

Rickson Ridge P.S.—April 2016

Rickson Ridge Public School

177 Rickson Avenue Guelph, Ontario N1H 6H9
Tel. 519.766-0862 Fax 519.766-07200



“Where Children Come First”



APRIL 2016



We hope everyone enjoyed a great March Break and a long weekend for Easter. It is hard to believe that it is spring when we still have such unpredictable temperatures. We look forward to the sun and warm weather to lift our spirits and carry us into the final term of school. This is a great opportunity to set goals with your child for a successful third term. The third term will be filled with lots of excitement, activities and academic successes!

School Council has started a Facebook page “Rickson Ridge Parent’s Community”. Check it out ! It can be a useful tool for information.



ARE YOU MOVING?

To assist us with enrolment projections for September, please inform Mrs. Mullin if you plan to move out of Rickson’s attendance area. Should you know of any families moving into our area and planning to attend school here in September, please ask them to call the school.

VOLUNTEER/VISITOR TAGS

If you have a volunteer or visitor tag at home would you please return it to the school. Our supply seems to be dwindling and we have many volunteers/visitors who use them on a daily basis.

RICKSON RECYCLES



RICKSON RIDGE P.S.—APRIL 2016



LOVE YOUR EARTH



Wednesday April 22nd will be Earth Day. It is the 46th anniversary celebrating Earth Day.

Nurture Your Child's Sense of Responsibility

Earth Day is April 22, 2016 – This time of year is a great time to nurture your child's sense of responsibility for taking care of our planet. Turn your concern for our environment into fun science lessons and art projects like these:

Talk about how some of the earth's resources are becoming scarce. Plants and animals are becoming extinct due to loss of habitat and pollution. We can help by not littering and bringing hazardous waste, such as batteries, paint, solvents, pesticides, old medications and other chemicals to the hazardous waste depot.

Find out which animals are on the list of endangered species. Take your child to the library or search the Web. You can sponsor an endangered species such as a Manatee or a Giant Panda!

Have your child reuse items around the house for craft projects. Explain that it cuts down on waste. (Reuse is one step better than recycle!) Decorate paper grocery bags to use as gift-wrap. Cover cans to turn them into pencil holders. Be creative with cardboard boxes!

Take your child shopping to show him how to shop "earth wisely." Choose products with less packaging. Buy containers that can be recycled. Buy items that are "green" such as unbleached coffee filters or recycled paper.

Have your child help you in the household recycling duties. He or she can sort plastic, paper and cans for recycling bins.

Conserve water. Explain why it is important to not let the tap run when you brush your teeth. Our fresh, treated water is precious, costly, and should not be wasted. Other examples: only do full loads of laundry, and put a shut-off lever on your hose when washing the car.

Plant a tree together. Do this in your back yard or as part of a local program in your town. Explain that trees are the natural oxygen makers of our planet. Also, if a tree is planted on the sunny side of a house, the shade it provides saves costly air conditioning bills.

We had Earth hour at school on March 22, 2016 on the last 2 periods of the day. Officially Earth hour is Saturday March 26th at 8:30pm All classroom lights were turned off and computers not being used were shut down for the last period of the day. Thank you to the Earth/Environmental Club for supporting and advertising this event.

RICKSON RIDGE P.S.—APRIL 2016



Board policy determines that the equipment is off limits from November 1 to March 31, and at other times as determined by the school administration. This includes periods of freezing temperatures, if the ground cover is frozen, or if there is a build up of snow and ice. We also do not provide supervision, maintenance and inspections outside of school hours. The equipment will be inspected in April. The play equipment will remain out of bounds until the ground is completely thawed and we deem it safe to play on.

This is a good time to remind everyone - students, parents, staff and yard supervisors of the rules that help make these structures fun and safe places to play. We make safety at play our major concern, and we hope that you will reinforce the rules at home with your child.

General Rules for students:

- walking speed only around play structures
- cooperative play is expected
- eating while on the playground equipment is not permitted
- do not throw sticks, stones or other objects
- climbing on the *inside* of the structures only

Upcoming Events



April	Event
4th	10 for 10 fundraiser-hair shaving
5th	KA & KB to Mountsberg
6th	Grade 5 trip
7th	Grad/Sibling pictures
7th	Special Olympics Assembly
8th	Skills Competition
12th	School Council
12th	Curling Assembly for Intermediate
15th	Day of Empowerment -gr 7 & 8
15th	Junior Floor hockey tourney
20th	Jump Rope for heart Kick off
21st	Cuddle Up & Read evening 6:30-7:30
22nd	Earth Day
25th	PA day—no school for students

Oh, the Places You Can Go . . .
READING IS GREAT!

CONCUSSION INFORMATION

Concussions can have a serious effect on a young, developing brain. Proper recognition and response to concussion can prevent further injury and help with recovery. Children and adolescents are among those at greater risk for concussions due to body trauma at any time.

Although falls and motor vehicle accidents are the leading causes of concussion, physical activity and sports can also cause a concussion.

To address the risk of concussion and to assist parents and students to identify the signs and symptoms of concussion, the Board is presenting free workshops to increase awareness.

