



The New Heights Times

Read all about it ...

The Principal's Message

Katie Blasetti

Have you heard what's happening at New Heights? In this issue you will find articles, written by staff and students, of the programs that occur day to day in the school. It's an exciting place to be! At any moment you may hear music and movement class coming from any preschool or school classroom, food exploration group coming from the kitchen, communication lab in the intermediate class, kung fu or stretch/core class in the gym, morning exercises from the junior class, and life skills heading from the senior class into the community. It's a busy, exciting place with so many opportunities to engage in learning...happy reading!

A huge "thank you" to PAC this year for funding so many of these programs so that we are able to offer them as part of the New Heights package!

*** IMPORTANT DATES:**

April 26 - PD Day (No school)

April 27 - F.O.P. Day (No *preschool* classes)

May 7 - Mini-Spa/PJ Party Fundraiser! (7pm)

May 17 - PD Day (**NO PRESCHOOL** classes!)

May 18 - F.O.P. Day (No *preschool* classes)

May 24 - Victoria Day (school closed)

PLEASE MARK THESE DATES ON YOUR CALENDAR!

Inside this Issue:

Principal's Message	1
Important Dates	1
Intermediate Class	2/7
PAC Update	3
Miss Jewel's Preschool	3
Junior Class	4
Upcoming Event!	5
Home Program	5
Sr Class	6
Take Note ...	6
Wish List	8

April 2010

The newsletter is
available online!
www.newheightscalgary.com



Encore! Encore! -- Katie and Angie's Intermediate Class

The Intermediate Class went on a trip to Vertigo Theatre this Spring. It was an exciting place to be, at the base of the Calgary Tower on a weekday! We were part of the audience for the comedy King Arthur's Kitchen. Many of the students had never seen a live play, and they did incredible with this brand new experience! We learned how to be as a part of an audience, and what to expect at the theatre.

Yesterday we went to the play, King Arthur's Kitchen. I saw the actors in the kitchen. I liked when he ruined the cake. I didn't like the bad girl. I felt happy when I laughed. I thought the actors were too silly.

By Zane Stelmaschuk

Life Skills

By Benji Weizman

Our class has been working with Mrs. Black on Life Skills. We do this on Monday and Tuesday afternoons. So far we have done a Grocery Shopping and Cooking Unit. We went grocery shopping to Wal-Mart and Superstore to buy everything we needed to make nachos. We made a list and bought all the ingredients. We needed cheese, nachos, salsa, sour cream and jalapeños. They were good. We also talked about kitchen safety, looking for good deals and cleaning up.

Next we talked about jobs around the house. We learned about cleaning up after ourselves and how it's important to clean our fridges, bedding and bathrooms. Mrs. Black showed us how to properly wash dishes and tips on doing laundry.

This month we have been talking about our dream jobs, what we should put on our resumes and we practiced our signatures.

My favorite thing we did was make nachos.

I am looking forward to going to Lloyd's Roller rink in May and hiking in June

Update from the PAC:

Becki Mravunac

We have been so fortunate to have a great PAC group this year and they've been keeping very busy! The money generated from various PAC fundraisers, has allowed us to sponsor several school programs and services. From Life Skills , OT Food Groups to Speech Therapy and more ... PAC has generously donated funds to help cover the costs of various materials and programs throughout the school this year! Thanks to everyone who has helped with our fundraisers - it really goes a long way in helping our children!

On the subject of fundraising, we are excited about our upcoming *"Girls Just Wanna Have Fun"* Mini-Spa/PJ Party event just in time for Mother's Day! We invite all the ladies to join us on Friday, May 7th at the school. TICKETS are available to purchase at a cost of \$50 and include a mini-spa treatment, along with lots of other special goodies. Wear your best P.J.'s and win a prize! Please contact Becki (403)240-1312 for more details.

PAC Meeting Minutes can be viewed online: <http://groups.yahoo.com/group/NewHts>
The parent yahoo group is free to join and easy to sign up for. It's a great way to stay informed on all the latest at New Heights!

The next PAC meeting is **Tuesday, May 11th** at 7pm. Come out & meet the parents!



