



Eagle Newsletter

May 23, 2022

“Empowering lifelong leaders!”

Important Dates,



- Field Day – May 23rd
- 5th Grade Promotion – May 24th @ 7:00 p.m.
- 5th Grade Project Promotion – May 25th
- Last Day of School for Students – May 25th



- Open Art Studio: Coping with Anxiety through Art – June 2nd from 10:30 a.m. -1:00 p.m.
- Red Orchard Story Walk – June 3rd
- Touch a Truck at the FAC – June 10th

School Meal Menu for May 23rd-25th

Last day of school May 25th

All students receive FREE breakfast and lunch.

***Last minute menu changes are occurring frequently and are out of our control due to the nationwide food supply chain issues. This time of year there are also a lot of substitutions due to the ending of the school year. Posted menus may not reflect these changes, but we will do our best to let you know of the changes. We appreciate your patience and understanding during this time.

Monday's Menu

Breakfast:

Egg omelet 1g Toast 24
Breakfast Pizza 17g
Grape Juice 18g

Lunch:

Cheeseburger on bun 38g
Doritos 18g
Baby Carrots 9 Ranch 7
Dragon Punch 13g
Apple 25g
Mini Rice Krispy 9

Tuesday's Menu

Breakfast:

Apple cereal bar
23g cheez-its 14g
Fudge oatmeal bar
24g cheez-its 14g
Apple 25g

Lunch:

Chicken with roll
BBQ Pork patty on bun
22g
Green Beans 12g
Fresh orange 12g

Wednesday's Menu

Breakfast:

Assorted cereal with
goldfish
Assorted Juices

Lunch:

Turkey & cheese sandwich
30g
Baby carrots 9g Ranch 7
Fresh Pear 27g
Doritos 18g



If you need to make changes in transportation, please email them to Jill Renfro at jill.renfro@shelby.kyschools.us and Ashley Craig at Ashley.craig@shelby.kyschools.us . All transportation changes must be in writing and sent to both Ms. Renfro and Ms. Craig, in case one of them is absent.

Students must wear shoes that have backs on them. No flip flops. Thank you for understanding!



**If you did not get a yearbook
and you would like to buy
one, they are \$12.**

**Heritage is happy to announce
the SBDM Council Members for
2022-2023!**

**Mary-Claire McKinney
Bekah Bastin
Taylor Shaver
Loretta Devine
Jenelle Orlowski**

ONLINE REGISTRATION *Available!*

NOW ENROLLING PK - 12



**GET
STARTED
TODAY**

**NO MORE PAPER
ENROLLMENT FORMS!
ENROLL VIRTUALLY 24/7,
7 DAYS A WEEK**

THE REGISTRATION PORTAL
INCLUDES:

- NEW STUDENT REGISTRATION
- RETURNING STUDENT REGISTRATION
- TRANSFERS
- ADDRESS VERIFICATION
- CONTACT INFORMATION UPDATES

www.shelby.kyschools.us

REGISTER ONLINE AT

<https://tinyurl.com/SCPSOLR>



<https://www.shelby.kyschools.us/Page/2605>

Field Day



is May 23rd!

- Bring a water bottle!
- Don't forget to wear tennis shoes, as well as appropriate clothing!!!
- Apply SUNSCREEN before arriving at school. Please understand that we cannot apply sunscreen here at school.
-

If we have RAIN, field day will be canceled, and there will be no make-up day.

Reminder: All Chrome Book charges and library fines must be paid, and all library books must be returned by May 23rd in order to participate!



We are looking for approved volunteers for Field Day!

[Click on this link to sign up!](#)

If you need to know your volunteer status, please email

melanie.madison@shelby.kyschools.us



Heritage Elementary
5th Grade Promotion Ceremony

Tuesday,
May 24th, 2022
7:00 p.m.

Heritage Elementary Gym

Completion of 5th Grade Defenses is a requirement for promotion participation.

As of the time of mailing, all COVID restrictions have been lifted.
We reserve the right to reinstate any mandates necessary for safety.

Student attire will be dress clothes.

Last day of
school is
Wednesday, May
25th!

Online RSVP:
[Click here](#)



Heritage Open Art Studio Time

“Coping with Anxiety Through Art”

Families are invited to come and paint! Mrs. Madison, Heritage FRC, is providing the art supplies. Please wear appropriate clothes and bring a hair dryer for faster drying time!

Students will receive a free coloring book and a snack! Parents will also receive information on how to use art to cope with anxiety and receive their own coloring book for adults.

When: Thursday, June 2nd

Time: 11:00 a.m. - 2:00 p.m.

