



Ranchero Elementary School



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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 Mrs. Skibbe and Mr. Kroeker 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. Mrs. Skibbe will be on leave for about 8 weeks. Ms. Allen will be taking on our music program in her absence.

I would like to thank Mrs. Montgomery, Mr. Mueller and Ms. Allen for coaching our 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.

The Salmon Arm Silverbacks will be at Ranchero on this Thursday, January 9 to play floor hockey games and to read with students. We look forward to seeing these local athletes in action.

Thank you to the Ranchero PAC for organizing the custom made Pink Shirts that will be for sale at the school. Students participated in a logo contest and voted for one Primary and one Intermediate design to be placed on custom Ranchero Pink T Shirts! Evan Jewel's design was selected from Intermediate and Trinity Yates was selected from Primary. Thank you to the Ranchero PAC for supporting this activity and this very important day. Pink Shirt day this year is on Wednesday, February 26. All students are encouraged to wear pink to school on this day to support an anti-bullying school culture and to promote kindness!

The annual PAC sponsored sledding night is coming up on **Thursday, January 30 at 5:00 pm**. Get your sleds ready for a fun family night!

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 9 Salmon Arm Silverbacks Hockey Games
- January 30 Annual Family Sledding Party at 5 pm
- January 31 Pirate Loppet at Larch Hills – Mrs. Seed and Mr. Muller's students
- February 3 Pro D Day – Students do not attend
- February 4 - 12 Gymnastics lessons
- February 13 Second formal report card home today
- February 14 Winter Recreation Day for Divisions 1 and 2
- February 17 BC Family Day – Students do not attend
- February 21 Pro D Day – Students do not attend
- February 26 Pink Shirt Day – Students encouraged to wear Pink to school
- February 28 Winter Recreation Day for Divisions 1 and 2
- March 6 Winter Recreation Day for Divisions 1 and 2
- March 13 Last Day prior to Spring Break
- March 30 School reopens from Spring Break

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

Family Sledding Party

On January 30, the Rancho PAC will be hosting the annual Rancho 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 prior to the event so the PAC can plan accordingly. We're looking forward to seeing many of you there.

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 Tuesday, January 14 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



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

