

HERITAGE HERALD

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School of Rock!

This quarter, our middle school students have been privileged to be rock star guinea pigs. Ms. Frein, instrumentalist extraordinaire, has been grateful enough to teach our students the basics in the traditional Hawaiian art of ukulele. The ukulele, which is pronounced oo-koo-lay-lay, is a small, four-stringed guitar. Ms. Frein stated, "This class has provided us with a unique journey. It has been exciting to watch them grow as musicians and blossom." So far, they have learned how to tune the ukulele, what the chords are, how to play different strum patterns, and how to play 'Happy Birthday to You' and 'Twinkle, Twinkle Little Star'. Evelyn remarked, "It's the hardest thing I've ever loved." Reanna added, "It has been fun learning the new songs, and it's definitely my favorite class." They will be having a concert here at Heritage on May 16th, and the students are excited to show off their new rock 'n' roll skills.

Quote of the Month

"If we don't change, we don't grow. If we don't grow, we aren't really living."

-Gail Sheehy-

Sanctuary Corner: Year in Review

With the integration of Sanctuary this year, we have seen a great amount of positive change in everyone. From the emotional recognition and helpfulness of community meetings to the coping skills in our safety plans, Sanctuary has given our students many various ways to develop further into fantastic young adults, and this is just the beginning. We must all remember that everything we have learned this year can help us through trials and tribulations not only at school, but also at home and in our communities. Let's all have a great summer and continue our quest for success.

IMPORTANT MAY DATES

- 4th and 11th 1:30 Dismissal**
- 9th Heritage Family Bowling Night @ Harvester Lanes (6-8 pm)**
- 13th Dance Like a Chicken Day**
- 16th Middle School Ukulele Concert**
- 18th Half Day (11:30 Release)**
- 19th Half Day (11:30 Release) and Last Day of School!**
- 17th-19th Finals**
- 25th Graduation (6pm @ Heritage)**
- Birthdays**
 - 3rd Dilyn**
 - 4th Savannah**
 - 8th Rich**
 - 30th Brendon**