

APRIL 2023



# SOUTH BRANCH NEWS

Believe-Achieve-Succeed



## PRINCIPAL MESSAGE

### SCHOOL UPDATE

#### Welcome April Showers!

We are excited for the Spring weather to appear and take the snow from our yard so we can play more freely. Just a reminder that while our yard thaws, we encourage rubber boots and an extra pair of socks to keep our feet dry. It is more fun to enjoy the outdoors when we are dressed to play. Thank you to our School Council who has donated \$300 to purchase some new spring toys for our students to enjoy at recess.

### SPRING CONCERT

Spring Concert will be Friday, May 5th to celebrate Education Week either at 10:00 a.m. (A-L) or 1:00 p.m. (M-Z). Please remember space is limited.



Open House



On Thursday, May 4 we will be hosting our Spring Open House from 4:30-6:00 p.m. Students will be able to tour their families through our school to showcase some of our great learning. Our Scholastic Book Sale will also be open during this evening for parents to shop with their children. We hope to have a Story Walk again outside that will end in our refreshment area. We hope to see you there!

## Reminders from the office:

- Please remember to call the school prior to 2:00p.m to have your child added to the pick up list. This reduces class interruptions and end of the day chaos.
- When an emergency occurs, we need to be able to reach parents/guardians. Please ensure we have your most recent cell phones and emergency contact information in the event you cannot be reached.

## DAILY SCHEDULE

9:15-9:25 ARRIVAL

9:25-11:55 INSTRUCTIONAL BLOCK & SNACK

11:55-12:35 BREAK

11:55-12:15 EAT (GR.3/4-6) (K-2/3) RECESS 12:15-12:35 RECESS (3/4-6) (K-2/3) EAT

12:35-1:55 INSTRUCTIONAL BLOCK

1:55-2:35 BREAK

1:55-2:15 EAT (GR.3/4-6) (K-2/3) RECESS 2:15-2:35 RECESS (3/4-6) (K-2/3) EAT

2:35-3:40 INSTRUCTIONAL BLOCK

3:40 BUS DISMISSAL

3:45 PICK UP /WALKERS

IF YOU HAVE ANY QUESTIONS REGARDING THE SCHOOL, PLEASE EMAIL YOUR CHILD'S TEACHER OR THE SCHOOL. WE DO NOT MONITOR FACEBOOK FOR MESSAGES/COMMENT THREADS.



# Healthy Sleep Routines

How much sleep does my child need?

Age 1-2 years 11-14 hours

Age 3-5 years 10-13 hours

Age 6-12 years 9-12 hours

Age 13-18 years 8-10 hours



Children and youth who get a good night's sleep experience many benefits including feeling more energized during the day and being better able to concentrate and learn. A well-rested mind is better able to make positive decisions, problem solve, and manage stress, but with all of the demands of our busy lives, it can be easy for families to fall into a pattern of poor sleep habits.

With patience and practice, your family can make positive changes to sleep routines that will promote overall wellness.

Six tips for avoiding sleep and wake time struggles:

**Gradually work toward desired bedtime:** Try adjusting bedtime by 15 minutes every night (or over a few nights) until the target bedtime is reached. Drastic changes are likely to be heavily resisted and unsuccessful.

**Focus on wake-times:** It can be easier to get children out of bed than it is to get them to fall asleep. If this is the case, focus on waking them up earlier in the morning. Earlier mornings can result in feeling more tired and ready for bed in the evenings leading to a 'reset' of their sleep schedule.

**Have a tech curfew:** Decide on a time for your family to turn tech off. Children will often want to stay up to use gaming systems or other devices. These devices stimulate the brain making it difficult to settle or feel tired.

**Problem-solve a wake-up routine with your teen:** Try talking about a wake-up routine that might work best for your child. Maybe they want to wake up to their favourite music? Or they can try putting the alarm clock across the room, so they must get up to turn it off? Children are more likely to follow-through with ideas that are theirs. **Be firm with sleep schedules:** Be consistent so children will be less likely to protest at bed or wake time. Try choosing one sleep schedule to stay firm on to begin with – either bedtime, or wake-time.

**Communicate the benefits of getting a good night's sleep:** Don't simply tell children and teens that they have to go to bed – explain why sleep is important. For example, let them know how keeping to a regular sleep schedule will contribute to better performance at school or sports, and help them manage stress.

Learn more about developing healthy sleep patterns at <https://keltymentalhealth.ca/sleeping-well>

## POPCORN



## DAYS



We will hop into the Easter weekend with our next Popcorn & Bunny Ear Day on April 6. The final popcorn day will be May 19. The proceeds from this fundraiser will support classroom educational experiences.

Pappa Jack snack size popcorn will sell for \$2.00 a bag and will be sold in the following flavours: Butter, Dill Pickle, White Cheddar, Salt&Vinegar or Sweet & Salty (dairy free option). NEW FLAVOUR: Kaboom

### Our Voice counts....



**School Council Meeting**  
**\*Tuesday, April 11 @ 6:30**  
**p.m**



**TIGERS!**

# APPRENDRE AVEC MOI

## • LEARN WITH ME •

 **TUESDAY**  
18 APRIL

 **TIME**  
6:30 PM

 **LOCATION**  
LEARNING COMMONS

**KRISTINA LAPERLE, B.A., M.Ed.**  
GUEST SPEAKER,  
PRESIDENT, CPF - OTTAWA CHAPTER

### HELP WITH FRENCH HOMEWORK - EVEN IF YOU DON'T SPEAK FRENCH!

THIS SESSION WILL GIVE YOU SOME TOOLS AND STRATEGIES TO HELP YOUR KIDS WITH HOMEWORK AND TIPS ON WHAT IS AVAILABLE IN THE COMMUNITY AND THROUGH ORGANIZATIONS TO ENSURE YOUR CHILD'S EXPERIENCE LEARNING FRENCH IS A SUCCESS! RESOURCES FOR BOTH CHILDREN AND PARENTS ARE AVAILABLE.



**REGISTER TODAY!**



**SCAN ME**

