



Highlands Elementary

January - kmitxaʔtitnam

We acknowledge that we all live, study, work and play on the unceded territory of the Ktunaxa People.

Upcoming Events- January and February

Jan. 16	Intermediate Ski Day
Jan. 24	No School
Jan. 31	Summer in January - Tentative
Feb. 5 & 6	Talent Show Auditions
Feb. 10	Intermediate Ski Day
Feb. 13	100 days of school
Feb. 13	Family Dance 6-8pm
Feb. 14	No School
Feb. 17	No School
Feb. 20	Talent Show - Key City Theatre 1pm
Feb. 26	Pink Shirt Day
Feb. 28	Pink the Rink
Feb. 28	No School Pro-D Day

Reporting



Absences

If your child is going to be absent from school please use the School Messenger App or phone the school at (250) 489-4391 and leave a message with your child's first name, last name and the classroom teachers name. If your child is late please get them to check into the office before heading to class.



Messages From Staff

Please do not park in our neighbours driveways.

With the increase in students and staff this year our parking lot is full. Due to limited space and safety concerns, we ask that parents avoid entering the parking lot for drop offs or pick ups. Our priority is to keep everyone safe! Thank you for helping us keep our students and staff safe.



Did you know that 5% of your Save-On-Foods bill could be donated straight to our School? All you have to do is:

- Shop at Cranbrook Save-On-Foods
- Tell the cashier you support Highlands School.
- 5% of your bill is donated to the school by the store with no extra cost to you.



Have you joined the Highlands Facebook page yet?? If not please scan the QR code and join the Highlands Elementary PAC Cranbrook BC page to keep updated on all the PAC news.



Please ask your student to have a look through the lost and found. We have a large collection of hoodies, coats, and mittens.



HIGHLANDS ELEMENTARY
SCHOOL PAC

USED BOOKS FAIR

PAC is still collecting used books. Please place your book donation in the decorated boxes outside the main office or the library. For any questions please contact Connie at connie.swarbrick@gmail.com

HAPPY NEW YEAR!

The busier life gets, the further away we often feel from the people who matter to us most. If you're the resolution-making type, you might be looking for practical ways to feel closer to your family this year. Here are seven ways to boost your family's connection with these intentional habits (Thanks to PARENT CUE for the ideas!):

1. Schedule weekly family meetings.

Set aside a consistent time each week for everyone to gather and talk about schedules, challenges, goals, and highlights. Encourage everyone to share during these meetings.

2. Declare one night a week as "family night."

Connection thrives on FUN. Dedicate one evening per week for family activities, whether game night, movie night, dance party or cooking dinner together. Rotate who gets to pick the activity and protect this time to ensure it stays consistent.

3. Practice open communication.

Encourage honest and respectful conversations by modeling vulnerability and listening without judgment. Use phrases like, "I hear you" or "Tell me more about that" to affirm your children's feelings. For some families, this may be difficult at first, but give it time.

4. Serve together.

Find a local food bank, shelter, or even a needy neighbour where you can serve as a family. Acts of service build unity and foster gratitude.

5. Create a gratitude jar.

Place a jar in a central location and encourage family members to drop in notes of gratitude. Read them together during family meetings or at the end of the month. (Make "Taco Tuesday" - "Thankful Tuesday"!)

6. Celebrate wins, big and small.

Be each other's biggest hype person. Recognize and celebrate all the things—including big and small achievements.

7. Limit screen time and prioritize presence. Set boundaries around device use, particularly during meals or family time. Use this time to engage in meaningful conversations, play games, or simply enjoy each other's company.

Distraction is often the enemy of connection. But when you set out to spend time with your family in intentional ways, the outcome could be a beautiful bond strong enough to survive anything.

Natasha Ewaskow
Youth Care Worker

SCHOOL SUPPLIES

Students Supplies are \$45 per student. Supplies can be checked off on the Highlands Hot Lunch website and then paid via e-transfer, cheque, or cash to Highlands PAC. If you are unsure if this affects you please contact the school office. These fees do not apply to Amy Woodland Students who brought their own supplies.



If you would like to volunteer for Hot Lunch days, please come to the kitchen for 11:00 am.

Hot Lunch Dates

Jan. 23	McDonalds
Jan. 30	Boston Pizza
Feb. 6	Dominos
Feb. 13	Taco Time
Feb. 20	Hot Dog Day
Feb. 27	McDonalds
Mar. 6	Boston Pizza
Mar. 13	Subway

Deadline to order for hot lunch is midnight on the Sunday night prior to the hot lunch day

All orders can be placed at highlands.hotlunches.net
Our school code is "HIGH"

Next PAC meeting is Mar. 6 at 7pm in the Library.

Community Events

BOOK BITES



SNACKS

CRAFTS

MAKE YOUR OWN WORRY DOLLS

GAMES

Wed, Jan 15
3:30 - 4:45pm



CRANBROOK PUBLIC LIBRARY
expand your universe

SCIENCE SATURDAY

Science Saturday: KEVA!

Saturday January 11, 2025

10:30am – 12pm

Ages 5+

Build towers, castles, or whatever else you can imagine with KEVA planks!

Science Saturday: K'NEX bicycles!

Saturday January 18, 2025

10:30am – 12pm

Ages 8+

Try to build a bicycle out of K'NEX that will roll all the way down the ramp!

Science Saturday: Makedo Pirate Ship!

Saturday January 25, 2025

10:30am – 12pm

Ages 6+

Help make a pirate ship out of cardboard and become the scourge of the Children's Library!



Call for Submissions

Everybody has a favorite book! We want to see yours - as a piece of art! Choose your favorite passage, character or scene from a book and share it with us in this unique exhibition:

January 25 to March 1, 2025

100 Years of Stories:

Celebrating the Cranbrook Public Library

All art formats are welcome!

- 2-dimensional: Painting, Drawing, Collage, Photography, Digital Art
- Sculpture, Dioramas
- text-based work, poetry, responsive writing

Everyone is invited to participate: this exhibition is open to all ages and all skill levels!

Submissions due January 17

work can be dropped off Jan 18 and Jan 20 to 22

FOR SUBMISSION FORM AND MORE DETAILS

- visit www.cranbrookarts.com,
- stop by Cranbrook Arts (1401 5th St N)
- or scan the QR code



Métis Cultural Family Gathering

hosted by:

Rocky Mountain Métis Association

February 1st 11:30am - 2:00pm

@ Eagles Hall

715 Kootenay St. N



Lunch is provided



**Music by Duncan McGillivray, learn a Michif
Song, to play the spoons, & do the Métis jig!
Cultural craft for kids!!**

**Please RSVP by January 25th
RSVP to rmmanavigator@gmail.com
or call 250-489-8960 to register!**

