



# HHS IN THE KNOW

## Weekly Bulletin

### Week of August 20, 2018

#### FOR PARENTS:

**BACK-TO-SCHOOL NIGHT:** All parents/guardians are invited to join us on Wednesday, August 22, from 6:00 to 8:30 p.m. for Back-to-School Night. This evening provides parents the opportunity to hear from administrators, counselors, and teachers, and to visit their students' classrooms to hear brief overviews of course topics and expectations for the year. Copies of students' schedules will be printed in the Main Office if needed.

#### Back-to-School Night Schedule:

Time	Period (Monday/Wednesday/Friday classes)
6:00 - 6:20	Meet with Administrators in Theatre
6:30 - 6:37	Advisory/Enrichment
6:42 - 7:06	Drop-In for Tuesday/Thursday Elective Classes
7:11 - 7:18	Period 1
7:23 - 7:30	Period 2
7:35 - 7:42	Period 3
7:47 - 7:54	Period 4
7:59 - 8:06	Period 5
8:11 - 8:18	Period 6
8:23 - 8:30	Period 7

#### ACCOUNTABILITY SEATS OPEN:

- **The District Accountability Committee (DAC)** needs members to fill at-large seats for a two-year term, beginning this fall. An application form is attached or may be downloaded from the district website, [littletonpublicschools.net](http://littletonpublicschools.net). You may contact Kerry Schaper at 303 347-3396 or [kschaper@lps.k12.co.us](mailto:kschaper@lps.k12.co.us) for more information. The DAC has some responsibilities mandated by Colorado statute and advises the Board of Education on various topics. Members regularly receive information about district programs and activities and serve as a communication link with schools and the community. Interested applicants may download the application from the district website, [littletonpublicschools.net](http://littletonpublicschools.net)
- **The Heritage Accountability Committee (HAC)** also has several openings for both parents and students. HAC will generally meet at Heritage the second Tuesday of the month from 4:30 to 6:30 p.m. An application for parents is attached to this email. Students who wish to apply may pick up an application in the Main Office.

**ATTENTION SENIOR PARENTS:** The Senior Class Panoramic Pictures will be taken on Monday, August 20, at 10:22 am in the gym. This is the ONLY time pictures will be taken of the whole Senior class, so please make sure your student is in school and on time for this special event. Students will receive order forms on picture day. The order deadline for the best price will be Sunday, August 26. Additional information is available at [www.BestClassPicture.com](http://www.BestClassPicture.com).

**2018-2019 REGULAR BELL SCHEDULES:** [Click this link](#) to view the new, updated bell schedule for this school year on the HHS website.

## FOR STUDENTS:

### ALTERED BELL SCHEDULE:

#### LINK Welcome Back Assembly - Friday, August 24, 2018

Period 1	8:30 - 9:25 a.m.
Period 2	9:30 - 10:21 a.m.
Period 3	10:26 - 11:17 a.m.
Period 4	11:22 - 12:13 p.m.
Period 5	12:18 - 1:09 p.m.
Period 6	1:14 - 2:05 p.m.
Period 7	2:10 - 3:01 p.m.
Assembly	3:06 - 3:31 p.m.

**CELL PHONE POLICY:** Teachers will inform students of class rules regarding cell phones and all technology equipment. If students violate the class policy, teachers will confiscate the item and take it to the Activities Office. The Heritage High School policy for returning cell phones and technology equipment is as follows:

- First time: Item is returned to student at the end of the school day.
- Second time: Parent must come to the Activities Office to retrieve item at the end of the school day.
- Third time: Parent and student need to meet with an administrator to have item returned.

