“Empowering lifelong leaders!”
• Dr. Seuss Week- February 25th-March 1st

• Teaching Children Coping Skills- March 7th @ Wright from 6-7 p.m.
• Touched Twice Free Medical Clinic – March 9th 10 a.m. – 4 p.m. @1st Baptist Church
• Spring Book Fair – March 11th-15th
• Michelbrink and Whitley’s Class Exhibition Night- March 12th 5:30 p.m. - 6:30 p.m.
• SBDM Meeting- March 14th @ 2:45 p.m. in the Library
• Kindergarten Readiness Night – March 14th @ 6:00 p.m.
• A Night in Color Family Art Night- March 19th 5:00 p.m. – 7:00 p.m.
• Spring School Pictures- March 21st
• FRC Advisory Council Meeting – March 21st @2:40 p.m. in the FRC Office
• Parent/ Teacher Conferences – March 21st from 3 p.m. to 7 p.m.
• Spring Break (No School) – March 25th – April 5th
### Breakfast Menu: February 25th - March 1st

#### Week 3

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini French Toast &amp; 2 sausage links</td>
<td>Egg &amp; Sausage</td>
<td>Variety Breakfast</td>
<td>WG Mini Maple</td>
<td>Mini Chocolate</td>
</tr>
<tr>
<td>(Sausage Links are GF, Serve w/GR Bread)</td>
<td>Biscuit</td>
<td>Pizza</td>
<td>Pancakes w/</td>
<td>Donuts or</td>
</tr>
<tr>
<td>Cinnamon Toast</td>
<td>Muffin &amp; Cereal</td>
<td>Strawberry Bagel</td>
<td>two sausage links</td>
<td>Mini Powdered</td>
</tr>
<tr>
<td>Kit and Fresh Apple</td>
<td>Fresh Orange</td>
<td>Fresh Apple</td>
<td>2 Cereals</td>
<td>Donuts</td>
</tr>
<tr>
<td></td>
<td>Wedges</td>
<td></td>
<td>Fresh Orange</td>
<td>2 Cereals</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Wedges</td>
<td>Applesauce Cup</td>
</tr>
</tbody>
</table>
**School Lunch Menu:**

**February 25\(^{th}\) – March 1\(^{st}\)**

<table>
<thead>
<tr>
<th>Week 3 Monday</th>
<th>Week 3 Tuesday</th>
<th>Week 3 Wednesday</th>
<th>Week 3 Thursday</th>
<th>Week 3 Friday</th>
</tr>
</thead>
</table>
| **Entrée Choices**
  - Pork BBQ Sandwich (37g)
  - Chicken Slider Sandwiches (20g each)
| **Entrée Choices**
  - Taco (1.5g), Cheese Sauce (2.82g) & Chips (18g)
  - Quesadilla (32g)
  - Side Items
  - Corn (21g)
  - Tossed Salad (4.57g)
  - Salsa (3.78g)
  - Strawberries (30q)
  - Applesauce (12g)
| **Entrée Choices**
  - Pizza Kit
  - Hot Dog (6g) on Bun (20g)
  - Side Items
  - Cucumber (3 g) & Baby Carrots (20g) w/ Ranch
  - Fresh Oranges (22g)
  - Diced Pears (14g)
  - Capri Sun (21g)
| **Entrée Choices**
  - Chicken Patty (16g) or Spicy Chicken Patty (16g)
  - Side Items
  - Steamed Broccoli (4.64g)
  - Baked Beans (29g)
  - Fresh Apple (25g)
  - Mandarin Oranges (17g)
  - Condiments
  - Ranch Dressing (2g)
  - Ketchup pkg (3g), Ketchup Cup (6g) |
| **Entrée Choices**
  - WG Cheese Pizza (V) (35g)
  - WG Pepperoni Pizza (P) (39g)
  - Side Items
  - Veggie Cup w/Ranch (2g)
  - Green Beans & Potatoes (18g)
  - Fresh Apple (25g)
  - Pineapple Tidbits (20g)
  - Don’t Forget Your Milk |
After School Clubs and Activities

*Please remember to send in a note on the day of the club or activity in order to stay after school!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Closed</td>
<td>STLP Club for 4th-5th graders 2:30 p.m. – 4:00 p.m.</td>
<td>Running Club for 4th-5th graders 2:30 p.m. – 3:30 p.m.</td>
<td>Band for 5th graders 2:30 p.m. – 3:30 p.m.</td>
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</tr>
<tr>
<td></td>
<td>Sewing Club 2:30 p.m. – 5:00 p.m.</td>
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</tr>
</tbody>
</table>

* Due to winter weather, Running Club explores different ways to exercise when running is not an option. We will be doing dancing, relays, games, and yoga etc. If you have any questions, please contact Melanie Murphy, FRC.
Please remember to send a snack to school with your child daily!

