



Ranchero Elementary School



Phone: (250)832.7018
Email: ran@sd83.bc.ca
URL: www.ran.sd83.bc.ca

January 8, 2019
Newsletter # 5

Respect, Responsibility, Compassion, Honesty & Fun

Principal's Message

Welcome back. We hope that all families had a relaxing, fun and enjoyable Winter Break. Many exciting activities took place at Ranchero Elementary in December. The Ranchero Christmas concert was a great success! The students did an amazing job of performing. The parent, staff and student support of the concert is greatly appreciated. Thank you again to Ms. Beach and Mrs. Robinson for your amazing work with the students in preparing for our concert and thank you to all Ranchero staff for supporting this very special school wide event.

I would like to thank Mrs. Montgomery, Ms. Major, Mr. Mueller and Ms. Turner for coaching our up and coming basketball teams. The students are eager and excited to play basketball. We are looking forward to lots of growth over the basketball season and it is great to see so many students wanting to play.

I would also like to thank Mrs. Seed for working with the Grade 3/4 class, as they have been training for the School District No. 83 Pirate Loppet. Practice days are January 10, 25 and 30. The Pirate Loppet is on Friday, February 1. Thank you to those parents that have volunteered to help on these days. This could not have happened without your help!

Sincerely,

Doug Cumming
Principal

Important Dates

A few things to keep in mind as we move through the month of January, February and March:

- January 10, 25 and 30 Mrs. Seed's class to Larch Hills
- January 8, 17 and 24 Primary Swim Lessons: Ms. Cooper and Mrs. Blair at 9 am and Mrs. Ms. Major and Mrs. Seed at 10 am
- January 14, 21 and 28 Miss Turner's and Mr. MacKay's classes to Silver Star – Returning to school at 4 pm
- January 24 Annual Family Sledding Party at 5 pm
- February 1 Pirate Loppet at Larch Hills
- February 14 Valentine's Day – wear Red or Pink to school
- February 15 Pro D Day – Students do not attend
- February 18 BC Family Day – Students do not attend
- February 27 Pink Shirt Day – Students encouraged to wear Pink to school
- March 4 – 8 Gymnastics lessons
- March 5 Ready, Set, Learn in Library at 1 pm
- March 15 Last Day prior to Spring Break
- April 1 School reopens from Spring Break

The school calendar can be found at: <https://ran.sd83.bc.ca/school-calendar/>

Family Sledding Party

On January 24, the Ranchero PAC will be hosting the annual Ranchero Elementary Family Sledding Party. The event starts at 5:00 pm and families are invited to come to the school and enjoy a hot dog dinner and some sledding on our epic sledding hill. Please be sure to return the response form that will be sent home this week by January 18, so the PAC can plan accordingly. We're looking forward to seeing many of your there.

Ready, Set, Learn

Ready, Set, Learn is coming to Rancho Elementary on Tuesday, March 5 at 1:00 pm in the Library. Ready, Set, Learn is a free early learning event for families and caregivers with preschool-aged children who are 3, 4, or 5 years old. All families who attend will receive free books and a kit of materials/resources to help support their children's early learning experiences. All families are encouraged to pre-register for the event by calling Rancho Elementary at 250.832.7018. The School District's early learning coordinator, Jen Findlay, will facilitate the event.



PAC News

All parents, with children in the public school system automatically become members of the school's Parent Advisory Council. Please feel free to join our next **PAC meeting on Monday, January 21 at 6:30 pm.** If you are interested in becoming involved with the PAC this year, please attend this meeting to show your interest and learn more about this vital part of our school community



Mother Goose at Rancho Elementary

For parents, their babies & young children having fun with rhymes, songs and stories. Free Snacks provided Drop ins welcome.

Wednesdays January 23 to March 13 from 10:00 to 11:00 am at Rancho Elementary School Music Room - 6285 Rancho Drive.

Call to register at 250-833-0164 ext. 9.

Unplug and Play in January

Did you know? :

- Children and youth get an average of **7 hours and 48 minutes** of screen time **per day**
- A preschooler's risk of obesity jumps 6% for every hour of TV watched per day, 31% if the TV is in their bedroom
- 1 in 4 Canadian children are overweight or obese.
- 90% youth fail to meet the daily requirements of Canada's Physical Activity Guide.

What to do:

Unplug, Play, and Become 'Screen Smart' Together



- Watch TV shows, play video games, and surf the 'net **WITH** your children. Talk about what they are watching and help kids question the messages and values communicated by the screen content. Make it a habit to inquire about what shows or movies they watched, or where to go on-line.
- Talk to your children about sexual and violent content, stereotyping, and body image in the media, and strategies advertisers use to market to children, and the unrealistic messages contained in many Ads
- Be a good role model. Limit your screen and technology time.

- Encourage the eating of healthy snacks when watching a show or a movie.
- **Balance ‘screen time’ with ‘real time’.** Choose activities that encourage healthy brain growth - talking, reading, arts and crafts, playing board games, singing, and listening to music, and those that involve physical activity – such as sports, playing outside, or going for a family walk
- Read with your child. (screen smart.ca)
- For more information and ideas visit
 - www.screensmart.ca or www.zonein.ca