**SCHEDULE CORRECTION PROCESS:** All schedule corrections must be submitted online. Counselors will contact students if they have questions regarding the request. There are links to the Schedule Correction Request form on the "Daily Announcements" and "School Forms" pages of the Heritage website. The deadline for submitting schedule corrections is 2:30 p.m. Friday, August 24. Course changes will be made based on academic need and not as a matter of convenience. A schedule change will be allowed for legitimate academic reasons such as:

- Senior needs a class for graduation
- Student needs to meet minimum hour requirements
- Student has been placed in the wrong level of class
- Student fails to meet prerequisites of a class
- Student has been scheduled into two classes during the same period

**Students must attend classes as they are scheduled until changes have been made.** Changes will be reflected on the student's schedule as soon as they are approved and entered by the counselor. Please check your schedule online to verify when the change has been completed.

**DO YOU LOVE BOOKS?** The Library is looking for student assistants! Would you like to earn some extra credit hours? Can you use a quiet place to study? We would love to have you student assist in the Library. Duties include: helping at the checkout desk, shelving books, working on book displays, processing magazines and assisting fellow students in locating materials. We need student assistants who have an open period M/W/F for three credit hours, or T/Th for two credit hours. Please see Mrs. Frank in the Library or your counselor for more information.

**CHEER TRYOUTS:** Did you miss cheerleading tryouts this spring? Great news! Heritage coed cheerleading will be hosting a fall tryout on Monday, August 27, from 4:30 to 8:30 p.m. in the C-Gym. To tryout, you must attend the pre-tryout parent and athlete meeting on Tuesday, August 21, at 6:30 p.m. in the C-Gym. For more information, please stop by the Main Office for a flyer.

**SCHOOL PHOTOS AND STUDENT IDS:** Ninth grade student ID photos were taken Thursday, August 16, during LINK Orientation. ID photos for 10th, 11th, and 12th grade students will be taken during English classes on Wednesday, August 22, and Thursday, August 23. Photographers will be in the Aux. Gym from 8:30 a.m. to 3:30 p.m. each day. Any freshman who still needs to have a picture taken can go to the Aux. Gym during an unscheduled period on August 22 or August 23. **Please note:** A student ID is required for all school activities, to check out library material, and to pick up parking permits. Students who are interested in having an activity pass are encouraged to pay ahead of time - before their ID is printed. Students may order photos online at [mylifetouch.com](http://mylifetouch.com). The school code (picture day ID) for online ordering is CG018552Y0.

## THEATRE NEWS:

- The first Theatre meeting of the school year will take place on Wednesday, August 22, at 3:40 p.m. in the Theatre. Come meet other HHS theatre students and learn about all of the opportunities for this year. We will be discussing Fall Play Auditions, THESCON, and the Summer '19 trip to NYC! WE can't wait to see you there!
- On Wednesday, August 29, at 6 p.m. in the Theatre we will be holding a parent meeting regarding the summer Theatre New York City trip. This is not mandatory for your student to be able to go, but highly encouraged! Please email [kwillers@lps.k12.co.us](mailto:kwillers@lps.k12.co.us) with any questions regarding this meeting.

**BASEBALL:** Are you interested in playing Baseball at Heritage High School? Anyone interested in playing baseball with Heritage High School is asked to take a couple minutes to complete the following survey:

<https://www.surveymonkey.com/r/CMDHVPX>. Also, please mark your calendars for a Baseball Informational Meeting on Thursday, August 23, from 6-8 p. m.(room to determined). Please send a parent/player representative to the meeting. If you have any questions, please contact Coach Munro at [heritagebaseball.munro@gmail.com](mailto:heritagebaseball.munro@gmail.com).

**WELCOME BACK DANCE:** The Welcome Back Dance is Friday, August 24, from 7:30 to 10:30 p.m. in the Student Center. This dance is for Heritage students ONLY, and the student must have a current HHS ID. The cost is \$10 at the door. See or email Ms. Brethauer at [kbrethauer@lps.k12.co.us](mailto:kbrethauer@lps.k12.co.us) if you have any questions.

