UPCOMING DATES TO REMEMBER

Sep 22  Kona Ice at Heron Park after school!
Sep 22  School Site Council on Zoom - 5:30pm
Sep 24  Heron Jog-a-Thon!!!
Sep 28  Dine to Donate Night at Bj's! 4:00-8:00- Use flyer below!
Oct 1   Principal Coffee Chat 9:00- Zoom
Oct 11  NO SCHOOL: NUSD Staff Development Day
Oct 19  Staff Development Early Release Day TK/K - 12:48pm  1st - 8th - 1:05
Oct 19  PICTURE DAY! TK-3rd Grade
Oct 20  PICTURE DAY! 4th-8th Grade and SDC Classes
Nov 15-19 Parent Teacher Conferences (Min Day Schedule)

LUNCH MENU

MONDAY - 9/20
Hamburger or Grilled Cheese

TUESDAY - 9/21
Jumbo Corn Dog

WEDNESDAY - 9/22
Chicken Nuggets or Veggie Nuggets

THURSDAY - 9/23
Chicken Nuggets
Veggie Nuggets

FRIDAY - 9/24
Pizza, Cheese or Pepperoni

MESSAGE FROM MS. WHITTEN
Our Annual Jog-a-Thon is coming back this Friday, September 24th! Please check your child’s backpack for information that went home and visit this website to set up your child’s fundraising page: http://pledgestar.com/heron. With the limitations we have on holding large gatherings such as The Barn Dance and the Heron Gala, this year’s Jog-a-Thon is very important in order for our PTSA to support the programs and opportunities they provide to our students. We have great prizes in store for our top earners, and if we reach our goal of raising $20,000, ALL of our students will be rewarded with a week of NO HOMEWORK! We’ve made adjustments to make this a safe event for our students by spreading out the time slots to keep students with only their grade level groups they are already in for recess/lunch.
Unfortunately, we won’t be able to have spectators attend to cheer on our students, but we’ll still have music, balloons, and T-shirts for everyone to make it a fun, festive event.

Jog-a-Thon Donations Needed! Cereal Bars and Snack Bars
Jog A Thon is a week away! We are so excited for our students to enjoy this day of fun and fitness! Each class will be enjoying a snack bag after the run. We are asking for parent help with donations of cereal/snack bars (preferably nut-free). We will make sure special bags are set aside for allergy considerate students (tree-nut, peanut, gluten free, etc.). Please use this [signup.com](https://signup.com) link to let us know what you can contribute. You can bring in smaller packages of snack bars, or they have the big boxes at Costco as well (if you get a big box, sign up for 4 spots ;-)). Please drop all packages off at the front office and we will coordinate from there!
Thanks from your PTSA Jog A Thon Committee

COVID Rapid Testing Available to NUSD Students and Staff MWTHF 7:00-9:15
If you would like to have your child tested for COVID, NUSD offers rapid testing for students and staff on Monday, Wednesday, Thursday, and Friday mornings from 7:00-9:15. If your child is home sick with COVID symptoms, especially a fever, we strongly recommend having your child tested before coming back to school, even if they’re symptom-free. A COVID exposure has a significant impact on the rest of the class and the school, so we greatly appreciate any efforts our families make to ensure students are not coming to school with even the possibility of being positive for COVID. Community testing is also available at the district office on Tuesdays from 10:00-4:00.

COVID Safety Guidelines and NUSD COVID Dashboard: As a reminder, we will be following California Department of Public Health Guidelines (CDPH), which includes:

- Parents may now walk their child to class at arrival and dismissal if your child is needing more support. **Masks are required!**
- All staff and students are required to wear masks properly while inside the building.
- Social distancing is no longer required, which means that students and staff will be passing next to each other in the hallways, and sitting near each other in classes.
- During lunch, students will be able to take off their masks to eat. If weather permits, Heron will have outdoor eating options available for students.
While outside for recess students do not need to wear their masks. Playground equipment can be shared- there are no outside restrictions.

Students will be reminded to wash their hands and use hand sanitizer before playing on play structures and sharing items.

Quarantine requirements have changed. Anyone who is vaccinated and asymptomatic will not need to quarantine. As long as masks have been worn properly in the classroom, families will be given an option for a modified quarantine in the event of an exposure. The modified quarantine allows students to continue coming to school, provided the parent consents to testing twice a week over the 10-day period.