Most classes try to keep a “snack stash” in the room for students who accidentally forgot their snack, and most “snack stashes” are out or running low. If you are unable to provide a daily snack for your child or you do not want a daily snack for your child, please contact Melanie Murphy, Family Resource Center Coordinator, by phone (502)829-5242 or by email melanie.murphy@shelby.kyschools.us

Thank you!
25 Creative Ways to Ask Kids About Their Day

- What was your favorite part of today?
- What was the funniest part of your day?
- Did anyone do something nice for you today?
- Did you help anyone out today?
- Was there something that challenged you today?
- If you could do today over, what would you change?
- Can you describe your day in three adjectives?
- Is there someone in your class that you haven’t talked to?
- What is your teacher’s most important classroom rule?
- Did you have any jobs to do in the classroom today?
- What would you rate your day on a scale of 0 to 10? Why?
- What was one thing that made you happy today?
- Is there someone in your class you’d like to get to know better?
- What was the hardest part of your day?
- What emotions did you feel today? Bored, energetic, happy?
- Did someone encourage you today?
- What is one thing that you are grateful for today?
- Did you make any new friends today?
- Can you teach me something that you learned today?
- Did you learn anything new about yourself?
- What do you want to do differently tomorrow?
- Did you try anything new today?
- What is something you want to learn about in school?
- What is something you saw that made you think?
- Did you get or give any compliments today?
Global Recommendations on Physical Activity for Health

5–17 years old

The scientific evidence available for the age group 5–17 years supports the overall conclusion that physical activity provides fundamental health benefits for children and youth. Appropriate levels of physical activity contribute to the development of:

- healthy musculoskeletal tissues (i.e. bones, muscles and joints);
- healthy cardiovascular system (i.e. heart and lungs);
- neuromuscular awareness (i.e. coordination and movement control); and
- it also facilitates maintenance of a healthy body weight.

Moreover, physical activity has been associated with psychological benefits in young people by: improving their control over symptoms of anxiety and depression; and assisting in social development by providing opportunities for self-expression, building self-confidence, social interaction and integration.

**Recommendations:**

For children and young people, physical activity includes play, games, sports, transportation, chores, recreation, physical education, or planned exercise, in the context of family, school, and community activities. The recommendations to improve cardiorespiratory and muscular fitness, bone health, and cardio-vascular and metabolic health biomarkers are:

1. Children and youth aged 5-17 should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily.

2. Amounts of physical activity greater than 60 minutes provide additional health benefits.

3. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week.

These recommendations are relevant to all healthy children aged 5-17 years, unless specific medical conditions indicate to the contrary, irrespective of gender, race, ethnicity, or income level. Whenever possible, children and youth with disabilities should meet these recommendations. However they should work with their health care provider to understand the types and amounts of physical activity appropriate for them considering their disability.

If children are currently doing no physical activity, doing amounts below the recommended levels will bring more benefits than doing none at all. They should start with small amounts of physical activity and gradually increase duration, frequency and intensity over time.

The concept of accumulation refers to meeting the goal of 60 minutes per day by performing activities in multiple shorter bouts spread throughout the day (e.g. 2 bouts of 30 minutes), then adding together the time spent during each of these bouts.

For further information see: [http://www.who.int/childgrowth/physicalactivity/en/index.html](http://www.who.int/childgrowth/physicalactivity/en/index.html) or contact WHO on dietandhealth@who.int

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Reading At Home...
Can Make A HUGE Difference!

Choose Books That Are At An Appropriate Reading Level For Your Child

☐ Use the five finger rule. Open the book to any page and ask your child to read. Put up a finger every time your child does not know a word. If you have put up more than five fingers before the end of the page, this book is too hard for your child.

☐ Choose books that match your child’s likes and interests.

Make Reading A Part Of Your Family Time!

Family time is so important. Why not make reading part of this valuable time with your kids? Here are some tips for integrating reading into our daily family activities:

- Read bedtime stories
- Play a board game
- Visit your local library
- Read a recipe and cook something yummy together!
- Create a comfy reading space in your home.
- Put your child in charge of reading the grocery list at the store.

Keep plenty of reading materials in your home: books, magazines, newspapers, and comic books. Children enjoy having a variety of reading materials!
Upcoming Events
Read Across America!

Dr. Seuss' birthday is March 2nd. We will be celebrating his birthday the entire week of February 25-March 1st. We have fun activities planned! We will have:

* Dr. Seuss trivia contest and prizes each day
* Special classroom visit from the Cat in the Hat
* Dress up days to go along with Dr. Seuss books and characters

Dr. Seuss Theme Days for the Week of February 25th:

Monday: "The Cat in the Hat"
Wear your favorite hat.

