

Eagle Newsletter October 31, 2022

Encourage, Empower, Excel

IMPORTANT dates to remember



• Mystery Reader Day- October 31st



- Professional Development (No School) November 7th
- Election Day (No School)- November 8th
- Picture Retakes November 9th
- SBDM Meeting November 10th @ 2:45 p.m. in Library
- Veteran's Day November 11th
- Pie Peddler Pick Up November 17th from 4:30 p.m. 6:30 p.m. in library
- Thanksgiving Break -November 23rd-25th



SCHOOL MENUS FOR October 31st-November 4th ALL MEALS ARE FREE TO STUDENTS!

Chips and Ice Cream will be available on a limited basis. Chips are \$.75, and ice cream is \$1.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday			
	Cinnamon Bun	French Toast Sticks	Breakfast Pizza	Cereal Bowl	Chicken Biscuit			
	Juice	Juice	Juice	Juice	Juice			
	Peaches	Applesauce	Apple Slices	Raisins	Orange Wedges			
	Milk	Milk	Milk	Milk	Milk			
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday			
	Calzone	BBQ Sandwich	Sausage/egg/Biscuit	Chicken Patty on Bun	Ham & Cheese Sliders (2)			
	Green Beans (3/4 Cup)	French Fries (1/2 cup)	Potato Smiles (4)	Cooked Carrots (3/4 Cup)	Fresh Veggies (3/4 cup)			
	Pears	Baked Beans (1/2 cup)	Broccoli w/ Cheese	Applesauce	Baked Chips			
	Milk	Peaches	Baked Apples	Milk	Fruit Cup			
		Milk	Milk		Milk			

Menu Changes:

Tuesday breakfast will be sausage pancake bites 15g, Wednesday breakfast will be Bagel bites 12g, and Tuesday lunch will be cheeseburgers in place of BBQ.

After School Clubs Schedule

***Students who participate in afterschool programs must turn in a note with permission to stay after school and any transportation changes.

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VETERANS DAY

FRIDAY, 11/11/22

DURING THE STDUENT'S LUNCH

The students and staff of Heritage Elementary
would like say "Thank You" to our veterans for their
service to our country! We want to invite any
veteran, (parent, grandparent, aunt/uncle or friend)
connected to our students, to enjoy lunch in the
gym with their student (see lunch schedule &

To show our appreciation of your service to our country, the staff will provide homemade desserts for the student and their veteran to enjoy together!

VETERANS DAY

SCHEDULE, MENU, AND PRICES

Lunch Schedule

11:00-11:25	McKinney and Travis
11:05-11:30	Mota
11:15-11:40	Pickens and Gordon
11:20-11:45	Chen
11:35-12:00	Hinton and Kirtley
11:40-12:05	Shaver
11:50-12:15	Pancake and McDowell
11:55-12:20	Campayno
12:10-12:35	Medley, Lafollette, and
	Durr
12:30-12:55	Crain and Jeffries
12:35-1:00	Swinford

Menu:

Chicken Strips (3) WG roll Mashed Potatoes (1/2 cup) Green Beans (1/2 cup) Fresh Fruit Milk

IF YOU CHOOSE TO EAT THE SCHOOL LUNCH, THE NON-STUDENT PRICE FOR LUNCH IS \$4.05. WE CAN ONLY ACCEPT CASH OR CHECK!



HOLIDAY
ASSISTANCE
APPLICATION
DEADLINE IS
TUESDAY,
NOVEMBER 22ND!

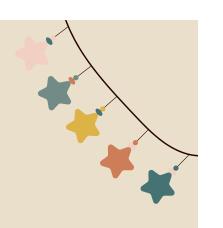
PLEASE EMAIL MELANIE MADISON AT MELANIE.MADISON@SHELBY.KYSCHOOLS.US OR CALL (502)829-5454







JOIN THE HERITAGE BABY EAGLES' CLUB





YOU CAN SIGN UP FOR A MONTHLY FREE BOOK AND RESOURCES WHEN YOU SEND IN A PICTURE OF YOUR LITTLE ONE WHO IS 4 YEARS OLD AND UNDER. YOU CAN EMAIL THE PICTURE WITH THE CHILD'S NAME AND AGE TO MELANIE.MADISON@SHELBY.KYSCHOOLS.US



Easily pay for school items and fees with MySchoolBucks



Fast & Easy Checkout



Simple & Secure



Make Payments Anytime



- Go to myschoolbucks.com or download the app
- Visit the school store & add items to your cart
- Check out with your credit/debit card















Fácilmente pague las tarifas y los artículos escolares con MySchoolBucks.



