

Heritage Middle School

09/24/2021



Notes from the Principal

Register to Vote

On the November 2 general election ballot there will be three Board of Education seats to vote on. Please take time now to register, or confirm your voter registration. You must register or update your voter registration no later than 30 days prior to an election which is October 4 for the November general election. You can [click this link](#) to register.

ISPTO Hosts Meet the School Board Candidates Debate

In order to get to know the candidates running for Board of Education this November, the ISPTO will once again host a meet the candidate's

night. This is an important opportunity to learn about the candidates running. Please make an attempt to attend on Wednesday, September 29 at 6:30pm in the Darby Performing Arts Center.

GUIDANCE NEWS

Dear Heritage Families,

My name is Victoria Kononenko and I am the new School Social Worker here at Heritage Middle School. I specialize in mental health and received both my Bachelor's and Master's in Social Work from The Ohio State University. Before accepting the opportunity to be the School Social Worker here, I worked as an outpatient and school-based counselor for Syntero. This year I am excited to work alongside Mrs. Mendenhall and Mr. Daubenmier to provide supports to students and families with a focus on mental health. My goal is to promote overall well-being by helping students feel safe, establish healthy routines, manage emotions, and continue to learn and grow. One of the services I am offering this year is small group counseling related to mental health and social emotional learning, which will be offered during school hours. Once referrals come in and groups start to form, a day and time will be established for the group based on student schedules. Please see the list of groups being offered along with their descriptions below. If you would like to refer your student to participate in one of these groups, please click [here](#) to access the small group referral form. You may start referring students now and the referral window for this session of groups will close on October 1st at 2pm. Groups will begin on October 4th and will run for 8 weeks.

If you have any questions or concerns regarding groups being offered or mental health support in general, you can reach me via email at victoria_kononenko@hboe.org or by phone at 614-921-7509.

Thank you!

Victoria Kononenko, MSW, LSW

Heritage Middle School Social Emotional Learning Groups

Emotion Regulation: Emotion regulation is an ability or skill that help us to manage strong or extreme emotions and keep them in check so that they do not become overwhelming. Emotions may still be felt very strongly at times, but the person is able to respond in constructive ways. This group is designed to help middle school students handle strong emotions related to anxiety, anger, sadness, grief, shame, and more. The topics of each week are based on the 4 components of DBT (Dialectical Behavioral Therapy) which includes mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness.

Intro to Anxiety: Feelings of anxiety is something that many people struggle with from time to time. It is a normal response our body has to real and perceived danger with the goal to protect us. However, anxiety can become a problem when we have a hard time coping with and controlling these feelings. This group will help students realize where their anxiety is coming from and how to cope with it. Topics to be discussed include what is anxiety, self-talk, perfectionism, resiliency, and coping skills.

Executive Functioning: Executive functioning is a set of mental skills that include working memory, flexible thinking, and self-control. We use these skills every day to learn, work, and manage daily life. This groups helps students learn essential executive functioning skills to help them succeed academically. Lessons for each week include topics such as: planning and organization, task initiation, time management and attention, perseverance, flexible thinking and growth mindset, test anxiety, and school home life balance.

Self-Esteem: Self-esteem is an important part of student development. If we have a strong sense of who we are, we develop healthier relationships and cope better with life setbacks. This group will help students understand who they are and what their strengths are. Topics to be discussed include getting to know who we are, positive friendships, self-talk, resiliency, and growth mindset.

Mindfulness: Mindfulness is the ability to be fully present and aware of our surroundings. It is the quality of being present and fully engaged with

whatever we are doing in the moment – free from distraction or judgement, and aware of our thoughts and feelings without getting caught up in them. Mindfulness practice has been shown to promote happiness and reduce stress. It can also increase focus, promote emotional regulation, and increase patience. In this group students will learn about the basics of mindfulness and each week we will engage in it's practice and discuss how we can incorporate this skill into our lives regularly.

IMPORTANT REMINDERS:

Water Bottles: Please have your student carry a water bottle to school so they can hydrate through the day. We have several water bottle stations both upstairs and downstairs in our building. Drinking fountains are not available at this time.

Grading Period: Our first grading period ends Thursday, October 14th.

Yearbooks: 2020-2021 HMS yearbooks are in. They are being distributed to those who had ordered them. We have some extra yearbooks for sale. First come, first serve. If you would like to purchase a yearbook, please contact the main office.



PTO

September PTO meeting

The next Heritage PTO meeting will be on Tuesday, September 28th at 5:00 pm at the school. Please join us to discuss October events.

Spirit Wear

If you are looking for hoodies, we have size Adult Small hoodies available in Heritage logo (black hoodie) and Darby logo (black or gray hoodie). Check out our Facebook page, The Heritage Middle School PTO, for pictures. Please email hilliardheritagepto@gmail.com if you are interested in purchasing items or have any questions.

