

## Heritage Middle School

10/27/2023



### Notes from the Principal

Panther Nation,

It was fun on Monday to see the halls filled again as our 8th grade students who attended the Washington DC trip returned from their trip. The stories and pictures being shared this week were plentiful. Again, thank you to everyone involved or who supported this memorable experience for our students.

Last night, all of our Band students performed their fall concert at Darby High School. What a talented bunch! It's hard to believe that about half of the students on stage just started playing their instruments one year ago. The support in the room was overwhelming! Thank you to all who attended.

Halloween is right around the corner. Your student may be planning on dressing in costume on Tuesday to celebrate. This is something that is certainly permitted and even encouraged. Please help us by ensuring that the costumes selected are appropriate and safe for school. No props, look alike weapons, masks that completely cover the identity of student, or

anything that disrupts or distracts the learning environment will be permitted. Thank you for partnering with us while we celebrate this fun holiday.

Please be sure to mark your calendar for our next school social that will take place at Heritage on Thursday, November 16th from 6PM-8PM. More details of this event will be shared as the date nears.

Have a great weekend and GO PANTHERS!

Joel Assenheimer  
Principal



## Daily Announcements

### **Veteran's Day Celebration**

Panther Ambassadors will be sponsoring our annual Veterans Day breakfast on Thursday, November 9<sup>th</sup> 1<sup>st</sup> and 2<sup>nd</sup> period.

Please invite any family member or any Veteran you know to be celebrated at Heritage in the library.

See Ms. Stout, Ms. Strawser or Mrs. Mendenhall to sign up your Veteran for the November 9<sup>th</sup> Breakfast!



## PTO

The PTO online spiritwear store is now open! Orders can be placed through November 19, with delivery the week of Dec. 11. Orders can be shipped to your home or picked up during your student's lunch.

<https://powellprints.chipply.com/heritage23/>



## Important Dates

**November 7**

**NO SCHOOL**

November 16 - 6PM-8PM

HMS Fall Dance/Social

**November 22 - 24**

**NO SCHOOL**



## District News

### Attendance Tips

It's almost that time of year again: time to turn back the clocks by one hour. The end of daylight saving time will take place Sunday, Nov. 5, at 2 a.m.

While most welcome the extra hour of sleep, this change can impact students (and adult's) sleep habits, routines, and more, so here are a few tips to help your child (and you) adjust.

- Adjust sleep patterns. At least a week before the time change, gradually adjust bedtime toward the new time. For example, your child can stay up a little later and stay in bed a little longer in the morning.
- Limit screen time before bed. This includes cellphones, computers and TV.
- Don't eat a big meal or caffeinated drinks too close to bedtime. This can affect digestion and therefore your quality of sleep.
- No exercising at least three hours before going to bed. This can disrupt your heart rate and leave you dehydrated.
- Know how much sleep is needed. The National Sleep Foundation recommends the following sleep amounts based on age:
  - Preschoolers (3-5): 10-13 hours

- School-age children (6-13): 9-11 hours
- Teenagers (14-17): 8-10 hours
- Young adults (18-25): 7-9 hours

Most people adjust to the time change in 1-2 weeks. Our attendance has continued to improve over last year. Thank you for your continued partnership in making sure your child is in school and actively engaged each day.

### **Parent Voice in Curriculum**

The Hilliard City School District's Curriculum Department is in the midst of a multi-year curriculum revision cycle for several content areas. An important part of this process is seeking input from our parents on what is important to them in each content area. The next content area that a district committee will revise is 6-12 Mathematics. If you are interested in providing feedback in regards to your child's Math curriculum, please click [this link](#) and respond to a brief, two question survey. Thank you for your consideration.

### **Senior Reading Program Seeks Volunteers**

The City of Hilliard Senior Center and Hilliard City School District are on the lookout for dedicated volunteers to join the Back to School Volunteer Program.

Launching for the first time this fall, the Back to School Volunteer Program pairs local seniors with elementary school students to share the joys of reading and create meaningful connections. The program is expected to improve literacy rates, create bonds that transcend generations, and provide meaningful volunteer opportunities to those ages 55 and up.

[Click here](#) for more information and to sign up.

### **Hack-a-thon at The Hub**

High School:I/O is a one-day hackathon for high schoolers hosted by OHI/O, Ohio State University's hackathon program. This event on November 18 aims to provide high school students with an opportunity to learn about computer science in a fun, engaging, and inclusive environment. It is a wonderful resume builder. No programming or coding experience is required but could be beneficial. All high school students are welcome to participate.

Meet and work with other passionate, fun and creative students to build real technology projects. There will also be the opportunity to develop new friendships, build connections with professional mentors, and learn soft skills for success in the real world. Students will be able to earn prizes for their solutions. Lunch and dinner are provided. The event is free of cost for participants! [Register Today!](#)

Hilliard City Schools | Heritage Middle School

Joel Assenheimer, Principal  
5670 Scioto Darby Road  
Hilliard, OH  
614-921-7500

[hilliardschools.org/hms](http://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](#)

**Error! Filename not specified.**