Pagos rápidos y fáciles



Sencillo y Seguro



Pague en cualquier momento

Para Comenzar:

- Vaya a myschoolbucks.com o descargue la aplicación
- Visite la tienda escolar y agregue los artículos al carro
- Pague con su tarjeta de crèdito o dèbito















Johnna M. Black, Principal

Megan Baxter School Counselor Encourage, Empower, Excel

Heritage Elementary 8300 Frankfort Road Waddy, KY 40076 Ph: (502) 829-5242 Fax: (502) 829-9605 Molly Smith, Assistant Principal

Kara Clark, Instructional Coach

Dear Heritage Families:

We are announcing the fee structure for the 2022-23 school year for all our elementary grades.

- No device usage fee will be charged, however, damaged or lost items will still require a payment.
- A simpler, less expensive supply list has been developed for use by all elementary grades, district-wide.
- All elementary schools will charge the same \$20 instructional fee and no
 other fees will be charged for instructional supplies; this \$20 will cover items
 such as headphones, erasers, Primary journals, additional or specialized
 folders and notebooks, rulers, index cards, highlighters, agenda books, field
 day t-shirts, recorders, etc.
- Any elementary student participating in at least one school club will be charged only one \$20 club fee instead of multiple individual club fees.
- No other fees will be charged during the 2022-23 school year for elementary grades except for occasional field trips; the maximum fee an elementary parent will pay is \$40 (plus field trips)
- No other requests will be made for elementary parents to send in classroom supplies for the 2022-23 school year

A-waiver or adjustment may be made for any student qualifying for free or reduced meals to ensure that no student is denied services due to the inability to pay. In order for your student to receive the fee waiver, you are required to complete the Educational Benefit Form (EBF).

If you would like to donate additional funds or supplies, you can do so by contacting the school office or the Family Resource Center.

Thank you for allowing us to serve your children!

School Calendar

Shelby County Public School 2022-2023

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Ms. Samantha McDowell

3rd grade teacher

Email:

samantha.mcdowell@shelby.kyschools.us

Phone:

502-829-5242



Personal Information:

I am from Shelby Co. I went to Simpsonville, West, and Collins. I went to UK and taught in Lexington for 5 years before moving back home. I have a golden retriever named Khaleesi and a cat named Theo.



Education/Degrees:

- ★ Bachelors: University of Kentucky
- ★ Masters: Midway University
- ★ Years Teaching: This is my 7th year









Hobbies/Interests:

★ Reading

Walking my dog Trivia/Game Nights

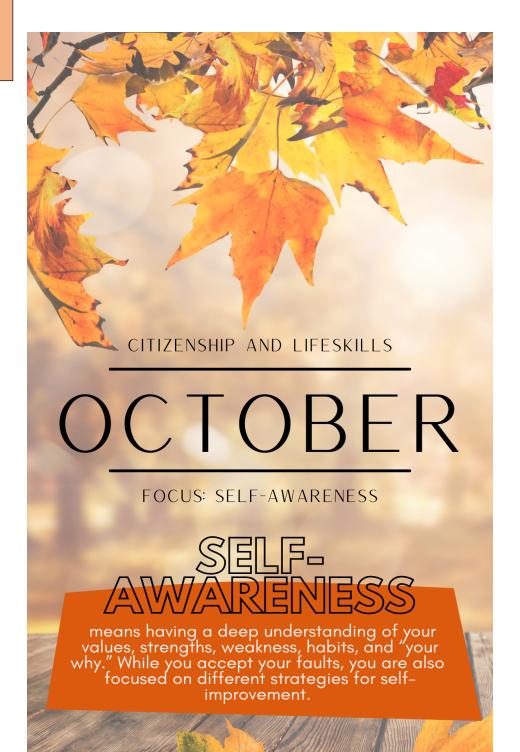
Staff Birthday:

Cindy Long 11/10
Mary-Claire McKinney 11/16

Michelle Clark 11/23 Gi Boylan 11/30 Pursuant to KRS 158.186, before Sept. 15 of each year the commissioner of education must distribute copies of KRS 158.183, which details the "rights of students," and KRS 158.195, which requires each public elementary and secondary school to "display the national motto" of the United States.

Click here to read last Friday's district newsletter.

Skills we are working on in October!