Where: Heritage Cafeteria

Parents must stay for class, and will have the opportunity to work on their own painting. RSVP by May. To RSVP return the bottom portion to Melanie Madison, FRC Coordinator or email melanie.madison@shelby.kyschools.us or by phone by (502) 829-5242.

Paper form
sent home
last week!

Heritage FRC's Summer Reading Challenge Bingo!

As you complete each task, record the title and date of each book you read. Which column, row, or diagonal will you fill out first? Can you fill out the entire card? You have the whole summer to work on it! **Fill out every space and turn in the filled out sheet to Mrs. Madison any time this summer to be entered into a drawing to win a Family Fun Night board game!**

Name^(First and Last): _____

Grade: _____

Read a book from your favorite author. Title: Date:	READ TO SOMEONE ELSE. Title: Date:	<i>Read in the car.</i> Title: Date:	WHISPER READ. Title: Date:	Read a book from a series. Title: Date:
<i>Read something that came in the mail.</i> Title: Date:	Read in a swimsuit. Title: Date:	Read a book with a flashlight Title: Date:	Read a book in your favorite place in your house. Title: Date:	Read wearing a hat. Title: Date:
Read under the covers. Title: Date:	Read after dinner. Title: Date:	 Free Space	Read a biography or true story. Title: Date:	Read outside. Title: Date:
Read on a couch. Title: Date:	Read for 20 minutes. Title: Date:	Listen to an audiobook or someone else read. Title: Date:	Read wearing your pajamas. Title: Date:	Read under a tree. Title: Date:
Read a non-fiction book. Title: Date:	Read a book about an animal. Title: Date:	Read a book wearing sunglasses. Title: Date:	Read a book with an ugly cover. Title: Date:	Read on a beach towel. Title: Date:

*You may write book titles and dates on the back if you don't have enough room in the spaces!



SCPS FRYSC Red Orchard Story Walk

When: Friday, June 3, 2022

Time: 9:30AM - 11:30AM

Cost: FREE

Who: All students K - 12th are welcome!

Featured Book: Blueberries for Sal by Robert McCloskey

Put on your tennis shoes and bring your sun hat! Come out and enjoy a walk along the Red Orchard fitness trail that features the book, "Blueberries for Sal" by Robert McCloskey! The event will be open to all from 9:30AM - 11:30AM. Park and sign in at the Red Orchard barn and pick up your map and your book. Stop back by the barn after you finish the featured portion of the fitness trail to take a picture against our photo backdrop, grab a snack, browse additional book selections and pick up some Blueberry Muffin Mix!

This event also counts for Hike Shelby County during the summer!

Go ahead and RSVP and plan for a walk in the sunshine (hopefully)!

Online RSVP: <https://docs.google.com/forms/d/e/1FAIpQLSenT3m3JA-g81PAY7bCDv7T4PZcC0HNhgCVYNj37kTJrgWx9Q/viewform>

Spanish version: https://docs.google.com/forms/d/e/1FAIpQLSfjl_GJjXaEW0aSa-EKSqapi5udHbmxfpmPzEXcGg79hgxDZA/viewform

Heritage Elementary



In order for students to have access to books over the summer, we offer the lending library at Heritage (Room 129). This lending library will be open for summer reading book checkout on the following dates:

June 6 8:00 A.M. - 11:00 A.M. (Monday)

June 21 8:00 A.M. - 11:00 A.M. (Tuesday)

July 25 8:00 A.M. - 11:00 A.M. (Monday)

Please return bags of books on Thursday, August 4th at the Back to School Bash.

If you have any questions, please contact Angie Allen angie.allen2@shelby.kyschools.us or Leasa Ball (Title 1) by email at leasa.ball@shelby.kyschools.us.

Save
the
Date!

**Back to School
Bash for 2022-
2023 is Thursday,
August 4th!**

Heritage Elementary- Title 1



Title 1 Fact Sheet

What is Title 1?

Title 1 is the largest federal aid program for our nation's schools. It provides extra help and instruction to all students.

How do schools qualify for Title 1 funds?

The schools that meet federal requirements receive Title 1 funds. These requirements are based on the percentage of students that receive free and reduced lunch at school. Heritage Elementary qualifies.

How are Title 1 students identified?

ALL students at Heritage are eligible for Title 1 services. Identification is based on a needs assessment completed by the classroom teacher and student performance on district tests.

How does Title 1 work in classrooms?

Title 1 teachers provide extra instruction that reinforces the regular teacher's instruction, working with students in small groups and individually.