Tuesday: "My Many Colored Days"
Wear as MANY colors as you can today.

Wednesday: "Wacky Wednesday"
Let's get silly! Wear your clothes backwards or mismatched.

Thursday: Celebrate Dr. Seuss' Birthday!
Dress as your favorite Dr. Seuss character.

Friday: "I'm NOT Going to Get Up Today!"
Wear your pajamas.
Dr Seuss Food Drive
Heritage Elementary vs. Simpsonville Elementary!

Did you know that Dr. Seuss was a BIG believer in giving back to his communities? To honor his birthday week, we have decided to follow his lead! We have teamed up with Simpsonville Elementary to collect non-perishable food items for the needy families of Shelby County. Please bring in one or more of the following items each day. Help us collect MORE than Simpsonville Elementary! The top class in each grade who brings in the most items will win a prize from PTO!

Each day on the afternoon announcements, we will find out which school is winning!

**FEB 25th - MARCH 1st!**

<table>
<thead>
<tr>
<th>Items to bring in:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Canned goods</strong> - fruits, veggies, soups, chicken, tuna, etc</td>
</tr>
<tr>
<td><strong>Dry Goods</strong> - pasta, rice, beans, popcorn, etc</td>
</tr>
<tr>
<td><strong>Packaged box items</strong> - mac &amp; cheese, oats, flavored oatmeals, Cereals, breakfast bars, etc</td>
</tr>
<tr>
<td><strong>Packaged jar items</strong> - pasta sauce, applesauce, juices, etc</td>
</tr>
</tbody>
</table>
Peace for Parents

Teaching Children Coping Skills for Dealing with Stress, Anxiety, and other Strong Emotions
John Whitfield, LCSW

Thursday, March 7, 2019, 6 p.m. - 7 p.m.
Wright Elementary | 500 Rocket Lane | Shelbyville, KY 40065

What are the signs and symptoms of anxiety? What are some tips for helping a child manage anxiety? How can I help my child destress? When should I seek professional help? Attend this educational seminar to find answers to these questions and more.

John Whitfield is a Licensed Clinical Social Worker employed by Our Lady of Peace Hospital. He has years of experience working with children and adolescents in crisis.

If you would like to attend this No Cost seminar, please call Lisa Prewitt at 502.432.2011 or email lisaprewitt@kentuckyonehealth.org.
Free Medical Clinic
Saturday, March 9, 2019
First Baptist Church, Shelbyville
1516 Midland Trail
10 AM to 4 PM First Come, First Served

This clinic will offer
A Warm Meal
Free Medical Screenings
Vision Screenings
Dental Screenings
Personal Care Services
Children's Activities
Music and Worship
Food and Clothing

Children under 18 years old must be accompanied by an adult.

Free transportation
If you need transportation, please call (502) 437-9437 and leave a message

Deaf Interpretation Available
http://www.shelbytouchedtwice.com/ for more information
Book Fair Volunteers Needed!

Please go to this link
https://www.signupgenius.com/go/4090845a8ad29a7f58-spring1
to sign up if you are an approved volunteer and are interested in volunteering March 11th-15th!
March 11th-15th!
Students may bring their money and shop:
• Between 7:05 a.m. – 7:40 a.m.
• During Recess
• After school
• On Thursday from 3:00 p.m. – 7:30 p.m.
Kentucky Weather Exhibition

Come join us to celebrate the learners in Coach Michelbrink’s and Coach Whitley’s classes! The learners will be presenting their design solutions and opinion pieces on problematic weather.

Do you wish you and your family could use the Clear Creek Family Activity Center, regardless of the weather? Our learners will show you how this is possible!

Join us for a celebration of learning!
March 12th, 2019
5:30 - 6:30 pm
Heritage Elementary Gymnasium

Any and all guests are welcome!
Parents of incoming Kindergarteners, you are invited to Kindergarten Readiness Night on March 14th at 6 p.m.!

- Free Dinner!
- Tour of Classrooms!
- Meet the Teachers!
- Backpack and Book Giveaway!
- Interactive Learning Stations!
- Receive Registration Packets and Information!
Join us for “A Night in Color”
Arts Night on March 19th
from 5:00 p.m. - 7:00 p.m. to view
student art and make your own art at
our art stations!
*All classes will perform in the gym. See music schedule on the back.
Hello Heritage parents/guardians!

We are excited to announce that the annual Heritage Arts Night will be held on Tuesday, March 19, 2019 from 5:00 p.m. - 7:00 p.m. This night is an exciting night for kids of all ages, and we are excited to share our arts with you! This year, Arts Night will be featuring both Art and Music.

