

Eagle Express

Arlington Heights Elementary School

Important Dates

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.

Friday, December 20: NO School (unless there is a Snow Day prior to the 20th)

Monday, December 23-Friday, January 3: Winter Break (NO School)

Monday, January 6: School Resumes



[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](#)

Arlington Heights Food Drive

When our students, staff, and families come together we do amazing things! We had a goal of collecting 750 items during our Food Drive. We more than doubled that goal by collecting 1,544 items! Thank you all for your support!



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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

Stress can make us irritable. Last week, we learned about using anger control strategies. This week, we will talk about managing the stress that might cause us to use those strategies. It is important to know that stress can come from ourselves and our feelings or things that are happening around us. The more stressors you feel, the greater your stress becomes. So, what can you do about stress?

Boys Town Life Skills recommends:

- **Take charge** of your thoughts and emotions to deal with problems you can focus on.
- **Look at your schedule** to decide what is the best use of your time.
- **Make positive friendships** to talk and help alleviate daily pressures.
- **Take care of you** by setting aside time for relaxation, enjoying hobbies, and exercising.

If you continue to feel overwhelmed, talk to your doctor for ideas. You can also look for helpful HOTLINE numbers at <https://teenhealthandwellness.com> or information at <https://www.parenttoolkit.com>.

