



# NEWSLETTER

The PRIDE of LYN




## PRINCIPAL'S MESSAGE

April is here! I'm not sure if we would say April came in like a lion or a lamb – it may take a few more days to decide! April will be a fun month at Lyn filled with continued learning and a few exciting activities for our Lions! We are looking forward to Earth month activities, spirit days and getting outside more to enjoy the warmer weather.

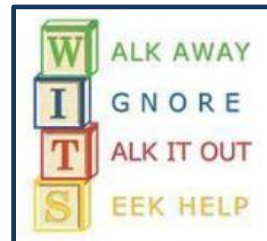
With spring arriving, our yard is very wet and muddy. Parents are reminded to ensure that children come to school dressed appropriately for the weather as we try to get outside every day for fresh air and exercise. It is also a good idea to pack extra pants and socks for those wet and muddy days. Rubber boots and splash pants would be great for children to have.

Please continue to reach out at any time, we are always happy to hear from our families.

### Jungle Sport Experience



Our staff and students had a great time during our Jungle Sport week! Students enjoyed wall climbing, traversing, obstacle courses, low ropes, zip rides, ascending and descending static lines and gorilla gym! We were thrilled to be able to offer this experience to our students. Thank you to all families who are able to support our fundraising initiatives so that we can provide these types of activities at Lyn – it was so much fun!



### Use your WITS!

At Lyn, we use a program called WITS to support our students in solving peer conflict. The focus is on the prevention of peer conflict. This program encourages the cultivation of a

safe school community by using a common language between teachers, students, their parents. We use WITS to foster pro-social behaviours and social competence in children with consistent strategies that can not only be used at school but in other areas of a child's life outside of school. We encourage parents to use this language and these strategies with their children as an effective tool in a variety of situations.

Sometimes, when a child experiences chronic peer conflict, it may be necessary for parents to seek help on his or her behalf. To help determine the severity of the situation try using the following questions from the WITS Bullying Prevention Toolkit for parents when your child confides in you about problems with peer conflict or victimization:

**Look and Listen:** What did your child tell you? What other info did his or her behaviour convey?

**Explore points of view.** Who else is involved? Discuss how their perspectives might differ from your child's.

**Act:** How did you respond? What did you say? What did you do? What did you suggest your child do?

**Did it work?** Did your child's actions solve the problem? How do you know?

**Seek help:** If your child's problems appear to be chronic and involve the same student(s) repeatedly, it may be time to seek help. Contact your child's teacher or the school principal.

For more information, visit the [WITS](http://www.wits.ca) website.



## Earth Month



April is Earth month! Lyn PS will be planning some activities for our annual Earth Week to increase

awareness and promote environmental stewardship. We will be participating in some Earth Day activities in the week of April 17-22. On Monday, April 17<sup>th</sup> the Great Sunflower Challenge returns! All classes will be provided with sunflower seeds to plant and nurture- we hope to see some of the sunflowers at our Fall fair. Tuesday, April 18<sup>th</sup> our Eco Book Swap/Sale begins and we will participate in a school and community clean-up. On Wednesday, April 20<sup>th</sup>, we are holding a school-wide "Wasteless Wednesday". Children are encouraged to bring a lunch with **zero waste**. If they do, they will get a little eco prize! On Friday April 22, it's "Earth Day". We are asking all staff and students to be green and wear GREEN! Finally, on Friday, we will recognize Earth Hour, one hour without electricity, and hope that students will spend time learning outside (weather permitting)!

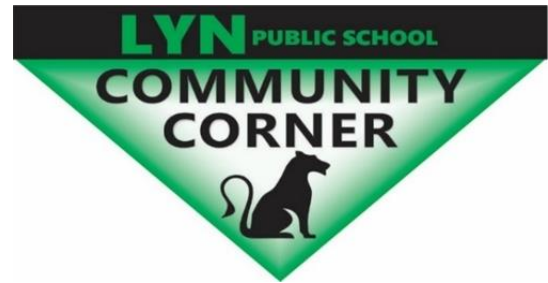
## News from the Health Unit

**Attention parents of children entering junior kindergarten in September 2023.**



**Does your child have the speech and language skills needed to be successful in JK?**

Children need a variety of skills, including communication and play skills, to be able to participate, learn, and have fun at school. The Language Express Preschool Speech and Language Program provides FREE assessment and therapy services for children from birth to JK in Lanark, Leeds, and Grenville. We can help you to be sure your child is on track and ready for school. Go to our website [www.language-express.ca](http://www.language-express.ca) for milestone checklists or to complete the online [Communication Checkup](#). If your child is missing any of the expected skills call us or make an online referral through the Communication Checkup. Don't wait – refer before your child starts JK! Parents can refer or get more information by calling 1-888-503-8885.