Students will be singing in the gym while the art stations are open. Your student will be performing at a specific time. An intermission time between each performance will allow students and parents to enter the gym for their performance. Because we will be honoring the stage time for each group, students and parents will only be allowed into the gym while the doors are open. **No one will be allowed into the gym after the doors are closed and the performance has started.** Please be on time! :)

Your child’s class will be performing at the times listed below. Please be in the gym by the specified time.

- 5:10 pm - 5:15 pm, Jeffries/ Darst’s *(Be in the gym by 5:05 pm)*
- 5:25 pm - 5:30 pm, Hall/ Ball/ Pigman *(Be in the gym by 5:20 pm)*
- 5:40 pm - 5:45 pm, Morris/ Crain *(Be in the gym by 5:35 pm)*
- 5:55 pm - 6:00 pm, Travis/ Baxter *(Be in the gym by 5:50 pm)*
- 6:10 pm - 6:15 pm, Michelbrink/ Whitley/ Lyles/ Brand/ Shaver *(Be in the gym by 6:05 pm)*
- 6:25 pm - 6:30 pm, Pickens/ Hardesty/ Cleveland/ Harris/ Martin *(Be in the gym by 6:20 pm)*
- 6:40 pm - 6:45 pm, Performing Eagles Choir *(Be in the gym by 6:35 pm)*
- 6:55 pm - 7:00 pm, Heritage Band Basics *(Be in the gym by 6:50 pm)*

We look forward to seeing you March 19th! Thank you for supporting your student in the arts!
School Pictures are March 21st!
For January!

Heritage partners with Kiwanis for a Terrific Kid of the Month Club. Students are chosen by their teacher for meeting goals and leadership skills. Students enjoy a special lunch with Mrs. Moore and Ms. Murphy as well as receive a certificate, a bumper sticker, a card, and a treat from Kiwanis! At the end of the semesters, students will enjoy an ice cream party!

