



RANDERSON RIDGE SCHOOL

April 2016 - Newsletter #9

Principal: Mr. T. Mazzei
Secretary: Mrs. K. Presotto
Phone #: (250) 758-5076



Dear Parents:

Our school continues to be a positive and productive place. As we move forward to the final two months of the school year many significant events and activities are being planned for our students. It is a busy time for students as they enjoy longer evenings, ball games and playing outdoors. Although students are engaged in a multitude of activities, it is important to keep your child(ren) focused on learning. Homework, daily review of concepts and skills and daily reading continue to be crucial. Making time each day to support your child(ren's) learning will help keep them on track until the end of June.

Sincerely,

Mr. T. Mazzei

DATES TO REMEMBER

April 15	Freezie Friday
Apr. 20	Popcorn Day
Apr. 21	Class Photo Day 9:00 a.m.
April 22	Freezie Friday
Apr. 29	Hot Lunch/Freezie Friday
May 2	School Track Meet
May 2	Kindergarten Dental Screening 9:00 a.m.
	PAC Meeting—7:00 p.m.
May 6	Welcome to Kindergarten 9:45-11:00 a.m./Freezie Friday
May 11	Popcorn Day
May 13	Pro D Day
May 16	Curriculum Implementation Day (school not in session)
May 20	Hot Lunch/Freezie Friday
May 23	Victoria Day
May 24	Zone Track Meet
May 27	Freezie Friday/PAC Fun Fair
June 1	Popcorn Day
June 3	Hot Lunch/Freezie Friday
June 6	PAC Meeting—7:00 p.m.
June 9	District Track Meet
June 10	Freezie Friday
June 17	Fun Day/Freezie Friday
June 22	Popcorn Day
June 29	Final Assembly/Last School Day

TAKING CARE OF OUR SCHOOL

As the weather becomes warmer and the night sky lighter, individuals may return to our Randerson Ridge School grounds after hours. If you see activities that are dangerous or destructive to the building or to others, please do not hesitate to call our police number or the school district security (250-741-9222). In this way we can ensure that our school grounds remain a safe place for everyone and our building remains secure.

PLANNING A MOVE?

If you are planning to move away from the Nanaimo area or are transferring your child(ren) to another school next year, please advise the office as soon as possible. Your co-operation greatly assists us in determining our numbers and school organization for the 2016-2017 school year.



WELCOME TO KINDERGARTEN

On May 6 at 9:45 a.m., there will be a "Welcome to Kindergarten" session at Randerson Ridge Elementary School for those children (and their parents) who will be entering Kindergarten in September. The purpose of this session is to share some fun activities, taught by Kindergarten teachers, that parents can do at home with their child. As well, participants will receive a "Welcome to Kindergarten" bag which contains magnetic letters and numbers, books, crayons, scissors, paper, glue, and more. If you have not registered your child for Kindergarten, please do so as soon as possible so you may take advantage of this terrific opportunity. An invitation will be e-mailed out.

♥ Welcome to
Kindergarten

CRIMINAL RECORD CHECKS AND VOLUNTEERS

All volunteers working in the schools and all volunteer drivers must complete a criminal record check in order to be permitted to work with students or drive students on field trips.

The Ministry of Justice, through their Criminal Records Review Program (CRRP) will conduct a vulnerable sector check **at no cost to you** through a streamlined online format. Once you are provided clearance through the CRRP, **the criminal record check clearance is good for a period of five (5) consecutive years** from the date of issue, unless a criminal offence should occur. We must inform you that if you happen to have the same combination of gender and date-of-birth as a known sex offender whose record has been suspended, you must then be fingerprinted to confirm your identity. This is a federal RCMP requirement that applies to all Canadians. You will be required to visit your local police agency for fingerprinting. **Note: There is a fee for this process which you will be responsible for.**

Please use the following web address to complete and submit the form for your criminal record check to become a school volunteer: <https://justice.gov.bc.ca/eCRC/home.htm> You will be prompted for the NLPS access code which is as follows: **Access Code: UQ4T7XXBHE**

Once you have completed and submitted the form for the online criminal record check, **please provide your school principal with your full name and date of birth.** Your results, once approved will be added to the district's database of volunteers. The district will then inform Mr. Mazzei of your approved criminal record check and he will inform you.

Thank you, on behalf of Randerson Ridge Elementary School, for supporting our school through your volunteerism. It is with your support that Randerson Ridge is able to expand curricular and extra-curricular opportunities for our stu-

Focus Virtue—COMPASSION

What is Compassion?

