



Eagle Newsletter

November 14, 2022

Encourage, Empower, Excel

IMPORTANT

dates to remember



- Pie Peddler Pick Up – November 17th from 4:30 p.m. – 6:30 p.m. in library
- Thanksgiving Break -November 23rd-25th
- PTO Meeting – November 30th



- PTO's Penguin Patch Shop – December 5th -9th
- SBDM Meeting – December 8th @ 2:45 p.m. in the library
- Cookies with Santa – December 8th 6:00 p.m. – 7:00 p.m.
- FRC Advisory Council Meeting – December 15th @ 2:45 p.m.
- Awards Ceremony – December 21st
 - 3rd-5th Grade at 8:00 a.m.
 - K-2nd Grade at 10:00 a.m.
- Winter Break – December 22nd – January 3rd



SCHOOL MENUS FOR November 14th-18th

ALL MEALS ARE FREE TO STUDENTS!

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 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Cinn. Apple Texas Toast	Egg & Cheese Biscuit	Breakfast Pizza	Cereal & crackers	Donuts
	Juice	Juice	Juice	Juice	Juice
	Peach Cup	Applesauce Cup	Apple Slices	Raisins	Orange Wedges
	Milk	Milk	Milk	Milk	Milk

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Pizza Crunchers	Beef White Queso Nachos	Chicken Leg w/ Roll	Cheeseburger on WG Bun	Pizza
	Green Beans (3/4 cup)	Refried Beans (1/2 cup)	Mashed Potatoes (1/2 cup)	Cooked Carrots (3/4 cup)	Broccoli & Cheese (3/4 Cup)
	Pears	Corn (1/2 cup)	Peas (1/2 cup)	Peaches	Fruit Cup
	Milk	Pineapple	Baked Apples	Milk	Milk
		Milk	Milk		



Thanksgiving Holiday Meal
November 16, 2022
Shelby County Public Schools

Menu

Sliced Ham

Biscuits

Mashed Potatoes

Peas or Green Beans

Strawberry Cup or Fresh Fruit

Dessert



Nov. 14th -
18th

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



After School Clubs

Schedule

Monday		
Tuesday ☆	2:30 p.m. - 4:00 p.m.	5th Grade STLP
Wednesday 😊	2:30 p.m. - 4:00 p.m. 2:30 p.m. - 3:30 p.m.	Girls Who Code Choir
Thursday ♡	2:30 p.m. - 3:30 p.m.	3rd & 4th Grade STLP
Friday		





Pie Peddler pick up is
November 17th from 4:30
p.m. – 6:30 p.m. in
library!

HERITAGE ELEMENTARY
FAMILY RESOURCE CENTER

HOLIDAY
ASSISTANCE
APPLICATION
DEADLINE IS
TUESDAY,
NOVEMBER 22ND!

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





**No school
November 23rd-25th!**

PTO MEETING

**NOVEMBER 30TH
5:30PM**

**HERITAGE ELEMENTARY
LIBRARY**


HERITAGE PTO IS HOSTING THE
PENQUIN PATCH SANTA SHOP

SAVE THE DATES

DECEMBER 5TH THROUGH 9TH
VOLUNTEERS NEEDED!



[To sign up to volunteer, click here!](#)

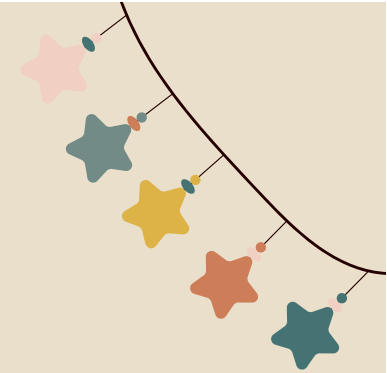


Cookies with Santa

Thursday, December 8th

6:00 p.m. - 7:00 p.m.

HERITAGE ELEMENTARY
SPONSORED BY TITLE 1 AND THE HERITAGE
FRC



**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**



School Payments Simplified

MY
SCHOOL
BUCKS

Easily pay for school items and fees with MySchoolBucks



Fast & Easy
Checkout



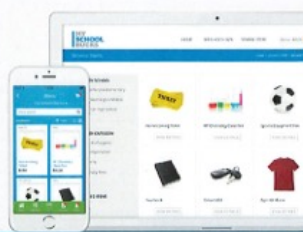
Simple
& Secure



Make Payments
Anytime

Get Started:

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



MySchoolBucks.com

DOWNLOAD



GET SOCIAL



Compras Escolares Hechas Fáciles

MY
SCHOOL
BUCKS

Fácilmente pague las tarifas y los artículos escolares con MySchoolBucks.



