



NEW HEIGHTS SCHOOL

Academics • Balance • Citizenship
The Power of Choice

November 2020

Based on Principal

END OF FIRST QUARTER

As we near the end of first quarter, we can reflect on some very positive things that have occurred at the start of the year. We were able to open the school for those who want to attend in a hybrid manner. While we can all admit that this is far from ideal, we can be thankful that we have had some time to reunite with our returning students, get to know our new students, and allow students some aspect of normalcy during this complicated time in our world's history.

We can also be grateful for our record of no positive cases of Covid so far for either staff or students since the beginning of the year. We have had a few families who have had to take the test, but all of those cases have ended up as negative tests and I believe we are the only public school in the community to have avoided any positive cases.

CASES ON THE RISE

That said, we are seeing the cases rise significantly all over, but our primary concern is for our local county. Remember that the school's status of learning model is mainly based on the number of positive tests per 10,000 people in Washington County. Since the start of the year the cases had risen steadily until about two weeks ago, which has shown to be spreading at a much more rapid rate. Typically, we follow the district's lead, primarily because they have more resources and staff to dedicate to the analysis of this issue, but



also because New Heights is reliant upon the district for transportation. To put it plainly, if the district makes a model shift, New Heights has to follow because the district won't transport our students differently than they transport their own students.

POSSIBLE LEARNING MODEL CHANGE

Within the last week, we have been in constant communication with district officials, and it seems eminent that the district will have to move to distance learning for all soon. We know that the department of health is predicting a surge in cases within the next week or two following the time off people had during MEA; which is where we are now. They are further predicting a spike two weeks after



INSIDE THIS ISSUE

Conference Notes.....	2
A Note from Mrs. Massmann...	2
Playground Update.....	3
Inside the Classroom.	4
Inside the Classroom.....	5
Monthly Planner	6

IMPORTANT DATES

- Nov. 2-3— Distance-Learning Day for ALL STUDENTS
- Nov. 9-24— Virtual Parent/Teacher Conferences
- Nov. 19— School Board Meeting 2 pm
- Nov. 25-27—No School Thanksgiving Break

Based on Principal continued...

Thanksgiving and an additional spike after winter break and the Holiday season. The reason for these spikes is likely because of an increase to gatherings. When people gather, they can spread the virus. As the numbers go up, this forces school officials to follow the governor's orders. We are currently in the range of putting 7-12 grade students on distance learning and K-6 can remain in hybrid, but as we can see the increase to the daily numbers in real time, we can project that the 14 day rate is going to get to 50+ within the next 2-3 weeks. That means we have a choice to make. We could wait and keep our model in place and risk a potential outbreak, meaning quarantining people, staff, or even closing the school with no notice because of exposures. Or, we can take the guidance and move all students to distance learning before we have no choice, but this would at least not force families into a quarantine situation, and it would give families some time to prepare. So, the board of directors is going to be discussing this on Friday and they will look at all of the information available, and they will make a decision regarding 2nd quarter. We know the district is delaying making this decision and that many families will have questions about what they do, but New Heights does not have to wait for the larger district to pivot to a more restrictive model. The district has between 8000 and 9000 students and a dozen schools to speak for. New Heights has 110 students and one building. Our board is primarily concerned with the welfare of our students, staff, and the families associated with our program. Whatever the decision is, we hope you will trust that much consideration has gone into that decision, and the board ultimately weighed all of the facts they had at the time to make their decision, with safety being the absolute top priority for all of our families.

As always, you should feel comfortable calling the school with questions. Someone will be available to assist in guiding you.

Tom Kearney-Principal



Notes about Virtual Conferences

Parent Teacher Conferences

Parent Teacher Conferences will be available from November 9th through November 24th. Parent Teacher Conferences will be held through the online video conferencing platform of Google Meet. Teachers may also be available for conferences via telephone or email if you prefer.

Our virtual approach to Parent Teacher Conferences supports health and safety guidelines to a greater extent than an in-person event. We appreciate your support and understanding.

If you are interested in setting up individual conversations with your child's teachers, please email each teacher individually. The time and date availability will be subject to the teacher's schedules.

In the meantime, we encourage you to check your child's grades on JMC and Google Classroom. Also, prompt your child to submit any late or missing work before the end of the quarter—11/6.