**PARKING CHANGES FOR 2018-2019:** The parking spots along Windermere will NO LONGER be available for parking during the day. We have been working with the City of Littleton this summer regarding their decision to make changes to parking on Windermere Street on the west side of HHS, near the football field. This area will now be used as drop off/pick up lane before and after school. Signs will soon be posted by the city regarding this change. This was not an HHS decision; it was initiated and will be enforced by Littleton and the Littleton Police Department (LPD). Please note, tickets will be issued by LPD for cars parked in this area. Please follow all posted signs. Questions can be addressed to LPD or the City of Littleton directly. Visitor parking is still available in the loop in the front of HHS and/or in the on-campus parking lots. Thank you for your cooperation!

**PARKING PERMITS:** Students may purchase parking permits at any time. The cost is \$50. To physically pick up your permit from the Activities Office you first need to download the Parking Permit Agreement form on the [Heritage web site](#) and follow the instructions. Ticketing for parking in the student parking lots without a permit will begin on Tuesday, September 4.

**BOYS SOCCER:** Are you a freshman or sophomore boys' soccer player who missed tryouts or you weren't sure if you would get "cut"? Heritage Boys Soccer is looking for a few good "men" to join our program. If you have played soccer before, even if it has been awhile, or if you only play for "fun" contact Coach Buseck at [abuseck@lps.k12.co.us](mailto:abuseck@lps.k12.co.us) as soon as possible to arrange to attend a practice! We usually meet from 3:45 to 5:45 p.m. so stop by the soccer fields and "kick it" with one of the best athletic programs at Heritage! Contact Coach Buseck ASAP if you are interested.

**MOUNTAIN BIKE TEAM:** The HHS Mountain Bike Team is looking for interested riders to join the team this fall. If you like to ride mountain bikes and might be interested in joining the school's team, please email us at [heritagemtb@gmail.com](mailto:heritagemtb@gmail.com) for more information. The season officially kicked off August 1, but you can still join anytime.

**SENIOR SIGNATURES:** Mark your calendar! Senior signatures for the yearbook will be collected during Advisory on Friday, August 31, and again on Friday, September 28. If you are not available during these times please see Lynn James in the Activities Office.

## PHONE NUMBERS:

- Heritage High School Main Office: **303-347-7600**
- Heritage High School Attendance Line: **303-347-7630**
- Safe2tell, a toll-free, anonymous Colorado tip line answered by the State Patrol, is for anyone concerned about a threat to student and staff safety: **Statewide Tip Line: 1-877-542-SAFE**
- HHS Tip Line - The purpose of the phone tip line is to provide a confidential opportunity to give school officials information about use, possession, distribution or sale of drugs or alcohol, as well as any information regarding a dangerous situation. **HHS Tip Line: (303) 734-6730**

## LINKS:

- Heritage High School Website: <http://heritage.littletonpublicschools.net/>
  - [Important Dates and School Calendars](#)
  - [Sports and Activities Calendar](#)
  - [Bell Schedules](#)
  - [Staff Directory](#)
- Infinite Campus Portal: <https://campus.lps.k12.co.us/campus/portal/littleton.jsp>
- Click this link to view all district-approved flyers posted to the LPS website. [Flyers](#)

## SOCIAL MEDIA:

Like us and then follow us to get automatic messages when we update our news feeds:

- [www.facebook.com/HeritageLPS](http://www.facebook.com/HeritageLPS)
- <https://twitter.com/hhslps>
- <https://www.instagram.com/heritageeagles/>

The HHS In the Know will be emailed to parents/guardians and posted to the "For Parents" page of our website on **Friday** (for the following week) during the school year.

To submit information to be included in the weekly bulletin, please email [KASmith@lps.k12.co.us](mailto:KASmith@lps.k12.co.us) by **10 a.m. on Wednesday**.

Littleton Public Schools does not discriminate on the basis of race, color, sex (which includes marital status), sexual orientation, religion, national origin, ancestry, creed, age, disability, or need for special education services.