<table>
<thead>
<tr>
<th>Teacher:</th>
<th>Student:</th>
<th>Goal Met/Reason Student Chosen/Leadership Skill:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crain</td>
<td>Norah</td>
<td>Norah has shown great growth in all areas of learning! She works hard and always puts forth her best effort. She is kind to others and she is always willing to help when needed. Congratulations, Norah!</td>
</tr>
<tr>
<td>Darst</td>
<td>Waylon</td>
<td>Waylon has been working so hard this year and we are so proud of his progress. Waylon is a quiet leader who sets a great example for others. He is always respectful to his teachers and classmates. Waylon has a positive attitude and is always excited to learn. Way to go, Waylon!</td>
</tr>
<tr>
<td>Jeffries</td>
<td>Sophia</td>
<td>Sophia is a terrific leader within the classroom. She tries her best at everything that she does and helps set the example for others. Way to go, Sophia! Keep up the hard work!</td>
</tr>
<tr>
<td>Ball</td>
<td>Sophia</td>
<td>Sophia is not only a hard worker who has shown great growth, she is a kind, generous girl who looks out for others. She is a leader in our class because she shows us how to treat others and how to stay focused on a goal and work hard to get there. Congratulations, Sophia.</td>
</tr>
<tr>
<td>Hall</td>
<td>Zoey</td>
<td>Zoey has worked so hard this year! She is a kind and respectful student who is always willing to help others. She’s continuing to grow and always puts forth her best effort. Keep up the great work, Zoey!</td>
</tr>
<tr>
<td>Name</td>
<td>Name</td>
<td>Description</td>
</tr>
<tr>
<td>---------</td>
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</tr>
<tr>
<td>Morris</td>
<td>Aryianna</td>
<td>Aryianna has shown amazing growth this year! She is a quiet leader who listens, works hard, and does her best. She is also a very thoughtful friend. Way to go, Aryianna!</td>
</tr>
<tr>
<td>Pigman</td>
<td>Jason</td>
<td>Jason is such a hard worker! Even when faced with challenges, he always tries his best and finds a way to get the job done. Other teachers he works with often comment about his strong work ethic and respectfulness. We are so proud of you, Jason!</td>
</tr>
<tr>
<td>Baxter</td>
<td>Michaela</td>
<td>Michaela is a hardworking friend. She always puts forward her best and sets a great example for her classmates. Her outside the box thinking and kindness to others really makes Michaela shine.</td>
</tr>
<tr>
<td>Travis</td>
<td>Bentley</td>
<td>Bentley always puts forth her best effort in everything she does! She is kind and caring to others. Bentley always has a great attitude when she makes mistakes and is happy to share when her learning grows. Great job, Bentley!</td>
</tr>
<tr>
<td>Lyles</td>
<td>Andrew</td>
<td>Andrew is such a hard worker. When he sets a goal he doesn't let anything stand in the way of accomplishing it. He makes us all laugh, and does a great job of encouraging his classmates to be their best. He is always one of the first to offer a helping hand. Thank you for representing us so well Gordo! :)</td>
</tr>
<tr>
<td>Michelbrink</td>
<td>Cole</td>
<td>Cole is such a hard worker in our classroom. Each day, he comes with a positive attitude and the mindset that he will better himself as a learner that day. We are so proud of the growth we've seen so far. Thank you for being a leader! We appreciate you and are happy to have you in our family. Way to go, Cole!</td>
</tr>
<tr>
<td>Peavler</td>
<td>Keaton</td>
<td>Our class has been so proud of Keaton C. and all the hard work he has been putting in to meet his goals. On top of all of this hard work, he is always so kind and is willing to help others meet their goals as well. He has a great attitude that really has a positive impact on our class! We are so lucky to have you, Keaton!</td>
</tr>
<tr>
<td>Whitely</td>
<td>Thomas</td>
<td>Thomas is such a good example of a leader in our classroom. He is always kind and encouraging to his classmates. He works hard during class and strives to meet the expectations set for him. I am very proud of his effort and leadership this year!</td>
</tr>
<tr>
<td>Brand</td>
<td>Reece</td>
<td>Reece has made enormous strides this year in the way that she takes ownership for her learning and powers through her struggles. The growth in Reece is obvious to everyone around her, and we are so excited to watch as she continues to reach her goals and aim for new heights. Congratulations, Reece! We are so grateful to have you as a part of our family!</td>
</tr>
<tr>
<td>Harris</td>
<td>Kira</td>
<td>We are so excited to recognize Kira as this month’s Terrific Kid. Kira always has a positive behavior and show on task behavior. Kira is kind to others and is a positive role model to the class. Congratulations Kira!</td>
</tr>
<tr>
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</tr>
<tr>
<td>Shaver</td>
<td>Chloe</td>
<td>We are extremely honored to recognize Chloe McCray as this month’s Terrific Kid. Recently she has been very proactive and through self-reflection has determined to show more leadership. Her words were extremely powerful and genuine. Thank you for becoming the leader you are.</td>
</tr>
<tr>
<td>Cleveland</td>
<td>Caleb</td>
<td>Talk about stepping your game up! This kid has demonstrated a desire that has been unmatched by others. His determination to succeed and be the best version of himself drives others around him. Caleb Cook is this month’s Terrific Kid and deserves credit for making Heritage Elementary a better place.</td>
</tr>
<tr>
<td>Hardesty</td>
<td>Olivia</td>
<td>Olivia is a great example of positivity. She always has a smile on her face and is kind to others. She works hard to meet her goals and is quick to help others who need it. Her kind heart and smile are contagious! Thank you, Olivia for being positive leader in our class every day!</td>
</tr>
<tr>
<td>Martin</td>
<td>Mya</td>
<td>Mya leads by example! She is so encouraging, always trying to solve disagreements with others and her smile is contagious! Her love for reading has also encouraged others to keep growing as readers!</td>
</tr>
<tr>
<td>Pickens</td>
<td>Camron</td>
<td>Camron is a great example of what it means to be Responsible and Respectful. He comes to school every day eager and ready to learn. He is a friend to all and always offers to help others. We are very proud to have him as a part of our class this year!</td>
</tr>
</tbody>
</table>
Please Note This Change in District Policy Concerning Absences Requiring Medical Notes

Up to ten (10) absence events with doctor’s statements will be allowed. Any absence due to medical reasons in excess of the (10) shall require the presentation of a completed Medical Excuse Form (09.123 AP.2) before those absences shall be excused. Medical Excuse Forms shall be available at each school and the central office.
PTO needs your unique talents, whether it's volunteering for a few hours a month or once a year, serving on the board, or attending meetings! This is a great way to be involved in your child's school and to know what is happening. Membership cost is $5 per member. This money goes towards student incentives, teacher appreciation, staff incentives, student activities, and much more! Membership forms will be sent home soon with the students. If you have questions, please contact the Heritage Elementary School PTO at heritagepto1@gmail.com
SUPPORT THE PTO WITH YOUR KROGER CARD!

To support Heritage PTO through Kroger Community Rewards program:
1. Go to: www.Kroger.com
2. Search: Heritage Eagles PTO, Inc. or by number (organization #ES755) and then click Enroll.

