



CHESTER RONNING SCHOOL NEWSLETTER



February – March 2022 Newsletter

A Message from Mr. Lansing

It always surprises me when I find that March is upon us! This year, it seems that we have already enjoyed a sneak-peek of spring-like weather and I will personally be hoping that it continues! On Thursday and Friday this week, teachers at Chester Ronning School and across the school division will be busy engaging in learning during our Teachers' Convention, which is another sure sign that spring is around the corner and that we are already well into the second half of the school year. I hope that families will be able to take advantage of the mini-holiday created this weekend by the Teachers' Convention and the Family Day holiday on Monday!

I think it was at this same time last year that my newsletter message reported that the construction of our new school building was on track for a Fall 2021 move... Obviously, that was an error! However, our staff was finally able to tour the new building on February 3rd and we now expect to welcome students into our new home immediately after Spring Break, at the beginning of April. We look forward to welcoming our larger school community into the new building shortly thereafter - stay tuned for more details!

Also, despite the announcement that students are no longer required to wear masks in common areas, we actually just received another shipment of masks and rapid tests from the provincial government. We will distribute the rapid tests to the same families that received them from the first shipment but we will not automatically send masks home with students this time. We certainly will continue to support students who choose to continue wearing a mask at school and, if you would like another supply of masks for your child, please contact the school office or the homeroom teacher.

Thank you and take care,
Reid Lansing, Principal

THANK YOU

Camrose Co-op for donating 5 huge cases of Hey Clay to our students! See some pictures of creations on the last page!

WELLNESS

Our wellness focus this term has been on the importance of mindful breathing, with last semester's focus on the importance of sleep. Although looking at these wellness topics separately is necessary, it's more impactful to understand how these concepts can be connected. Here is a visual with some resources in combining the importance of mindful breathing with getting a good night's rest. Does your child have difficulties getting to bed? Do they struggle with staying asleep throughout the night and getting enough sleep? We hope there is something here that can be helpful and of some use to you! [Breathe well and sleep well.](#)

Combining Mindful Breathing to a Good Night's Rest

Deep breathing in and out can help children relax. Bubble-blowing can help your child practice deep breathing.

At bedtime, get your child to relax their shoulders. Ask your child to breathe in for four counts (count, "One rabbit, two rabbit, three rabbit, four rabbit"). Ask your child to hold the breath in for four counts.

Ask your child to breathe out for four counts. Ask your child to hold the breath out for four counts. Repeat up to four times. Tell your child that deep breathing gets easier with daily practice.

Try these free apps for guided relaxation: Serenity, Smiling Mind

"When you're calm and not distracted, you can fall asleep more quickly and with less help"
-Dr. S. Mitchell

Recommendations for a better sleep for your child:

- Establish a similar routine each night, even on the weekends (ex. light playtime, warm bath or shower, brush teeth, story)
- Keep bedroom temperature between 18 to 21°C; pajamas should be breathable
- Eliminate as much noise and light in their bedroom
- No screen time 1-2 hours before bedtime
- Read a bedtime story to allow their brain to relax
- Stick to the routine to create safety and predictability for your child

KINDERGARTEN REGISTRATION

Registration is now open for students who will be 5 by Dec. 31, 2022 and who live in our attendance boundary – we invite you to view the link and register as soon as possible! [Details Here.](#)

HEALTH INFORMATION

*Lifting Restrictions – [BRSD Message](#)
****Please continue to use the Daily Checklist** and let us know the reason your child is away. [Daily Checklist](#) – please review this daily with your child. Page 3&4 is for children under 18. [AHS Assessment Tool](#) – Use this if your child is unwell and you aren't sure what to do. [Medical Baseline](#) - If your child has asthma or allergies that present as similar symptoms to Covid-19, please use this form along with a doctor's note.

COMMUNICATION

Our [website](#) is the best source of information – our [newsletter page](#) has new items posted and grouped together by month, new announcements and updates are posted in blogs on our homepage, Mr. Lansing, posts on our [Principal's page](#). Additionally **BRSD** and our school office communicates messages through School Messenger. You can sign up by texting "yes" to 978-338. (standard text message and data rates may apply.) Each homeroom teacher may also have a communication method they will share with you.