PARENT RESOURCES

Self-Awareness Activities for Kids





www.thepathway2success.com

Make a vision board



Write in a journal



Read positive affirmations



Research future careers



Do an emotions check-in



Make a gratitude list



Host a showand-tell



Write selfcompliments



Draw emojis for emotions



Introduce new activities

Self-Awareness Journal Prompts

What are some of your biggest strengths?

www.thepathway2success.com

How do you feel today?

What do you LOVE to do? What are some hopes you have for the future?



What are your top five positive qualities?

When was a time you succeeded at something?

Clipart By Sarah Pecorino

Pathways to Every Child's Success

Self-Awareness

The Source of Meaning and Purpose

Self-awareness is the ability to examine and understand who we are relative to the world around us. It is developed through skills like self-reflection, meaning-making, and the process of honing core values and beliefs. It is situated at "true south" on the compass to symbolize that introspection is about looking southward, into ourselves. Self-awareness impacts the capacity for successful kids to see themselves as uniquely different from other people. We stimulate children's self-awareness when we engage them in reflective conversations about values, beliefs, attitudes, and moral dilemmas. When we encourage them to understand and attend to their intellectual, emotional, social, and physical selves, we let them know we value their full human potential.

GIVE HONEST FEEDBACK

When given constructively, children understand that feedback helps them learn about themselves. Children who are encouraged to reflect on their behavior, actions, and performance, most often take responsibility to improve.

TALK ABOUT CHARACTER

Children become aware of their character strengths and weaknesses by recognizing them in others, the books and movies to stimulate family conversations about virtues such as open mindedness, bravery, kindness, leadership, forgiveness, gratitude, and more!



BE A SERVANT LEADER

Parents are leaders, theiring a servant leader involves bringing out the highest and best in your child from the inside out. This contrasts with driving results from the outside, often with a focus on correcting your child's deficits and maintaining authority over them.

PRACTICE MINDFULNESS

Mindful practices grow selfawareness, help families cope with stress, improve concentration, generate empathy, and strengthen the neural systems of the brain! Parents teach children to be mindful warriors through deep observation and listening.

OTHER RESOURCES

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- · Some trouble sleeping
- . Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- · Engaging in social contact (virtual or in person) · Talking to a trusted friend or family member
- Getting adequate sleep on a regular schedule
- · Eating healthy
- · Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- · Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- · Difficulty concentrating
- · Loss of interest in things you usually find enjoyable
- · Unable to perform usual daily functions and responsibilities
- . Thoughts of death or self-harm



Seek professional help:

- · Psychotherapy (talk therapy)-virtual or in person; individual, group, or family
- Medications
- . Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).







Resources, & Information

Participate in KIN-VIP for a Chance to Win!

To highlight our KIN-VIP program and the amazing work they do with kinship families, we are hosting a raffle for KIN-VIP participants.

Any kinship caregiver that attends at least three (3) KIN-VIP support groups from October to December 2022 will automatically be entered for a chance to win one of three (3) \$100 checks.

Explore KIN-VIP Groups

KIN-VIP support groups provide a safe, confidential space where caregivers can share their experiences with their peers. These groups are open to all kinship caregivers throughout the state of Kentucky.

This raffle is open to all kinship caregivers caring for relative or fictive kin children (not caregivers who are foster parents to those children).

https://ceu.uky.edu/kinship-virtual-interaction-program/



Trims and Whims

Christmas Craft Show & Tea Room

Saturday, November 12th 9:30-4:00 Sunday, November 13th 11:00-4:00

Wright Elementary School
500 Rocket Lane

REGION 5

FRYSC Coalition

Ways to help Eastern Kentucky

The Family Resource and Youth Services Coalition of Kentucky (FRYSCKy) encourages you to support the EKY flood relief and recovery effort either through donation of supplies (see list below) or by making monetary donations to one of the following funds. You can also follow the Coalition's Facebook page where local FRYSC requests will be shared as we see them.

MONETARY DONATIONS

KEA Appalachia Fund has set up a GoFundMe account that will go directly to Family Resource/Youth Service Center Directors in each eastern Kentucky school district affected by the floods. To donate you can click here: https://loom.ly/odrGURg FRYSC Strong for Kentucky - every donated dollar goes to local FRYSC coordinators to help the families impacted by the flood. FRYSCKy has an application process in place which was developed following the WKY tornadoes last year.