What are the goals of Title 1?

The goals of Title 1 are to help the students attain level proficiency in specific subjects and provide high quality education for all students.

*A copy of the School Compact and Parent Involvement Policy is located in the parent handbook, on the school website, and sent out to every student at the beginning of the year.

Helpful Hints for Parents

*Make sure your child is in bed on time and remains in school for the full day. Regular attendance makes a difference.

*Provide a quiet place and time to study at home.

*Become a partner in your child's education

*READ daily with your child

Contact Angie Allen (Title 1) at Heritage

angie.allen2@shelby.kyschools.us

(502) 829-5242

Mrs. Samantha Roberts
Teaching Position:
English Learner Teacher
EL Teacher

Contact Information:
Phone: (502) 829-5242

MEET THE TEACHER!

Personal Information: I have lived in Shelby County my entire life AND I have taught in Shelby County my entire teaching career of 27 years.



Education/Degrees:

Bachelors: Kentucky State University

K-6 Grade Self-Contained

Masters: Georgetown College
(Elementary Education)

Rank 1: University of Louisville with English
as a Second Language Endorsement

Hobbies/Interest:

Writing, Journaling, Poetry

Lover of Music (Not Just Rock Music)

Nature Walks

Smokey Mountains

History Reenactor

Spending Time with my Family (my
husband and 2 sons)

Teacher Birthdays:

Samantha McDowell 5/2

Christine Quire 5/19

Megan Baxter 6/13

Pam Pickens 5/14

Jessica Swinford 6/4

Anna Durr 6/27



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 SCPS newsletter.](#)

COMMUNITY EVENTS



Resources, & Information



COLLINS BASEBALL CAMP

Ages 5-12

June 13th-15th 2022

Camp times: 9am-12pm

COLLINS BASEBALL FIELD

PLEASE SCAN THE
QR CODE TO SIGN UP



<https://forms.gle/GPmurYi5pCYWrZcz8>

\$40 for the week.

Payments will be collected the first
morning of camp.

**scholarships are available upon request*

Contact Coach Hammond with questions:

hammond.mpathletics@gmail.com

Soccer Team for Kids: LouCity Shelby and Racing Shelby

If your child would like to try out to play soccer for a local soccer club, come out to find out more. Kids play on teams of other kids with their same birth year. The year is a Fall and Spring Session. Jeff Belcher started a branch of OSC (Oldham County Soccer) and then it changed to SSC (Shelby Soccer Club). Now the Soccer Club is associated with LouCity and Racing.

Player Evaluations (aka ID Sessions) on May 24 & 26 These are for **new players only**. Returning players do not need to attend.

- **Spread the Word!** Invite all your friends, family, and community affiliations to join the excitement that is Louisville City / Racing Academy - Shelby. Details on <https://www.facebook.com/shelbysoccerclub>.
- **Register** Shortly after player evaluations, we will finalize team rosters and send you registration instructions.
- **Financial Assistance** As always, if you need financial assistance, please let me know. Every kid deserves a chance to play!

Next season will be awesome! We already have a ton of interest and are implementing LouCity resources and curriculum. Make sure you are along for the ride!

Thanks,

Jeff Belcher | jbelcher@loucity.com | 502-774-0488

LOUCITY SHELBY



"formerly Shelby Soccer Club"

REGISTER NOW

<https://www.loucityracingacademy.com/id-sessions>

2022 - 2023 Player ID Sessions

For players born between 2004 - 2015
(All skill levels welcome)

Parent Information Meeting

May 20 6:30 PM @ Shelby Parks
Pee Wee Soccer Fields

Player ID Sessions @ Martha Layne Collins

6:00 PM 2011 - 2015 (May 24 & 26)
7:00 PM 2004 - 2010 (May 24 & 26)

- Player development focused environment
- All practices in Shelby County twice a week
- Affordable price and need based financial assistance
- Teams separated by gender and birth year
- US Soccer licensed coaches
- Individual Development Plan for every player
- Resources and staff from a professional club

For more information:
facebook.com/shelbysoccerclub
or
Jeff Belcher, Shelby Director
jbelcher@loucity.com
502-774-0488



Milestone Academies offers ESL English classes for adults and Literacy classes for English speakers.
For more information, contact Milestone Academies.

