

April, 2011



“THROUGH OUR DOORS PASS THE FINEST PEOPLE IN THE WORLD!”

RAPID CITY SCHOOL

Principal's Message

March 24th, 2011 Wellness Day

On Thursday, March 24th, 2011, students were engaged in a variety of sessions dealing with physical and emotional wellness. Students were in two groups, Kindergarten to Grade 4 and Grade 5 – Grade 8.

The K's to Grade 4's had David Ngui from Health Promotions in Rivers present on healthy eating. By the end of the session, students were able to identify the food groups and played a quick game naming the food groups and an example of a food item from the food group.

Next up Mrs. Kruger presented on Body Image, she presented to both groups. She had a variety of items set out, such as a baby doll and an apple, and asked questions about what each item represented in regards to emotional and physical growth of a person. When a student was asked what message they received from the presentation, she said “It doesn't matter how you look on the outside, it is about your personality.” Grades 5 – 8 had a slightly different presentation, taking with them the idea that “Just because it's on a picture doesn't make it real – a lot of the models pictures are touched up – they are fake!

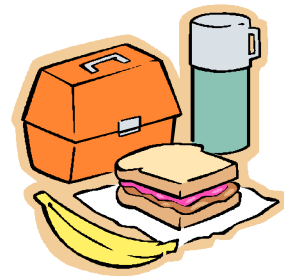
“Filling Buckets” was next up, also presented to both groups. There are many quotes from students about this presentation. The main idea to come from this presentation by Mrs. Dana Hanson is “When you fill up someone else's bucket, you are also filling up your own.” Please ask your child(ren) about “bucket filling”.

Mrs. Tess Lalond spoke to students, both groups, about Healthy Emotions. Students learned that “It is okay to be mad; however, you need to make a plan to deal with this emotion. A variety of suggestions were given by students and Mrs. Lalond.

The grade 5 – 8 had a presentation by Mrs. Dowdan, Lungs Are for Life”. The presentation included pictures of lungs, healthy and unhealthy. Students asked questions, finding this presentation very interesting. One student stated that “You should never smoke”. I think she got the idea!

In the afternoon there was to be a gym blast, run by the Leadership students from Erickson High School. Due to the inclement weather and buses not running, students were unable to practice. This event has been postponed until Friday, April 8. What a way to end the week after Spring Break!

Sustainable Development



At the beginning of the school year, we applied for a Sustainable Development Grant which is sponsored by the Provincial government and in turn distributed to various schools by the School Division. Sustainable Development, citizenship, - making the world a better place for all is a focus for today's educators. Whatever we do impacts the “world”. We are trying to make a positive impact! Through the Wellness Day we brought an awareness of healthy eating, importance of physical activity and how to be kind to our environment, less garbage in lunches.

Prior to the Wellness students, Grade 7 and 8 students developed a menu for this day – healthy eating. Students came up with chili. Grade 7 and 8 students made up the meal, with food donations from staff members – thank you. The money the school received for the Sustainable Grant was used to purchase thermoses for all students. Each student received a thermos filled with the chilli made by the grade 7 and 8 students, along with a bun, and juice.

There are a variety of reasons for using thermoses, the main reason proposed for the Sustainable Development Grant for less garbage in lunches – sustainable and environmental. Other reasons include:

Often, but not always, healthier food choice options

Decreased use of microwaves – less line ups, more time to eat, more time outside

Safety – no “explosions” in the microwave to heat up food, no sparks – when accidentally putting something in the oven that should not be in there, not having to carry something that is “too hot”, etc.

A reminder to students and parents, thermoses are meant to keep food either hot or cold, depending on what you put into it. Thermoses are **not** to go into the microwave.

Mrs. Slashinsky

CLASSROOM COMMUNICATION

Grade 3 & 4

I hope everyone had a great spring break.

In ELA, we are continuing our Guided Reading activities and will be trying some new writing activities. We are also continuing our spelling program and the brown team will now be required to do the lesson, checkpoint and story for each unit.



In Social Studies, we are working on a study of Manitoba. If any students have photos or memorabilia from places they have been in Manitoba and want to share it, they are welcome to bring it in.

Have a good April...keep dry!

Mrs. Hrymak

Grade 5 & 6

Welcome back. I hope everyone enjoyed their Spring Break and got rested up for the final stretch of the school year. We didn't get too much accomplished after Parent-Teacher interviews because of the bus cancellations and Spring Fling. So, we will have to work really hard in the next while to get caught up. I'm sure everyone is up for it!

Language Arts:

Students will continue to work on the novel study for The War With Grandpa. They



are working with a partner to read the book and they are doing various activities on their own. Some activities will be done as they read and others will be done when they are finished reading the book. TUSC will resume as will the Spelling program.

Math:

We will finish up the fractions unit



during the first week back. The Grade 5s will then be working on relating fractions to decimals. Grade 6 will work on ratios and per cent since we didn't get to it before Spring Break. All students will be practicing math facts during the first five minutes of class to improve their skills. Please get your child to practice at home as well. Math will be so much easier if they know basic facts really well.

Social Studies: We will continue working on the French-British Colonial Rivalry before moving on to the fur trade.

Until next month, take care.

Mrs. Hardy



Student Council News



K-4 Sock Hop

on
Thursday,
April 14th
at
Lunch
recess



Cost: 50 cents

Would you like to help make a child's hospital visit a bit more comfortable? Our school is supporting Tracy Gregorash's (Kindergarten teacher) effort to help raise money for the Children's Hospital in Winnipeg. Please read on to see how your small efforts could help!

5-8 "Random" Dance

Come as you are,

OR

Dress up!

*Dress code applies.

Friday, April 15th

7:00—9:30 p.m.

Cost: \$2.00



As many of you know I have a child with a disorder called neurofibromatosis. Seth requires MRI's every 6 months to monitor his tumour growth. Our support group is trying to purchase MRI Goggles for the Children's Hospital in Winnipeg. These goggles, also known as CinemaVision, will be used by ALL kids who have an MRI. It is a specialized video system which will allow kids to watch a movie while having their MRI's, and eliminate the need for an IV. Seth's scans take close to two hours.

I am asking for your help. We have an online Pepsi Grant opportunity to get \$25,000 towards these MRI Goggles. The Goggles cost \$50,000, but we have already raised \$20,000 with numerous fundraisers over the past year. (The link has a video of Seth's experiences with MRI's and more info. about the goggles).

Here is the link to start voting **each day**. The voting started March 1st and ends April 30th.

Please pass this link on to your friends, it can also be added to facebook and twitter.

<http://www.refresheverything.ca/makingthemriexperienceenjoyableforchildren>

Sincerely,

Tracy Gregorash

MBNF President

(204) 867-3219

www.mbnf.ca



RAPID CITY SCHOOL

Sun	Mon	Tue	Wed	Thu	Fri	Sat					
						1	2				
3	Day 4 Welcome Back! 	4	Day 5	5	Day 6	6	Day 1	7	Day 2	8	9
10	Day 3	11	Day 4	12	Day 5	13	Day 6	14	Day 1	15	16
			Immunizations				K-4 Sock Hop At Noon Hour Admission—.50 cents 		5-8 "Random" Dance 7:00 p.m. Admission—\$2.00 		
17	Day 2	18	Day 3	19	Day 4	20	21	22	23		
							NO SCHOOL <i>Elem - Ins.</i>	Good Friday			
24	Day 5	25	Day 6	26	Day 1	27	Day 2	28	Day 3	29	30
Happy Easter! 							LUNCH DAY Hot Dogs—1.25 Ice Cream—.75 			J.H. Badminton Boys—Mdsa. Girls—Forrest 	