The following individuals have been designated to handle inquiries regarding the nondiscrimination policies: Michael Jones, Assistant Superintendent of Human Resources or Melissa Cooper, Director of Special Education and Student Support Services; Littleton Public Schools - 5776 S. Crocker St. Littleton, CO 80120 - 303-347-3300

\* Please scroll down to view Eagle Events and other attachment(s) for this week. \*

# OPTIMIZE SLEEP

High School

## How Much Sleep Do You Need?

Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural to not be able to fall asleep before 11:00 pm. Teens need about 8 to 10 hours of sleep each night to function best.

What time should you go to sleep?  
Start with what time you need to wake up and count backward.

## Why Sleep is Important?

Sleep will help you excel in the classroom by maximizing your attention, memory, and learning ability. Adequate sleep will boost energy, enthusiasm, and decision-making; it will increase creativity, and help maintain healthy weight. Sleep helps you staying healthy and fighting off infections/viruses. Sleep helps you to look your best and reach your peak performance in sports: stronger faster, and more accurate.

## Best Practices for a Good Night's Sleep

- Consistent bedtime and wake up time., even on weekends.
- Avoid caffeine for 4–6 hours before sleep.
- Limit electronics 30 minutes to 1 hour before bed:
- Make your room technology –free (or put your phone on high/ do not disturb mode).
- Exercise is great, just not right before bedtime; 2–4 hours prior to bed time is possible.

## Enhance Your Room to Maximize Sleep

- Smell: Fresh scent in bedding – lavender
- Taste: Avoid fatty, spicy, fried foods before bed – cereal and milk, whole wheat crackers and peanut butter.
- Sound: White noise, quiet bedroom.
- Sight: Dark room at night, low Led night light if needed., Decrease distractions. Morning: Allow light in the morning for a natural wake-up.
- Touch: temperature should be cool, pleasing sheets, blankets, pillows, and a supportive mattress.

## Homework

To avoid late night studying, have a healthy snack and do your homework when you first get home from school. Turn off your phone or other distracting electronics during homework time. Have a designated homework area with all the tools accessible to you that you need to be successful.

**Power nap** – 20-45 minutes after school if you can or during a free period. If you do nap and then can't fall asleep at night shorten or discontinue napping or try an alternative Yoga move for 5 minutes which is equivalent to a ½ nap. Find a quiet space on a wall, hips bent at a 90 degree angle and both legs up on the wall while lying on your back, close your eyes and rest for 5 minutes.

**Nicotine** – Nicotine, in any form, is a stimulant which can make it difficult to sleep.

**Meditating can help you fall asleep faster!**

**Sleep Issues—Talk to your physician if you have any questions on sleep problems: falling asleep at bedtime or sleeping through the night, difficulty waking in the morning, or difficulty staying awake through the day.**

## Sunlight

Spending time outside helps to keep your body's internal clock on track. After dinner turn off all overhead lights and use small lamps to help prepare for sleep

**HERITAGE HIGH SCHOOL ACCOUNTABILITY COMMITTEE**

School improvements at the school level are achieved through the process of school-centered decision making. Successful goals in education are the results of careful planning. The purpose of the Heritage High School Accountability Committee is to work collaboratively to improve student achievement and school climate and safety. The work of the committee is in compliance with state accountability requirements and district policy. Meetings are generally held the second Tuesday of each month from 4:30 to 6:30 p.m.

**APPLICATION**

Name: \_\_\_\_\_ Home Telephone: \_\_\_\_\_

Address: \_\_\_\_\_ Work Telephone: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Check One: \_\_\_\_\_ Parent of HHS student \_\_\_\_\_ Non-parent community member

If Parent: Elementary school attendance area \_\_\_\_\_

Middle school attendance area \_\_\_\_\_

Grade level(s) of child(ren) upcoming school year: \_\_\_\_\_

(A synopsis will be used on the ballot to be printed in the next newsletter in order to give an insight into each individual.)

Reason you wish to serve on the Committee:

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Strengths and experiences you would bring to the Committee:

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Education, work history, and general background:

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Please return this form to the Main Office by September 1 c/o Stacey Riendeau, HHS Principal. Applications will be kept on file for one full year to use in the event a subsequent vacancy occurs.

