



Newsletter

January 11, 2019

Administrators' Message

Happy New Year to all of our Raft River Family! It's hard to believe that we are almost halfway through the year. Wasn't it just September last week? I don't know about all of you, but I have been encouraged to notice the daylight starting to last a little longer again as we move past the winter solstice.

As we get back into our routines, you will find some reminders in this newsletter about expectations at school for the winter months. Students can look forward to doing some cross-country skiing as long as our snow holds up. The weather has been interesting so far this winter, so who knows what the next few months will be like! I know the students are hoping for more snow!

At this dark and foggy time of year a reminder for parents to please make sure that both their headlights and tail lights are turned on when they are dropping their children off at school in the mornings, and picking them up in the afternoons. This ensures that bus drivers can see all vehicles around the school, and helps keep our students safer. Thanks!

Top Ten Tips for Screen Time at Home:

In the spirit of Unplug and Play, coming up later this month, here are some suggestions for keeping screen time under control at home:

1. Limit screen time to less than 2 hours per day TOTAL (TV, computer, tablets, phones)
2. Limit TV or computer use before bed and take screens out of bedrooms.
3. Have a rule to turn ALL screens off during mealtimes and homework time.
4. Make sure child carers and sitters are aware of your screen rules.
5. Reduce snacking or eating in front of the TV.
6. Work on helping your children develop critical thinking regarding media information.
7. Have family reading time together every day, without screens.
8. Get active together, to let your children experience life rather than watching it.
9. Create social interaction opportunities that do not involve screens.

Limit your own screen time to set an example.

Mrs. Bradstock

ADHD Training

On Wednesday, January 23, Child and Youth mental health clinician Ivan Reygadas will be presenting a workshop in "ADHD Training". This workshop is aimed at parents, teachers, and CEAs who deal with children who have been diagnosed with ADHD.

One section of the workshop will be aimed at educators, as well as one that is more parent oriented, and finally the session will end with a question and answer period. The workshop will run from 4:00pm to 5:30pm in the Raft River library

Please consider this valuable (and free!) information session, and RSVP before January 21 to Ivan at ivan.reygadas@gov.bc.ca. Snacks will be provided, and if there is need, we can likely arrange childcare as well. Please indicate this need to Mr. Reygadas so he can let us know.

Birds at Raft River

Mrs. Shook's class has "gone to the birds", and they are inviting the whole school to join them! Thanks to Mrs. Shook's grant writing skills, the class has received a \$400 grant from the Wells Gray Community Forest to complete a Local Bird Project. The money will go towards the purchase of 5 bird feeders and seeds to hang outside Mrs. Shook's classroom so students can observe local birds. Students in the class will also design and build their own birdhouses with the help of Mr. Fraser's woodworking class at the High School. On February 15th-18th all the students will be invited to participate in the Great Backyard Bird Count and Mrs. Shook's students will enter the number and species birds counted. Each week a new bird will be featured on the announcements and on a bulletin board outside the office. Keep your ears and eyes tuned for birds around us and ask your kids about birds they may see in your yard.

Footwear Reminder

Now that winter seems to have well and truly arrived, please help us to ensure that all students have proper footwear for



both inside and outside of the school. We know that boots are not always children's choice, but as they are expected to spend part of each day outside, warm and dry boots are definitely a necessity! And then, in order to keep our hallways from being a slushy and slippery mess, it is also important that every child has a good pair of indoor shoes so that they can leave their boots in their lockers between outside times. Indoor shoes should be gym appropriate as well, so that students are wearing supportive footwear for their PE activity times. Thanks for helping us to keep our students warm, safe and properly shod!

Basketball Update

Our senior teams are very excited for basketball season this year. Players are eager to get out on the court and start practicing for upcoming games. Both teams will practice together on Mondays and Fridays at lunch and in the afternoon on Wednesdays from 2:45 pm - 3:45 pm. Mr. Wilkes and Miss Harvey are coaching the teams with a few wonderful parent volunteers.

This year, we will be hosting games for both the girls and boys' teams every Tuesday for five weeks starting on January 22nd. Come and out cheer on our teams! If you are interested in helping referee the games please call the school and leave a message for Mr. Wilkes or Miss Harvey.