*Customers must have a registered Kroger rewards card.
*If you do not yet have a Kroger rewards card, please visit the customer service desk at any Kroger

REMEMBER, purchases will not count for our organization until after you register your rewards card.
You must swipe your registered Kroger rewards card or use the phone number that is related to your registered Kroger rewards card when shopping for each purchase to count.

THANK YOU FOR YOUR SUPPORT!
Heritage Eagles PTO
PTO FUNDRAISERS

BOXTOPS CAN BE SENT IN ANY TIME. REMEMBER TO INCLUDE YOUR CHILD’S CLASS NAME WITH THEM TO GIVE THE CLASSROOM CREDIT. CLASS WITH THE MOST BOXTOPS WILL RECEIVE CLASSROOM INCENTIVE!
Interested in Volunteering?

All volunteers are required to fill out a volunteer application each school year and complete a refresher training! If you are a new volunteer, you will need to turn in an application for us to complete your background checks. You will then need complete the volunteer training process. SCPS is asking for a donation of $10 to offset the cost of these background checks for new volunteers. If you need to check your status, feel free to call Melanie Murphy, Family Resource Center Coordinator, at (502)829-5242 or by email Melanie.murphy@shelby.kyschools.us.
If you or your company is interested in donating a bike for our perfect attendance awards. We are in need of a boy and girl bike for K-2nd grade, one of each for 3rd-4th grade, and one of each for our 5th graders! Please contact Melanie Murphy, Family Resource Coordinator or Principal, Mrs. Black if you are interested or if you need more details!
Parents, please write your child’s name on the tag of their jackets and coats. All Lost and Found items are donated over the breaks.
COMMUNITY EVENTS & Information
Beyond the Bell:
After school Tutoring and Mentoring

Who?
ANY school age children in the community

What?
After school tutoring and mentoring

When?
Every Monday, starting February 4th, from 5:30-7:00

Where?
CCC-Midland Campus
1900 Midland Trail
Shelbyville, Kentucky 40065

Students will have the opportunity to work with an adult volunteer from the community on their homework, extra tutoring based on individual needs, or mentoring!

Please contact the following for more information:
Mr. Emmanuel Stone
502-647-4505
emmanuel.stone@shelby.kyschools.us

Mr. Bobby Carnes
513-600-5509
bobby@loveshelbyville.com
JOB FAIR
PRESENTED BY GOODWILL INDUSTRIES OF KENTUCKY

FRIDAY, FEBRUARY 22 • 9 AM - 12 PM
909 E. Broadway, Louisville, KY 40204

ATTENDING EMPLOYERS INCLUDE:
Ford Truck Plant
Levy Convention Centers
River City Housing-Laborers
White Lodging/Marriott Hotels
Kentucky Trailer
Cardinal Aluminum
Masterbrand Cabinets
Korrect Optical
Accu-Tech
KFC
Sysco Foods
The Job Center
Waffle House
Symbia Logistics
Rev-A-Shelf
Galt House

DRESS TO IMPRESS! MEET WITH LOCAL EMPLOYERS LOOKING TO FILL OPEN POSITIONS, NETWORK, AND POSSIBLY INTERVIEW ON THE SPOT!
Grandparents Raising Grandchildren and Kinship Family

Support Group

Monthly meetings will begin on:

Wednesday, Feb. 27, 2019
Noon - 1:30 pm
10300 Linn Station Rd., Suite 275
Louisville, Ky. 40223

There will be an educational series that will cover specific topics and resources pertinent to kinship families followed by an open discussion.

If you can't join us in person, the educational series will be broadcast "live" on Facebook so you can join us remotely or view the information at your convenience. Make sure you follow us on @SOS for Addictions to keep up to date with future group information and events.
HOOSPARUS HEALTH

Hope & Healing
A Community Celebration of Life
Join us to remember and celebrate the lives of people who died as a result of homicide, suicide or accident.

Sunday, March 3, 2019
Muhammad Ali Center, 144 North Sixth Street, 6th Floor, Louisville

4:00 - 5:30 p.m. - Healing Space and Memorial Display
The community is invited to bring photos/memorabilia of person(s) who died to include in a memorial display. Art materials are provided for creating symbols of hope and remembrance. Counselor and trained volunteers will be available to assist. Join us for music, reflection, and light refreshments.

5:45 p.m. - Remembrance Ceremony
Participants will gather in the Healing Space for readings, music, and messages of hope, honoring and celebrating the lives of those being remembered. Speakers will share how they have coped, continued moving forward and found hope after experiencing sudden and tragic loss.

The Ali Center will be open to participants for self-guided tours from 3:00 - 5:00 p.m. at no cost.

This event is free and open to the public. Complimentary parking available in the Muhammad Ali Center or adjacent PARC Garages (use 6th Street entrance between Main Street & River Road). Vouchers are available at the event. For more information contact the Hoosparus Health Grief Counseling Center at 502-456-5451 or 888-345-8197.

