

NOVEMBER NEWSLETTER



Highland Elementary School

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Principal: Dr. Beasley

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HEALTHY LIFESTYLE MONTH



November is Healthy Lifestyle Month! The National Parent Teacher Association (PTA) designated this month because research shows that a healthy child can achieve and learn more. PTAs nationwide are encouraged to plan events and activities throughout the month of November to promote health and wellness in their communities. In honor of this month, Highland's PTA will host a **Health and Fitness Family Night on Thursday, November 12th from 5pm-6pm**. Students, parents, and staff will have an opportunity to participate in group fitness activities in dance, karate, and cardio-fitness that will be led by the staff of McDuffy's Dojo. We will have Jamba Juice at this event but drinks must be pre-ordered (order forms will be sent home). This event will also mark the kickoff to our Health and Fitness Fundraiser, which will take place from November 12th- November 20th. To

encourage physical activity, vouchers for a one-month membership to the McDuffy's Dojo will be available for purchase for \$20 and 50% of the profit will



be given back to our PTA to help fund field trips and other activities for our students. More information about the fundraiser and the family night will be sent home from our PTA. If you would like more tips and information to support a healthy lifestyle, please visit choosemyplate.gov or letsmove.gov.



1ST TRIMESTER PARENT-TEACHER CONFERENCES

It is time for parent-teacher conferences, which will be held during the week of November 16th-20th. There is a pupil free day on Friday, November 20th. During your child's conference, you will receive your child's report card and discuss his or her progress. Your child's teacher will send out information regarding scheduling your parent-teacher conference.

ANNOUNCEMENTS



Healthy Snacks: In support of Healthy Lifestyles Month, if you choose to send a snack to school with your child, please be sure it is healthy. Here are some healthy ideas: fruits (fresh, dried or in cups), vegetables, granola, cereal bars, crackers, yogurt, cheese, popcorn, or baked chips/pretzels.

Emergency Cards- If you have not done so already, please be sure to submit an updated emergency card for your child. It is extremely important that we are able to reach you in case of an emergency. If you need another copy, please stop by the front office. Also, please be sure to inform the office whenever your contact information changes.

IMPORTANT DATES

NOVEMBER 9TH

Environmental Defenders Assembly
for Students K-3

NOVEMBER 10TH

Environmental Defenders Assembly
for Students 4-6

NOVEMBER 11TH

Veteran's Day- NO SCHOOL

NOVEMBER 12TH

SSC Meeting #1- 8:30am

Health & Fitness Family Night
5pm-6pm

NOVEMBER 20TH

NO SCHOOL-Pupil Free Day for
Parent Conferences

NOVEMBER 23RD -27TH

No School- Thanksgiving Break

NOVEMBER 30TH

CSUN students visit 4th-6th grade
classrooms

LOOKING AHEAD:

December 21st-January 1st

Winter Break
(School resumes January 4th)