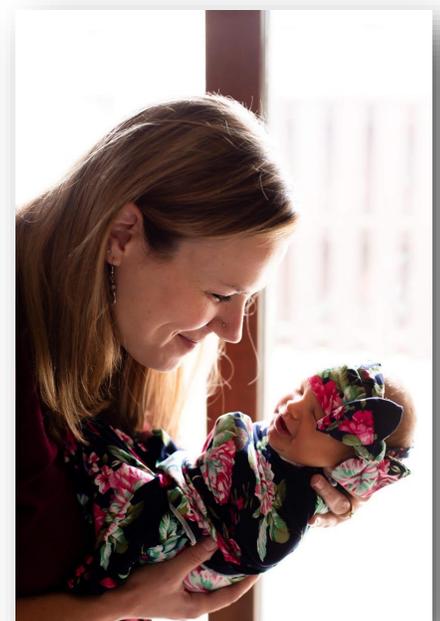
A Note From Mrs. Massmann:



Hello New Heights Family! I miss you guys and hope you are all doing well. I am absolutely loving this time I am spending with my daughter. Audrey Jeannine Massmann was born on October 8th at 6:38 pm. She weighed 7 pounds 5 ounces and was 20 inches long. We are so grateful for a healthy and happy baby!

At this point, Audrey spends a good deal of time sleeping so I am soaking up the baby snuggles! Thank you to those who reached out to me, I really appreciate it. We are all doing well and staying healthy!

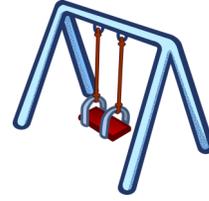
~ Mrs. Massmann



New Heights All– Inclusive Playground Update

Give to the Max Day has turned into Minnesota’s giving holiday. It is a special 24-hour period to highlight the work and worth of nonprofits and schools across Minnesota, and a day for generous Minnesotans to give back what they can to the causes and organizations that mean the most to them.

This year, we have the opportunity to support the New Heights Community by donating to the Inclusive Playground Project!



Our Mission: In conjunction with the Madison Claire Foundation and Flagship Recreation, New Heights School intends to create a fully accessible, inclusive playground to serve its students and the greater community. This new playground, which consists of accessible equipment and open space, will provide individuals of all ages and abilities a chance to play and interact with others!

Product

Description: This playground concept, ball field and “open-space” were designed for all individuals to enjoy, but with the added consideration for children and adults with special needs; including the elderly. The playground, baseball field and open-space is planned to feature rubber surfacing and ramps to make the entire scope fully-accessible. This plan is so inclusive that it will provide access to individuals confined to wheelchairs; individuals with autism; and for others with most any physical and/or mental challenges.

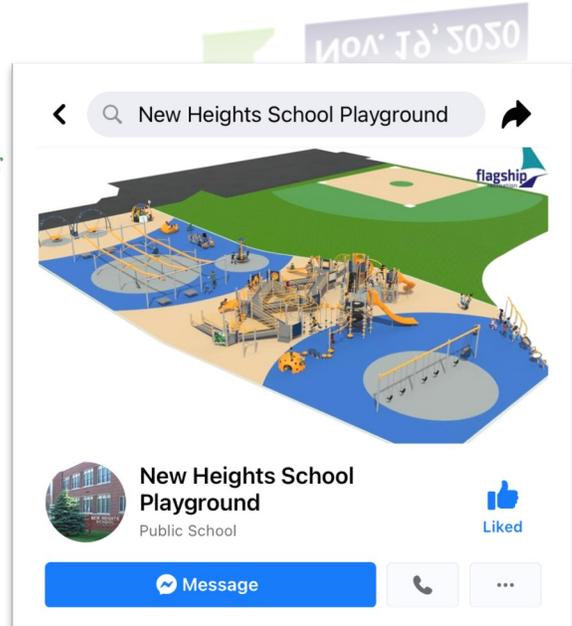
There are two main ways that families can help to support our Inclusive Playground:

1. *Check out our Facebook page and follow for more updates!*



2. *Give what you can!*

When a \$5 donation is given to our Playground, Give MN will enter us in a drawing that offers thousands of dollars in prizes to go towards our playground goal!



A Peek Inside New Heights Classrooms

Study Skills and Strategies for Success



Ms. Cotner and Ms. Chamberland's skill building classes have spent time working with students to help them learn things

that can be used in daily life such as: typing, character building, technology tips, study skills, and mindfulness.

have schedules that are not as consistent as we would like them to be, it is helpful to take time to learn about how they can relieve their stress in a healthy way.

Examples of Mindful Practices

These practices take many different forms. Students are asked to meditate, think about things that are meaningful to them, and take time for themselves. The goal of these practices are to help students regulate emotions and be present during our short time together.

