# April News from The Wandering River School

Spring Break has arrived and hopefully the spring weather will also stay.

This month our focus, in March, has been on Perseverance. It has been great to see so many students pushing themselves through things that are a struggle for them. Great work! **Hunter C, Zachary, and Markus were chosen for March!**

**CONGRATULATIONS!**

After spring break our focus will be on tolerance.

**Thank you**

- We would like to thank the school council for the Easter baskets and treats for the students. Thank you to Gary and Shayla Cromwell for picking up all of the goodies.
- Thank you to the Wandering River Husky and also to A&W for you generous monthly support.

**After Spring Break**, please continue to follow our daily screening and keep your children home as soon as symptoms arise!

**Kindergarten and Preschool Registration is now open! Please contact the school (780-771-3939) for more information!**

**Happy Easter and enjoy the Spring Break! Lisa Iversen ☺**

123 Learn Curriculum

# April News

## From the K-3 Class

Wow Easter is already here! The kids are SO excited for the arrival of the Easter Bunny! We have been busy working on Easter activities and crafts, and most of the kids are very excited for our Spring Break!

We have wrapped up our Building Unit and I have one last challenge for the students. The students will have a chance over Spring Break to build a boat, with a sail, and we will get to test them when we return to classes. I am hoping there may even be a puddle that we can test them in.

In Language Arts we are continuing to practice our reading and writing. We are really focusing on using proper printing and printing the proper sizes. We have wrapped up our Easter Theme and we will be moving onto a Spring theme. We are working on being more independent with our writing and some students are working on adding more description to our writing. I am hoping the weather will cooperate and we will be able to have a few classes outside, writing about spring and everything that involves.

The Kindergartens are continuing to work on their letters and will now be focusing more on the sounds each letter makes. They are also excited to be learning about shapes and enjoy having time to be creative and build with different shapes.

Parent reminders:

1. Continue with daily home reading.
2. Please send extra clothes as it will be very wet after Spring Break. Also students can start wearing splash pants and hoodies/spring coats if the weather continues to cooperate.

# April News from the 4-6 Class

We have finished reading our novel study book "Hatchet"! Everyone is in the process of writing a newspaper article on thirteen year-old Brian's experiences living in the wilderness alone with nothing but the clothes on his back, and his Hatchet attached to his belt. We cannot wait to share our "Class Newspaper" with all of you once our writing is published! We have a lot of topics still to cover in math class, so we will be a little more flexible with our class schedule as these last 3 months of school start unfolding before us.

Our class is about 30 marbles away from getting our store day! This day will include a time for students to purchase prizes using the Wiebe Bucks that they have collected since the beginning of the year! Our class gets marbles when everyone is demonstrating respect, positive attitudes during activities, and perseverance when it is time to do class work!

We are going to be wrapping up our Science units on Flight and Electricity mid-April! Our next unit will focus on Nature! Grade 4 and 5 students will then start learning about weather and wetlands, and Grade 6 students will be learning about forests and sky science!

I hope that everyone has a terrific Spring Break! Enjoy your time with your families, and remember to stay safe and healthy! Please continue to encourage your children to read every day at home, and don't forget to enjoy some fresh air and the spring weather!

# Family Influence on the Sleep Behaviours of Children and Youth

According to the **Canadian 24-Hour Movement Guidelines** for Children and Youth,[1] **5- to 13-year-olds require 9 to 11 hours of uninterrupted sleep per night** and **14- to 17-year-olds require 8 to 10 hours per night,** with consistent bed and wake-up times.

## B

**The 2020 ParticipACTION Report Card on Physical Activity for Children and Youth[2] gives a grade of B for sleep.**

**70% of school-aged children and youth in Canada are meeting the sleep duration recommendation.**

Often the importance of sleep is overlooked, especially when compared to other movement behaviours, however there are many benefits to a good night's sleep including:

1. Improved cognitive functions and moods
2. Maintaining a healthy body weight
3. Increased energy to help you stay active

**The 2020 Report Card and resources are available online at participACTION.com/childrenandyouth.**

## Tips for Healthy Sleep Behaviours

- ☑ **Encourage regular bed and wake-up times, even on weekends**
- ☑ **Establish a consistent bedtime routine** (e.g., bathing, brushing teeth, reading)
- ☑ **Get active regularly during the day**
- ☑ **Keep cell phones, computers, TVs and video games out of the bedroom**
- ☑ **Keep bedrooms comfortable for sleeping – dark and cool is best**
- ☑ **Avoid consuming caffeine or heavy meals too close to bedtime**

**Reclaim family time as active time by participating in the Active Family Pledge!**

VISIT participACTION.com/familybetter for all the details!

PARTICIPACTION
Everything gets better when you get active.

DISCLAIMER: While it is important to step, sweat, sleep, and sit the right amounts each day, all Canadians should follow their respective public health authority recommendations. Changes in circumstances after the time of publication may impact the accuracy of the information.


REFERENCES

1. The 24-Hour Movement Guidelines for Children & Youth. (2016). Canadian Society of Exercise Physiology. *https://csepguidelines.ca/children-and-youth-5-17/*
2. The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth. (2020). ParticipACTION Report Card on Physical Activity for Children and Youth. *https://www.participaction.com/en-ca/resources/children-and-youth-report-card*

# Wandering River School - April 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | | | 1 | 2<br>Good Friday | 3 |
| 4<br>EASTER! | 5<br>Easter Monday | 6 | 7<br>Spring Break | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16<br>Puddle Day (weather permitting) | 17 |
| 18 | 19 | 20 | 21 | 22 | 23<br>Spring Surprise | 24 |
| 25 | 26 | 27 | 28<br>A&W lunch | 29 | 30<br>Family Friday | |