 5151 Banfield Drive  
 Sacramento, CA 95835  
 (916) 567-5680  
 (916) 567-5689 FAX



August 13, 2021

Dear Parents/Guardian,

Your child has shown interest in participating in Heron's 4th-6th Grade Flag Football/Volleyball Program.

Your child is not yet on the team roster. Your child needs to have a completed Student Athletic Packet, Current Sports Physical, and the permission slip below.

Completed Permission Slips, Student Athletic Packets, and Current Sports Physicals are all due by **September 3, 2021 for 4th-6th Grades** to Kerry House in the office. **Forms will not be accepted by teachers or coaching staff.** If your child has not yet had a sports physical or completed the Student Athlete packet, these forms will need to be attached to this permission slip and submitted no later than the due dates. No late Permission Slips, Athletic Packets, or Sports Physicals will be accepted.

A lottery will be held if we have too many eligible students for one team, and students not selected will be put on a waitlist in case a spot becomes available.

A complete practice and game schedule is posted on our website and in the Friday Flyer. We are looking forward to a great Flag Football/Volleyball season with our student athletes!

**HERON FLAG FOOTBALL/VOLLEYBALL PERMISSION SLIP**

Student's Name: \_\_\_\_\_ Grade Level \_\_\_\_\_

- I authorize my child to tryout for Heron's  Flag Football  Volleyball Team
- I have a completed Student Athletic Packet on File or have attached the packet to this permission slip
- I have a current completed Sports Physical on File or have attached the physical form signed by a physician

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_





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August 13, 2021

Dear Parents/Guardian,

Your child has shown interest in participating in Heron's Middle School Volleyball/Flag Football team.

Tryouts will be on the following dates:

**Flag Football Tryouts: TBA**

**Volleyball Tryouts: TBA**

Your child is not yet on the team roster. In order for your child to tryout, your child needs to have a completed Student Athletic Packet, Current Sports Physical, and the permission slip below.

Completed Permission Slips, Student Athletic Packets, and Current Sports Physicals are all due by **August 26, 2021 1to Kerry House in the office. Forms will not be accepted by coaching staff.** If your child's physical is less than a year old and is already on file with us, you do not need to re-submit the physical form. Simply indicate below that the required forms are already on file, and we will verify. If your child has not yet had a sports physical or completed the Student Athlete packet, these forms will need to be attached to this permission slip and submitted no later than **August 26, 2021** at 3:00. No late Permission Slips, Athletic Packet, and Sports Physicals will be accepted.

Principal Whitten will meet with both teams at the first practice regarding expectations for conduct, sportsmanship, teamwork, attendance, and grade eligibility. Parents must contact the coach if a student is going to miss a practice; otherwise practice will be unexcused and student will not play in the next game.

A complete practice and game schedule will be distributed after tryouts and will be posted on the website. We are looking forward to a great Flag Football/Volleyball season with our student athletes!

### HERON FLAG FOOTBALL/VOLLEYBALL PERMISSION SLIP

Student's Name: \_\_\_\_\_

- I authorize my child to tryout for Heron's  Flag Football  Volleyball Team
- I have a completed Student Athletic Packet on File or have attached the packet to this permission slip
- I have a current completed Sports Physical on File or have attached the physical form signed by a physician

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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August 13, 2021

Dear Parents/Guardian,

Your child has shown interest in participating in Heron's 4th-8th Grades Cross Country.

Your child is not yet on the team roster. Your child needs to have a completed Student Athletic Packet, Current Sports Physical, and the permission slip below.

Completed Permission Slips, Student Athletic Packets, and Current Sports Physicals are all due by **September 3, 2021 for 4th-8th Grades** to Kerry House in the office. **Forms will not be accepted by teachers or coaching staff.** If your child has not yet had a sports physical or completed the Student Athlete packet, these forms will need to be attached to this permission slip and submitted no later than the due dates. No late Permission Slips, Athletic Packets, or Sports Physicals will be accepted.

A lottery will be held if we have too many eligible students for one team, and students not selected will be put on a waitlist in case a spot becomes available.

A complete practice and game schedule is posted on our website and in the Friday Flyer. We are looking forward to a great Flag Football/Volleyball season with our student athletes!

### HERON CROSS COUNTRY PERMISSION SLIP

Student's Name: \_\_\_\_\_ Grade Level \_\_\_\_\_

- I authorize my child to tryout for Heron's  Cross Country
- I have a completed Student Athletic Packet on File or have attached the packet to this permission slip
- I have a current completed Sports Physical on File or have attached the physical form signed by a physician

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

