# THE CHESTER R ONNING CHEW

MARCH 2020

Website: <u>www.brsd.ab.ca/school/cronning</u> Calendar: <u>https://cronning.brsd.ab.ca/about/calendar</u>

### Messages from Mr. Lansing

The arrival of March always marks an exciting time in the school year! Of course, there are the fun events like St. Patrick's Day on the 17th, then spring officially arrives just a couple of days after that and Spring Break takes place from the 21st to the 29th, so there are lots of things to look forward to this month! But March is also an important month for elementary schools across Battle River School Division because our second reporting term is upon us. Students and teachers at CRS have been working very hard on achieving learning objectives throughout the year and it is finally time to once again celebrate their achievements! Our teachers have been tirelessly completing assessments and composing feedback, which will be shared through progress reports on Monday, March 16. We also would like to invite you to join us for student-led conferences during the scheduled times on March 19th. At this time, students will have a variety of activities,

demonstrations and samples of their work to share with you so that they can proudly show off some of the things they have learned so far this year. Teachers

and administrators will also be available for brief conversations during these times. We hope to see you there!

Another important detail to share is the return of Mrs. Carly Olson! Mrs. Olson returned to CRS from maternity leave on March 2nd and is taking over Homeroom 5B where she will be working with many of the students she taught last year in grade 4. We are so glad that Mrs. Olson's children have let her return to work, please join us in welcoming her back!

I hope that March is a terrific month for all of you!

Yours in education,

**Reid Lansing** 

## **STUDENT LED CONFERENCES**

Chester Ronning School will be hosting Student Led Conferences on Thursday, March 19.

Student Led Conferences allow our students to share their work, demonstrate their learning and celebrate their accomplishments with you. The conference is also an opportunity for you to ask your child about their school and classroom.

### March Calendar Dates:

4 – Gr. 4 & 5 trip to see Little Shop of Horrors.

5 - Early Dismissal - 2:20 pm. 80's & 90's theme day.

6 – **No school for students** – staff collaboration day.

- 10 ATB banking day
- 11 Gr. 4 Ski Trip

12 – Tentative delivery of Little Caesar's pizza orders

- 13 Hot lunch Panago Pizza
- 16 Report Cards go home!
- 18 School Council meeting 6pm
- 19 Student-Led Conferences 3:30-8pm
- 20 Hot lunch Subway
- 23-27 School is closed Spring Break
- 31 Assembly 9am

### April Calendar Dates:

- 1 KMW and KED Grad photos
- 2 KTT Grad photos; Early Dismissal
- 2:20pm

It is <u>essential</u> for your child to attend the conference with you. Students will be leading parents/guardians through a set agenda *(approximately 30 minutes in length)*.

There will be several students and their parents conferencing at the same time. Teachers will be circulating throughout their classrooms to offer assistance and answer any questions.

Your child needs your undivided attention for this activity. Supervision will be available for <u>school</u> <u>age siblings</u> in the library while students participate in their conference.

## PINK SHIRT DAY

I just want to remind everyone of a few things. First of all, really try to be good to each other.

Don't blurt what might hurt!

It's way more fun to come to school when people are smiling and being kind.

But, we can't control what everyone does and sometimes people are going to be rude or mean. When that happens, it's important to not let it get you down.

Remember that happiness starts with you, so go be your beautiful self!

Love life and it will love you back!

And always remember that a bad day can happen but it's still a good life!

Thank you for listening! Savannah S.





## PREVIOUS FUNDRAISER ITEMS AVAILABLE

We have some remaining boxes of chocolates and X-Treco cloths available for purchase online. Here is the link and more details. <u>https://www.studentquickpay.com/brsd/</u>

## KINDERGARTEN REGISTRATION

We are taking registrations at our school for any student who is 5 by December 31, 2020 for our Monday/Wednesday and Tuesday/Thursday Programs. Families must be in our attendance area to register. We also need a copy of the birth certificate as part of the registration package. You can find the forms here <a href="https://www.brsd.ab.ca/learning/pre-k-and-kindergarten">https://www.brsd.ab.ca/learning/pre-k-and-kindergarten</a> or in our office. Please encourage any families in the community to register as soon as possible.

## Addiction & Mental Health News

#### March 2020

## BE KIND TO YOURSELF

You are allowed to say no. It's ok to ask for help. You are important - you matter. Put yourself first.

Set healthy boundaries.

#### 5 WAYS TO SELF-CARE:

Connect – with the people around you.

Keep Learning – try something new or discover an old interest.

Be Active – in a way you enjoy!

Take Notice – of the world around you.

Give Back – do something good for others.

Self-care is about making decisions and taking action in the interest of your health.

Go outside.

Listen to music.

Make time for simple pleasures: a bath, cup of tea or phone call with a friend.

Laugh!

AND A DOWN

Practicing **GRATITUDE** can help you feel good.

Write a thank you note to someone.

Write a list of great things about your day.

Take pictures of things you are grateful for.

Give thanks for the abilities you do have.

#### MORE RESOURCES

https://www.albertahealthservices.ca/news/Pa ge13125.aspx

https://myhealth.alberta.ca/health/pages/condi tions.aspx?hwid=abl0225&#abl0226

Information on mental health, community supports, programs and services in your area:



Q MyHealthAlberta.ca

1-866-332-2322 Mental Health Help Line 1-877-303-2642

Addiction Services Help Line

811 Health Link

