



# The New Heights Times

*Read all about it ...*



## Principal's Message:

Welcome to the 2010/2011 school year at New Heights! We are back into the energetic swing of things and it is wonderful to see the faces of all of the new and returning students, staff, and families fill our hallways and classrooms again.

We are pleased to introduce the new staff members joining our exceptional team! We welcome Sarah Erickson and Amanda Dunham to the new Primary Class teaching team, April McNamara and Sheetal Khimla as our Preschool team, Alexandra Contreras joining the Senior Class teaching team, and Jennifer Mensink and Kalyn Wiebe are the newest members of our Psychology team.

We are excited for our wonderful Administrative Assistant Anna Spencer as she looks forward to having a new addition to her family in October! Though we are sad to send her on maternity leave, we are in good hands as Alison Black moves into the front office. Be sure to stop and say hello to Alison!

It is such an exciting time of the year as the students come in refreshed and ready to grow. We look forward to the gains and challenges of this new school year. Here we go!

~ Katie Blasetti

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## September 2010

### \* IMPORTANT DATES:

- Sept. 22 & 23 - Parent Teacher Meetings
- Sept. 25 - Family/PAC BBQ Picnic @ Bowness Park
- Oct. 5 - PAC Meeting (location TBA)
- Oct. 11 - Thanksgiving Day (School closed)
- Oct. 18 - PD/Organizational Day (No School)
- Oct. 19 - F.O.P. Day (No Preschool Classes)

The newsletter is  
available online!

[www.newheightscalgary.com](http://www.newheightscalgary.com)



### *Intermediate Class*

Allow me to introduce the 2010/2011 Intermediate Class! We are an active, energetic, and creative group. Katie and Angie are our teachers, and Amanda comes to do art with us in the afternoon.

We also like to have Astrid come to teach us Communication Lab, Jen to do food group, health, and body breaks, and Colombia and Cassandra to talk with. In the Intermediate Class, we like to get out in the community once in awhile.

We go to the gym, the library, the recycling depot, and on other exciting field trips. We work hard and like to display our projects on the walls leading down to our classroom...come check it out sometime!

*Katie & Angie*



### *Senior Class*

The Senior room would like to welcome the New Heights families. Good to see both the new and returning students refreshed, safe and so eager to get back to school.

As for the Senior students, they're back to work and getting used to the daily routines of the classroom. They are already working diligently covering our first theme (power). This theme carries across most of the core subjects (English, Social, Science and Health - with the exclusion of Math). Mathematics is not integrated with other subjects. It's easier to cover more of the skills and operations when it is taught separately.

As the year progresses, we will cover multiple themes with the hopes of creating more interesting and tangible lessons accommodating the various needs and learning styles of the students. We will keep you informed as we begin the new topic areas, so that families can share at home and at school.

*Miss Anderson & Mrs. M. (Mravunac)*

## Miss Sarah's Preschool Class:

### *A Day in the New Heights Primary Class*

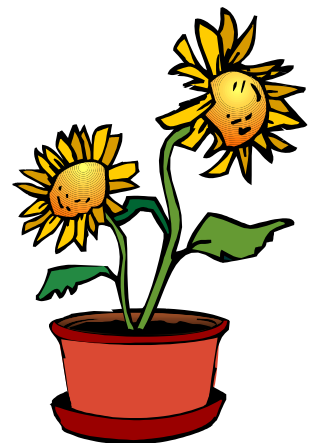
Miss. Angela, Miss. Amanda and myself would like to begin by saying how thrilled we are to have the opportunity to be working with such an incredibly dedicated and talented group of teachers and specialists. Everyone has opened up their hearts to us, dedicating their time to helping our students be successful and feel supported during their school day at New Heights. You are all very much appreciated, we love you very much and so do our students. The Primary class at New Heights is a very diverse class composed of 5 students, all of which have many distinct and wonderful qualities. We have been discovering the similarities among us through a lot of social and interactive play. This has helped us to get to know one another and even though we are all unique, it can be our differences that help us to understand the world we are a part of. Discovering the New Heights world has been very exciting as our students enjoy spending time in the gym with Jen, our Occupational Therapist. We are working on encouraging and facilitating functional play through group interaction. Jen has helped us to see all of the active things we can do to regulate our bodies. Sensory activities are also an important part a day in our classroom. We have been working with all sorts of interesting materials such as pudding, goo, paint and water, which require us to interpret and use our senses to make sense of our surroundings. Center time is another time of the day that our students enjoy. We are very pleased to see how well everyone can work together to think of creative ways to use materials in the classroom. We have a room full of children with amazing imaginations and it exciting to think that we have the entire year ahead of us to grow and learn together. As the days pass we will be working towards reaching new goals as we continue to build friendships in the classroom. Our teaching team believes that anything is possible at New Heights and we are looking forward to concurring challenges and celebrating many successes in this coming year.

