



# March News From Wandering River School

This year we are working on a monthly character trait theme throughout the school. The Wandering River Husky has generously offered to reward a few students each month for working hard on the monthly trait.

From September to December we focused on being brave, kindness, patience, and gratitude. **The students who were chosen for being good examples of these traits are: Jenna, Landen, Nadia, Cassidy, Dawson, and Zoey!**

In January we focused on respect and February we focused on friendship. **Ryder and Sophie were chosen for January and Jazsmin and Kadence were chosen for February!**

**CONGRATULATIONS!**

Our focus for March will be on Perseverance.

Pink shirt day was on February 24<sup>th</sup> this year. The school purchased a new pink shirt/hoodie for each of the students and staff. The students built a kindness quilt where they made a pledge about what they are going to do about bullying. The school also purchased each student a pink milkshake and Burger King donated a hot apple turnover for each of them.

**Thank you Nelia!**

Throughout the month the students and staff have also been writing messages on hearts about Random Acts of Kindness. The display in the hallways has grown into a large heart shape. Good work everyone!

We have purchased 10 new Chromebooks for our students, thank you to our PAC. We realized how much more effective the Chromebooks are compared to the iPads, when we were learning online. This purchase will allow for all students in K-6 to learn how to use a Chromebook and to use it to complete some of their assignments



Thank you to A&W and the Wandering River Husky for your monthly donations to our school. Also thank you to Colin and Doug Hankinson for keeping our walking trail plowed so that we are able to enjoy a daily walk throughout the winter.





# March News

## From Wandering River School



Preschool and Kindergarten Registrations are opening soon! **Kindergarten Registration** begins on March 8th. If your child will be 5 years old by December 31<sup>st</sup> they will be eligible for Kindergarten for the 2021-2022 school year.

**Preschool Registration** begins on March 22<sup>nd</sup>. If your child is 3 or 4 years old they will be eligible for Preschool for the 2021-2022 school year.

Postcards will be mailed out and also watch for posters on details about open house dates and other welcome events.

Starting on March 1<sup>st</sup> we will be taking our students skating on Mondays and Wednesdays. Mr. Tynan has graciously offered to open the skating shack for the school students to use. Thank you! The shack will be sanitized between the classes/cohorts to keep within the COVID guidelines. The students are very excited for skating to start. Parents please ensure that your child packs their skates and helmet in a cloth bag (grocery bag, backpack, etc.) that they are able to carry. Each student must carry their own supplies. Also each student must have a skating helmet, bike helmets aren't allowed. Please also ensure your child has long socks on, to avoid blisters!

Thank you!

March 10<sup>th</sup> is the deadline to request a transfer to the Learn Together Anywhere program. Please contact Mrs. Iversen before the 10<sup>th</sup> if you are planning on switching your child/children to the LTA program.



### THANK YOU TO ALL OF OUR PARENTS!

Thank you for continuing to follow our daily screening and keeping your children home as soon as symptoms arise.



# March News

from

## The K-3 Class!

In February we were finally able to celebrate our 100<sup>th</sup> day of school. The K-3 students took part in a number of fun activities (fruit loop necklaces, beaded necklaces, crowns, 100 exercises, coloring and art activities, as well as a scavenger hunt for the numbers from 1-100!) Our events actually carried over to the next day as well and some students worked on a few activities throughout the week.

We are working on a class reward system in our classroom as well. The students earn beads for being positive, kind and calm, displaying our monthly character traits, working hard, etc. We will have 3 different reward goals to celebrate their success.

We are excited to be able to soon have Chromebooks for all of our class to use. These will be a great advantage for all of the students to improve their technology skills as well as to enhance their learning!



**Please remember to:**

- dress your child for the weather
- continue with daily home reading
- send an extra change of clothes (spills and accidents happen daily and it is getting wet outside!!)
- send a water bottle each day



# READ

20 MINUTES A DAY

STUDENT A  
reads at home

20  
min/day

STUDENT B  
reads at home

5  
min/day

STUDENT C  
reads at home

1  
min/day

THEY WILL HEAR

1,800,000

282,000

8,000

WORDS PER YEAR

THEY WILL HAVE READ FOR

851

212

42

HOURS BY 6TH GRADE

AND ON STANDARDIZED TESTS,  
THEY WILL LIKELY SCORE BETTER THAN

90%

50%

10%

OF THEIR PEERS

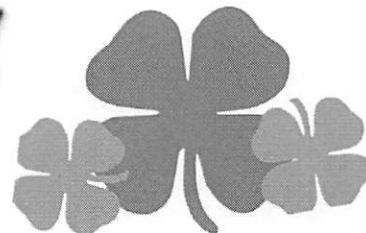
Source: <http://neadbbq.org/2014/01/19/read-20-minutes-a-day/>

We have started a goal to collect a jar full of marbles. Every time that we demonstrate positive mindsets, respectful teamwork, and hard work some more marbles are added. Once the jar is full, or class is going to have a store day. Everyone will be able to purchase various treats and prizes that Mr. Wiebe has been collecting since the beginning of the year!