Online Donations (Venmo): FRYSC Strong for Kentucky @support-KY-FRYSC

Team Kentucky has established the Team Eastern Kentucky Flood Relief Fund to assist those impacted by the floods. To donate you can click here: https://ioom.ly/4YuT2KY

https://secure.kentucky.gov/FormServices/Finance/EKYFloodRelief



Ready to Jump Start your Future?

We can help you get a good job and career.

Kentucky Career Center services and KentuckianaWorks offer assistance at any point in your career path. Our services include:

- · Customized career advice for today's job market
- Help optimizing your resume & finding jobs. Start at focuscareer.ky.gov
- · Assistance sharpening your interview skills
- · Help building your professional network
- · Up-to-date, local career information at www.careercalculator.org
- More than 4,000 online training courses
- Access to job leads and job fairs
- Specialized services for qualifying veterans
- · Resources for visually impaired or disabled job seekers

kentuckianaworks.org

Kentinchiana Works, is the Greater Loui wille Worldonce Development Board that serves, Jeffchson, Bullatt, Henry.

Of sham, Shelby, Spenicer and Turbible counties, and in an operator of the Kennacry Career Context survey), contract

of the Actions Worldonce Services, in pownership with the Office of Entry pownershand Training and other agencies.

Funding in provided by the U.S. Department of Labor, through the Ky. Education and Worldonce Development

Colorinet, and administered by Xentuckhan/Worldonce, and agency of Louises le Metio Government.

Equal Services, Education and Employment Opportunities MCF(by).







Hosparus Health Grief Counseling Center

Upcoming Youth and Family Programs

Guardians of Grief Treasure Hunt

Thursday, September 29, 1:00 - 3:00 p.m.

Find clues to learn and care for grief and solve the puzzle of a missing map that leads to a hidden cache of unexpected treasure. Children, ages 6-11. Space is limited. RSVP is required.

Camp Evergreen

Friday evening, October 14 – Sunday, October 16

This weekend retreat is for families with children ages 6-18 healing from loss due to death. Registration deadline is Monday, September 19th. Access your application at: https://bit.ly/campevergreen2022 or find us online at Hosparus.org

Setting the Table for Gratitude

Saturday, November 12, 10:30 a.m. - 2:00 p.m.

Family-centered workshop for ages 5 and up and the adult(s) to whom they are connected. Learn about gratitude's relationship to grief and create "Gratitudes" and other things for your Thanksgiving table. Lunch provided. Registration required.

Unexpected Gifts: Ornaments and Other Connecting Objects

Saturday, December 10, 10:30 a.m. - 1:30 p.m.

Family-centered workshop for ages 5 and up and the adult(s) to whom they are connected. The season of gift giving invites us to consider what we have received from those close to us. Create ornaments and simple gifts to pay this forward. Lunch provided. Registration required.

First Cup of the Day: Parent Talk (Virtual)

Every 1st and 3rd Wednesday mornings, 9:30 – 10:30 a.m.

On its best days parenting is challenging. It is even more so when parenting a grieving child while adapting to loss, yourself. Here we talk about everything from behaviors to expect, how to address them, and handling questions that have no easy answers. Pour yourself a cup and join in this ongoing conversation. Registration is required. You will be sent a link to the conversation just prior to its scheduled times. Questions? Contact Erin at 502-456-5451.

Registration is easy. Look for program links on our website: www.Hosparushealth.org or call the Grief Counseling Center at 502-456-5451.



G-FORCE

A support program for grieving youth

Gravity. It grounds us. It holds us in orbit. It helps us stay centered. It pulls against us when rocketing into the stratosphere. Grief works much the same way. G-Force refers to the pull of gravity when making a transition forward. It takes practice and conditioning to withstand the pressure and to adapt. So does grief. We are not helpless in the face of loss. We can become stronger, more resilient, and confident that we can do hard things.

G-FORCE is a peer-centered education, support, and networking opportunity for youth coping with loss due to death. Meetings occur throughout the year offering a cycle every fall and spring following the school calendar. Youth can join at any point and re-up in an upcoming cycle.

G-FORCE meets at the Hosparus Health Grief Counseling Center 3526 Ephraim McDowell Drive, Louisville, 40205

For youth in grades 6 through 10

Fall 2022: Every 1st and 3rd Thursday, 4:30 – 6 p.m. September 1 through December 15

Spring 2023: Every 2nd and 4th Thursday, 4:30 – 6 p.m. February 9 – April 27

For youth in grades 2 through 5

Fall 2022: Every 1st and 3rd Friday, 4:30 – 6 p.m. September 2 through December 16

Spring 2023: Every 2nd and 4th Friday, 4:30 – 6 p.m. February 10 – April 28

There is no cost for this program, but registration is required.