Compassion is having kind feelings toward someone who is hurt or troubled. It is caring deeply and wanting to help, even if you don't know them. It is being kind and forgiving to someone who has hurt you.

Why Practice It?

When people feel hurt or in trouble, they often feel alone. Feeling alone can make things even worse. Without compassion the world is a hard and lonely place. Being compassionate helps us to feel less alone. Compassion helps us to be understanding of others and ourselves.

How Do You Practice It?

Compassion begins by noticing when someone seems sad or troubled. Put yourself in their place and ask how you would feel if it were happening to you. Think about how you can help. Take time to listen, and then say kind things like "What are you sad about?" and "How can I help?" Be forgiving when others make mistakes. Be a friend when someone needs a friend.

What Would Compassion Look Like If?

- Your dog is caught up in his leash?
- A friend is confused about what the teacher said?
- Your mother is sick in the hospital?
- A new student is lonely and feels left out?
- Your father seems really tired after work?
- Your brother's best friend just moved away?

Signs of Success

Congratulations! You are practicing Compassion when you...

- Notice when someone is hurt or needs a friend
- Imagine how they must be feeling
- Take time to show that you care
- Ask how they are and listen patiently
- Forgive others when they make mistakes
- Do some service to help a person or an animal in need



MEND PROGRAM

The next MEND program will be running out of Fairview Community School (205 Howard Ave) starting April 25th on Monday and Friday evenings from 6-8 pm.

This Spring the City of Nanaimo is offering a fun, FREE program that empowers children and their families to become fitter and healthier. MEND (Mind, Exercise, Nutrition, Do it!) is a program for families with children ages 7 to 13 who are looking to lead a healthier lifestyle. Families learn about healthy eating and physical activity and parents get a chance to speak to other parents about issues such as how to deal with picky eating, too much screen time, and share healthy recipe ideas.

Families who complete the program will receive free passes to the recreation centres in Nanaimo to help them continue on their path to achieving a healthier lifestyle.

For more info or to register contact Kathy Gonzales, mend@nanaimo.ca, 250-756-5288.

REPORT TO PARENTS—I'M BORED

The first time your child says "I'm bored," you might well be caught off guard. After all, grown-ups get bored, but we don't expect kids under the age of 13 to be bored. But they do...or at least they say they do.

What do children mean when they use the "b" word?

Sometimes a child says "I'm bored" as an excuse for not trying. By acting bored, a child implies that he or she could do difficult work, but just doesn't feel like it.

How might a parent deal with this? Basically, you should continue to encourage your child to accept the fact that success does not always come right away...that, more often than not, you have to hunker down and do the hard work, whether you feel like it or not, if you want the rewards of success.

At other times, a child may feel uncomfortable when faced with "nothing to do." From wake-up to bedtime, many children's days are planned right down to the minute: when to sleep and when to get up, when to go from geography to lunch, and when to play ball or practice the clarinet. "I'm bored" may mean your child has some free time and simply can't decide on a way to spend it.

You can help your child cope with free time by arranging frequent opportunities for self-directed activity. In this way, little by little, you'll help your child get used to the idea that life is really not a totally organized experience and that he or she will often have golden opportunities to do some neat things when "there's nothing to do."

Boredom may be the "cool" attitude at school. Schoolmates may be encouraging your child to act bored in order to "fit in." However, such fads and attitudes don't last long. Your best response to them is to be tolerant, to exercise a gentle sense of humor, and to be ready to help your child move on to the next, less irksome fad, when its time arrives.

Sometimes a child is bored when the schoolwork is suddenly too easy. Our school tries to challenge every student every day, and for the most part we succeed. But every now and then a student will quickly grasp the information or skills being taught in a unit of study and may have to be patient while his or her classmates catch up. As well, a child who has transferred in from another school may complain that he/she has learned a concept already. We can't predict when or if these situations will occur; on the other hand, we shouldn't be surprised when they do.

Some children learn that saying "I'm bored" is a sure way to get their parents' attention. To every suggestion of something to do, the child responds to the parent with a "No" or an "I don't want to." This kind of Q & A can go on for an hour or more if you let it. But what's the reason behind it? Is your child really unable to agree on an activity—or has your child gained what he or she really wanted (and truly needs) after all: an hour of your undivided attention?

