

Calendar

Monday, Oct. 3	No activities		
Tuesday, Oct. 4	Running Club	8:30-9:10	Field
	Highlands Choir	8:30-9:15	Room 10/11
	PTO Executive Mtg	2:15-4:00	Conference Rm
	Real World Spanish - Community Ed	3:55-4:55	Room 28
	Science Comes Alive – Community Ed	3:55-4:55	Room 3
Wednesday, Oct. 5	Double Dutch - Community Ed.	6:30-7:15 PM	Cafeteria
Thursday, Oct. 6	Running Club	8:30-9:10	Field
	Chess Club	8:30-9:10	Room 4
Friday, Oct. 7	No Activities		

Field Trips

Mon. Oct. 3
Lv. 8:45

Masica/Seaman

Eagle Bluff

Tues. Oct. 4
9:30-11:30

Scanlon/Schroepfer

Patio Town

Wed. Oct. 5
Lv. 8:45

Pekarek/Wallace

Eagle Bluff

Rtn. 3:30

Masica/Seaman

Eagle Bluff

Fri. Oct. 7
Rtn. 3:30

Pekarek/Wallace

Eagle Bluff

LINKS

[Walk/Bike to School](#)

[School Age Parenting Classes](#)

2011 Tour De Edina

Notes from the Principal

9/30/11

The Restitution Self-Discipline (RSD) program developed by Diane Gossen is one of the core programs at Highlands. You are probably familiar with some of aspects of RSD, including: classroom belief statements, my job/your job and 30 second interventions.

Restitution Self-Discipline helps students develop internal controls. It helps them understand that they have a lot of control over themselves and that they do not just go through life and react to what happens to them.

RSD helps us understand that all behavior is purposeful. Restitution tells us that people behave for three reasons:

1. To avoid pain
2. For respect or reward from others
3. For respect of self

RSD also helps students understand that behavior is influenced by the five basic needs:

Belonging – We need to be connected to others through family, friendship and groups.

Power – We need to feel competent, capable and in control of ourselves.

Freedom – We need the freedom to make choices, express thoughts and to be who we want to be.

Fun – We need to have joy, be playful and experience the delight of learning.

Survival – We need food, shelter and safety.

Restitution helps us understand the reasons for behavior and how the basic needs impact behavior. When children begin to understand reasons for their behavior they can begin to develop self discipline. Helping our children develop self discipline benefits our children and community.

Peter Hodne

Green Team will have its first meeting Tuesday, October 11th

Highlands Portrait Gallery

The annual Highlands Portrait Gallery is ready for viewing! Students in grades 1-5 have made a self-portrait in Teri Joyce's art classes. Our inspiration this year is Grant Wood's *American Gothic*. The Portrait Gallery is on the south side of the building near the 5th grade classrooms. Stop in to see it!

...got your ticket?

...got your t-shirt?

...book your babysitter?

then...

Get Ready to Rock the Club!

Highlands GG Three

Live Bands! *(featuring Mr. Hodne and Highlands Dads)*

Friday, November 4th - 7pm

@ Interlachen Country Club

Deadline for ordering tickets is October 15th....so order your tickets today!

ticket order forms, donation forms and t-shirts available in the school office

OR

download your ticket order form or get more details here:

<https://sites.google.com/site/highlandsgreatgathering/home>

Mark your calendar!

The first PTO general meeting is coming up soon on October 11th at 7pm in the media center. Superintendent of Edina Public Schools, Ric Dressen, will speak as well as Principal Peter Hodne. Tom Ruppert, Vote Yes For Kids co-chair, will educate parents on our important referendums coming up on our November 8 ballots. Please join us to stay updated and involved on our public school system.

Special note:

Thank you to all our new families for joining us at our PTO sponsored welcome breakfast on Wednesday morning. A special thanks to event planner, Rebecca Sorensen, and helpers Teri LaFrenz and Julie Banker. It was a nice way to begin our new school year together!

GIFTS – Deadline extended!

Great news – the deadline for ordering gift wrap, chocolates, cookie dough and other gifts has been extended! We're getting close to our goal for this year's fundraiser. If you haven't yet had a chance to place your order, please go to www.innisbrook.com, click on EZ, and use Highlands' code (101622) to place your order. Delivery is scheduled for November 8 (more details to come). Many of the items are great for teacher or bus driver gifts, hostess gifts, and more! Thank you for supporting Highlands by purchasing from Innisbrook.

5TH GRADERS – CALLING FOR ENTRIES – HIGHLANDS YEARBOOK COVER ART CONTEST

Your artwork could be the cover for this year's yearbook!

