

Eagle Express

Arlington Heights Elementary School

Important Dates

Tuesday, February 5: Skate Night at Western Skateland (6:30-8:30, Princess & Pirate Theme)

Tuesday, February 12: 2nd Grade to IU Musical Arts Center

Tuesday, February 12: Kindergarten Open House (6:30-7:30 PM)

Monday, February 18: Built-In Snow Day (School WILL be in Session - Missed Day on January 30th)



[AHE Facebook](#)

[AHE Twitter](#)

KINDERGARTEN OPEN HOUSE

MCCSC Kindergarten Registration Begins 2/4/19

Join us at your school for an engaging and informative "Meet & Greet"

- Meet current Kindergarten Teachers
- Meet the principal and other staff
- Visit Kindergarten classrooms
- Explore a typical Kindergarten day
- Get answers to your questions
- Meet other parents and students
- See the school and campus
- On-Site registration

Tuesday, February 12th, 2019

Location: All MCCSC Elementary Schools

6:30-7:30pm

www.MCCSC.edu/kreg



MONROE COUNTY
COMMUNITY SCHOOL CORPORATION
ENGAGE. EMPOWER. EDUCATE.

AHE Night at Urban Air

Thursday, January 31st

5:00-8:00 PM

\$15 for a Two Hour All Access Jump Pass

Let them know you are there to support AHE, 15% of the proceeds go to the AHE PTO.

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Issue No. 19 - February 1, 2019



Girls on the Run at Arlington Heights Elementary



3rd through 6th graders meet twice weekly after school to: Make new friends! Have fun playing running games! Learn about yourself! Learn to be a better friend! Become healthier! Talk about girl issues!

GOTR is not about running fast! Beginners are welcome.

JOIN THE TEAM!
Tuesdays and Thursdays
3:45 to 5:00 PM
Season begins Tuesday, February 5, 2019
5k Saturday, April 27, 2019

REGISTRATION
Online registration through February 1st.
Spaces are limited so register early to secure a spot!
The link to register is available at
<https://www.gotrci.org>

Registration fee: \$140.00
Confidential
Scholarships available to any girl who needs financial assistance

Social Skill Week of February 4th

Showing Empathy:

- Listen closely as the other person expresses his or her feelings
- Show empathy by saying, "I understand..."
- Show concern through your words and actions
- Reflect back the other person's words by saying, "It seems like you're saying..."
- Offer any help or assistance you can

Empathy, ***the ability to understand and care about how someone else is feeling***, is a very important social skill to teach our children. When children show empathy toward one another they develop positive relationships and are less likely to act in unkind ways toward others. Parents can teach empathy to children by making caring for others a priority.

Below are some resources to help teach children empathy:

<https://mcc.gse.harvard.edu/files/gse-mcc/files/empathy.pdf>

<https://www.youtube.com/watch?v=4z7gDsSKUmU&list=PLQ3dqed7hCQMjH4grnLa9HRnHgSpmwUoo>