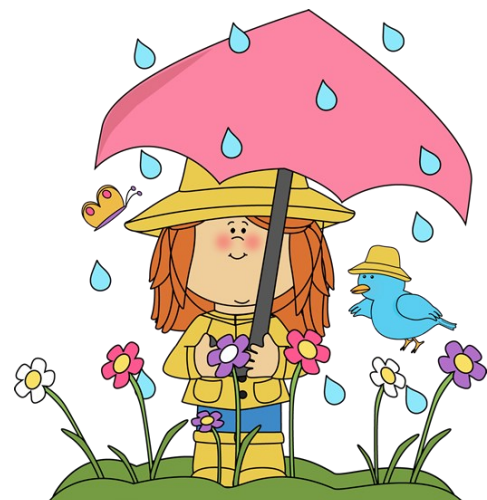
Hard work may seem boring and not worth the effort. Learning multiplication tables, for example, requires time and hard work. It may not be fun. Your child may ask, "Why bother learning that stuff, when I have a calculator?"

But learning basic skills, whether in math or reading is important because most of life's challenges do not have easy solutions. They require thought. Also the best time for your child to acquire the skills for clear thinking is right now, during these all-important elementary and middle school years.

Helping a child take responsibility for "boredom" contributes to his or her increased independence and maturity. Work with your child to make a list of things to do when "there's nothing to do": a jigsaw puzzle, folding clothes, arranging books or CD's in alphabetical order, tending to a coin/stamp collection or other hobby, etc. The school or community library will yield many more ideas.

In any case, parents need to be sensitive to a child's complaint that "I'm bored." Among other things, it may mean that the child is unrealistically expecting (or wanting) his or her life to be eternally exciting. But adults understand that a great deal of life is usually routine and that much of our happiness and satisfaction actually comes from doing humble, routine tasks well and doing them on time.

It's a hard lesson to teach as well as to learn, but the child who does learn it has a better chance of becoming a happier, well-adjusted adult.



TRACK AND FIELD

Track and field season is upon us once again. The Randerson Ridge School Track and Field Meet is scheduled for Monday, May 2nd and we are all starting to get ready. Students have been introduced to the various events in their PE classes in preparation for the meet.

For the school meet to run smoothly and successfully, we need as many parent volunteers as possible. Some of the jobs that parents will be asked to do are timing, place judging on the track, assisting at a field event, and overseeing students in the stands. The Grade 7 Parents will run the Rotary Bowl concession stand on May 2nd. In order to assist in planning, parents that are able to help are asked to return the tear-off portion below. It is understood that some parents are only able to help for part of the day. Please return the tear off portion to the office by Wednesday, April 27th so that schedules can be made.

Thank you in advance for your generous support!

Return by Wednesday, April 27th

Parent's Name: _____ Phone # _____

Student's Name: _____ Division: _____

Yes, I am able to help with the Randerson Ridge Track & Field Meet on Monday, May 2, 2016.

Time available (please check one)

_____ 9:15 a.m.—11:15 a.m.

_____ 11:15 a.m.—1:00 p.m.

_____ All day (9:15 a.m.—1:00 p.m.)

I am able to assist with the following:

_____ Judging/measuring for a field event

_____ Timing for a track event

_____ Recording results

_____ Concession (for grade 7 parents)

PAC NEWS

FUN FAIR! Friday May 27 5pm-8:30pm

The Randerson Funfair is shaping up to be EPIC this year! We will have Pony rides, a Giant Slide, Zorb Balls, Rock Climbing Wall, Bouncy Castles, Dunk Tank, Cakewalk, BBQ concession and so much more! Tell your friends and neighbours!

This is a big fundraising event for the PAC and so much fun for the kids; please help us make it a huge success. We will need volunteers for the funfair as well as donations of cakes/cupcakes for the cakewalk and donations of water, pop, juice etc for the ever popular bottle game. Watch for notices as even a little of your time makes a huge impact!

FREEZIE FRIDAY

A fun way to end the week! Freezies are available on Fridays after school outside the school foyer. \$1each

PAC Elections - we need help!

Next PAC meeting on Monday May 2 is also election night. There are a couple of positions coming open as we have several grade 7 parents leaving us. Please come out and see what the PAC is all about.

Due to a lack of volunteers, we have had fewer events and/or smaller events bringing in fewer funds this year. This means far fewer funds to allocate for our students. PAC funds pay for so many things:

- Computers, gym equipment, library books, earthquake kiosk stock, field trips and busses, classroom supplies, fine arts, health education, and so much more.

Our school and our students have been so very lucky over the years to have so many benefits and opportunities. Please, let's keep up the great work!

Popcorn Day \$1/bag—Wednesday April 20, 2016

Next PAC Meeting and Elections!

Monday May 2, 2016 at 7pm in the school library. We welcome all Randerson parents to attend!