



The New Heights Times

The Principal's Message

"What Did You Do Today?"

Katie Blasetti

Welcome to Autumn! Step into New Heights this season and you may get swept up in the busy energy that seems to be pouring out of the staff and students! If you ever find yourselves wondering what happens during your child's day at school, here are just a few things you might ask them, or the staff, about:

- Music class with Anna: Every Monday Anna travels around to each of the classes to teach rhythm, music, movement, and appreciation.
- Kung fu with Mr. Crossman: On Wednesdays the students in the Intermediate and Senior classes have the opportunity to learn core strength, self defense, and respect.
- Activities with Jen: Throughout the week, Jen helps us to calm down, wake up, build stronger small and big muscles, and teaches us strategies to help us get through each day.
- Working with Astrid: Over the week, Astrid helps us learn how to communicate with the people around us and how each of us can build our own relationships.

These are just a few of the opportunities the students may take part in each week at New Heights. If you need more ideas for conversation, feel free to ask any staff member. We love to chat...and for even more ideas, just bring us a small fee of chocolate

Important Dates:

- October 26 - ECS PD Day (No ECS Classes)
- October 27 - FOP Day (No ECS Classes)
- October 30 - Class Halloween Parties
- November 10 - PAC meeting (7pm)
- November 11 - Remembrance Day (School closed)
- November 23 - PD Day (School Age & ECS)
- November 24 - FOP Day (ECS only)

Inside this Issue:

Principal's Message	1
Important Dates	1
PAC Update	2
Respite Camps	2
Halloween Funnies	3
Wanted Ad	3
Katie & Angie's Class	4
Home Program	4
Chairman's Message	5
Fundraising Corner	6
Cheers & Jeers	6

October 2009

The newsletter is available online!
www.newheightscalgary.com

Update from the PAC

Becki Mravunac

The first "official" PAC meeting of the year kicked off and we had a great turnout! The nominations are in and the positions are as follows:

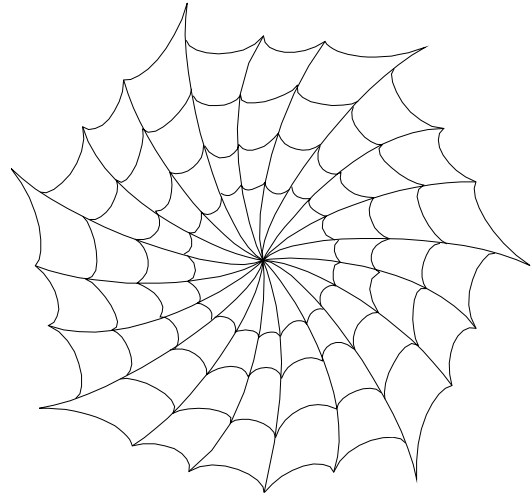
President - Roger Lively
Vice President - James Parkes
Treasurer - Cathy Streimer
Secretary - Becki Mravunac
Member at Large - Cindy Schnee

To summarize the meeting, after the nomination announcements, we discussed several fundraising ideas. We've decided to hold our annual Fall/Christmas silent auction & bake sale on Saturday, December 5th! We've had great success with our past silent auction events and they're fun for the whole family! More details to follow - stay tuned!

The big day is just around the corner and we'd appreciate all the help we can get! Please contact Becki at 403-274-9378 for information about volunteering!

Also, take a moment to visit the link: <http://groups.yahoo.com/group/NewHts/> where you can sign up for e-mail updates on school-related topics and events! It's a great resource for parents. You can post topics; ask questions and find out some great information in our parent Yahoo group.

The next PAC meeting is **Tuesday, November 10th** at 7pm. We hope you'll join us!



Respite Camps with Jen!

There's still time to sign up for upcoming "Summit" Respite Camps!
The following dates are available to sign up for:

October 31,
November 14,
November 28,
December 12.

You can sign up with Jen Loewen by calling 403-240-1312 or e-mail to jen.loewen@newheightscalgary.com

You can also get more information if you visit the Summit website: www.summitrespitecamps.webs.com.

HALLOWEEN Funnies for you!

Why did the vampire go to the orthodontist?

To improve his bite!

What do you get when you cross a vampire and a snowman?

Frostbite

How do witches keep their hair in place while flying?

With scare spray

What do ghosts add to their morning cereal?

Boo-berries

What is a vampire's favorite holiday?

Fangsgiving.

What did one ghost say to the other ghost?

"Do you believe in people?"

Why don't skeletons go out on the town?

Because they don't have any BODY to go out with!

Why do vampires need mouthwash?

Because they have bat breath.

Why do witches fly on brooms?

Because vacuum cleaners are too heavy.