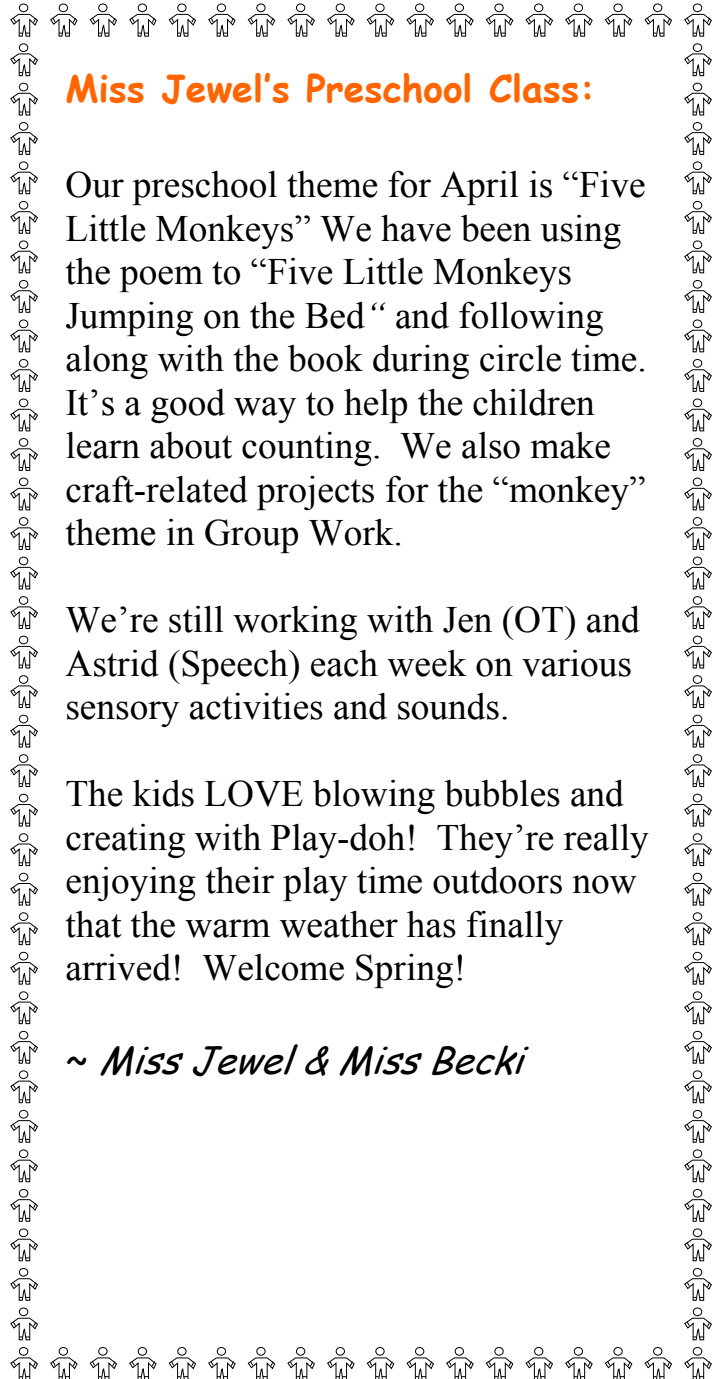
Miss Jewel's Preschool Class:

Our preschool theme for April is "Five Little Monkeys" We have been using the poem to "Five Little Monkeys Jumping on the Bed" and following along with the book during circle time. It's a good way to help the children learn about counting. We also make craft-related projects for the "monkey" theme in Group Work.

We're still working with Jen (OT) and Astrid (Speech) each week on various sensory activities and sounds.

The kids LOVE blowing bubbles and creating with Play-doh! They're really enjoying their play time outdoors now that the warm weather has finally arrived! Welcome Spring!

~ Miss Jewel & Miss Becki





Ms. Irwin's Junior Class:

Morning Wake Ups - by Miss. Jen (OT)

I have been working with the Jr. Class first thing in the morning to start the day off with some physical activity. Each week we target different areas from ball skills and balance, to strength and coordination. The gym is set up like a circuit and each student takes a turn. Recently we have been working on throwing a ball, jumping over objects, and learning how to do sit ups and wall push ups. You can ask your child to show you how do them! The purpose of the exercise is to start the day with some movement, and to improve the students' ability to coordinate their body. Now that it is spring, I hope you will encourage your child to go outside and move. Fun spring activities like bike riding, playgrounds, playing catch, or just going for a walk are great ways to help your child get the physical activity they need!

Here is what one student wrote about mornings wake ups . . .

"Most mornings we go to the gym with Miss. Jen. We do swings in gym. I love them. We do stuff like sit ups in gym. I do not really like it when we do stuff like push ups and sit ups. Beanbags and balls I really like".

