



Heights Elementary School

December 2, 2019

Dear Heights Families,

I hope you all had a wonderful Thanksgiving. Once again, thank you to all the families and the PFA for organizing the Thanksgiving baskets, which brought joy to many families in our community.

Although we left in November, it is December already! During this time of year, we are witness to many changes. We observe the changing leaves fall to the now icy ground. Perhaps, your calendars are now filled with seeing family and friends for the winter and holiday season. Although changes are inevitable, how we handle the changes can greatly affect how we treat ourselves and others. One way to help adjust to change is to reflect upon what brings us peace in the world. This is why I have chosen December's book of the month to be The Peace Book by Todd Parr.

Through simple text and colorful illustrations, Todd Parr provides examples of what may bring your child peace. For example, it could be thinking of someone you love, making new friends or watching it snow. Children can identify ways they can feel at peace and calm throughout their ever-changing lives. The book also describes how we can be at peace with the world, either by keeping our environment clean or growing a garden. Lastly, the book provides experiences from which our children can draw when we discuss Dr. Martin Luther King Jr. and conduct our very own Peace March in January.

I wish you all peace during this season of change and comfort in the knowledge of your children growing their own strategies for creating peace in the world.

Sincerely,
Mary E. Wood

