

Eagle Express

Arlington Heights Elementary School

Important Dates

Saturday, December 7: AHE Choir Singing at Bell Trace and College Mall

Monday, December 9-Friday, December 13: Food Drive

Monday, December 9-Friday, December 13: Penguin Shop

Friday, December 13: Cookies With Santa (6-8PM)

Tuesday, December 17: PTO Holiday Meeting (6PM, AHE Library). Enjoy finger foods and help plan for 2020.



[**AHE Facebook**](#)

[**AHE Twitter**](#)

Title I Distinguished School Award Winner

The Indiana Department of Education (IDOE) announced Arlington Heights Elementary School as a National Title I Distinguished School for Closing the Achievement Gap between Student Groups in a Title I school from SY 2018-2019.

[MCCSC Story](#)

[DOE Information](#)

Holiday Bell Concert

Holiday Bell Concert to be presented by 5th grade students in Mrs. Lukasik's and Mr. Jones' classes on Thursday, December 12. Students are to report to their class rooms for attendance at 6:15 PM and warm-up and our concert will begin at 6:30 PM.



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PTO News and Notes

Cookies with Santa- Friday 13th FREE EVENT!! Sign up to bring a Christmas treat to share or volunteer for one of the fun holiday stations.

Sign up for a Christmas Treat

<https://www.signupgenius.com/go/5080F4DA8AC2CA1FA7-cookies1>

Sign up to Volunteer for Cookies with Santa

<https://www.signupgenius.com/go/5080F4DA8AC2CA1FA7-cookies>

PTO Meeting- Holiday meeting! Our last meeting of the 2019 year, come enjoy finger foods and help plan for 2020! In the library Dec 17th, 6 pm

Big Splash Adventure- We have 7 extra tickets if anyone would like to purchase a few more. \$12.50 for a day pass that is a 50% savings. Contact Mikala Casey at arlingtonheightspto@gmail.com to purchase.

PBIS News & Notes

This week we will talk about how to use anger control strategies. Everyone gets angry. It happens to all of us. What you do about your anger and how you react can really help a bad situation from getting worse. When you get angry, what do you notice that changes about you? Do you feel your jaw tighten? Do you feel your hands close into fists? Being able to recognize our changes can help us use strategies to calm ourselves.

Some calm down strategies you might try are:

1. Take deep breaths.
2. Count in your head. (You could even do this with your eyes closed.)
3. Try to make your body do the opposite of what it wants to do. Open your hands and stretch them. Give a big, stretching yawn.

Remember that words do not go back inside once they escape. Take time to think before you speak.

