



# École Heritage Park Middle School

# NEWSLETTER



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## MESSAGE FROM THE PRINCIPAL

Dear Parents and Guardians:

Our students have been working very hard to complete all assignments/projects for the first term. A group of our Leadership students attended the annual 'Me to We' Day in Vancouver, and are currently working on projects to support our community. Fun Fridays are taking place each week and student participation in the activities and dress up theme is high!

Students performed in our Remembrance Day Assembly on November 8<sup>th</sup>. The presentations were outstanding. Thanks to Mrs. Paul and Ms McRae for organizing this event.

A Vaping Information Night was offered to all MPSD parents on November 7<sup>th</sup>. Unfortunately, only 3 parents attended this event. A Vaping Risks – Art Contest will be taking place in our school. Entries are due December 5<sup>th</sup>. Health Canada will be visiting the school on December 5<sup>th</sup> and will be setting up a *Consider the Consequences Awareness Display* with interactive activities for students. This will take place in the small gym.

Term 2 has now begun. This means all of our students will be experiencing new Explorations Rotations. Report Cards will be ready for parents to pick-up on December 5th at our Parent/Teacher Conference evening. Any that were not picked up on this evening will be distributed to students sometime the week of December 9th. We hope to see all the parents/guardians that came out for Parent/Teacher Conference night!

We encourage parents and guardians to contact teachers if you have questions or concerns about your child's report card.

A Scholastic Book Fair is coming to École Heritage Park Middle School on December 3rd to December 5th. Please stop by the library during the lunch break and after school on these days to check out the wonderful literature available for purchase.

Mrs. Linda Ziefflie

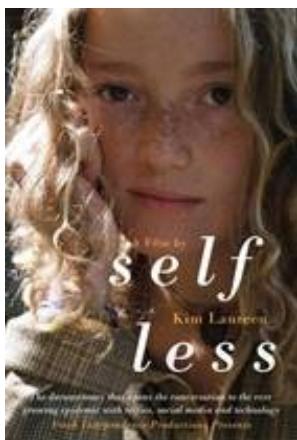
**SCHOLASTIC**

OPEN A WORLD OF POSSIBLE



## UPCOMING EVENTS

- ✓ December 5 Parent Teacher Interviews & Report Cards Handed Out  
3:30 to 5:30pm & 6-8pm
- ✓ December 6 Non-Instructional Day—No Classes
- ✓ December 14 Mission Schools Have Heart—Community Dinner
- ✓ December 20 Last Day of School Before Winter Break
- ✓ December 23—January 5 Winter Break
- ✓ January 6 School Reopens—Classes Resume
- ✓ January 24 Term 2 Ends—Semester 1 Ends
- ✓ January 27 Semester Turn Around—No Classes
- ✓ January 28 Term 3 Begins—Semester 2 Begins



'selfless' is a documentary which opens the conversation to the effects of selfies, social media and technology – and asks 'What are we reaching for?' This film was created by first time local filmmakers – a mother and daughter team who have formed Fresh Independence Productions. It brings awareness to the impact social media is having on people and to further #RaiseTheBar in their own community.

Saturday November 30th 7:30pm there is a selfless Film Screening with a Q&A at Matsqui Centennial Auditorium



Congratulations to the Heritage Park Football team who finished second in their league after losing to the Seaquam Seahawks in the finals at Burnaby Lake on Tuesday evening. The Highlanders are very proud of their team's effort and achievements this season.



# **\$2 PURDY'S CHOCOLATES ON SALE AT THE DEC 5TH PARENT-TEACHER INTERVIEWS**

Don't forget to bring your toonies to the December 5th Parent-Teacher Interviews—Mrs. McDonald's Grade 9 Social Studies 9 classes are selling Purdy's Lollies to fundraise for their field trips.



# "Mission Schools Have Heart"

**Saturday, December 14<sup>th</sup>, 1:00 pm to 2:30 pm  
Mission Senior Secondary School (Cafeteria)**

District Leadership Students will be holding their 11<sup>th</sup> annual free community Christmas dinner again this year on Saturday, December 14th. They would like to continue providing a hot meal in addition to warm clothing, blankets, toiletries and Christmas gifts for the kids in attendance.

**École Heritage Park Middle School students are invited and encouraged to bring in items of gently-used warm clothing (e.g. coats, toques, scarves, gloves etc.) socks and blankets to their 'A' block teachers from November 25th to December 13th.**



# 10 Tips to Parent Your *Anxious* Child

By Anne Marie Albano, PhD, Author of 'You and Your Anxious Child'  
with Leslie Pepper

1. Respect and validate your child's feelings! Anxiety is a real emotion and not pleasant.
2. Teach your child deep, slow, belly breathing. This is an easy and very portable skill for self-soothing and calming.
3. Listen to your child and ask "Tell me what you are thinking?" This will help to reveal scary thoughts and scenes that build-up on your child's mind.
4. Rather than swooping to reassure, ask your child "How likely is (that thing you're afraid of) to happen?" You'll be teaching him/her to challenge his anxious thinking.
5. Prompt your child with "Tell me some things you can do to handle this situation" and help him/her to brainstorm, rather than just giving her solutions. He/She will feel empowered.
6. Give up the idea of "mental health days", "skip days" or other ways of avoiding feared situations. This just makes the anxiety stick more firmly and lead to further avoidance.
7. Encourage your child's attempts to be brave, no matter how small they may seem to you. Use labelled praise such as "Thank you! I love it when you clean-up after yourself!"
8. Work with your child to outline small steps leading to a bigger goal.
9. Create opportunities for your child to practice being brave and coping, and then high-five his/her efforts!
10. Recognize when you are anxious and say aloud what you can do to calm down and solve the situations. You'll be modelling coping for your child, but be mindful and don't overshare your anxiety!