Hosted by the Hoosparus Health Grief Counseling Center with our community partners:
COOKING UNDER PRESSURE

Electric pressure cooking pots have become increasingly popular. Join us for cooking under pressure at your Shelby County Cooperative Extension Office for information, demonstrations and sample recipes prepared for you using the electric pressure cooker.

Wednesday, March 6
6 to 8 p.m.

1117 Frankfort Road, Shelbyville KY
(502) 633-4593 | rsh229@uky.edu
Spring/Summer
Baseball
Little League Sanctioned
Registration deadline: March 3, 2019

**Instructional (7-8)** - if a 6yr old turns 7 during regular season, they will play instructional

**Minor League (9-10)** - if a 8yr old turns 9 during regular season, they will play minor

**Major League (11-13)** - if a 10yr old turns 11 during regular season, they will play major

*All leagues put together by draft, skills evaluation held for each age group

$90 - jersey, hat, 12 games & tournament included

***Junior league (12-14) and Senior league (13-16) will be offered if there are enough participants. These age groups will play inter-league and travel to Little League sanctioned destinations.
SPRING/SUMMER
T-BALL

Registration: March 1st - April 21st

Ages:
3-4 - hit off tee
5-6 - coach pitch

*Games played on T-Ball field
**Season starts late May

SHELBYVILLE
SHELBY COUNTY
PARKS & RECREATION
SPRING YOUTH SOCCER

Registration Deadline: February 24, 2019

Age Groups & Fees:
   Pee Wee: 4-6 - $60
   U8: 7-8 - $90
   U10: 9-10 - $90
   U13: 11-13 - $90

Jersey, shorts, socks & 8 games for all leagues, U10 & U13 will have tournament.

**Child may opt to play up half season if birthdate allows.
***Spring is second season for soccer, players return to same team from fall league.
****Requests not guaranteed.
*****Refunds must be requested prior to uniform order.

502-633-5059
www.shelbycountyparks.com
17th Annual Bluegrass Regional

Grandparents Raising Grandchildren Conference

G A P
Grandparents As Parents

Thursday, March 21, 2019
Clarion Hotel, 1950 Newtown Pike
Lexington, KY 40511

All grandparents, relatives, kinship caregivers and professionals are invited to attend.

Featured Speaker:
Dr. Clarissa Belle

Dr. Clarissa Belle is a licensed psychologist with a passion for assisting youth, families and child-serving systems in coping with psychological trauma. During her doctoral studies at the University of Kentucky, Dr. Belle was drawn to children with intense behavioral and emotional problems. She quickly realized that behind their tough exterior and withdrawal, there was significant unresolved pain. While working in school-based mental health clinics, community mental health clinics, and training educators across the state, Dr. Belle has maintained a focus on working to enhancing the functioning of trauma exposed youth. Dr. Belle recently started a private practice, Higher Horizons, and the foundation of her practice is cultivating safe, supportive and trusting relationships because relationships are the conduit through which effective treatment and systemic change take place.
HEALTH & Fitness FUN DAY

DATE: SATURDAY, APRIL 21, 2019
TIME: 9 A.M. TO NOON
LOCATION: CLEAR CREEK FAMILY ACTIVITY CENTER
717 BURKS BRANCH RD., SHELBYVILLE

BRING THE WHOLE FAMILY TO ENJOY
VENDOR BOOTH WITH LOTS OF SWAG,
DOOR PRIZES, BICYCLE GIVEAWAYS, DEMONSTRATIONS
AND MORE. CALL 633-4593 FOR MORE INFORMATION
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
READING SKILLS AND SPEED READING PROGRAMS
Online this Summer for Preschool through High School

Individualized programs include engaging instruction, independent reading in great books, and a skilled and encouraging teacher.

Program for 4-Year-Olds
Program for Entering Kindergartners
In these fun summer programs, your child will learn to read. Children learn letter recognition, beginning phonics, and easy sight words. Your child will learn to read simple words and short sentences and will be excited about books and reading.

Program for Entering 1st Graders
In this fun summer program, your child will learn to read independently. Children learn phonics and sight words, build fluency and comprehension, and develop a love of books and reading. Your child will be excited about reading and get off to a great start in first grade.

Program for Entering 2nd Graders
In this fun summer program, your child will become a fluent, confident reader. Children build solid phonics and word-attack skills and develop reading fluency and strong comprehension. Your child will be excited about books and reading and get off to a great start in second grade.

Program for Entering 3rd Graders
In this fun summer program, your child will become a fluent, confident reader. Children develop long-word decoding skills, reading fluency, and excellent comprehension. Your child will develop a lifelong love of books and reading and get off to a great start in third grade.

