HERITAGE HERALD

Volume 1, Issue 6 April 2016

#Blessed

The Heritage students and staff were all asked what they are grateful for, and these are some of our fantastic responses……

"I am grateful for spring, ice cream, and my mother." - Dan T.

"I am grateful for quotes because they inspire us." – Reanna I.

"I am grateful for the Cardinals!" - Mrs. Carrera

"I'm grateful for my wife, kids, and job." – Dr. Haan

"I am grateful for life, math, Ms. Way, Ms. Andersen, and all of the cool teachers." - Dylyn E.

"I am grateful for this school and the second chances it has given me." – Evelyn L.

"I am grateful for my computer, because it helps me unwind after a long day at school." - Eric Underdown, Heritage Herald Editor

Remember to enjoy the things in your life, and to realize that some people don't have everything you have. We truly are blessed.

Quote of the Month
"Be kind whenever possible. It's always possible."
-Dalai Lama-

Sanctuary Corner

When we take care of ourselves physically, psychologically, morally, emotionally, and socially, we have a greater chance in succeeding in our personal goals, and we can contribute more to our community. The Sanctuary Institute describes self-care as "an important protective factor against vicarious trauma for staff and general wellness of students and families". Staying active, eating healthy, having positive, safe relationships, creatively writing and drawing, relaxing, doing things that match your values, and courageously speaking out are all ways we achieve self-care. Our students will be working on their own self-care plans. Combining these with their safety plans, hopefully our students will be able to continue succeeding at Heritage and throughout their communities.

Important April Dates

6th, 13th, 20th, and 27th	1:30 Dismissal
11th	EOC Testing Begins
19th	Parent Teachers Conferences (3-6pm)
26th	National Pretzel Day

Birthdays

4th	Destiny
30th	Audi