NEW SCHOOL UPDATE

As you know, plans have changed a couple of times. Completion of the building has been affected by supply chain issues that delayed the arrival of various items and COVID has slowed everything down. Representatives from BRSD continue to work with the contractor to determine when the building will be ready for students and staff to move in.

We've now set Spring Break as the move-in target. **The plan is for Chester Ronning students to be excused from school on Thursday and Friday, March 24 and 25.** School staff will use those two days to set up classrooms and other areas of the new school while students are not at school and then everyone will have Spring Break from March 28 to April 1.

The goal is for students and staff to **start school in the new building on Monday, April 4.** We will share more details about that first morning when we are closer to the date. We also intend to welcome parents into the new building for tours quite soon after the move, so watch for more information on that as well.

CAMROSE CO-OP HEY CLAY DONATION





Camrose Police Service first started their School Resource Officer (S.R.O.) Program in 1996. The main goal of the S.R.O. program is to maintain safety and build healthy relationships with students, teachers, and parents in all 10 schools in Camrose.



Camrose Police Service has the pleasure of introducing our new C.O.R.E. Facilitators. These Police Officers have been specially trained to deliver the C.O.R.E. Program to the grade 3 and 6 students in Camrose. They will be spending time in uniform at various classrooms throughout the city of Camrose, teaching youth how to strengthen their 'core' so they can better serve the community. The C.O.R.E. Program was developed by Camrose Police Service with careful research and consideration into what the youth of Camrose need in order to succeed as healthy members of our community. The main focus of the program is to create strong, resilient youth who are committed to staying strong and healthy at their 'core' which includes their body, mind, and spirit. Students focus on four main areas of their lives that create the acronym C.O.R.E.

Kindness Activities linked here

FEBRUARY 2022 - KINDNESS MONTH ACTIVITIES PUT THE "I" IN KIND.

- Random Acts of Kindness (RAK) Challenge:** Read each [day's calendar suggestion](#) to your class, or the school over morning announcements, and inspire staff and students to participate in a RAK challenge.
- Social Media Role-Model:** Show how you are putting the "I" in KIND! Share a video of yourself doing something kind on social media to inspire others. Tag BRSD MHC on Twitter, Instagram or Facebook so that we can repost.
- Post Kindness Messages in Your School:** [Print and post these posters](#) to help create an environment to recognize "Kindness Month". Encourage students to get creative and make their own posters with the [poster template](#) included.
- Kindness Month Bookmark Activity:** Give your students practice in putting the "I" in KIND! Have them decorate the [bookmark in this template](#) and write something kind on it to give to a classmate. Great for a learning commons or classroom activity.
- "Collage of Kindness - Put the "I" in KIND" Bulletin Board:** Help create a culture of kindness in your school by starting a ["collage of kindness" bulletin board](#) for students to share their ideas on how to put the "I" in KIND. With either sticky notes, or colored paper, gather kindness ideas from students, as a classroom activity and/or by leaving materials near the board from them to contribute with, throughout the month and stick or staple them on the board.
- Community Needs:** Do something to show your community kindness. You might work together as a school or class to collect food for the Food Bank, or mittens, toques and socks for the Open Door, make cheerful cards for a senior's home, pick-up garbage etc... The possibilities are endless! Looking for ideas? Visit the [Random Acts of Kindness webpage](#).
- Pink Shirts for #PinkShirtDay2022:** Encourage your school to wear pink on Pink Shirt Day, Feb. 23rd, to send the message that your school "Puts the "I" in KIND" and stand-up to bullying behaviours. Post a picture of your pink shirt wearers on social media to help raise awareness.



Caring for their body, mind and spirit in healthy ways.

Online safety and integrity.

Relationship with themselves (mental health), and others built on trust and respect.

Establishing and exploring their boundaries or healthy decision making.