Exposure notices are sent to the families in the classroom where the student tested positive. Students and staff identified as close contacts will receive a phone call to review quarantine options. All cases are reported weekly on our NUSD COVID Dashboard, linked here: COVID dashboard

It is important that all staff and students follow the above guidelines to ensure that we are keeping each other safe.

Outdoor Eating Options: Although not required, we will be offering an outdoor eating option to help spread students out a little more, as long as weather permits.

- TK/Kinder: Eating inside the cafeteria, spaced apart since they have their own lunch period and the assistance of IA's
- 1st-4th: Grade levels will alternate each week between indoor and outdoor seating. We will start with 1st grade and 3rd grade eating inside, 2nd and 4th grade eating outside.
- 5th-8th: Students can choose their own seating- inside or outside

Arrival and Dismissal: Middle school starts at 8:05, and TK-6 starts at 8:15. Elementary students should not arrive before 8:00 unless they are eating breakfast in the cafeteria, which opens at 7:45. Students will all be dropped off and picked up at one of our gates, and if students walk or bike to school, they can get their cards scanned by our Jibe volunteers, stationed at each gate. If students need more support getting to their line-up location, parents may walk their students onto campus and then exit immediately once their child has been handed off to a staff member

- C Hallway Gate: This entrance/exit near the gym is reserved for our SDC students only.
- Flagpole/Banfield Gate: All TK/K students will be dropped off and picked up at this gate and assisted by our IA's. 1st-8th grade Students being transported by vehicle may also use this gate. Parents should stay in their cars and pull up in line to drop off/pick up your child near the flagpole.
- Minden Gate and MS Gate: 1st-8th grade walkers/bikers may use these gates; there is no car drop off here- the driveway is for busses and emergency vehicles only. Please do not make an illegal U-turn on Minden under any circumstances. We see this happen often, and it is very dangerous.
- Heron Park Gate: 1st-8th grade walkers/bikers may use this gate

DID YOU KNOW?

➔ We are a Responsive Classroom school!
Responsive Classroom is an approach to elementary and middle school education that emphasizes social, emotional, and academic.
growth in a safe school community. More information about the Responsive Classroom approach can be found at [http://www.responsiveclassroom.org](http://www.responsiveclassroom.org). Our STEAM academic focus ensures that students are actively engaged in their learning through inquiry-based science instruction and the integration of technology, engineering, art, and mathematics throughout the day. Our goal is to deliver learning activities that are active, joyful, fun, and appropriately challenging. Students see how this learning is relevant to their lives and take a personal interest in it.

**Key Components of Responsive Classroom**

- **Morning Meeting and Responsive Advisory Meetings:** Each TK-6 class gathers together each morning at 8:15AM to greet one another, share news, participate in an activity, and warm up for the day ahead. 7-8 students start each day with Responsive Advisory Meeting at 8:05. Timely arrival to school is extremely important so that all students have the opportunity to be an active participant in the development of their classroom community.

- **Rule Creation:** Students help create classroom rules that allow all members of the classroom community to reach their learning goals.

- **Interactive Modeling:** Students are explicitly taught to notice and practice expected behaviors in order to demonstrate and internalize them.

- **Positive Teacher Language:** Adults use carefully selected, respectful words and tone to promote active learning and self-discipline.

- **Collaborative Problem-Solving:** Strategies such as conferencing and role-playing are used to help students solve problems and resolve conflict.

- **Logical Consequences:** Adults respond to misbehavior in a way that respects children, guides them to recognize the effects of their actions, and helps them develop internal controls.

- **Classroom Organization:** The physical space is carefully structured in ways that encourage independence, cooperation, and productivity.

- **Guided Discovery:** Materials are introduced in a way that encourages discovery and creativity.

- **Academic Choice:** Teacher-structured choices are provided to students to help increase motivation, self-direction, and learning.

- **Working with Families:** Family partnerships are essential. Families are invited to share insights and are collaborative partners in their child’s education.

