

Millwood Elementary School News

“Providing a high quality education for every student every day.”

Principal : Ms. S. Dorrington

Vice principal : Ms. K. MacGillivray

Admin Assistant : Ms. C. Ritchie

June 2017

Have a Safe and Happy Summer!

<u>June</u>	<u>IMPORTANT DATES</u>
June 6	SAC meeting 6:00pm
June 19	Field Day (rain date June 21)
June 23	Grade 5 Closing 1:00
June 27	PRIDE Assembly 10:30
June 29	Assessment & Evaluation Day (no classes)
June 30	Last Day of School

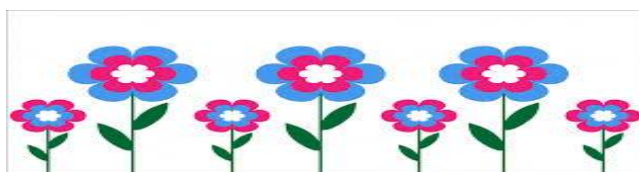
Principal's Message

June is here and I can hardly believe that this school year is about to come to a close. It has been an interesting year of new learning and adventures. June is a very busy month as we make preparations for the 2017-2018 school year. This is a good time to share the reality of classroom caps and combined classes. I want to take this opportunity to inform families that classroom configurations are set by HRSB and sent out to schools. We are told how many students to place in each class at each grade level. Therefore combined classes are a reality that is here to stay.

As a result I will not be entertaining phone calls and meetings regarding placement in combined classes. The combined classroom is a flexible environment that responds to the individual needs of students as well as recognizes and supports independent learning. They include more than one grade level and age in a classroom. Combined classes offer programming in response to shared and individual needs. The combined class learner performs as well as students in single grade classrooms and often has improved study habits, social interactions and co-operation skills. Students work at their own level on different learning tasks related to the outcomes and class topics. Parents can support their children the same way they would if they were in a single grade classroom.

There are a few changes in staffing for next year. We want to wish Mrs. MacDonald all the best in her retirement. Our sincerest thanks to her for the many years of dedicated service she has given the students and community of Millwood. Mrs. Baxter, Mr. VanTassel, and Mrs. Veniot and Ms. Benight will also be leaving to take new positions next year. We thank them and wish them well. We would like to extend a warm Millwood welcome to Mrs. Cindy MacNeill as she joins us in September.

We want to thank all of our students, staff, volunteers and families for their continued support and we wish you all a safe and happy summer.



Sincerely,
Stephanie Dorrington, Principal

Anxiety

Helpful Tips for Parents

Reduce Stress! Excessive stress and tension in your home (for example, arguing, fighting, too many lessons/activities, etc.) can have a negative effect on your child. Look at ways to reduce stress. I.e. plan some fun time each day, read a story, go for a walk, watch a favorite TV program together, or listen to music. Also, try to deal with conflict between family members when it arises (have family meetings to discuss problems). Parents also need to be careful not to express frustration or anger by arguing or raising voices around their children.

Make a Routine! Establish a routine by setting specific times for meals, homework, quiet time, and bedtime. Help your child establish a bedtime routine, which may include a bath and reading a story, or just time to chat.

Work Together! It is important that you and your partner work together to help your child manage his or her anxiety. Try to agree on ways of handling your child's anxiety (for example, both agree to limit giving reassurance or both follow through on setting limits, such as not having your child sleep in your room), and be consistent in terms of rewards.

Give Consequences! Although your child may have problems with anxiety, that does not give him or her the green light for inappropriate behavior. It is important that you set expectations and limits for your child, and follow through on consequences for inappropriate behavior. Children are happier when they know the rules and what happens when they break them! Be sure to give rewards and praise when your child is adhering to expectations.

Be Supportive! Recognize that it is difficult for children to face their fears. It is important not to laugh at your child or minimize his or her fears. Let your child know that it is normal to have fears (we're all afraid of something), and that it is possible to "boss back" your fears. When your child is upset, make sure to listen to him or her, to send your child the message that it's okay to talk about feelings. Let your child know that he or she is understood, and help him or her figure out ways to cope with upsetting situations.

Encourage Independence! Although it is tempting to want to do things for your child, it is better to let kids do things for themselves! How else will they learn the skills and abilities to cope with life? Encourage your child to try things on his or her own, take some risks, and do things for him or herself. This can include giving him or her responsibilities around the house (cleaning own room or setting the

table). It can also include helping your child brainstorm ways to deal with problems or difficult situations (such as how to handle an argument with a friend or make up marks at school for missed assignments). Encouraging independence does not mean you can't be supportive, but it means that you shouldn't take over or do everything for your child.

