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We Are... HERITAGE

January 12, 2018

Dear Heritage Family:

We have reached the end of the semester! Our 2nd semester, and the 4th six weeks, begins on Tuesday, January 16, 2018. Monday, January 15th is MLK Day and a school holiday so we have no classes on Monday. When students return on Tuesday, it will be a 'B' day.

Heritage High School will be conducting state mandatory scoliosis screenings for freshman students on **Wednesday, January 17**th and **Thursday, January 18**th, during English class. If a parent does not want their child to be screened, then medical documentation from a physician will need to be provided, stating that the student has been checked and/or received treatment for Scoliosis prior to the dates of screening.

On the day of the screening, students need to wear appropriate clothing. Females need to wear sports bra or bathing suit top and pants or shorts and hair band for long hair. No dresses or skirts please. Males need to wear a loose fitting shirt and pants or shorts.

If you have any questions or concerns, please contact the clinic. Kelley Rousser-469-633-5908 or email <u>rousserk@friscoisd.org</u>, or Amy Fogle-469-633-5955 ext 25908

Important Health Information from the Nurse

Respiratory illnesses are common this time of year. Influenza activity in Collin County is currently widespread and increasing. Please familiarize yourself with the signs and symptoms of the flu and keep your child home if they exhibit them. ****Influenza usually comes on suddenly and may include fever, headache, body aches, tired/fatigue,** cough, sore throat, runny/stuffy nose, nausea. A common cold is usually milder and may include cough, sore throat, runny/stuffy nose but rarely causes fever, headache, body aches, or fatigue.

Please notify attendance and/or the nurse directly if your child is absent due to the flu or flu-like symptoms in order to accurately track rates of illness and report our data to the county health department for surveillance. When reporting your child's absence due to illness, specific symptom details are important for us to categorize our data.

Here are some friendly reminders on preventing illness:

The single most important thing you can do to prevent getting ill and spreading illness to others is to WASH YOUR HANDS!

Parents should consider having their families vaccinated against the flu.

Stay home when ill to avoid spreading germs and illnesses to others.

Practice coughing/sneezing etiquette to help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in a waste basket.

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- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands
- Remember to wash your hands after coughing or sneezing

Please note that food deliveries from third parties are not allowed at Heritage High School. This includes, but is not limited to, services such as UberEats, Grubhub, Door Dash, Favor, etc.

Only food delivered for individual students by their parents is allowed. Thank you for your cooperation.

The graduation date and time for the Heritage Class of 2018 has been set. Our graduation ceremony will take place on Saturday, June 2, 2018 at 1:00 p.m. at The Ford Center. <u>Mandatory</u> graduation practice for seniors is Thursday, May 31st in the Competition Gym.

As we move into our winter months, we'd like to remind you about the district's bad weather policy. If a decision must be made as to school closing or a late opening, announcements will be posted on the front of the **Frisco ISD website**, social media channels such as **Twitter** and **Facebook** and on area radio and television stations. The District will also utilize the phone/email/text message system to communicate directly with parents, so please be sure to have up-to-date contact information on file at your child's school. The goal is to have a decision made by 5:30 a.m. **Otherwise, schools will be open as scheduled.**

Every student that parks on campus will need a parking sticker and this year, FISD is implementing a parking permit fee for students. We sell parking permits in the front office from 8:00 to 9:00 a.m., during lunches, and 4:15 to 4:30 p.m. each school day. If needed, students may pick up a copy of the required paperwork in the front office during normal office hours.

Please note that if your student needs an additional parking sticker, there is no additional charge. If your student drives more than one vehicle onto campus, or if you have a vehicle change for your student, only the completed additional paperwork is required. Student parking stickers are NOT transferrable.

An important note to remember about traffic patterns around Heritage after school: when parents are pulling out of the Heritage parking lot onto El Dorado Parkway on the west side of campus, please remember that two lanes turn right. In the morning, when exiting on the west side of campus, the center lane should turn left onto El Dorado Parkway and the right lane should turn right onto El Dorado Parkway. Please note that this is different than the traffic pattern in the afternoon. Student drop-off and pick-up on the north side of campus should occur in the parking lot adjacent to the athletic fields. For safety and security reasons, parents should not stop in the fire lane.

Be sure to check out the HHS Athletic Calendar linked to our website for competition dates, times and results. Thank you for supporting our students!

In order to maximize your student's class time and make this year a success, please note the following information:

PARKING: The parking stickers are scheduled to be delivered to our campus the first week of September. At that time, students may complete the process of submitting paperwork, paying for the permit, and receiving the sticker for their car.

ATTENDANCE: Information regarding absence reporting for your student can be found on the Heritage website.

DELIVERIES: Students need to remember to bring all necessary items with them to school in the morning. It is important to minimize classroom disruptions, so please remember to send lunch money, lunches, clothing, books and supplies with your child in the morning rather than deliver it during the day. Any food not picked up on the day of delivery will be disposed of the following day.

LUNCH: Please remember that FISD schools are closed campuses. That means students are to remain on campus during lunch periods. Parents are welcome to bring lunch to their child, and eat with them in the cafeteria.

SIGNING OUT: We are happy to call your student to the front office to be checked out once you are in the office, but do not call students in advance. This will help keep our students in the classroom as much as possible. Thank you in advance for your help in this matter.

VERIFICATION OF ENROLLMENT: There is a 24 hour turn-around time to receive a Verification of Enrollment (VOE) for your trip to the DMV. Students should come into the front office 24 hours in advance and sign up to receive one.

We have some important dates for you to make note of in the weeks ahead.

- 1/15/2018 MLK Holiday No Classes
- 1/29/2018 Rising Freshmen Information Night in the Auditorium
- 2/13/2018 Band Mid-Winter Concert in the Auditorium

Have a good weekend!