I give Heritage High School permission to print the above information (without address or phone) on a ballot which will be distributed in the *HHS In the Know* weekly email to parents.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## District Accountability Committee (DAC) At-Large Membership Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

School(s) children attend(ed): \_\_\_\_\_

Parent     Community (Indicate the school(s) closest to you.) \_\_\_\_\_

1. Give reasons why you want to serve on this committee: \_\_\_\_\_

\_\_\_\_\_

2. What school-related committees have you served on in LPS or in another district?

\_\_\_\_\_

3. What community activities are you involved in? \_\_\_\_\_

\_\_\_\_\_

4. What other information do you want DAC to know?

\_\_\_\_\_

5. How did you learn about the District Accountability Committee?

Website     Other (Please specify) \_\_\_\_\_

For further information contact Kerry Schaper 303 347-3396, [kschaper@lps.k12.co.us](mailto:kschaper@lps.k12.co.us)

Please return this application to:

*Kerry Schaper*  
*Littleton Public Schools*  
*5776 S. Crocker Street*  
*Littleton, CO 80120*  
347-3396 (phone), [kschaper@lps.k12.co.us](mailto:kschaper@lps.k12.co.us)

## Heritage 2018 Multiple Activities Schedule (as of 08-16-2018)

Activity	Time	Versus	Location	Location Detail	Comments
<b>MONDAY, AUG 20, 2018</b>					
Golf: Boys Varsity Match	8:00am	Castle View	Lone Tree Golf Course		
Advisory - Senior Panoramic Picture	10:22am-10:56am		Gym - Main	Main Gym	
Advisory - Chromebook Distribution	10:22am-10:56am		Classrooms		9th & 10th Grade
Admin Team Meeting	11:00am-3:00pm		Conference Room - Main Office	Conference Room - Main Office	
D & D Club	3:30pm-4:30pm		Room 2844	Room 2844	
GSA Club Meeting	3:31pm-4:31pm		Room 3977	Room 3977	
Football - Player Meeting	3:35pm-4:15pm		Lecture Hall - 2nd Floor	Multiple Locations	
Volleyball - Practice	3:45pm-7:15pm		Gym - Auxiliary	Multiple Locations	Varsity & Freshmen 3:45-5:45, JV & Soph 5:15-7:15
Belles - Practice	3:50pm-5:50pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
Cheer JV Practice	4:30pm-6:30pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
Soccer - Boys Pre Season Kick Off Meeting	5:00pm-8:30pm		Student Center	Student Center	
<b>TUESDAY, AUG 21, 2018</b>					
Faculty - Induction Meeting	7:00am-8:00am		Conference Room - Community	Conference Room - Community	
Advisory - Training	10:22am-10:56am		Classrooms		9th grade - Advisory Students to be trained on how to use IC Responsive Schedule for Enrichment- Students need Chromebooks
Advisory - Class Meeting	10:22am-10:56am		Gym - Main	Multiple Locations	11th and 12th grade Boys in the Theater 11th and 12th grade Girls in the Main Gym
Golf: Boys JV Match	11:00am	Chaparral	Littleton Golf And Tennis Club		
Tennis: Boys Varsity Match	3:30pm	Castle View	Castle View High School		
Tennis: Boys JV Match	3:30pm	Castle View	Bison Park		
Cheer - Varsity Practice	4:30pm-6:30pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
Belles - Practice	6:00pm-8:00pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
Colorado Columbines Track workouts	6:00pm-7:00pm		Track - Heritage High School	Track	
Cheer - Parent Information Meeting	6:30pm-7:30pm		Lecture Hall - 2nd Floor	2nd Floor Lecture Hall	Tryout Meeting



**WEDNESDAY, AUG 22, 2018**

Picture Day	8:30am-3:30pm		Gym - Auxiliary	Auxiliary Gym	10th, 11th and 12th grades during English Classes
Back-to-School Night	6:00pm-8:30pm		All School	Multiple Locations	

