



# NEW HEIGHTS SCHOOL

Academics • Balance • Citizenship

*The Power of Choice*

October 2019

## Based on Principal

### GREAT START

I'm pleased to report that our first month of school is complete and we've had a very smooth start. Our new and returning teachers are doing an excellent job of forming important connections with the kids. Those connections are the primary difference between New Heights and the other local schools. We strive to form relationships with our students to make the education process a more positive and enjoyable experience. So far, we're off to a great start!



### ATTENDANCE

New Heights would like to work with parents to ensure that children come to school regularly and participate in class so they can gain the maximum benefit from the school experience. The two main reasons school attendance is important are: First, the more students attend school, the more they can gain in terms of skills acquisition and grades. You can't do well at school if you aren't present. The second reason is less obvious. Attending school regularly builds good attendance habits that are likely to follow students into adulthood and then to the world of work; which is the real reason we are here. We are working with our students to get them ready for adult life and the world of work. All employers require good attendance from their employees, which is why schools put a premium on solid attendance. So, if your child is struggling with school attendance, please work with the school to help correct it. There is a lot at stake for them later in life. Let us know if you would like to schedule a meeting to chat about attendance issues. We'd love to see all of our students be successful this year at school!



Thomas Kearney, Principal, Superintendent

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### IMPORTANT DATES

- Oct. 8-10 Elementary NWEA Testing
- Oct. 10 Vision Screening Grades 1, 3, 5
- Oct. 14 Picture Day
- Oct. 17-22 No School
- Oct. 23 School Board Meeting
- Oct. 31– End of First Quarter

# Teacher Feature

## MS. EK-PANGERL – SECONDARY SCIENCE



Ms. Ek-Pangerl joined New Heights in 2018. With a bearded dragon named Mrs. Beardsley and hydroponic gardens growing in the back of her classroom, students agree Ms. Ek-Pangerl's class is never dull. Here are some more interesting facts you may not know about our secondary science teacher.

### 1. What inspired you to become a teacher?

I was inspired to become a teacher after having a really bad experience with a teacher in graduate school. On the first day of class, this teacher walked in and said "I don't want to be here any more than you do. So, let's get through this." In my mind I was thinking about how much I actually wanted to be in that class. After a few months, I started to dislike the course she was teaching (which was a science course) and I decided that I didn't want others to ever feel like that. I made the decision to switch career paths and become a teacher to inspire young people to fall in love with science and learning.

### 2. What do you enjoy most about teaching?

My favorite part about teaching is sharing my passion for science with my students. I strive to make my classroom fun and inviting, because, without students, I would have no reason to be here at all.

### 3. What is the most exciting thing you've ever done?

The most exciting thing I have ever done is study

abroad in Germany and Poland. The trip focused on anatomy and bioethics, so we got to see many different exhibits and museums. While there, I got to visit the Plastinarium in Guben, Germany. This is where all the displays for Body Worlds are dissected and plastinated. While we were there, I got to participate in a 3-day dissection workshop. It is probably the most fascinating and humbling thing I have ever done.



### 4. What is something people would be surprised to know about you?

I think people would be surprised to know that I am a complete country girl. I love the outdoors and horseback riding. I listen to country music all the time and I like the smell of fresh farm air. I don't really show this side of me at school that often, so I think people would be surprised to hear this.

### 5. What do you enjoy doing in your free time?



I spend a lot of time with my family at our cabin, where we go hiking and spend a lot of time outside. I love taking walks with my boyfriend and my dog while playing PokéMon Go. I am a total nerd, so I watch a lot of movies and TV shows, as well as play video games.

# Making Learning Relevant and Fun

Who says learning isn't fun?

Not the students in Ms. Mankowski's 12th grade Economics class. These seniors recently learned about resource management by playing the game Settlers of Catan. Ms. Mankowski is committed to teaching skills that have real-world applications and she incorporates project-based, hands-on and experiential learning experiences in all her classes.

In addition to Economics, Ms. Mankowski currently teaches Life Skills for students in 6<sup>th</sup>-8<sup>th</sup> grade and Career and Technical Education for 9<sup>th</sup>-12<sup>th</sup> graders.

Life skills students are getting a real-world education in budgeting. All students applied for, and have been assigned classroom jobs, which earn them weekly "paychecks." Students learn to budget their money between shopping in the classroom store and paying for essentials, such as "renting" their table spot.

Students in Career and Technical Education classes have completed career interest inventories, vision boards, and are learning about the requirements for their preferred careers.



# Teacher Feature

## MRS. HOGAN – KINDERGARTEN/1ST GRADE

Mrs. Hogan has been teaching kindergarten and first graders at New Heights since 2016. Her room is a colorful mix of music, games and activities— all to keep the youngest New Heights students engaged and learning. Here are a few more interesting facts you may not know about Mrs. Hogan.



### 1. What inspired you to become a teacher?

I had a chance to make a career change and after thinking about what I value most – children and education came to the forefront.

### 2. What do you enjoy most about teaching?

What I like best about teaching is watching students grow both academically and socially. It's a great experience to watch a child become a reader, be able to figure out a math problem or resolve a conflict.