AmazonSmile

- Remember to start shopping at smile.amazon.com or turn ON AmazonSmile in the app and add **Hilliard Heritage Middle School PTO** as your charity
- Open the Amazon app on your phone
 - o Tap Main Menu (3 lines in bottom right corner)
 - o Tap Settings
 - o Tap AmazonSmile
 - o Confirm your charity is Hilliard Heritage Middle School PTO

PTO info:

Email – hilliardheritagepto@gmail.com

Facebook – The Heritage Middle School
PTO <https://www.facebook.com/thehmspto>

PTO Webpage – <https://www.hilliardschools.org/hms/hms-parent-info/pto/>



Helpful Links & Resources

The Media Center at Heritage is working with the Columbus Metropolitan Library to provide CML library cards to students. There are

many available resources at the public library that are beneficial to students' learning, such as e-books, research databases, and ordering books online that can be picked up at the Hilliard CML location.

Columbus Metropolitan Library offers a card that is tailored for children ages 17 and under (see description below). Please click on the link to indicate if you would like your child to receive a card. Parent permission is required to order the card for your middle school student.

[Parent Library Card Application](#)

The Heritage Media Specialist, Mary Ann Best, will order the cards and have them delivered to Heritage to distribute in your student's Language Arts classes.



Athletics

Just a reminder that all tickets for 2021-2022 season will be sold and distributed in an electronic format. You can purchase tickets by visiting our athletic website and clicking "Get Tickets"

<https://www.hilliardschools.org/darbypanthers/tickets/>



School Activities

Clubs are starting here at HMS. Below is information regarding some upcoming meetings.

For a list of all clubs, please check the flyers around the building and in the Guidance office or click on this link. [CLUBS](#)

Panther Ambassadors

Thank you to everyone that attended our first Panther Ambassadors meeting this week. We loved seeing you there! Just a few reminders, please return your green leadership form to one of the four advisors by next Friday, October 1st. Also, be on the lookout through Canvas and Remind for t-shirt information next week.

If you missed the first meeting, it is not too late to join! Please see one of the advisors if you have interest in joining so we can get you important information. [Mr. Cochran, Mrs. Mendenhall, Miss Stout, and Ms. Strawser](#)

Sewing class. Are you interested in learning more about sewing and constructing some easy fun items this is for you. Check the hallway for fliers next week or stop by Ms. Strawser's room 147 to get the details. The first meeting is Monday, September 27 after school until 4:00

Battle of the Books

If you are interested in joining the Battle of the Books team at Heritage, come to the Media Center and pick up an information sheet. Sign-ups begin September 27, and our first meeting will be Friday, October 1 during recess. Come join other readers during recess and have fun representing your school. Any questions? Ask Ms. Best in the Media Center.

LatinX/Hispanic Heritage Month - September 15 to October 15 is LatinX/Hispanic Heritage Month. Students can go to Destiny Discover

on the Media Center Canvas course and look at the Collections tab. Books that are written by LatinX authors or have LatinX characters or settings are featured. See the displays in the Media Center!

NJHS:

Attention 8th graders interested in applying to the National Junior Honor Society. The updated 2021-2022 application is now available on the Heritage webpage under the "News & Info." tab. Please begin accumulating your service hours and completing your application. The deadline to submit applications is Friday, January 7th, 2022. Please see [Ms. Jasper](#) or [Mrs. Geoit](#) with any questions.



Important Dates

IMPORTANT REMINDERS:

School Photos and Retakes: HR Imaging will return on October 1st for retakes and pictures of students who missed a school photo in September.

Parent Teacher Conferences will be virtual this year on October 13th. More information in the near future

Voluntary Vaccination Reporting

Hilliard City Schools is committed to taking the recommended and necessary measures to protect our students and staff from contracting and spreading COVID-19.

If you have decided to have your student receive the COVID-19 vaccination, which we encourage you to do for your safety and the safety of others, we ask that you voluntarily provide a copy of your CDC-issued vaccination card. While this is purely voluntary, electing to provide us with your vaccination card will assist in determining when and under what circumstances quarantining must occur if your student is in close contact with a positive case. The vaccination card details and information will be kept with our nurses and in student medical files. It will only be disclosed and used by our contact tracing team.

[Please click here to submit the card.](#)

Important Dates

October 11 – Board of Education Meeting, 6:30pm, Station Sixth Grade School

October 15 – No School

October 25 - Board of Education Work Session, 6:30pm, Central Office

November 2 – No School

November 8 – Board of Education Meeting, 6:30pm, Horizon Elementary

November 24-26 – No School

Hilliard City Schools | Heritage Middle School

Matthew Trombitas, Principal
5670 Scioto Darby Road
Hilliard, OH
614-921-7500

hilliardschools.org/hms



Hilliard City School District would like to continue connecting with you via email.

Parents/Guardians: Please use [Home Access Center](#) to update your email address. To update your email preferences please use [SchoolMessenger InfoCenter](#).

Community Subscribers: Please use [SchoolMessenger Subscriber Portal](#) to update your email and preferences.

SchoolMessenger is a notification service used by the nation's leading school systems to connect with parents, students, and staff through voice, SMS text, email, and social media. If you have received this message in error you can [remove your email](#)