Avoid Giving Excessive Reassurance! It can be hard not to give your child reassurance, especially when he or she is scared or anxious; however, giving constant reassurance prevents your child from learning how to cope on his or her own. Teach your child to answer his or her *own* questions. Model how you think through problems or challenges, which helps your child learn to do it him- or herself.

Build Self-Confidence! It is important to praise your child for accomplishments and for facing fears! Involve your child in activities that help him or her feel proud and reinforce that he or she is good at something (sports, music, or art).

Realistic Expectations! It is important to have expectations for your child and help him or her meet those expectations; however, understand that an anxious child will have some trouble doing things, and may need to go at a slower pace. Help your child break down goals into smaller steps that he or she can accomplish. It is important that your child is taking steps forward, even if the steps are small.

Reactions! Although it is important to be understanding and caring, do not overreact or let anxiety trick you into thinking that something is too hard or impossible for your child (for example, thinking it's too hard for your child to sleep alone). Keep things in perspective.

Dealing with Your Reactions! It can be very difficult dealing with an anxious child. Make sure you manage your own reactions. Do some things for yourself. You also need to be careful not to pass fears on to your children. Try to present a neutral reaction to situations and let your child know it's safe to explore things.

Take Risks! Anxious children need to try new things and take some risks, in order to build confidence and develop the necessary skills for dealing with the world. Remember you can model brave behavior by trying new things too!

Avoid Avoidance! Anxious children tend to want to avoid things that cause them anxiety. Although avoiding things temporarily reduces distress, it also allows fears to grow and makes things more difficult in the future. Don't allow your child to avoid things. Instead, encourage him or her to try things and take small steps towards facing fears!

Spring Fling

Millwood Elementary had a very successful Spring Fling on Saturday May 27th. The money raised from this event will be used to purchase indoor and outdoor activities for each and every classroom to support and extend student learning and play. We want to express our sincere thanks to all of the volunteers that made this day possible. There are too many to name. A special thanks to JoAnne Hodder for taking the lead on this project on behalf of the students, staff and the Millwood Community. Congratulations to Vicki Castle who won the 50/50 draw and Pat Turner who won the barbeque raffle.

Hello Elementary School Folks!

CHECK OUT DARTMOUTH ALL-CITY MUSIC!



<http://dacm.hrsb.ns.ca/>

If you are going to grade 4 in the fall and want to learn to play the violin or cello, please visit <http://dacm.hrsb.ns.ca> . Registration is open NOW.

Do you love to sing? Will you be grade 4 or higher in the fall? Why not audition for an All-City Choir? Please ask your school music teacher about us, or visit <http://dacm.hrsb.ns.ca> for more information. Audition bookings are happening NOW.

If you are registered for grade 7 band for the fall and want to play in an ADDITIONAL band, please visit <http://dacm.hrsb.ns.ca> to register for the Dartmouth All-City Junior Band! Yes, you MUST be in your school band to be in ours. Registration is open NOW.



Safety Corner!!!!

The HRSB Student Protection Policy requires all parents, visitors, and volunteers to sign in at the main office and get an identification/access badge upon entering the school. This badge is to be returned to the office before leaving.

Summer is finally here and the warm weather has arrived. Please ensure students come dressed appropriately. Don't forget your hats, and sunscreen.

The parking lot is closed from 1:00 to 3:30 to all traffic except staff. We would like to remind parents to follow our requests regarding the Kiss and Go Lane. It is intended to simply drop and go. Safety is of the utmost importance and we must work together to provide a safe environment for our students, your children.

Millwood Elementary is a Nut Aware and Scent Aware Site. We currently have a number of students and staff who have serious allergies within the school. We ask that all staff, students, and visitors respect these alerts. Please refrain from sending nut products to school with your children and wearing scented products.

BE AWARE



TAKE CARE

Safe Arrival (902-864-6774)

In the interest of safety, we run a **Safe Arrival** program. It is very important that parents notify us in the event their child/children will be absent or late. The phone number is 902-864-6774. Students arriving "LATE" (after 8:25 am) will need to check in at the main office to get a "late slip" prior to going to class. This is an important part of the safe arrival program, as it ensures that all students are accounted for. Thanks for your cooperation. Please do not leave messages on the school voicemail regarding a change in plans for your child's dismissal as there is no guarantee the message will be retrieved prior to the end of the school day. If a change is necessary, please send a note to your child's teacher. Thanks for your cooperation as we work together to keep our student's safe.