Milestone Academies

1361 Frankfort Rd, Shelbyville, KY 40065

502-213-3669

Monday, Tuesdays, Thursday 9:00 am to 7:30 pm

Wednesday 9:00 am to 5:00 pm



KENTUCKY HOMEOWNERSHIP
PROTECTION CENTER

Homeowner Assistance Fund Now Open

The [Team Kentucky Homeowner Assistance Fund](https://teamkyhaf.ky.gov/) is now available for homeowners in need. Qualifying homeowners can apply for up to \$35,000 in assistance, including help with:

- Delinquent mortgage payments
- Property taxes
- Homeowner's and/or flood insurance
- Homeowner's association fees
- Utility costs.

If approved, the funds will be paid as a grant directly to mortgage servicers, utility companies, county property tax administrators, insurance agencies or homeowner's associations.

<https://teamkyhaf.ky.gov/>

Internet Providers at affordable prices

- **AT&T:** At least one person in the household must participate in SNAP. Access program internet with speeds up to 10 Mbps. **\$5.00–\$10.00** a month. Based on the maximum speed available at your address up to 25Mbps.

<https://www.att.com/internet/access/>

- **Insight/Spectrum:** New Spectrum customers with at least one recipient of certain public assistance programs in the household. Internet Assist with speeds up to 30 Mbps. **\$14.99** a month for 12 months

<https://www.spectrum.net/support/internet/spectrum-internet-assist/>

- **Xfinity:** New Xfinity customers who are eligible for public assistance programs. Internet Essentials package with speeds up to 25 Mbps. **\$9.95** a month with no cost for the first 60 days when you apply by June 30, 2021. This program is designed to help students, seniors, and low-income families and it doesn't require a credit check.

<https://www.internetessentials.com/>

- **Altice Optimum:** New customers with a child recipient of NSLP, seniors eligible for SSI, or veterans receiving public assistance. Altice Advantage Internet with speeds up to 30 Mbps **\$14.99** a month with no cost for first 60 days*

<https://www.alticeadvantageinternet.com/>

- **Altice Suddenlink:** New customers with a child recipient of NSLP, seniors eligible for SSI, or veterans receiving public assistance. Altice Advantage Internet with speeds up to 30 Mbps. **\$14.99** a month with no cost for first 60 days*.

<https://www.alticeadvantageinternet.com/>

- **Cox:** New Cox customers with at least one K–12 student in household who qualifies for public assistance programs. Internet up to 50 Mbps through Connect2Compete program. **\$9.95** a month.

<https://www.cox.com/residential/internet/connect2compete.html>

- **Mediacom:** New Mediacom customers with at least one K–12 student in the household who qualifies for National School Lunch Program. Internet up to 25 Mbps through Connect2Compete program **\$9.95** a month.

<https://mediacomc2c.com/>

- **Internet First:** New subscribers with at least one member in a household participating in certain public assistance programs. Internet up to 25 Mbps in areas served by RCN, Wave, or Grande. **\$9.95** a month with no cost for first 60 days

<https://www.internetfirst.com/>

- **Federal Communication Commission:** Households that make less than 135% of the federal poverty guideline or have at least one member participating in certain public assistance programs. Lifeline discount. \$9.95 off monthly internet or phone bill through certain ISPs.

<https://www.lifelinesupport.org/>

- **Verizon Fios:** New Verizon customers who are enrolled in the Lifeline Discount Program Monthly discount off fiber internet plans \$20 off monthly internet bill

<https://www.verizon.com/info/low-income-internet/>

***Prices and Programs may change

Become a Foster Parent



VIRTUAL
INFORMATIONAL
MEETINGS

Kids in your community need YOU

There are over 1,200 children in care in the Salt River Trail Region...

Over 40% of these children are placed outside of their home region because there are not enough foster parents to care for them.



HELP KEEP KIDS IN THEIR COMMUNITY!

learn more at FOSTER.KY.GOV

Made with PosterMyWall.com
Getty Stock

Make a change ...



... to make more than change!

Did you know that GED® graduates earn an average of \$9,400 more per year than non-graduates?

Those who go on to earn an associate degree earn an average of \$6,900 more per year than that – and it only goes up from there!

We can help you learn more to earn more!

We offer FREE academic skill-building classes that can help you:

- Earn GED® diploma • Prepare for college
- Increase career opportunities • Increase employability skills
- Assist kids with homework • And much more!

JCTC Shelby County Adult Education

1361 Frankfort Road, Shelbyville, KY 40065

502-213-3669

http://jefferson.kctcs.edu/Academics/Adult_Education

**KENTUCKY
Adult Education**

Your future starts here!

1-800-928-7323 • www.facebook.com/KYAdultEducation

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.