Program for Entering 4th Graders
Program for Entering 5th Graders
In these fun and effective summer programs, your child will become a skilled, enthusiastic reader. Students develop strong comprehension skills in both fiction and non-fiction and learn how to read and study textbooks. Your child will gain confidence and develop a lifelong love of books and reading.

Program for Entering 6th-8th Graders
Program for Entering 9th-12th Graders
In these effective and enjoyable summer programs, your child will improve comprehension in both fiction and non-fiction and learn to read twice as fast. Students learn the best way to read and study textbooks and take notes. Your student will complete homework more quickly and easily and enjoy reading more.

FOR MORE INFORMATION OR TO REGISTER
Call 1-800-903-0942
Monday-Friday 8am-9pm and Saturday 8am-5pm
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.
After School Camp
Weekdays till 6:00pm

Clear Creek Camps

holiday camp
open for breaks, holidays, and snow days

All C3 Camps take place at Clear Creek Park and are programs run and operated by Shelbyville/Shelby County Parks & Rec. Please contact the Park Program Director Jeff Ware for more info on how to join the C3 camps or any of our other park programs.  
502-633-5059 jware@shelbycountyparks.com
# Shelby Co. Daycare List

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Adventure Club</td>
<td>7208 Shelbyville Road Simpsonville, KY 722-5249</td>
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<tr>
<td>Community Daycare</td>
<td>520 Mount Eden Road 633-6757</td>
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<tr>
<td>Kids Play</td>
<td>54 Old Seven Mile Road 633-9663</td>
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<tr>
<td>Creative Kids</td>
<td>66 Brunerstown Road 647-0090</td>
<td></td>
</tr>
<tr>
<td>Child Town</td>
<td>1940 Midland Trail 633-2050</td>
<td></td>
</tr>
<tr>
<td>Eagle Power</td>
<td>Eagle Power-available to Heritage students only 829-0255</td>
<td></td>
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<tr>
<td>Little Eagles</td>
<td>6040 Frankfort Road 633-3553</td>
<td></td>
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<tr>
<td>Dorman Center</td>
<td>719 Burks Branch Road 633-2760</td>
<td></td>
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<tr>
<td>Horizons</td>
<td>5341 Taylorsville Rd Finchville, KY 834-0055</td>
<td></td>
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<tr>
<td>Little Hands</td>
<td>250 Haven Hill Rd 4370547</td>
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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.
Too Good for Drugs

Shelby County Public Schools is pleased to announce the implementation of an alcohol, tobacco, and drug prevention program.

This program, Too Good for Drugs, is for all students Kindergarten through High School. Too Good for Drugs is included in SAMHSA’s National Registry of evidence-based programs and practices for skill-building.

Teachers have received special training to deliver the Too Good for Drugs curriculum. Students will engage in 10 hands-on lessons including paired, group, and individual learning. The core components for each grade includes:

1. Skill Development - goal setting, decision making, effective communication, relationships
2. Drug Information - alcohol, tobacco, marijuana, addiction, street drugs, prescription drugs
3. Drug Information and Skill Application - peer pressure, healthy choices, alternatives to substance use

The Home Workout Activity for each lesson will provide parents and caregivers an opportunity to work with their child to develop and reinforce the concepts learned in class. These activities will also help families support prevention messages and skill development outside of school.

The evidence-based Too Good for Drugs program is designed to empower students grades K-12 with the necessary skills to make healthy choices, build positive friendships, resist negative peer pressure, and ultimately avoid drug use.

Shelby County Public Schools
Inspired Learning, Leading, and Living
Heritage Elementary Family Resource Center

Melanie Murphy, 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.
Services Provided by the Family Resource Center:

- **Referral information** - Referrals are based on individual need for basic needs, information for families with children birth to 5, education and community programs.

- **Family Fun/Involvement** - Fun programs designed to encourage family involvement in student success. These events may be supported by Family Resource or in collaboration with other school (Title I) or community programs.

- **Educational support** - Support provided based upon needs of students and referrals can be made by teachers, school staff or parents.

- **Health Services** - Referrals to programs to support the physical and mental health of students. In collaboration with community agencies, offer screenings as available.

- **Volunteer Opportunities/Community Involvement** – The center coordinator seeks opportunities for parents and community to be involved in the school. The coordinator serves as volunteer coordinator for Heritage Elementary; providing opportunities for volunteers who current approved background check on file and have completed the orientation process.
To help better service our school community, we have added a referral form for concerns to our school website. You can now find the School Counselor Referral Form at [https://www.shelby.kyschools.us/Page/2099](https://www.shelby.kyschools.us/Page/2099).