- Madilyn (Jr. Class)

Stretch Class

By Ben Houston

Our class does a stretch class on Thursday at 11:00 am with Anna & Jen.

In stretch class we work our upper body and lower body. We do crunches, stretching, superman's, push-ups and much more. It is hard work. I like that it makes me feel stronger every time I do it. It is important to have a strong core. We also like the nap time or resting for the last 5 minutes!

Upcoming Event!

We are pleased to announce an upcoming parent inservice called

"Problem Solving (solutions) for Challenging Behaviors" on **Saturday, May 29th from 10am - 11am.**

Kristen Grovue (a New Heights parent) is presenting this parent inservice and it's based on *"The Explosive Child"* (by Dr. Ross Greene).

The inservice is for New Heights parents and staff. There is no cost for New Heights parents/staff. (\$20 per person for non-New Heights attendees).

Registration is required before Friday, May 21st (contact Anna).

* There is a **Summit Camp** offered this day (contact Jen Loewen to register for respite).

Food Exploration Group

By Zach Hall

Sometimes Jen comes to take some of us to the kitchen. We try different food groups and eat different food. Some food is crunchy, sour, chunky, and that's about it so far. Sometimes I'm pretty sure I'm going to hate the food, but Jen makes me like it by pushing (challenging) me. For example, bananas and fruit she puts with a milkshake. She makes us do choices, and we get to make the food with her. I like applesauce and I like cheese "pizza" crackers even when I hate cheese. I still hate bananas, but I eat them. Jen gives us choices of food to make us strong and healthy. It's really hard sometimes. It's really fun all the time.



Home Program:

Jane Wilde and Betty Heung

We are happy to welcome Tricia Toner to our wonderful team of Developmental Assistants and Joanna Krasowska (Psychologist) who has joined our team of lovely therapists.

* A remember that the home program is closed for staff meetings on **Wednesday, April 21.**



Home Program Ph.# 403.250.1317

Senior Class

The Senior class would like to send a **very big thank you to Angela Funk (Miss Angela)** for all of the Science and Environmental supplies she has donated.

We are especially excited about the microscope and lab instruments! All these things came to us in time, allowing us to have a better hands-on experience. We are now able to do more of the experiments and activities, which are beneficial in grasping both simple and complex concepts.

Thank you!

~ Miss Anderson



Take Note!

Our Special Thanks to:

Sharron Hall for organizing our monthly "Little Caesar's Pizza Day"! It's always a fun food day for all and we'll make it a regular occasion!

Wawanesa Insurance for their generous donation of a GUITAR!

United Way for their donations!

IT Outlaws for setting us up on one server and all their time & work!

Matthew Morris & Sean Rogers for the aquarium (and teaching Katie how to keep the fish alive)!

Tyson Mravunac (from the intermediate class) for donating his blue Little Tikes wagon. The preschool kids are really enjoying it!

VOLUNTEERS NEEDED!

We will be participating in several **fun**draisers in the next few weeks and we hope to have everyone's participation! Volunteering requires very little effort and you'll get back what you put into it! You'll be doing something good for the benefit of every child that attends New Heights.

We couldn't do it without you!

Please call Becki Mravunac at 403-240-1312 (or) 403-540-5884.

THANK YOU!

Jennie Wilson and I had the privilege of meeting with the students of New Heights Learning Services this morning. New Heights is a school for children with Autism, Aspergers syndrome and other developmental disorders. They were all very excited to be the recipients of the guitar that was donated by Wawanesa.

The principal, Katie Blasetti, and other instructors were thrilled with the idea of having this learning tool at their school and I'm sure it will go to great use.

Below, is a photo of Katie and Jennie with the senior and intermediate level students at the school with their new guitar.

Marc Racine

Property Claims Adjuster

Wawanesa Mutual Insurance Company





WISH LIST:

Thank you for your kindness and generosity in helping us by donating a few items from last month's "Wish List".

We still have a few "wanted" items to add to our wish list for the school and we hope someone can help us out.

- Binders
- Dividers
- Page protectors
- One garden hose (for playground). The kids love to play with this and our current one has seen better days.
- Large durable fitness balls
- Any fitness equipment (ie. dumb-bells, resistance bands, skipping ropes, medicine balls, etc.)

Thanks in advance! We really appreciate your donations!

New Heights Learning Services