Pagos rápidos
y fáciles



Sencillo
y Seguro



Pague en
cualquier momento

Para Comenzar:

- 1 Vaya a myschoolbucks.com o descargue la aplicación
- 2 Visite la tienda escolar y agregue los artículos al carro
- 3 Pague con su tarjeta de crédito o débito



MySchoolBucks.com

DESCARGUE



SOCIALIZA





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						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2022						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	ELE SEC		6
7	SB	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2022						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	PL	24
25	26	27	28	29	30	

October 2022						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	SB	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	DPLC	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2022						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
4	5	6	7	8	PL	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2023						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	PL	4
5	6	7	8	9	10	11
12	13	14	15	16	DPLC	18
19	20	21	22	23	24	25
26	27	28				

March 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	PL	18
19	20	21	22	23	24	25
26	27					

April 2023						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	PL	29
30						

May 2023						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2023						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Professional Development (No School for Students)	Election Day (No School)	Break (No School)	Personalized Learning Day
First and Last Day of School	Opening and Closing Day For Staff	Holiday (No School)	

Mrs. Mary- Claire
McKinney

Teaching Position

Second Grade

Contact Information

maryclaire.mckinney@shelby.kyschools.us

(502)829-5242

MEET THE TEACHER!

This is my third year teaching, and I love it!
I attended Morehead State University
where I met my husband, Ben. We've
almost been married two years! I am so
excited to begin my 2nd year at
Heritage!



Education/Degrees:

- Bachelor's Degree in Elementary Education (P-5) from Morehead State University
- Teaching Experience: Three years



Hobbies/Interest:

- Reading
- Being outside
- Trying new food

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
November!

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



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 what 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.



CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential



COMMUNITY EVENTS



Resources, & Information

Don't miss out on Thanksgiving



Get your bivalent,
Omicron-focused
COVID-19 booster
and flu shot
BEFORE the
holiday season.

**The North Central District
Health Department**

will have a flu/COVID booster event
from 2-7 p.m. on Nov. 16, vaccine available for all ages
Make your appointment today at [NCDHD.com](https://www.ncdhd.com)



*While supplies last



November is National Adoption Month.

There are more than 8,000 youths currently in foster care in Kentucky. Of those, approximately one-third are waiting to be adopted.

While every effort is made to find adoptive homes for these youth, the unfortunate reality is that for many of them, particularly teens, the comfort of a safe, stable forever family will never be actualized.

The University of Kentucky College of Social Work offers a number of innovative programs to support foster and adoptive families across the Commonwealth. Because we, like the families we support, know that family matters.



Adoption Support for Kentucky

Adoption Support for Kentucky (ASK) is an award-winning program that provides innovative training and inclusive support groups for foster, adoptive, relative, and fictive-kin caregivers throughout Kentucky. ASK works to strengthen families by sharing strategies to reduce caregiver stress and improve parental skills.

ASK trainings are provided by seasoned facilitators and trainers who have lived experiences with foster and adoptive care.



Foster Parent Mentor Program

The Foster Parent Mentor Program links newly approved foster parents with seasoned mentors for short-term, one-on-one coaching relationships to bolster confidence and provide support as the new foster parents adjust to their new roles and responsibilities.

[Learn More About Our Mentoring Program](https://socialwork.uky.edu/centers-labs/training-resource-center/foster-parent-mentor-program/)

<https://socialwork.uky.edu/centers-labs/training-resource-center/foster-parent-mentor-program/>



Foster Parent Training Program

The Foster Parent Training Program offers relevant, comprehensive classes to help foster and adoptive parents address the unique needs of the youth in their care with a trauma-informed approach.

Previously tackled topics include:

- Helping foster youth transition into adulthood
 - Internet safety for youth and adults
 - Alternatives to discipline
 - Communicating with respect
 - Managing challenging behaviors
- Exploring race, culture, and intersectionality

Explore Upcoming Courses

<https://ceu.uky.edu/foster-parent-trainings/>



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

KentuckianaWorks is the Greater Louisville Workforce Development Board that serves Jefferson, Bullitt, Henry, Oldham, Shelby, Spencer and Trimble counties, and is an operator of the Kentucky Career Center, through contract with RiseCare Workforce Services, in partnership with the Office of Employment and Training and other agencies. Funding is provided by the U.S. Department of Labor, through the Ky. Education and Workforce Development Cabinet, and administered by KentuckianaWorks - an agency of Louisville Metro Government, Equal Service, Education and Employment Opportunities M/F/D/V.

**Kentucky
Career Center**
KentuckianaWorks



AmericanJobCenter



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.>