~Miss. Sarah, Miss. Amanda and Miss Angela



Thank  
YOU!

Special thanks go to  
Zoie's mom (from  
Miss Sarah's  
preschool class) for  
generously  
providing the school  
with sand for our  
sandbox!



## Junior Class

Welcome back to school!

Our class has adjusted nicely to the end of the summer holidays and the beginning of a new school year. Old friendships have been renewed and new ones initiated. We have begun to settle into routines and look forward to lots of fun and many new learning experiences as the year unfolds. We are hoping to take a couple of fieldtrips before the snow flies (although judging from the weather forecast we may not achieve that deadline). Even though fall is not officially here, we have been looking for and talking about fall changes including plant growth and changes (harvest, colour changes, seed dispersal, etc) as well as light and shadows.

We are all looking forward to an exciting and very positive school year.

*~Ms. Irwin & Mrs. Lopez*



## April and Sheetal's Preschool Class:

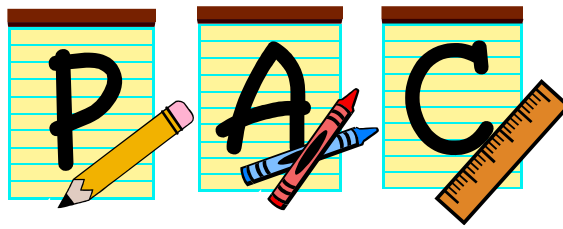
Welcome everyone!

We are so excited to be underway in this new school year! Our first two themes for the school year are Nursery Rhymes, followed by Community Helpers. We are reading fun books, poems and singing great songs that help us learn rhyme, repetition and all about the people around us. We have dress up and drama. We celebrate our favorite nursery rhymes, such as Little Miss Muffet, and Twinkle, Twinkle Little Star. We will be taking field trips and having guests in, to learn about important people who work all around us. Our arts and crafts will help us make memorable keepsakes to remind us of the fun we had learning about these two themes. We will bake some of Mother Goose's favorite silly recipes as well. (All allergies and food intolerances/special diets will be taken into account)

With so much learning and fun happening all around us, it is important to remember that we are making friends and learning the important rules of school. We all have special jobs to do daily and we must work together as a class to care for our pet fish. We are having such a blast while learning, and that's what makes New Heights the best school for us!

Happy Fall to everyone!





## Update from PAC

*Kristen Grovue & Becki Mravunac*

Dear Parents,

The school year is well under way and we hope you have settled into the routine of driving, making lunches, and getting kids to bed on time!

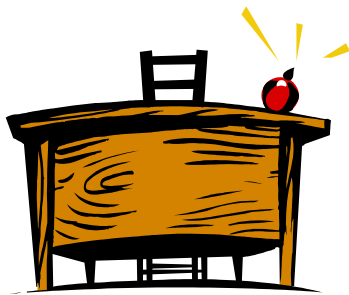
In case you are unfamiliar with **PAC**, we are the *Parent Advisory Council*. Our mandate is to provide support and extra learning opportunities for our students and the school, primarily through PAC sponsored events like the barbeque and through fundraising. Look for updates from us on the school bulletin board in the front lobby.

We hope to meet you at the PAC barbeque on Saturday. We will have our name tags on so come find us and introduce yourself! It looks like a fabulous day of sunshine to get outdoors and have some fun. If you didn't have a chance to RSVP, no worries. Come out and enjoy anyway. We would love to see you there.

We hope to get to know all of you through the course of the year and to develop some great relationships and new friendships.

We would love to hear from you so please email Becki Mravunac (PAC Liason/Volunteer Coordinator) at [becki.mravunac@newheightscalgary.com](mailto:becki.mravunac@newheightscalgary.com) with your questions and comments. Also, for anyone interested in checking out our next PAC Meeting, it's on **Tuesday, October 5th** - more details to follow so watch for any upcoming announcements and check the message board in the front foyer of the school.