Gluten-Free Play Dough Recipe

Ingredients:

½ cup rice flour
½ cup cornstarch
½ cup salt
2 teaspoons cream of tartar
1 cup water
1 teaspoon cooking oil
Food coloring, if desired

Directions:

Mix ingredients. Cook and stir on low heat for 3 minutes or until it forms a ball. Cool completely before storing in a sealable plastic bag.

WANTED:

If anyone has a 10 gallon (fish) aquarium they don't need, the Junior class would love to take it off your hands!

Also, anyone looking for a new home for Lego or K'nex ... we could sure use it at the school.

Thank you!

Katie & Angie's Intermediate Class:

When it Snowed at the Corn Maze

By AJ, Ayden, Brandon & Tyson

We went to a corn maze. It was fun. There was lots of fun things to do. It was like a little amusement park. They had two corn mazes, one big one and one small one. The big maze was creepy because it was shaped like a dinosaur head! They had bridges this year, which some people thought were very helpful. We all worked together to get out. It was freezing cold going through the maze, like we were icicles. We wish we could have stayed longer.

At the corn maze they also had peddle cars, a fake cow you could milk, rubber duck racing and tons of farm playground equipment. They had lots of animals too. They had sheep and turkeys and we got to pet some goats and donkeys.

At the corn maze we saw a little kitten. She was a female. She was cute. She followed us around a lot, all the way to the parking lot to be exact! She tried to leave in Katie's car!

The corn maze was awesome. Everybody was happy. Everybody was freezing. It was snowing, but the kids were okay with it. The teachers were cold.

Home Program:

Jane Wilde & Betty Heung

We are happy to extend a warm New Heights welcome to three new Developmental Assistants who have become part of our Home Program team: Amanda Gieni, Jackie Kondrat and Patricia Shannon.



Chairman's Message

It's great to see the excitement and the enthusiasm of the staff, parents and students in school this year. I would like to offer a belated welcome to all of the returning and new staff and students to our school (I missed the September newsletter deadline). I know you won't regret your decision to join us.

This fall marks a milestone in our school in that the renovations (3 1/2 years running) will be completed by the end of this month. I wish to thank all of the volunteers who came out over the years and especially during this summer to donate their time and resources to complete this task. This was a long, long arduous road but we did it together and look at the fruits of our labour!. My hat goes off to all! I look forward to a very exciting school year. I am encouraged by the increased commitment I see in the Parent Advisory Council. This is key to building our school into a community of support and caring for all. Our kids have value. Let's nurture it and see New Heights continue to grow.

Bob Gasper



Halloween on the computer

By Max (Sr. Class)

On Halloween I play an online computer game with other people called guild wars.

I go to tow of the main cities called Kamadan and Lions Arch.

A guy called mad king thorn comes and does games that get you trick or treat bags that have candies

At the end you get a cool mask that changes each

Halloween

On Halloween I am going to hand out candy to the Halloweeners.

So I will see the kids dressed up very nicely and they will have Halloween bags.

I will carve a pumpkin and put a candle in it and turn it into a jack o lantern with a scary face.

I used to go Trick or Treating when I was very little and knock at doors.

I see decorations on the doors everywhere.

~ Benji



THANKSGIVING

By Sr. Class

Family makes me think of thanksgiving because we gather all together to eat turkey and watch TV. My mom makes a homemade fruit salad which is my favorite.

I also like thanksgiving because the smells around the house of the turkey cooking.

My family is important to me on thanksgiving
~ David

For thanksgiving we go to some family's house and have turkey and tell stories with family.

It is fun with them and it is fun to eat turkey.

It is fun to watch TV and visit family.

Thanksgiving; it's cool to have turkey.

~ Anton

FALL

By Benjamin Houston

Make fall a ball fall
Let the leaves fall and change color
Make fall a leaf fall
Let the leaves crunch and munch
Let the leaves dry and die



FUNDRAISING CORNER

Our first fundraiser was a great success. We sold all 100 of our Student Union Books and we still have people asking if we can get more, which we are looking into. This fundraiser brings us a \$1000.00 in profit. So thank you to everyone who helped to make this the success it was. Our second fundraiser is now complete. We will up date everyone in the next newsletter on its success. We do apologize for the two fundraisers being so close together. We had some technical problems with Coco Brooks which delayed our start time.

Just a reminder that Office Depot will give the school 5% from any purchases made if you quote our Back to School ID number (80022949) when purchasing any home or office supplies at any Office Depot location. If you have any questions please call the school.

Cathy Lopes

Cheers and Jeers!

New Heights wishes to send a special **Thank You** to our friends at the **United Way of Calgary, Donor Choice Program.**

Also a big thanks to **Bev Appel** - our talented computer genius! Bev has been most helpful (and very patient) in offering her technical support to those of us "rookies" and we really appreciate it!

Jeers to the blast of winter that caused havoc on our streets last week! :-)