➔ **Heron School Website** - Our website is a great resource of information about our school. You have access to current events information, our PTSA website, school supply lists, bell schedules, parent resources, school and district policies, after-school program information and athletic program information. Please make sure to visit it often! [https://natomasunified.org/hes/](https://natomasunified.org/hes/)

➔ **Follow us on Facebook! LIKE Heron Flyers on Facebook**
# THIS WEEK IN SPORTS

**Heron School Athletics**  
**Boys and Girls Volleyball/Flag Football**  
**September 20, 2021 to September 24, 2021**  
*(Please check our website calendar for the most up-to-date information)*

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| 4th Grade Volleyball | 9/20/21, Monday GAME Heron @ Two Rivers 3:00  
9/22/21, Wednesday GAME Heron @ Bannon Creek 3:00  
9/24/21, Friday Practice - 2:30 - 3:15 | 4th Grade Football | 9/20/21, Monday GAME Heron @ Two Rivers 3:00  
9/21/21, Tuesday Practice 2:30-3:15  
9/22/21, Wednesday, GAME Heron @ Bannon Creek 3:00  
9/23/21, Thursday Practice 2:30-3:15 |
| 5th Grade Volleyball | 9/20/21, Monday GAME Heron @ Two Rivers (after 4th grade game)  
9/22/21, Wednesday, GAME Heron @ Bannon Creek (after 4th grade game)  
9/24/21, Friday Practice - 2:30 - 3:15 | 5th Grade Football | 9/20/21, Monday GAME Heron @ Two Rivers (after 4th grade game)  
9/21/21, Tuesday Practice 2:30-3:15  
9/22/21, Wednesday, GAME Heron @ Bannon Creek (after 4th grade game)  
9/23/21, Thursday Practice 2:30-3:15 |
| 6th Grade Volleyball | 9/21/21, Tuesday GAME Heron @ Paso Verde 3:30  
9/22/21 Wednesday, Practice 2:30-3:15  
9/23/21 Thursday GAME Jefferson @ Heron 3:30 | 6th Grade Football | 9/21/21 Tuesday GAME Heron @ Paso Verde 3:30  
9/22/21 Wednesday, Practice 2:30-3:15  
9/23/21 Thursday GAME Jefferson @ Heron 3:30 |
| HERON BLUE TEAM     | 9/20/21, Monday GAME 3:30 Heron @ Jefferson  
9/21/21, Tuesday Practice 3:00-4:30 @ Heron Park  
9/22/21, Wednesday GAME 3:30 Heron @ American Lakes  
9/23/21, Thursday Practice 3:00-4:30 | MS Football        | 9/20/21, Monday, Practice 3:15-4:30  
9/21/21, Tuesday GAME Heron @ Paso 4:30  
9/22/21, Wednesday, Practice 3:15-4:30  
9/23/21, Thursday GAME Jefferson @ Heron 4:30 |
| HERON WHITE TEAM    | 9/20/21, Monday: Practice 3:00-4:30  
9/21/21, Tuesday GAME Heron @ Paso Verde 4:30  
9/22/21, Wednesday: Practice 3:00-4:30  
9/23/21, Thursday: GAME Jefferson @ Heron 4:30 |                |                        |
Superintendent’s Parent Advisory Council Update

We have 4 parents, Beth Mahony, Theresa Gallagher, O’Keffe Spencer and Meredith Smith, who serve as Heron’s representatives on the Superintendent’s Parent Advisory Council. They meet with Superintendent Chris Evans and other members of the Chief Academic Office to receive district updates and provide parent input. They wanted to have a way to share the important information they receive with all of our families, so each month, we will send out an update from these parents, just to help keep you informed. Here are their notes from the most recent meeting.

Superintendent’s Parent Advisory Council
Meeting Update
August 25, 2021

Welcome back to a new school year Heron families! The current PAC representatives for Heron are Beth Mahoney, Meredith Smith, O’Keffe Spencer and Theresa Gallagher. We will be bringing updates from the district back to Heron, but we are also happy to listen to your ideas, questions, and concerns that can be brought back to the district. Feel free to reach out to any of us if you have more questions about any of this information.

Updates from August Meeting:

1. NUSD introduced us to their new Communications and Family Engagement Department, whose primary goal is getting diverse families engaged in the district and expanding perspectives that reflect the diversity of Natomas. There will be new opportunities in development for families and students, so be sure to check your district email as well as some upcoming information and idea sharing workshops on August 30, August 31, and September 2. For more information or to RSVP for a workshop, check out https://natomasunified.org/parent-university/

2. The NUSD Board of Trustees will be transitioning from at-large elections to by-trustee area elections, meaning that Trustee candidates must reside in specific areas and are elected only by voters who reside in the same area. This transition puts the district in compliance with the California Voting Right Acts. A demographer will divide the district based on the most recent census data and will be presenting ideas for maps at the October 27 School Board meeting. Once presented, public comments will be accepted. Final district mapping will be approved at the December 14 Board meeting. For up to date information on this transition, please visit https://natomasunified.org/board-of-trustees/transition-to-by-trustee-area-elections/

3. NUSD is in the beginning stages of developing their Strategic Plan for the next 5 years (2022-2027), called “Forward 5”. Be on the look out for lots of opportunities for engagement and feedback on district Core Beliefs, Goals, and Strategic Directions. Please take the district surveys and make sure your voice is heard!
Fly to the Future
Jog A Thon & Color Run

HOW DOES THE FUNDRAISER WORK?