**THURSDAY, AUG 23, 2018**

Picture Day	8:30am-3:30pm		Gym - Auxiliary	Auxiliary Gym	10th, 11th and 12th grades during English Classes
Counseling - Department Meeting	9:00am-10:56am		Conference Room - Main Office	Conference Room - Main Office	
Advisory - Chromebook Distribution	10:22am-10:56am		Classrooms		11th & 12th Grade
Advisory - Class Meeting	10:22am-10:56am		Gym - Main	Multiple Locations	9th and 10th grade Boys in the Theatre 9th and 10th grade Girls in the Main Gym
Drama - Fall Play Rehearsal	3:30pm-6:30pm		Theatre	Theater	
Cheer - Varsity Practice	3:30pm-6:45pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
<b>Tennis: Boys Varsity Match</b>	<b>3:30pm</b>	<b>Rock Canyon</b>	<b>Heritage High School</b>	Courts - HHS Tennis	
<b>Tennis: Boys JV Match</b>	<b>3:30pm</b>	<b>Rock Canyon</b>	<b>Gallup Park</b>		
Football - Player Meeting	3:35pm-4:15pm		Lecture Hall - 2nd Floor	Multiple Locations	
Cheer JV Practice	3:45pm-5:45pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
Drama - Fall Play Auditions	4:00pm-6:30pm				
<b>Soccer: Boys JV Game</b>	<b>4:30pm</b>	<b>Overland</b>	<b>Heritage High School</b>	Field - Soccer Room 3294	
Cross Country - Captain's Meeting	5:00pm-5:30pm		Room 3294	Room 3294	
Belles - Practice	6:00pm-8:00pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
<b>Soccer: Boys Varsity Game</b>	<b>6:00pm</b>	<b>Overland</b>	<b>Littleton Public Stadium</b>	Stadium(Not Avail bet 8/01-12/1 and 02/16-06/01)	(Rescheduled from 08-25-18)
Baseball Meeting	6:00pm-8:00pm		Theatre	Theater	

**FRIDAY, AUG 24, 2018**

Altered Bell Schedule					LINK Welcome Back Assembly (End of Day / No Advisory)
Softball: Girls Varsity Game	TBD	TBA	Fountain Fort Carson High School		
Pep Assembly	3:06pm-3:31pm		Gym - Main	Multiple Locations	Welcome Assembly
Cross Country - Team Meeting	3:30pm-4:15pm		Pool	Pool	
<b>Soccer: Boys C Level Game</b>	<b>4:30pm</b>	<b>Overland</b>	<b>Heritage High School</b>	Field - Soccer	
Cheer JV Practice	4:30pm-6:30pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
Cheer - Varsity Practice	4:30pm-6:30pm		Gym - C Climbing Wall	Gym - C Climbing Wall	

Dance - Welcome Back Dance	7:30pm-10:30pm		Conference Room - Community	Multiple Locations	Changed from original time at 8:00pm
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**SATURDAY, AUG 25, 2018**

Softball: Girls Varsity Game	TBD	TBA	Fountain Fort Carson High School		
Softball: Girls Varsity Game	TBD	TBA	Fountain Fort Carson High School		
Band - State Fair Parade	8:00am-10:00pm		Pueblo, CO		
Basketball - Open Gym	8:30am-10:00am		Gym - Auxiliary	Multiple Locations	
Cross Country: Varsity Invitational	9:00am	Cherry Creek	Cherry Creek Reservoir		
<b>Soccer: Boys Varsity Game</b>	<b>1:00pm</b>	<b>Overland</b>	<b>Littleton Public Stadium</b>	<b>Stadium (Not Avail bet 8/01- 12/1 and 02/16-06/01)</b>	<b>Rescheduled to 08-23-18</b>

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**SUNDAY, AUG 26, 2018**

Basketball - Boys Youth Tryouts	8:45am-12:15pm		Gym - Auxiliary	Multiple Locations	
Baseball Game	11:00am-1:00pm		Field - Baseball	Field - Baseball	