

April Newsletter

Dear Wes Hosford Family,

I hope you all had a great spring break and a great Easter celebration.

Thank you to the volunteers that made our Family Dance such a success! It is a huge amount of work organizing tickets, theme, decorations, hot dogs, popcorn, photo booths, concession, silent auction, 50/50 raffle, set up and take down, DJs, music selections, etc. etc., etc.! They do it because they want our school to be a fun place to learn and to earn some much needed money to support our 1:1 technology!



On another note, daylight savings time can be tricky, especially after spring break. Sleep patterns are very important for children's growth and development! Please scroll to the end of the newsletter if you'd like to hear some of the research and tips for creating good sleep habits in your children.

Sue

Spring Concert for Grades 4-6

Our grade 4 - 6 Spring Concert is scheduled for Thursday, April 11 at 7:00 p.m. There is limited seating, so please ensure you book tickets for the evening. **A link will be sent out tomorrow to do so.** Each family will be able to book 2 tickets. Students in the concert do not require a ticket. Bookings will be open from April 3 to 9.

Tickets will be sent home with the child you indicate. Seating will be on a first come basis. Doors will open at 6:30.

If you or a guest has a walker or crutches, several aisle seats will have a "Reserved for Mobility Issues" sign on them. We cannot guarantee priority seating, or provide guests with mobility issues early access. Please consider having one family member wait in line and text individuals with mobility issues to let them know when they can make their way into the school.

Get ready for Kindergarten

Do you have a child registered in kindergarten next year? If so, make sure to attend Wes Hosford's upcoming Kindergarten Information Night on April 25th at 6:30. You'll get to:

- Visit the classroom;
- meet the teacher;
- gain insight on play-based learning; and
- see what a typical day looks like.

Kindergarten Information Night

Date: April 25

Time: 6:30

Location: Wes Hosford Elementary School
Learning Commons



To make the transition to school as smooth as possible, Elk Island Public Schools has put together a toolkit for families. The kit includes information about registration, important dates, programming options, what to expect, eligibility, finding your designated school, transportation and more. Find it at: [Welcome to EIPS Kindergarten](#).

Junior High Information Nights: Running April and May

Junior high schools across EIPS are hosting information nights for all Grade 6 students and their families—taking place in April and May. Make sure to attend to learn everything you need to know about the junior high programs at your child's school. Those who attend will also have a chance to:

- meet the teachers;
- tour the school and classrooms;
- learn about the upcoming curriculum; and
- ask questions.

FR Haythorne has their Open House on April 16th starting at 5:00.

At Wes Hosford, we have FRH visiting our grade 6s at 12:45 to talk about what to expect and to ease the transition. As well, we have Mental Health Capacity Builders from AHS coming to work with our 6s on April 19th for the same reasons. They will be soooo prepared! :)

Download the New My Ride K-12 App

The student transportation routing and planning software used by the Division is getting an app update! The new My Ride K-12 app, which is replacing Ride 360, helps families stay up to date on your child's bus schedules, route times and scans. Download My Ride K-12 from the App Store or Google Play by April 30.

For more information, [visit www.eips.ca/transportation/apps](http://www.eips.ca/transportation/apps). If you have any questions, contact Student Transportation at st@eips.ca or 780-417-8151.



Upcoming Events and Important Dates

- **April 3:** Early Dismissal
- **April 5:** Treat Day!
- **April 11:** Grades 4-6 Spring Concert at 7:00 in our school gym – ticket info to follow
- **April 12:** Hot lunch!
- **April 16:** Popcorn Day!
- **April 16:** FRH Open House for new grade 7s at 5:00
- **April 18:** Author Visit – Sigmund Brouwer
- **April 24:** Honour Choir Assembly
- **April 25:** Kindergarten Open House at 6:30
- **April 26:** Administrative Assistant Day! Show our Mrs. Snow some love! ♥
- **May 1:** Early Dismissal
- **May 3:** No School (PD Day for teachers)
- **May 9:** School Council and Fundraising Society meeting at 6:30
- **May 16&17:** No school
- **May 20:** No School

Protecting Our Children's Sleep

The following is some information from a session called "Sleepless in North America: Is this child misbehaving or missing sleep?" The info was so valuable, I thought I would mention it here.

Sleep and arousal are on opposite ends of the same continuum. Without adequate sleep children struggle to regulate their arousal system. They struggle to manage emotions, focus attention, process information, or perform as well.

When a child isn't sleeping it is a reflection of what's happening inside of their body. When they don't sleep it's not because they won't, but because they can't.

When we are in the "Green Zone" we are able to sleep because we have:

- calm energy
- steady heart rate
- the ability to focus and engage
- a calm kind of tired

When we are in the "Red Zone" we aren't able to sleep because we have:

- tense energy
- accelerated heart rate
- limited ability to focus and engage
- a tense kind of tired

To keep our children in the "Green Zone" we can remember the acronym TCCS or "Tired Children Can't Sleep" which stands for:

- T: transition activity such as dimming the lights, putting on pjs, brushing teeth....
- C: connect and calm to deactivate arousal system such as back rubs or reading a book...
- C: cue activity such as a lullaby, prayer, kiss, cuddle...
- S: switch to sleep by allowing the child to independently find the way that works for them

Every child has "off days". When it is due to sleep deprivation it can be noticed by adults because the child's most challenging behaviours become more obvious:

- arousal system is more activated (so more easily distracted, less patient, etc.)
- ability to regulate their emotions and responses decreases
- ability to regulate behaviour decreases

What interferes with a child getting enough sleep?

- Pre-bed screen time
- Inconsistent bedtime routine
- Stress/anxiety
- Time demands - sports, clubs, etc (ties in with bedtime routine)
- Technology - staying up and playing with iPods, phones, games...
- High expectations (ties in with stress and time demands)
- Illness
- Temperament
- Etc.

Obviously, many of these things are unavoidable and so, must be acknowledged and dealt with by trying to provide:

- Regular wake times
- Regular bedtimes
- Regular mealtimes
- Limited tv/video game/computer time in the evening as this is a stimulus
- Exercise in the evening
- No caffeine (colas, etc.)
- A warm bath as part of bedtime routine
- Exposure to morning light

-Limited scheduling of events that will disrupt normal bedtimes

As parents we all want to do what's best for our children, but with the realities of today's lifestyles, healthy sleep patterns can be a real challenge for parents. I think this sleep information offers some great suggestions!

If you try these out and you find they made a difference, I'd love to hear about it.

Average "Sleep Needs"

Toddlers (18-36 months)	11 hours plus a two hour nap
Preschoolers	11-12 hours
Kindergartners	11-12 hours
School age	10-11 hours
Adolescents	9.25 hours
Adults	8.25 hours