Unplug and Play and Literacy Week



We invite our students and their families to participate in **Unplug and Play for Family Literacy**, January 26 to February 2. Families are encouraged to disconnect from electronics and spend more time playing and interacting. Balancing technology use can strengthen literacy skills and increase family attachment. Students will be challenged to use the Passport to Play Activity Logs which will have them pledge to reduce or eliminate screen time for one week. Each passport includes a daily checklist to record achievement. Our school will also receive a prize for participating in the challenge.

Battle of the Books

The Battle of the Books is a SD 73 Reading Motivation Program. The goals of the program are to encourage and to recognize students who enjoy reading and to broaden reading interests. A list of books is chosen for grades 3/4, grade 5 and grades 6/7. Students read the books, discuss them, and quiz each other on the content. All grade 3-7 students at

Raft are invited to participate in the program, however only three students will be selected for each team to compete in the zones Battle in Kamloops in April.

At the competition, they will compete in teams to correctly answer questions based on the books. The questions used all begin with "In what book..." so that the answer will always be the title of a book. All interested students are invited to come to meetings in the library at lunchtime on Wednesdays. Mrs. Shook is coaching the Grade 3/4s and Mrs. Cooke is coaching the Grade 5s and 6/7s.

Red Cedar Book Awards

New this year at Raft! The Red Cedar is BC's Young Reader's Choice book award. Every year, thousands of children between grades 4 and 7 from across the province are invited to read books from the nominated lists of non-fiction and fiction titles and vote for their favourite. This program will soon be introduced to our intermediate classes and all interested students are invited to participate. Voters should read a minimum of five books in the category (fiction or information books) that they are voting for.

Heli Skiing Opportunity



A reminder of this fabulous opportunity for students from Raft River: Mike Wiegele Helicopter Skiing will be offering a Kids Cat Skiing program every Saturday from January

19th - March 16th. Participants must be able to ski, turn, and stop independently on blue level terrain. Ski and snowboard gear is NOT provided. Register online at <https://goo.gl/EGdPwd> between December 9th and January 6th. Contact Maymie Tegart at mtegart@sd73.bc.ca for with any questions.

Head Lice

** Repeated from December Newsletter

Over the winter months, head lice outbreaks tend to occur as children wear (and share!) hats and scarves. Please make it a part of your routine to check your child's head weekly for signs of lice (adult lice, nits attached to the hair follicles, and red areas behind the ears and on the back of the neck from scratching). If you do notice any live lice or nits, begin treatment immediately. There are a variety of treatments available for purchase at the local pharmacy. You can reduce risk by: screening for head lice on a regular basis; wearing hair up at school, work and play; not sharing hats, combs, brushes or accessories; bringing own pillows and sleeping bags to sleepovers; keeping hats or fur-lined hoods in a bag at school; and protecting hair when using public upholstered seats. Thanks for your support in this matter!

Family Skating at the Sportsplex

Fridays at 5:00 and Sundays at 4:00

Family Skating sessions are all Free – thanks to the sponsorship of local businesses.

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| January 11 / 13 | Sponsored by Buy Low Foods |
| January 18 / 20 | Sponsored by Fleetwest Enterprises- Wear a jersey and skate with the Midget team: Free Hot Dogs and Hot Chocolate |
| January 25 / 27 | Sponsored by Wadlegger Contracting |
| February 1 | No skating |
| February 3 | Sponsored by Jim's Market |
| February 8 | No skating |
| February 10 | Sponsored by Jim's Market |

Clearwater Winter Festival

The District of Clearwater's annual Winter Festival is coming up at the end of this month. Included in this celebration is Clearwater Hockey Days. Please see the 2 attached posters which have details about all of the fun and excitement you can expect! Love Where You Live!



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Upcoming Events

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| January 15 | First PAC meeting of the new year- all parents are invited to attend- 9am in multipurpose room. |
| January 18-27 | Clearwater Hockey Days |
| Jan 18- Feb 2 | Clearwater Winter Festival |
| January 23 | ADHD Training with Ivan Reygadas 4-5:30 pm in the library at Raft River |

February 8 Non-Instructional Day- no school for students

February 18 BC Family Day

*A reminder that March break dates this year are the 18th to 22nd of March (plus the weekends on either side of this week)

