

Eagle Newsletter December 12, 2022

Encourage, Empower, Excel

IMPORTANT dates to remember



- 3rd Grade Exhibitions December 15th @ 8:00 a.m.
- 2nd Grade Exhibitions- December 15th @ 9:30 a.m.
- FRC Advisory Council Meeting December 15th @ 2:45 p.m.
- 1st Grade Exhibitions December 16th @ 9:00 a.m.
- 4th Grade Exhibitions December 19th @ 9:00 a.m.
- Awards Ceremony December 21st
 - O 3rd-5th Grade at 8:00 a.m.
 - O K-2nd Grade at 10:00 a.m.
- Winter Break December 22nd January 3rd



- SBDM Meeting January 12th @ 2:45 p.m.
- Martin Luther King Jr. Day (No School) January 16th



SCHOOL MENUS FOR December 12th-16th ALL MEALS ARE FREE TO STUDENTS!

*Grilled Cheese will be served in the place of BBQ on Tuesday
Snacks and Ice Cream will be available on Mondays and Fridays. Chips are \$.75, and
ice cream is \$1. Non-student lunch prices are \$4.75

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			

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.

	_			-
Monday				
Tuesdo	ıy) p.m. – 0 p.m.	5th Gr STI	
Wednesd	(1)	 . – 4:00 p.m. . – 3:30 p.m.	Girls W Ch	hoCode oir
Thursdo	xy♡) p.m. – 0 p.m.	3rd&4tl ST	
Friday				



FIRST GRADE PRESENTS

THE PAST AND PRESENT

An Exhibition of Learning

December 16th 10am - 11am



Join us on December 16th from 10-11am in the Heritage Gym. Students will be showcasing the data they have collected, organized, and interpreted about the life of a child then compared to the life of a child now.

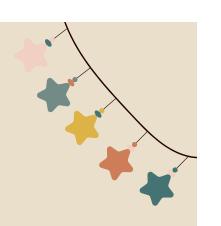


Awards Day is BACK on December 21st!

- 3rd-5th grade awards will begin at 8:00 a.m.
- K-2nd grade awards will begin at 10:00 a.m.



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



y Seguro

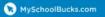


Pague en cualquier momento

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

July 2022							August 2022							September 2022							
Su	Мо	Tu	We	Th	Fr	Sa	Su	Мо	Tu	We	Th	Fr	Sa	S	u Mo	Tu	We	Th	Fr	Sa	
					1	2		1	2	3	ELE	SEC	6					1	2	3	
3	4	5	6	7	8	9	7	SB	9	10	11	12	13	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	1	1 12	13	14	15	16	17	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	1	19	20	21	22	PL	24	
24	25	26	27	28	29	30	28	29	30	31				2	5 26	27	28	29	30		
31																					
	_				_						_				_						
October 2022							November 2022							December 2022							
Su	Мо	Tu	We	Th	Fr	Sa	Su	Мо	Tu	We	Th	Fr	Sa	S	u Mo	Tu	We	Th	Fr	Sa	
					Ш	1			1	2	3	4	5			1	_	1	2	3	
2	3	4	5	6	SB	8	6	DPLC	8	9	10	11	12	4	-	6	7	8	PL	10	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	1	-		14	15	16	17	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	1	B 19	20	21	22	23	24	
23	24	25	26	27	28	29	27	28	29	30				2	5 26	27	28	29	30	31	
30	31											Ш				\perp					
	-	anıı	ary	202	12			-	ohr	uar	, 20	23				Mar	ch 2	วกวร	1		
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	9	и Мо		We		Fr	Sa	
1	2	3	4	5	6	7		IVIO	10	1	2	PL	4	Ĕ	I IVIN	10	1	2	3	4	
8	9	10	11	12	13	14	5	6	7	8	9	10	11		6	17	8	9	10	11	
15	16	17	18	19	20	21	12	13	14	15	16	DPLC	18	1	_	→	15	16	PL	18	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	1	-			22		25	
29	30	31	20	20	21	20	26	27	28		20	24	-20	2		000	22 -	202	3 S	choo	
	00													_		•					
		Ap	ril 2	023				May 2023							June 2023						
Su	Мо	Tu	We	Th	Fr	Sa	Su	Мо	Tu	We	Th	Fr	Sa	S	u Mo	Tu	We	Th	Fr	Sa	
						1		1	2	3	4	5	6					1	2	3	
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	1	_	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	1	_	20	21	22	23	24	
23	24	25	26	27	PL	29	28	29	30	31		\vdash		2	26	27	28	29	30		
30												ш									
Prof	fessi	onal	Deve	lopn	ient		Elec	tion I	Dav				Brea	ık _							
(No School for Students)			or St	uden	ts)		(No	Scho	ol)			(No Sch	nool)				sonal			
			Day o	CO 1		- 0	pening and	1.01	in a Di	P			Holid				1		Day		

