



Central Heights Elementary School

Home of the Cougars

"Nurturing Knowledge Now and Forever"

December 2011

Bob Barone

Principal

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Calendar of Events

- December 5th P.T.A. food drive begins (ends on the 16th)
- December 5th Grades 4–6 midterms sent home
- December 8th P.T.A. Bookfair "Family Fun Night" at Barnes and Noble
- December 16th "Hats for Hams" (donate a \$1 to wear a hat)
- December 19th Band/orchestra concert from 2:15 to 2:45—5th & 6th grade
- Dec 23rd—Jan 1st Winter vacation
- January 2nd Classes resume



HOLIDAY FOOD DRIVE

We are at the time of year when we reflect on all we are thankful for and giving to those less fortunate.



The PTA is collecting food for the Central Heights annual Holiday Food Drive from Monday, December 5th through Friday, December 16th.

We will be collecting items as follows:
Primary Grades (K-3rd grade, Pre-School, Life Skills): Pasta/potato products: stuffing, pasta, rice, instant potatoes, macaroni and cheese, cereal, breakfast bars, granola bars, etc.
Intermediate Grades (4th–6th grade): Canned soup, canned vegetables, canned fruit, powdered milk, flower, sugar, jello, pudding mixes, cake mixes, peanut butter, etc.

Please remember all items must be non-perishable and no glass jars, please.
The primary class and the intermediate class that brings in the most items will win a special treat!
Monetary donations are always welcome.
Please donate to help our Central Heights families in need.

Note: Please help us by noting expiration dates on items before they are donated. Thank you.

KC Club

Our Kindness and Compassion Club, KC Club, is up and running again this year with the continued mission of creating a chain reaction of kindness throughout our school and community. We created Christmas cards at our last meeting to help brighten the holiday for the residents at the Billings Heath & Rehabilitation Community.

A
tree is
pokey on the
outside but
gooey and sappy on
the inside. Just like a person.
They are sensitive, creative,
colorful and one of a kind.
Don't judge people by how they
look on the outside, get to know
them
on the inside.
By Mikayla
and Phoebe

—Poem by KC members



“Christmas Presence”

The Holiday season is often said to be “the most wonderful time of the year,” but unfortunately, all too often it is an overwhelming, stress-filled time.

As loving parents we strive to make the Holidays a magical time for children. Our time becomes consumed with trying to find just the right gift that we often can't afford. Consider the saying, “the best things in life aren't things,” this quote seems particularly appropriate at Christmas time. One present you can give your children that doesn't cost a dime is the gift of your presence. The gift of time is by far the best gift of all! Give your children gifts of focused, meaningful interactions and you'll get gifts in return: stronger relationships, better communication and deeper connections.

We seem to already know this, but how many of us truly invest in the present time like we should? This month you have the opportunity to build positive Holiday memories and create time-honored traditions with your children, such as baking, caroling, or decorating the tree together. This could also be a great New Year's Resolution: To value the present time and invest in quality time with loved ones, because they aren't going to be around forever.

So, instead of waiting to unwrap presents once or twice a year, how about unwrapping our presence to one another all year long? Give your child the gift of TIME to create treasured moments to remember for a lifetime.

Happy Holidays!

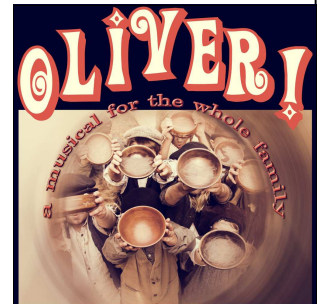
P.T.A. Updates

December is a fun, busy month. Our food drive occurs, Family Fun Night at Barns and Noble takes place and “Hats for Hams” takes place to support our food drive effort. As we peak ahead we are planning for our carnival March 2nd from 6:00—8:00 pm.

Please be reminded to donate gently used books for our book walk during the carnival. We have a drop box at school where books can be dropped off from now until the carnival. Have a super holiday season.

Congratulations!

Sam Christie is one of the cast members for the play.



“Childhood Should Be
A Journey . . . Not A Race”

What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, take—and encourage your child to take—everyday steps that can help prevent the spread of germs.

This includes:

- ▶ Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- ▶ Stay away from people who are sick.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
- ▶ Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to the directions on the product label.
- ▶ Throw tissues and other disposable items used by sick persons in your household in the trash.

Congratulations!!!!

Purple Hands Pledge

Grand Prize Winners

K—3rd grades—Joseph Smith

4th—6th grades— Mikey Morgan

"I will not use my hands or my words for hurting myself or others"

Hi Central Heights Families:

The Library would like to thank all of you for your tremendous support of our Fall Book Fair.

The Library bought many new (2011 copyright) books for our students. It is so nice to have the latest and greatest as soon as they hit the book stores! We now have the Diary of a Wimpy Kid #5: Cabin Fever, Son of Neptune by Riordan, Inheritance by Paolini, Wonder Struck by Selznick, Home for Christmas by Jan Brett, and Dogs in the Dead of Night #46 of the Magic Tree House series by Mary Pope Osborne as well as many other titles.

Thank you to our Volunteers, Angela Zeiler, Becki Rogers, Jennae Smith, Kelli Grossman, Kelli Farnsworth and Suzanne Streiff for setting up and tearing down the Book Fair.

It was great to meet so many families during the Book Fair. The Library is a great place in the school to volunteer; so stop by and see Mrs. Orner if this interests you.

Thanks again for the warm welcome to Central Heights and Happy Holidays.

Mrs. Orner

Librarian

Children Learn Best

When They Feel Good About Themselves!