### 3. What is the most exciting thing you've ever done?

I have done lots of exciting things so it is hard to choose but I guess I would say living in New Mexico for six years. That is where I be-

gan my teaching career and was able to experience a lot of the Southwest. We visited many places like the Grand Canyon, White Sands Missile Range, and National Arches Park and we participated in long distance bike rides in New Mexico, Colorado, Arizona, and Utah.

### 4. What is something people would be surprised to know about you?

People might be surprised to learn that I had horses a few years back. I was a novice, so I had to learn basically everything about how to care for and ride them. There was no internet then, so I studied books from the library! I made some mistakes but eventually became quite good enough and was able to ride one of our horses without a saddle or a bit.

### 5. What do you enjoy doing in your free time?

In my free time I love to read, spend time with family and friends, enjoy the outdoors and to find new things to try. This year's focus is mountain biking and learning how to do single track courses.



# Picture Day is Coming!

Picture Day is:

Monday, October 14, 2019

Picture Day ID:

EVT G63966

Order today at  
[mylifetouch.com](http://mylifetouch.com)



Lifetouch.

# October is Bullying Prevention Month

**57% of  
bullying  
situations  
stop when a  
peer  
intervenes  
on behalf of  
the student  
being  
bullied.**

October is National Bullying Prevention Month. Incidents of bullying are rare within New Heights' small, relational environment, but when they do occur, they are investigated and addressed quickly.

While many tend to label any act of bad behavior as bullying, the truth is, to be classified as bullying, behaviors must be comprised of three core components—unwanted aggressive behavior, occurring repeatedly, involving a real or perceived power imbalance.

According to the U.S. Department of Education, one in five students report being bullied at school and slightly more girls (23%) than boys (19%) report experiencing bullying. While bullying occurs at all ages, studies find bullying peaks in 6<sup>th</sup> grade.

Teachers work hard to create classroom spaces that are respectful and free from bullying, however bullying is not most effectively stopped by teachers—it is stopped by students.

The National Bullying Prevention Center

reports that in more than half of bullying situations (57%) bullying behaviors stop when a peer intervenes on behalf of the student being bullied.

Students who stand up for one another and stand up against bullying are key to reducing bullying behaviors. For more information on bullying and October Bullying Prevention activities and events, please visit the National Bullying Prevention Center.



## New School Social Worker



For the past two years, New Heights has offered social work services for students and families. This year, Lynnae Thompson is the school's new social worker.

Ms. Thompson will be at New Heights on Mondays from 9:00am to 1:00pm and will be supporting students with a variety of skills including peer relationships, social skills, coping strategies and family transitions. Additionally, Ms. Thompson is available to assist families with accessing resources and support services in their community.

Ms. Thompson has a bachelor's degree in social work from Bethel University and a master's degree from the University of Minnesota. She has nine years experience working as a social worker and is passionate about building positive, supportive relationships and educating students, families and school staff about mental health and social emotional issues.



# Fundraising Opportunities



New Heights currently has several opportunities available to earn funds for our school. From October 1 through December 31, Kowalski's Market in Oak Park Heights will help

New Heights earn funds through the Groceries for Good Causes program.

To participate in the program, all you need to do is put your receipt in the bin marked New Heights, which is located at the front of the store. A quarterly donation will be made based on the total number of receipts collected in the box.

Donations are not based on the amount of purchase, just the number of receipts, so **EVERY** receipt is important.

If you need to keep your receipt for record keeping but can provide it later, just turn it in to the New Heights main office and collected receipts will be brought to Kowalski's.

Be sure to tell your local friends and family to put their receipts in as well! If you have any questions, please contact Lorraine at [lbusta@newheightsschool.org](mailto:lbusta@newheightsschool.org).



Another opportunity to support New Heights is through the AmazonSmile program. When you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice.

Every item available for purchase on [www.amazon.com](http://www.amazon.com) is also available on AmazonSmile ([smile.amazon.com](http://smile.amazon.com)) at the same price.

Be sure to select New Heights Schools Inc. as your charity of choice.



Finally, the next time you are in the mood for wings, be sure to visit Buffalo Wild Wings in Oakdale. Present this card or tell the wait staff you are with New Heights School—Team F and Buffalo Wild Wings will donate 10% of your total sales back to New

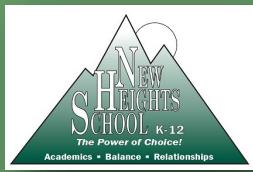


## PARKING ON MULBERRY STREET

Attention Parents:

Please avoid dropping students off between the school bus signs on Mulberry Street before and after school. Bus drivers are having trouble parking due to cars in the designated area.

Thanks for helping keep all our students safe!



# October Monthly Planner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>OCTOBER</b>	<b>NATIONAL BULLYING PREVENTION MONTH</b>	1	2	3	4	5
6	7	8 Elementary NWEA Reading Test	9 Elementary NWEA Reading Test	10 Elementary NWEA Reading Test Vision Screening	11	12
13	14 Picture Day	15	16	17 <b>No School</b> MN Educators Conferences	18 <b>No School</b> MN Educators Conferences	19
20	21 <b>No School</b> Staff Development	22 <b>No School</b> Staff Development	23 School Board Meeting 4:00pm	24	25	26
27	28	29	30	31 <b>Halloween</b>  End of 1st Quarter		

## Upcoming Events:

No School Friday, November 1

Evening Conferences Friday, November 8