Each C.O.R.E. Facilitator will teach seven lessons with a C.O.R.E. class at the grade three or six level. Each C.O.R.E. lesson will follow the 7 C's of the C.O.R.E. program which include cheers, cobra-chicken facts, check-ins, and cheesy chuckles. Students fill out a C.O.R.E. booklet and receive a C.O.R.E. certificate and prizes for participating in the C.O.R.E. Program. If you're not quite sure what a cobra-chicken is, we encourage you to speak to your child about the program. For more information about the S.R.O. or C.O.R.E. program please contact [Cst. Fernhout](#) or [Cst. Bennefield](#) at the Camrose Police Service. (780.672.4444).

AMH March

Addiction & Mental Health News

March 2022



The food and mental health connection

Good nutrition is essential for physical and mental well-being. Healthy food impacts mood, behaviour, and thinking.

Some tips to help your children eat healthy:

- Offer fruit & veggies more often
- Choose water to drink
- Start each day with breakfast
- Role model healthy eating
- Stock up on healthy snacks

Connect through food

Eating meals together is a great way to connect! Children thrive when they are connected to others.

- Involve your children in planning and preparing family meals
- Cook, eat, and share recipes with others
- Relax with your children over a meal and share the events of the day

Mindfulness and food

Learn about food choices and build a healthy eating routine with your children through mindful eating.

- Together, notice the flavors, textures, and smells of food
- Enjoy food at meal times by putting away distractions and taking your time
- Notice how you feel when you eat healthy food

Connect to traditions through food

Help your children gain a sense of connection through cultural food.

- Celebrate special occasions with cultural foods
- Share with your children the stories behind traditional food
- Together with your children, prepare and eat a new cultural dish and discuss its history and importance

MORE RESOURCES

[Ways to Wellness Eating Healthy Foods \(albertahealthservices.ca\)](#)

[Canada's Food Guide](#)

[School Age Nutrition on Vimeo](#)

We are the Camrose Softball Association, home of the Camrose Crossfire Softball teams! We have age groups from U7 to U19, playing games and practicing in Camrose, as well as travelling to other communities for games or tournaments in our older age divisions

Registration for 2022 is now open so please visit our website to register or to find more information!

WWW.CAMROSESOFBALL.CA

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



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



CALENDAR DATES

The full year BRSD calendar is [linked here](#).

Feb. 16 – Hot lunch – Panago pizza
 Feb. 17 & 18 – Teachers’ Convention – **no school**
 Feb. 21 – Family Day – **no school**
 Feb. 23 – Pink Shirt Day
 Mar. 1 – Grade 2 trip to the Lougheed Center
 Mar. 2 – 100th day of school
Mar. 3 – Early Dismissal @ 2:11 – theme day – Dress to Impress!
 Mar. 13 – Daylight Savings – Clocks change one hour ahead.
 Mar. 17 – St. Patrick’s Day
March 24 & 25 – no school for students. Staff transition to new school

Mar. 28-April 1 – Spring Break - no school.

Apr. 4 – Back to school in the new building. Details to come.
 Apr – 7 – Early Dismissal @ 2:11pm
 Apr- 14 – Report Cards go home
 Apr – 15 – Good Friday - no school
 Apr. 18 – Easter Monday – no school
 Apr. 23 – Pink Shirt Day
 Apr. 23 - School Council meeting @ 6pm
 Apr. 29 – Staff Collaboration day – no school.

Battle River School Division

2021-2022 School Calendar - Approved by BRSD Board January 28, 2021

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- Holidays (Schools Closed)
- Non-Instructional Planning Day (No School for Students)
- Professional Learning (No School for Students)
- First and Last Day of School for Students
- Day-in-Lieu of Parent/Teacher Interviews (Schools Closed)
- Teachers' Convention (Schools Closed)
- Schools Closed
- Staff Collaboration (No School for Students)
- Semester Break (Schools Closed)
- Staff Meeting (Early Dismissal)
- Last Operational Day (No School for Students)

Rationale
Professional Learning and Staff Collaboration Days - As an organization that learns, we are ensuring sacred time for staff professional development and skill enhancement, using research-based practice and opportunities for collaboration to support mastery of our Critical 2 priorities.
Staff Meeting Days - We have incorporated an early dismissal of 60 minutes on the first operational Thursday of each month beginning in October.