Mrs. Angie Allen

Teaching Position:

Reading Recovery

Contact Information: 502-829-5242

Email:

angie.allen2@shelby.kyschools.us



Personal Information: I am a proud graduate of Shelby County Schools. My parents are retired teachers from Shelby County Public schools. I have been married to Brad for 22 years, and we have 2 wonderful daughters and 1 dog. Emily is a Sophomore at University of the Cumberlands. She plays golf at the collegiate level and Lauren is a Junior at SCHS.



Education/Degrees:

Bachelors: Western Kentucky University

Masters: Bellarmine University

Years in Reading Recovery: Starting my 6th year

Years in First Grade: 13



Hobbies/Interest:

- Church activities
- Spending time with family
- · Watching Emily play golf
- Watching basketball-especially Centre College

Staff Birthday: Mercedes Jeffries 12/7 Melanie Madison 12/20 Heather Smith 12/27 Samantha Roberts 12/31 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 December!

THE MANAGEMENT OF ONESELF, LEARNING TO TAKE RESPONSIBILITY FOR ONE'S BEHAVIOR AND WELL-BEING. PAYING ATTENTION TO ONE'S BEHAVIOR AND COMPLETING ACTIVITIES OR ENGAGING IN INTERACTIONS USING APPROPRIATE BEHAVIOR.



Self-Management Practicing Gratitude Daily

A study done at Harvard found that not only has daily gratitude practice been shown to help us make more positive choices, like eating well or exercising, it's also shown to make people more optimistic and improve relationships.

- Make a list of your top gratitudes for the day
- With each thing listed, add a because statement this helps truly pinpoint why we are grateful and not just want we think we should say.
 - Ex: I am grateful for the sunshine on my face because it refreshes me.

Use this format:

I am grateful (or thankful) for ____ because

Try to name 3 things you are grateful for today!

Self-Management Skills and Tips

Stress management

- exercise your body;
- enjoy yourself, rest yourself as regularly as possible;
- go to vacations and holidays with the people you love;
- take walks in nature;
- do hobbies.

Self-motivation

- find and list your motives (needs and desires);
- find different sources of motivation and inspiration (music, books, activities);
- think expansive thoughts;
- live fully in the present moment;
- dear to have big dreams;
- dream often every day;
- remember that nothing is impossible.







Self confidence

- get rid of the negative thoughts in your head;
- think positively;
- be happy with small things;
- do not forget to tell yourself that you are smart and intelligent;
- chat with positive people;



Time management and organization skills

- set and prioritize your goals
- create a schedule:
- make lists of tasks;
- use different optimization tools
- break large tasks into smaller tasks.



Have a healthy lifestyle and a balanced diet

Heathy eating and physical activities are extremely important when it comes to increasing your mind and body power

How to Get Help if You're in Need

Call the National Suicide Prevention Lifeline (Lifeline) at 988 OR 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741). Both services are free and available 24 hours a day, seven days a week. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency. Learn more on the Lifeline's website or the Crisis Text Line's website.

The Veterans Crisis Line connects Service members and Veterans in crisis, as well as their family members and friends, with qualified Department of Veterans Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service. Dial 1-800-273-8255 and Press 1 to talk to someone or send a text message to 838255 to connect with a VA responder. You can also start a confidential online chat session at Veterans Crisis Chat.









Resources, & Information



Celebrate the holidays at your favorite local Science Center with movies, family events, and more! Now through New Year's Eve, we are your one-stop shop for family fun with excitement around every corner.

