

EAGLE FLIGHT

Monterey Heights Elementary School

PRINCIPAL'S PLACE

Growth Mindset

Help your child learn from mistakes this school year. Students will make a mistake during this school year on homework, a test, and with their behavior—and that's OK. What matters is how children and parents respond to those mistakes. Parents should help children learn from these mistakes. Research shows that when parents and teachers encourage students to learn from their errors, those children do better in school. Intelligence can be increased. When students understand their errors and don't repeat them, they become more optimistic about their own brainpower.

Healthy Habits

Healthy habits make it easier for children to concentrate and learn both in school and at home. Try to send your student to school with healthier food options for snack and lunch. Suggestions: fruit, veggies, popcorn, cheese, trail mix, peanut butter sandwiches, turkey sandwiches, hummus, protein and/or granola bars, yogurt, etc. Sodas, gum, candy and large bags of chips are not allowed.

Respect

Talk to your child about showing respect for teachers, adults on campus and classmates. Respectful behavior is just as important at school as it is at home. When students have respect for teachers, adults, and classmates, they help create the positive academic environment all children need to be successful.



HARVEST FEST



\$5.00 Pre-sale Wristbands go on sale on **Monday Oct. 8th** afterschool.

If you would like to volunteer or Join our Harvest Fest Committee, email our Parent Volunteer Coordinator : ypreciado@lemongrovesd.net

UPCOMING EVENTS:

Walk to School Event

- October 10th Walk and Bike to School Day is an international celebration that encourages students to walk or bike to school while teaching them about the health! We will have Prizes, music and a lot of fun.

Red Ribbon Week

- October 22nd- 26th More information about dress up days coming soon!

Harvest Fest

- October 26th 2018 5:00-7:30pm Join us at our 3rd Annual Harvest Fair. Wristbands will go on sale on Monday the 8th. \$5 presale/\$8 at the door

Minimum Day

- October 31st 2018 Students will be released early at 1:28pm.