Registration can be completed online at www.hosparushealth.org

Or by calling the Grief Counseling Center at 502-456-5451

Grief is a force of nature. So are you.



Would you like to learn English?

Shelby County Adult Education offers FREE ESL Classes

Learn:

- To speak English
- To read and write
- Daily life skills
- Basic communication skills
- Advanced English



JCTC Shelby County Adult Education St. James Episcopal Church 222 Main Street Shelbyville, KY 40065

Registration is week of August 7

Mon. & Wed. 9:00 a.m. – 11:00 a.m. Tues. & Thurs. 6:00 p.m. – 8:00 p.m. Register Now!

Times of class are the same as above.

Shelby County Daycares List Call for openings.

Childcare Facilities / Cuidado de Niños

- Adventure Club- infants and toddlers through 5th grade https://simpsonvillebaptist.com/connect/weekday-preschool-2/ Phone (502) 722-5249 or Email: ac@simpsonvillebaptist.com
- Inspirations Child Care 7387 Shelbyville Rd, Simpsonville, KY 40067 Phone: (502) 205-0026
- Corpus Christi Classical Academy Montessori Program 7010 Us Highway 60, Simpsonville KY 40067 Simpsonville, KY 40067 | (502) 722-8090
- Kidsplay Child Care

54 Old 7 Mile Pike, Shelbyville, KY 40065 (502) 633-9663

Shelbyville Community Day Care 520 Mount Eden Rd, Shelbyville, KY 40065 (502) 633-6757

- Little Hands Development Center 250 haven Hill Rd,, Shelbyville, KY 40065 (502) 437-0547
- Child Town Inc
 1940 Midland Trl, Shelbyville, KY 40065 (502) 633-2050
- Little Stars Preschool
 100 Loop Rd, Fisherville, KY 40023 (502) 477-1150
- Dorman Preschool Center
 719 Burks Branch Road, Shelbyville, KY 40065 (502) 633-2760

Online Search Tool

https://www.4cforkids.org/for-families/find-child-care/

Child Care Referrals Tailored to Your Needs

Herramienta de búsqueda en línea

Referencias de cuidado infantil adaptadas a sus necesidades https://www.4cforkids.org/for-families/find-child-care/ No siempre es fácil seleccionar un cuidado infantil que satisfaga sus necesidades. Permítanos ayudarlo a identificar proveedores en su área que ofrezcan el tipo de atención que necesita. Ofrecemos una variedad de formas de buscar cuidado infantil regulado por el estado en Louisville y sus alrededores. Podemos buscar cuidado infantil en función de las edades de sus hijos, sus horarios de trabajo y hogar, su ruta de viaje, si necesita transporte para su hijo y otros factores que hacen que sus necesidades sean únicas. No autorizamos, respaldamos ni recomendamos a ningún proveedor en particular. Solo usted puede determinar el entorno de atención de mejor calidad para su hijo.

 BÚSQUEDA EN LÍNEA: esta herramienta le permite crear su propia búsqueda personalizada de cuidado infantil regulado por el estado en Kentucky. Esta búsqueda incluye información sobre edades atendidas, horas de funcionamiento y calificaciones de STAR. Se le pedirá que cree información de inicio de sesión.

LLAME - Para hablar con un consejero de referencias, llame al 502-636-1358.



The Serenity Center has a food bank on Wednesdays from 12 p.m. to 4 p.m.

Serenity Center 98 7th Street Shelbyville, KY 40065

The Bagdad Baptist Food Pantry is open the 2nd and 4th Saturday of every month from 9:15 a.m. – 12:00 p.m. Food is available to any Shelby County residents. Must show a valid driver's license. Entry is in the back of the church. There is also a small pantry outside the church open at all times.



Heritage Elementary Family Resource Center

Melanie Madison, Coordinator

Phone number: (502) 829-5242

Hours of Operation: Monday-Friday 7:00 a.m. - 3:00 p.m., available evenings and weekends by appointment.



Check out the Virtual FRC Office!

https://docs.google.com/presentation/d/106NkKh0pa6b5qnn0m93ZDNJgXuYtIDDUEHAyDeRWokc/edit#slide=id.