- Your teacher will be giving you more information about how to submit artwork for the contest.
 - The due date for artwork submissions is **Wednesday, October 19**.
 - This year's yearbook theme is: **Highlands...The Inside Story**. The submitted artwork needs to illustrate an idea around the yearbook theme.
 - Have fun!! Questions can be directed to Kelly Rhodes or Kristina Fey at highlandseyearbook@gmail.com.
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WHAT: "Discovering the Power of Choice"; Paul Bernabei, TOP 20 Parent Training
-Help kids discover how they are smart; living above the line; Guiding our children through life's challenges.

WHEN: Monday, October 10, 7-9 pm

WHERE: Cornelia Elementary Gym

SAVE THE DATE

Monday, November 14th; National Speaker, "John Rosemond; Parenting with Love & Leadership, building responsibility NOT entitlement."

Edina Center for Adult Education

Your Happiness Project

Map out your plan to a more joyful, fulfilling and fun life! Facilitator: Tom Glaser.
Mondays Oct 3 – Oct 24 6:30 – 8:30pm 4 sessions - \$49

Thinking about getting a Dog?

Join us for “**Dog Breeds**” and learn all about different breed groups and how their original job affects their behavior today.

Tuesday, Oct 4 6 – 7:30pm \$19

All About Fall in the Wildflower Garden

Meet at the Eloise Butler Wildflower Garden and Bird Sanctuary for a “fall colors” garden tour.

Wednesday Oct 5 2 – 3pm \$15

Turn Your Kitchen and Yard Waste in Black Gold

We’re talking composting! What, how and why easy method to get started composting in your home this fall.

Thursday Oct 6 6:30 – 8:30pm \$15

Tour de Edina Bike Ride

Sunday, October 9th Starts at 10am.

Join us for this community bike ride! www.tourdeEdina.org

Edina Weight Loss Challenge

A 10 week course on how to lose weight, feel great and most importantly, keep it off!

Mondays Oct 10 – Dec 19 10 sessions for \$59

Let’s Talk Movies

Join movie lover Linda Tell to view and discuss movies at the Edina Theater (50th and France).

Tuesday afternoons in Oct, Nov and Dec. 2:00 – 5:30pm \$15

Tango Workshop

Tango is the dance of passion! Learn how in just two hours!

Friday, October 28 7 – 9pm \$39 couple

Healthy Eating Series

Join licensed dietitian Sharon Johnson for this 4-part series in October and November: Family Food Fights, Mindful Eating, Your Genes Do Fit! and Hidden Triggers That Make You Eat More.

Check out class descriptions, dates and times at: www.edinacommunityed.org

Look Who’s Talking with Mike Max

Mike Max of WCCO’s radio and TV will share his “sports stories” with the community on Thursday, October 27th 7 – 8:30pm.

Free. Edina Community Center, 3rd floor.

To register for these adult education opportunities:

www.edinacommunityed.org or 952 848 3952

The Music Link: After School Piano Lessons

Lessons available at most Edina elementary sites after school and the Edina

Community Center. Professional teachers, affordable rates and convenient locations.

Register for 8 lesson blocks as needed, Sept. 19 - May 4, 2012. Lessons are \$200/per 8 week session. Call Mary Linker, 952-831-4014, to schedule lessons before registering.

Edina Com Ctr Mon Room 313 3:10-6:10 pm

Concord	Tue	Room 200	3:15-6:15 pm
Cornelia	Mon	Room 31	4:00-6:00 pm
Countryside	Tue	Room 221	4:00-7:00 pm
Creek Valley	Thu	Room 201	4:30-7:00 pm
Highlands	Mon	Room 5	4:00-7:00 pm

Visit our website for more info and to register online

www.edina.thatscommunityed.com

952-848-3952

Do you have a Son or Daughter interested in Playing Hockey?

Edina Hockey Association "Mite & U6" registration is going on NOW..

Information links are on EPS Facebook page *Community Opportunities for Youth*

Or for more information on Mite & U6 Hockey please visit

www.edinahockeyassociation.com

**Wednesday, October 5,
Edina City Hall, Council Chambers**

[Edina School District #273 Levy Referendums](#)

6:30pm

Superintendent of Edina Public Schools

Ric Dressen, Ed.D

[Edina School Board Candidate Forum](#)

7:15 pm

Candidates: Jason Berger, Cathy Cella (incumbent), Sarah Patzloff, Leny K. Wallen-Friedman

**Find more information at lwvedina.org
or LWVE on [facebook](#).**

Trivia Corner

Birds may travel great distances on their migrations. The Arctic tern travels from the top of the world, the Arctic – to the bottom, the Antarctic. Round trip in a single year: 25,000 miles in all.

Mark Twain secured a patent in 1873 for a self-pasting scrapbook. A series of blank pages – coated with gum.

The term “classroom” didn’t come into use in the United States until after 1865.

On this Day in

1846 - Dr. William Morton, a dentist from Massachusetts, was the first to use anesthesia in extracting a tooth.

"When we seek to discover the best in others, we somehow bring out the best in ourselves."

- *William Arthur Ward*