

# Home & School Connection

Working together for school success

Highlands Elementary School

Mr. Kamryn Melton, Parent Involvement Specialist

December 2021

December has arrived ~ Happy Holidays! We are grateful for our parents and guardians at Highlands Elementary! I am Mr. Kamryn Melton, the Parent Involvement Specialist for Highland Elementary School. I will be working with the school community to serve as a liaison between student, home, school, and community resources. I will be working with professional personnel, students, and parents to help students be successful in school by making available information and resources to assist families, as well as planning and providing activities related to parent involvement and engagement that are designed to enhance the school community. I also support parents regarding ways in which they can help their children achieve challenging state standards. Please contact me if you have a request or need.

This monthly newsletter will provide information to parents and families regarding current events and activities at Highlands Elementary School. Please contact me with questions or ideas at 334-794-1459 or [gamelton@dothan.k12.al.us](mailto:gamelton@dothan.k12.al.us).

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## **Healthy Food for a Happy World**

Snack Ideas for the Whole Family Snacking is not just for children! Below are some ideas for your family to try together. These are easy to make, so let your child help you or even prepare them on their own under your supervision for the whole family. Taste these Mediterranean, Italian, or French style snacks. Put some tomato sauce on a bagel, top with low-fat mozzarella cheese, and toast it in the oven to create mini pizzas. You can even add chopped veggies as toppings! Toast some pita bread, slice some veggies (like carrots, bell peppers, radishes, or cauliflower), and serve them with different flavors of hummus. Slice different types of cheese and eat Parisian style with whole grain crackers and grapes. Throw some of your favorite fruits (like strawberries, bananas, or blueberries) into the blender with some fat-free milk, low-fat yogurt, and ice for a tasty beverage.

### *Did you know?*

“Choosy” eating is common among elementary students. Your child may eat only certain types of foods. He or she may play at the table and not want to eat. Don’t worry. As long as your child has energy and is growing, she or he is most likely eating enough.

### **Important Dates in December:**

Dec. 3, Santa’s Workshop Field Trip, Grades K-3  
Dec. 6, K-2 Music Program, 6 PM, Dothan First Assembly  
Dec. 9, Grades 3-6 Music Program, 6 PM, Dothan First Assembly  
Dec. 9, Marcos Pizza for Highlands Fundraiser  
Dec. 10, Nutcracker Field Trip, Grades 4 & 5  
Dec. 17, Classroom Celebrations, School Dismissal – 11:30 AM  
Dec. 18 - January 3, Winter Break  
January 4, Students return to school

*Remember: Highlands Proud! Be Respectful, Be Responsible, and Be a Good Citizen!*