- December 9: \$5 Movie: National Lampoon's Christmas Vacation
- · December 16 \$5 Movie: Elf
- December 17 Elf Family Movie Night
- December 20 \$5 Movie: Polar Express 3D
- December 22 \$5 Movie: Polar Express 3D
- · December 31 Noon Years

https://kysciencecenter.org/make-your-

 $\frac{season/?utm_source=delivra\&utm_medium=email\&utm_campaign=Science\%20Wire\%}{2012.2.22\&utm_id=4493102\&dlv-emuid=97982ebc-f476-4b12-bdcd-}\\ \underline{857d354f8f8c\&dlv-mlid=4493102}$

Kentucky **Energy Savings Fact Sheet**

Changes Ahead

Winter is coming! Average electricity prices for homeowners have increased 10.5% over the same time period last year and could increase an additional 3% in 2023. Homeowners should be prepared that a larger percentage of household budget will be for electricity and home heating fuel expenses.

Energy Efficiency Tips to Increase Savings

- Open window curtains during the day to allow sunlight to naturally heat the home, and close them at night to reduce the chill from cold windows.
- Replace furnace and heat pump filters once a month or as needed.
- Use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of drafty window frames during the cold winter months. Make sure the plastic is tightly sealed.
- When you are home and awake, set the thermostat as low as is comfortable.
- Keep the temperature of the water heater on the warm setting (120°F). This also helps avoid scalding.
- Find and seal air leaks around chimneys, pipe cut-throughs, and unfinished spaces behind cupboards and closets.

Scan here for more information and tips on how to save money:



What's Going On?

The global pandemic and war have disrupted global energy markets. Kentucky's coal and gas resources are global commodities and due to supply and demand changes, prices have risen just like other items we use every day. As a result of fuel prices increasing, the price consumers pay for electricity will rise going into winter when heating demand increases.

Utility Resources

There are many free resources available to you to help reduce the cost of your utilities.

To find a community action network in your area and apply for LIHEAP and weatherization assistance, please visit:

https://www.capky.org/network/

Contact your utility provider to see if they are offering financial assistance on your bill. Many have resources available upon request.

To learn more about energy affordability, visit: https://eec.ky.gov/Energy/Programs/ EnergyAffordability/Pages/default.aspx

For additional resources in your community you can also contact your Family Resource Youth Service Center coordinator:

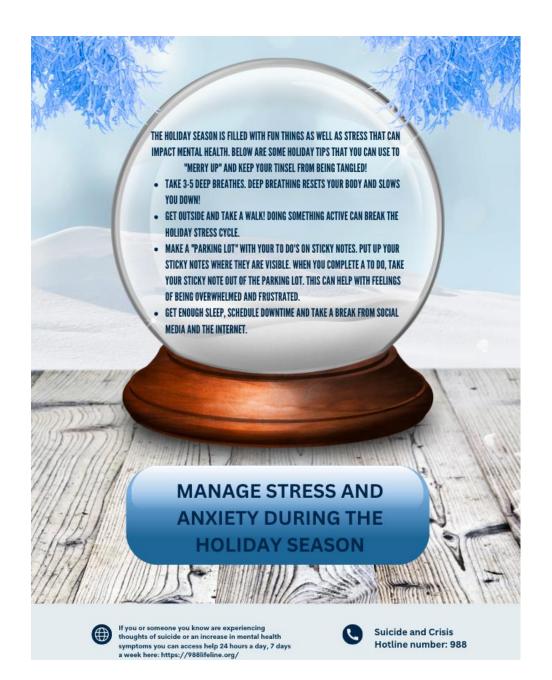
https://bit.ly/FRYSCContacts

Need Help with Your Energy

Find utility assistance in your area:











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

Kentaguara Wester, the Greater Landwike Wolldook Development board that we set fulfigree, Building Menty.

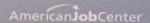
Of their charles, Special and Profile counting, and our operator of the bested by Career Carbon, making from hard
with statical Westfree Specials, in portion of or not the Caffe of Enging programment and Tomania and other agencies.

Furning is provided by the U.S. Descriptions of Latino, through the My Building of Westford Development
Committee of Missisterial by Northey Northey Northey Inches (I catalogic levelopment).

Special Service, Education and Employment Opportunities, Mil (Intry.)







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.