Nature Walks

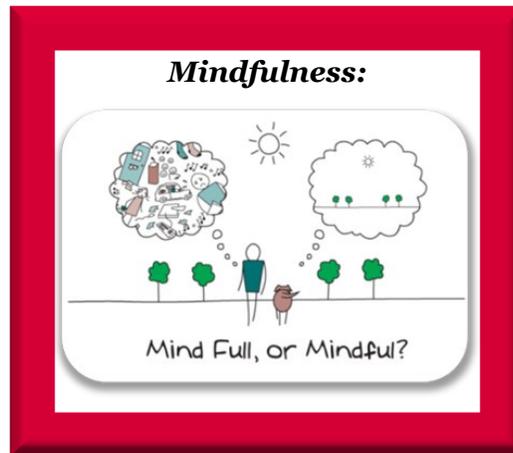
One way to practice mindfulness is by walking through nature and making observations about the things around you. This helps to take note of the present and focus on what is important. Our students were able to get outside and enjoy the nice weather with a walk around the local ravine.



that can be used in daily life such as: typing, character building, technology tips, study skills, and mindfulness.

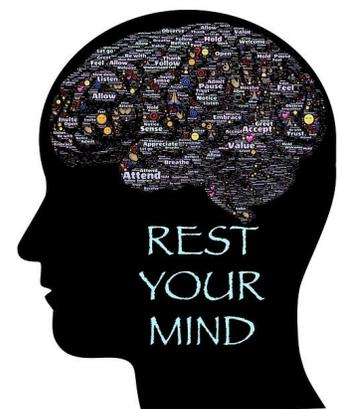
Why is it important to be mindful?

Mindfulness practices can help to increase students' abilities to regulate emotions, decrease stress, and manage anxiety and depression. During a time when school looks different and students

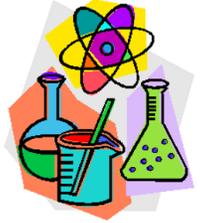


How to Practice Mindfulness

- 1 Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2 Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3 Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.
- 4 Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- 5 Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6 Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



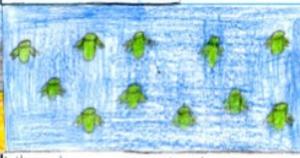
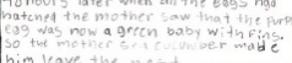
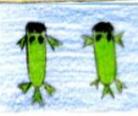
A Peek Inside New Heights Classrooms—Science

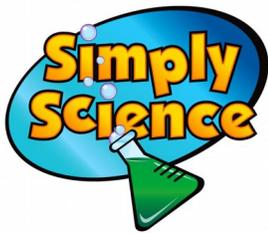


Science classes at New Heights tend to be hands-on and full of projects.

While distance-learning and social distancing requirements make hands-on activities hard, that doesn't stop Ms. Ek from trying to make her classes interactive!

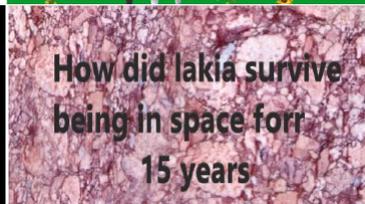
6th and 7th Grade students were asked to create a brand-new creature and explain how it came to be. This project helped the students understand and explain the process of natural selection and how organisms adapt to better survive in their environment.

DORK		A long time ago before vrons were even animals, there was a creature that is still alive today called a sea cucumber.		one day when the sea cucumber was laying her eggs, she noticed that one of her eggs was the wrong color.
		This is a vron after all of its adaptations.		The vrons who mated with the sea cucumbers only had two fins and kept getting eaten by the fish.
	48 hours later when all the eggs had hatched the mother saw that the purple egg was now a green baby with fins. So the mother sea cucumber made him leave the nest.	When the vron got older he found a green sea cucumber and mated with her. All their babies had fins.		The vrons who mated with other vrons had babies with five fins when he fed them swim faster and get away so they survived.
	They kept mating until eventually they had barbs on their back that they could shoot if they felt threatened.	Then a radioactive meteor hit Earth and made the bacteria they eat toxic.		When they realized the bacteria was toxic they panicked and did not know what they were going to eat. Then one of the younglings discovered krait. So they learned to eat krait to survive.



Take a look at the work of some New Heights Students!

HOW THE SUCROSE DOG CAME TO EXISTENCE





November Monthly Planner

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Daylight Savings Time Ends! 	2 Distance Learning Day for all	3 Distance Learning Day for all Election Day	4 Vision Screening Grades: 2, 3, and 5	5 Vision Screening Grades: 2, 3, and 5	6 End of Quarter 1	7	
8 	9 Quarter 2 begins Virtual Conferences	10	11 VETERANS DAY	12	13	14	
15	16 Virtual Conferences	17	18	19 School Board Meeting 2pm 	20	21	
22	23 Virtual Conferences	24	25 No School	26 No School 	27 No School	28	
29	30						



Upcoming Events:

Conferences available upon request:
November 9th– 24th

Holiday Break– December 23-January 3

A model change will be announced immediately following the board meeting scheduled for 10/30 which may affect this calendar