## March News from the 4-6 Class!

IT'S MARCH  
ALREADY??



Way back in February I announced that we had a home reading goal to read for at least 20 minutes a day at home – which also included myself. This has proved to be a greater challenge than I expected, so I have challenged students – and myself – to start with simply reading for 5 minutes a day. Hopefully as we build good habits in small increments, we achieve our goal of reading 20 minutes a day at home very soon! Please continue to encourage your children to read daily: it is the most important skill that we all need to practice and nurture!

Our science units of Electricity and Flight are going strong, and so is our focus on multiplication! I encourage you to ask your children about some of the ideas and facts that we have already learned about in both subject areas!

Last month we broke out the snowshoes and cross-country skis as the weather got a little bit nicer, and we have all been enjoying these activities during Phys. Ed. and recess. Starting March 1<sup>st</sup>, our class will also go skating at the rink on Mondays and Wednesdays. Please remember to send skates a proper helmet on these days so that everyone can participate! If you have any questions or concerns, feel free to call the school, or email me at [garth.wiebe@nlsd.ab.ca](mailto:garth.wiebe@nlsd.ab.ca)

## SLEEP HYGIENE

### Inclusive Education: Promoting a Sense of Belonging for ALL Learners

*Healthy sleep habits can support our children in many ways. Children need a good nights rest to support concentration, learning, memory, managing emotions, mood, self-esteem, improving their immune systems and supporting their growth and metabolism.*

- **Turn down the lights in the evening.** This helps the brain get ready for sleep.
- **Stick to the same bedtime and wake time everyday, even on weekends.**
- **Try to use your bed for sleeping only.** Using your bed for other activities like watching TV, playing on a tablet or playing with toys makes it hard for your brain to associate your bed with sleep, which will make it difficult to fall asleep at night.
- **A child's bedroom should be quiet, dark and cool.**
- **Cuddle up with a stuffed animal or soft blanket.** Security objects can help children feel safe when their parent/guardian(s) are not there. Allow children to select a doll, toy or blanket to comfort them at bedtime.
- **Establish a relaxing bedtime routine.** A predictable series of events should lead up to bedtime. This can include bathing/showering, putting on pyjamas, brushing teeth and reading a story.
- **Help Children Relax before bed.** Before bedtime relax by listening to soft, calming music, reading a story or doing some deep breathing. Avoid activities that are alerting right before bedtime. This includes screen time (TV, tablet, computer, video games) and physical activity.

#### How Much Sleep Do Our Children Need?

- ◆ Preschoolers (Age 3-5) - 10—13 hours a day
- ◆ School-Aged Children (Age 6-12) - 9—12 hours a day
- ◆ Youth (Age 13—18) - 8—10 hours a day

Source: Recommended amount of sleep for pediatric populations, from the American Academy of Sleep Medicine, 2016





## SLEEP HYGIENE

**Inclusive Education: Promoting a Sense of Belonging for ALL Learners**

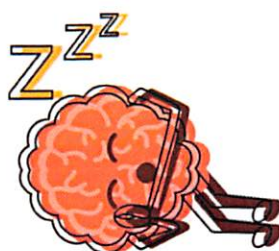
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### SCREEN TIME AND SLEEP

The light from TV, tablet, phone and computer screens alerts the brain and makes it hard to sleep. Health experts recommend that children (and adults) stop looking at screens 2 hours before bed.

### Strategies to help set boundaries around screen time:

- **Establish expectations and routines around screen time.**
  - As a family, discuss when everyone is allowed to use electronic devices. What times and settings are appropriate?
- **Set a timer 2 hours before bedtime.**
  - When the timer goes off, get children to put their screens away. You can also download apps that will lock the device at a chosen time.
- **Storing electronic devices in a location outside of their bedroom may help children feel less tempted to use the device.** Out of sight, out of mind!
- **Teach children about the importance of sleep for their health and the impact screen time has on their sleep quality.**
- After your children put their screens away for the evening, give them opportunities to engage in other activities they enjoy. Some activities may be family games, reading, baking, or going for a walk/ bike ride.



# Wandering River School—March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 PAC Meeting @2:45	3	4	5 Family Friday	6
7	8	9	10	11	12	13
14 Daylight Savings Time (clocks forward)	15	16 Parent/Teacher Interviews	17 St. Patricks Day Wear Green 	18	19 Family Friday	20 First Day of SPRING!! 
21	22	23	24	25	26	27
28	29	30	31			