Wednesday April 20th 7-830 pm Westside SS, Library, 300 Alder St, Orangeville

Tuesday May 10th 7- 830pm Norwell DSS, Library, corner of Main and Cumberland St,
Palmerston

Wednesday May 11th 7-830pm Centennial CVI, Lecture Room, 289 College Ave W,
Guelph

CHILD ABUSE PROGRAM

As required in the Policy, we will be teaching age-appropriate lessons to help our students identify abuse and protect themselves from abusive situations. The goal is to provide children with the tools they need to keep themselves safe. The lessons cover a broad range of safety issues including bullying, stranger danger and abuse by a known and trusted adult.

Students in grades 7 will participate in a Red Cross program presented by the school's Child & Youth Counsellor entitled "It's Not Your Fault". These two hour presentations will occur in homeroom classes in April.

MATH GAMES

Guess My Number

Goal: Can you guess the number I'm holding?

One player takes two playing cards. The cards can be ordered any way.

Be sure no one else can see the cards!

All other players take turns guessing what the number is by asking math questions.

"Is it even?" "Is it odd?" "Is it greater than 10?" "Is it a factor of 20?" and so on.

The player holding the cards can only answer with a "Yes" or "No", until the actual number is guessed.

Let's Get Loonie

(Materials: 2 dice, coins 8 pennies, 2 nickels, 4 dimes, 6 quarters and 1 loonie.)

Roll the two dice and add the two numbers together.

Take that amount of money from the centre.

(Try to always have the least number of coins in front of you at a time).

Object: to be the first player to get "Looney".

On the Way Home from Soccer or Baseball

How many goals/runs were scored in the game?

How many more goals/runs did we need to get to make 10, 18, and 25?

How many players are on the team? If they each have one sibling how many children would that be? What if half of them had 2 siblings? Now how many children would that be?

It cost \$50.00 to fill up the van with gas. How much would 5 tanks cost? What about 8 tanks?

And for those nights that get rained out, how about some old favourites.

Puzzles, Pay Day, Monopoly, Rummoli, Phase 10 or Payday.

MENTAL HEALTH INFORMATION

For more information:

<http://anxietybc.com/parent/index.php>

<http://www.mindyourmind.ca/wellness>

For children and youth: KidsHelpPhone.ca 1 800 668 6868

24 hour phone line and website for children and youth.

If you are concerned that your child/youth is experiencing excessive anxiety, you can talk with your school or community mental health provider:

CMHA WWD: 1 844 HERE 24 7 (1 844 437 3247) - For Guelph/Wellington Children and Youth

May 4-11, 2014 is Child and Youth Mental Health Week. Next time I will share some information and activities that are coming to your schools and communities.

Dr. Lynn Woodford, Psychologist, is the Mental Health and Addiction Lead for the Upper Grand District School Board.

Helping Your Family Deal with Stress and Anxiety

Everyone experiences stress during their daily lives and there are times in our lives when we feel anxious. This is normal. It happens to all of us. However, some of us and some of our children/youth are anxious more of the time and to a greater degree and this can be challenging for the children, youth and their families.

The good news is that there a lot of positive things that you can do as parents to help reduce the stress and anxiety that you and your child/youth feel. Here are some tips!

Listen: Take time to listen to your child/youth's thoughts and feelings. Being heard is very important and can make someone feel less distressed by talking about it.

Talk: Let your child/youth know that they are not alone. Lots of people feel stressed and anxious. It is normal, harmless and temporary.

Share: You as a parent experience fear, stress and anxiety. Model how you cope with stressful situations with positive coping strategies.

Support: Let your child/youth know that you care and support them as they struggle with stress and anxiety.

Practice: Practice calming strategies with your child/youth when they are calm. Practice every day so calming becomes a habit.

Encourage: When stress arises, encourage your child/youth to use their calming strategies. Praise your child/youth for using their calming strategies.

Model: Be a good role model for your child/youth. Create a positive, predictable environment at home. Use your own coping strategies. Allow your children to observe how you face and deal with stress in a positive way. You are the single most important influence in your child's life.

Here are a couple of calming techniques that you can practice with your child/youth:

Calm Breaths. When we are anxious we breathe faster, which actually makes us more anxious. By calming our breath we are sending signals to our brains and bodies that things are going to be OK.

Take slow deep breaths.

Breathe in through the nose and out through the mouth.

For younger children they can blow bubbles or pretend to.

For older children/youth guide, they can imagine breathing in calm and breathing out worries or tension.

Keep taking calm breaths until the breath is smooth, deep and calm.

Have the child/youth notice what it feels like to be calm.

Muscle relaxation. When we are anxious, our bodies become tense. By relaxing our bodies, we are sending signals to our bodies and our brains that it is going to be OK.

Sit or lie down.

Tighten up one part of your body (e.g. your legs).

Hold the tension for 10 seconds.

Relax your body.

Allow the tension and tightness to drain away.

Repeat tightening and releasing different parts of the body.

Tighten your whole body, hold for 10 seconds then release.

Lie or sit for a moment allowing your body to be totally relaxed.

Have your child/youth notice what it feels like when their body is relaxed.

Hope these tips are helpful. The best thing that you can do is practice relaxation techniques every day with your family to build coping skills and to have calmer, happier children, youth and families. Enjoy!