Set up your student’s personalized fundraising page on our event site Pledgestar.com and spread the word!

From September 3rd – 30th, we will be collecting donations and sponsorships from businesses, friends, and family! We are asking each student to raise $30 to help us reach our goal of $20,000. All money donated goes to Heron School PTSA and directly funds our classroom STEAM programs. Donations can be collected in cash, check (made out to Heron School PTSA), or online at https://pledgestar.com/heron/

Tips for success:
- SET A GOAL – a prize, number of laps or a dollar amount.
- MAKE A LIST of friends and family to ask for support.
- SIGN UP on Pledgestar.com and share the fundraising link with friends and family.
- MAKE A SHORT VIDEO letting people know why you would like their support and email it to your friends and family.

WHAT DO WE DO FOR THE JOG-A-THON?

Run, Heron. Run! Show your school spirit!
On September 24th, each grade level will have an assigned time to warm-up to fun music, jog the track and show their spirit, then grab a snack before heading back to class! As part of our school-wide event, we encourage students to show their spirit by adding flair to their Jog A Thon shirts – every student gets one! – and accessorizing, as well as by being an encouraging participant during the run.

WHAT ELSE DO WE NEED TO KNOW?

Collect pledges, jog, win prizes, celebrate!
Online fundraising and direct donations will be collected and counted NO LATER THAN September 30th. Prizes will be determined and announced by October 8th. Award events and prize distribution will take place throughout October.

School Goal = $20,000!
NO HOMEWORK FOR A WEEK!

Information & Questions: Tiffany Kim @ Tiffanykim@gmail.com
Thank you to our sponsors!
JOIN US FOR A DELICIOUS WAY TO RAISE MONEY!

Date: Sep 28, 2021    Time: 4:00PM to 8:00PM

For Dine In, Takeout or Curbside at this BJ’s Location:
3531 N. Freeway Blvd.
Sacramento, CA 95834
916-570-1327

Enjoy delicious food in a fun atmosphere along with your family and friends while earning funds in support of:

Heron School PTSA Dine-To-Donate

WITH EACH FLYER PRESENTED DURING THIS FUNDRAISING EVENT, BJ’s WILL DONATE 20% OF FOOD AND SOFT BEVERAGE SALES TO THE DESIGNATED ORGANIZATION!

VISIT US IN PERSON, ORDER ONLINE OR PLACE A TAKE-OUT ORDER

When dining in: Present this flyer to your server at any time during your meal.
When ordering online: Enter the 6-digit fundraiser code below at the time of checkout.
When placing a take-out order: Present this flyer to a BJ’s team member upon your arrival.

Valid for dine in, takeout or curbside when applicable. Not valid toward alcoholic beverages, Happy Hour specials or for delivery orders. Please do not distribute flyers on site during the event.
Support Heron School! Join the PTSA today!
We continue to work for the future of our school and community!

The Parent Teacher Student Association (PTSA) at Heron School is made up of volunteers dedicated to supporting our students, teachers and the larger Heron community. PTSA coordinates family and community events, as well as organizes fundraisers for school equipment, music, science and art programs, field trip scholarships, and general classroom needs. And as we forge into the world of Distance Learning, PTSA continues to support Heron students and teachers by providing white boards and markers, Scholastic News subscriptions, access to learning websites, leveled reading books, teacher materials and more. Your membership helps us do that!

Your membership dues are a direct donation to the school and your child’s Heron experience! Minus a small portion that goes to the larger California PTA, your contribution becomes part of the PTSA operating budget and goes straight back into school events, supplies, and classroom programs.

Your membership in the PTSA can be as simple as your financial support via your donation. You will be given access to the PTSA Facebook page and will receive updates on events and volunteer opportunities. You are also welcome to come to our monthly or quarterly meetings and get involved as much (or as little) as you’d like!

Membership is easy and affordable! You can sign up online at https://jointotem.com/ca/sacramento/heron-ptsajoin. Student memberships are $5 each, additional family members are $10 each. Sign up for the whole family!

Please contact Tiffany Kim with any questions: tiffanyrkim@gmail.com