Yours truly,  
Kristen Grovue, PAC President



## School Funnies for You!

**Have you heard about the teacher who was cross-eyed?**

*She couldn't control her pupils!*

**Teacher: Name two days of the week that start with "t".**

*Pupil: Today and Tomorrow.*

**Teacher: James, where is your homework?**

*James: I ate it.*

**Teacher: Why?**

*James: You said it was a piece of cake!*

**Teacher: Why is your homework in your father's handwriting?**

*Pupil: I used his pen!*

**Teacher: You've got your shoes on the wrong feet.**

*Pupil: But these are the only feet I've got!*

**What's the difference between a teacher and a steam train?**

*The first goes "Spit out that chewing gum immediately!" and the second goes "chew chew"!*

**Today my teacher yelled at me for something I didn't do.**

*What was that?*

**My homework!**

## Home Program:

*Jane Wilde and Betty Heung*

Greetings from the home program ! We hope that you are all settling into your new fall routines without too much trouble! We are looking forward to another year of therapies, play dates and community outings.

We would like to welcome Jennifer Nelson back to the home program. Jennifer worked at New Heights for several years before moving overseas. We are glad to have her back as one of our occupational therapists.

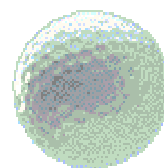


*Home Program*

*Ph.# 403.250.1317*

At a recent charity golf tournament, held at the River Spirit Golf Club, New Heights raised \$3050.00!

Thanks to "Millenia Resources" and Bob G. for sponsoring the tournament and generously allowing New Heights to benefit from all of the proceeds!



T'was the night before handover, when all thru the school  
The children were worried cause Anna's so cool,  
And now she is preggo, and leaving the job  
We are feeling as if we've been robbed



Anna does everything to keep us in line  
Her work ethic is awesome, her heart is divine  
She types, and she prints and copies our work  
If I had to do that, I'd go bezerk

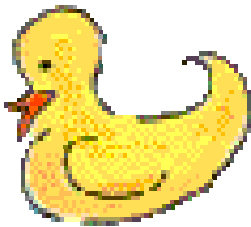
But she does it with a smile on her face  
All the while looking good and gliding with grace  
Anna answers our questions about everything  
Her swagger so smooth, you'll wanna sing

She's like a big sister or a mothering type  
If you don't know her, believe all the hype  
Its time for her to become a real mother  
So off she will go, and soar like no other



So New Heights seems scared to be left all alone  
"We'll get someone else" and we all groaned  
But then we had karma step in  
A new Anna is here, found from within

It's Alison, from senior class, we all shout aloud  
"You can do it," Anna says, so happy & proud  
So Alison sits in the chair where Anna once sat  
And prepares to learn the job, 'til its down pat



Alison can do it all, just like our Anna  
With a smile on her face, shaped like a banana  
She is organized and clever, and can duck flying toys  
She does this all with elegance and poise

I think she can do this, fill those big "Anna" shoes  
And do it as easily as a cow moo's  
Anna will visit with her little baby one of these days  
Ally rocks the baby, while Anna jumps in at her ol' ways

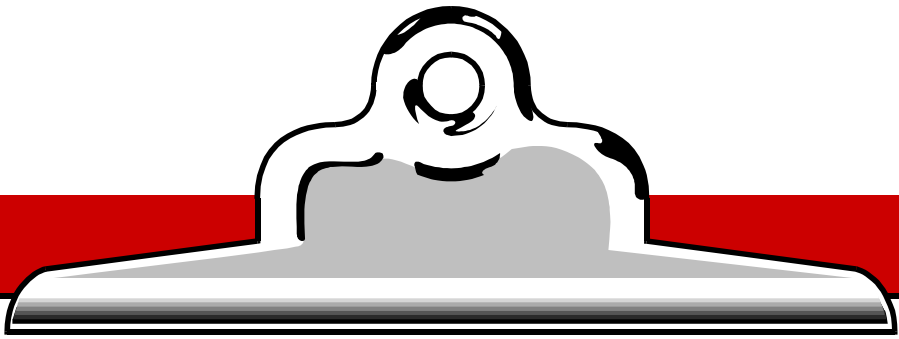
She'll jump right back in there and say, "this is fun"  
Anna sorts paper like she's under the gun  
But after a while she says I am tired  
"Alison get back to work or you're fired!"



As much as our Anna loves her old work  
"I'm still on leave" she says with a smirk  
So Ally will continue to run the whole show  
And off in the sunset Anna and baby will go.

*Written by April*

Good luck Anna! We will miss you.  
Welcome Alison!



## Wish List

If you or your business can supply the school with any of the following items, please contact the office. We'd gratefully accept donations of these items!

**THANK YOU!**

- 
- 
- 
- Paper shredder
  - Lego
  - Scooter(s)
  - Adult sized exercise/therapy balls
  - Small (mini) trampoline/rebounder
  - UNO cards
  - Deck(s) of playing cards
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