

Eagle Express

Arlington Heights Elementary School

Important Dates

Friday, October 11: End of Grading Period

Monday, October 14 - Tuesday, October 15: Fall Break
(NO School)

Wednesday, October 16: PTO Meeting (AHE Library,
6PM)

Thursday, October 17: Walk-A-Thon Donations Due

Saturday, October 19: AHE Choir @ Binford Elementary

Monday, October 21: Report Cards Sent Home

Tuesday, October 22 and Thursday, October 24: Parent-
Teacher Conferences

Friday, November 1: Purse BINGO @ AHE

Tuesday, November 5: Election Day (NO School)



[AHE Facebook](#)

[AHE Twitter](#)

2019 Arlington Heights Walk-A-Thon

Walk-A-Thon donations should be turned in on or before Thursday, October 16th. Our previous Walk-A-Thons have allowed us to construct the Fitness Trail and Shelter House. The Walk-A-Thon event will be on Friday, October 25th. Families are invited to attend. The Book Fair will be open during this time as well.



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Issue No. 9 - October 11, 2019

Arlington Heights Choir

Our choir will be part of a larger MCCSC Elementary Choir concert at Binford on Saturday, October 19. We will present music from several different countries with our focus being global awareness. Choir members are to be dropped off at Binford for rehearsal at 8:45am.

Everyone is invited to this free performance from 10:00 - 10:30 at Binford Elementary.

My Energy Kit

Along with the performance families can sign up for an energy kit at MyEnergyKit.org. For every 100 kits requested by Arlington Heights families the school will receive \$250. The kits include light bulbs and other energy saving materials.

PBIS News & Notes

Staying On Task

Fall break is here! What a great first nine weeks of learning and growing. Next week, we will focus on Staying On Task, and we will need to find our new groove after that short break. Welcome to a new nine weeks and a refreshed start.

Our Steps for Staying On Task:

- Look at your task or assignment.
- Think about the steps needed to complete the task.
- Focus all of your attention on the task.
- Stop working only when instructed.
- Ignore distractions and interruptions from others.

Do your best!

At home: List things that could distract you while doing your work or homework. Brainstorm ways to handle distractions or what to do when you have difficulty with an assignment.