Community Daycare 520 Mount Eden Road 633-6757
Kids Play 54 Old Seven Mile Road 633-9663
Creative Kids 66 Brunerstown Road 647-0090
Child Town 1940 Midland Trail 633-2050
Eagle Power-available to Heritage students only 829-0255
Discovery Gym 116 Main Street 437-0705
Dorman Center 719 Burks Branch Road 633-2760
Little Eagles 6040 Frankfort Road 633-3553
Little Hands 250 Haven Hill Rd 4370547



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.

Parenting Corner: Tips and Ideas!

Creating Healthy Sleep Routines

Mornings can be chaotic for all families, even when we try to plan ahead. All it takes is one small thing to unexpectedly disrupt our routine and throw off our entire day. By implementing an evening and morning routine you can potentially lessen your stressors in the morning, leading to everyone having a better day. Take time to review this information sheet with your child. Involve your child in developing the routine so they have ownership in the process as well as an awareness of their responsibilities.

Why is sleep important?

- Repairs muscles and rejuvenates the body
- Memory Consolidation – time to organize and process information
- Growth – Body releases hormones that help regulate growth
- Digestion – body burns toxins and completes digestion
- Side effects of lack of sleep- inability to concentrate, moodiness, fatigue, difficulty learning, forgetfulness, clumsiness and lack of motivation.

How much sleep does your child need?

Wake Up Time							
	6:30AM	6:45AM	7:00AM	7:15AM	7:30AM	7:45AM	8:00AM
Age	Bed Time						
5	7:15PM	7:30PM	7:45PM	8:00PM	8:15PM	8:30PM	8:45PM
6	7:30PM	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM
7	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM
8	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM
9	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM
10	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM	10:00PM
11	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM	10:00PM	10:15PM

Developing a Routine

Your routine should begin in the evening and carry over to the morning. Making simple changes to your evening routine will help you be more successful in the morning.

- The routine should be the same every evening, starting around the same time.
- Make sure homework is done, clothes are picked out, and backpack and shoes are by the door.
- Read a book or have “quiet time” 30 minutes prior to bedtime. This means **NO SCREENS** 30 minutes before bedtime and **ABSOLUTELY NO** screens after bed-time.
- Discuss and review the routine with your child so they know what is expected of them .
- Make a chart with a list of all your child's morning and evening responsibilities. This will help them remember what their responsibilities are and will give them a sense of accomplishment as they mark off each task.

Screen Time

- Restrict screen time each day, giving a time limit and reminders as the limit approaches
- If there are screens in their room either remove them entirely or remove the cords before bedtime, preventing them from using screens when they should be sleeping
- Set an example for your child by modeling healthy habits yourself, such as limiting your own screen time and not watching TV or using your phone in bed.
- Screen time is a privilege, not a right. Remove screen time as a consequence to negative behaviors.

Additional Tips

- Get yourself to bed earlier! As the parent you will need energy in the morning as well. Make sure you are getting enough sleep to help you take on the day.
- Wake up before your children. This will give you time to get yourself ready and do any last minute tasks before you have to help them get ready for the day.
- Try to remain calm in the morning, even when you are frustrated. Your child is likely to mimic your attitude, so if you begin to escalate, so will they.
- When you feel yourself getting frustrated, get down on your child's level and explain to them that you need their help. Give them a task and thank them for being helpful.
- Have quick breakfast options. In a perfect world we would all be able to sit down and have a hot breakfast, but this is not always an option. Have granola bars or some fruit readily available.
- Use the "When...Then" approach. When your child wants to play or have screen time in the morning tell them the tasks they must complete before they may play. For example "when you have your clothes on and your teeth are brushed then you can watch a video."
- Be flexible. Some mornings, your child will not be ready to eat breakfast at the normal time. Go with the flow, do not fight it. They will eat when they are ready but spending time attempting to force them to eat will only put you further behind schedule.
- Try not to stray too far from the routine on the weekends. It can be hard to get back into a routine when you have not followed it for a few days.
- Make weekends fun! When your child feels like they had special time with you over the weekend, it can be easier for them to transition back to the school schedule.

Sources

CWCC, Inc. "Creating a Healthy Routine for a Healthy Life Starts with Bedtime." *Inspire Learning*, 22 July 2017, www.inspirechildren.com/creating-healthy-routine-healthy-life-starts-bedtime/.

"Getting Your Child Out the Door In the Morning." *Aha! Parenting*, www.ahaparenting.com/parenting-tools/family-life/kids-morning-routine.

Huntpalmer, Bryn, et al. "How to Establish a Morning Routine for Kids That Actually Works." *A Fine Parent*, 9 Feb. 2018, afineparent.com/lighten-up/morning-routine-for-kids.html.



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.>