## **CHARLESTON LAKE SUMMER CAMPS**

Nature Camp: July 10-14

Sports Camp: July 17- 21

Adventure Camp: July 24-28

Each camp is from 9. AM- 3. PM at Sand Bay County Park at Charleston Lake. The camps are open to children from 5-10. Fees are \$80 per week for CLA members and \$120 for non-members. For information about registration and payment, please go to the Charleston Lake Association website.

***Athens Rink Rats Ball Hockey Program***

**ATHENS MINOR BALL HOCKEY IS PROUD TO OFFER A NEW SPRING PROGRAM!**

**CENTRE 76 ATHENS ICE SURFACE**

**7 WEEKS RUNNING FROM MAY 15<sup>TH</sup> TO END OF JUNE.**

**OPEN TO BOYS AND GIRLS AGE GROUPS U8 TO U16.**

**DEADLINE FOR REGISTRATION IS APRIL 10<sup>TH</sup>.**

**100 DOLLARS PER CHILD. FAMILY RATES MAY APPLY.**

**FOR MORE INFORMATION AND TO REGISTER PLEASE VISIT OUR FACEBOOK PAGE AT ATHENS MINOR BALL HOCKEY IN PERSON REGISTRATION MARCH 22<sup>ND</sup> AT THE ATHENS LIONS HALL FROM 6-7:30**



### Equity & Inclusion Update

UCDSB schools make every reasonable effort to accommodate the religious needs of our students. Religious accommodations are most effective when addressed proactively. This is a reminder that our Muslim students and families are observing Ramadan this month. Please connect with your school Principal to learn more about UCDSB Religious Accommodations Policy.

### Student Mental Health & Wellness Update

#### Healthy Sleep Routines

How much sleep does my child need?	
Age 1-2 years	11-14 hours
Age 3-5 years	10-13 hours
Age 6-12 years	9-12 hours
Age 13-18 years	8-10 hours

Children and youth who get a good night's sleep experience many benefits including feeling more energized during the day and being better able to concentrate and learn. A well-rested mind is better able to make positive decisions, problem solve, and manage stress, but with all of the demands of our busy lives, it can be easy for families to fall into a pattern of poor sleep habits.

With patience and practice, your family can make positive changes to sleep routines that will promote overall wellness.

#### Six tips for avoiding sleep and wake time struggles:

**Gradually work toward desired bedtime:** Try adjusting bedtime by 15 minutes every night (or over a few nights) until the target bedtime is reached. Drastic changes are likely to be heavily resisted and unsuccessful.

**Focus on wake-times:** It can be easier to get children out of bed than it is to get them to fall asleep. If this is the case, focus on waking them up earlier in the morning. Earlier mornings can result in feeling more tired and ready for bed in the evenings leading to a 'reset' of their sleep schedule.

**Have a tech curfew:** Decide on a time for your family to turn tech off. Children will often want to stay up to use gaming systems or other devices. These devices stimulate the brain making it difficult to settle or feel tired.

**Problem-solve a wake-up routine with your teen:** Try talking about a wake-up routine that might work best for your child. Maybe they want to wake up to their favourite music? Or they can try putting the alarm clock across the room, so they must get up to turn it off? Children are more likely to follow-through with ideas that are theirs.

**Be firm with sleep schedules:** Be consistent so children will be less likely to protest at bed or wake time. Try choosing one sleep schedule to stay firm on to begin with – either bedtime, or wake-time.

**Communicate the benefits of getting a good night's sleep:** Don't simply tell children and teens that they have to go to bed – explain why sleep is important. For example, let them know how keeping to a regular sleep schedule will contribute to better performance at school or sports, and help them manage stress.

Learn more about developing healthy sleep patterns at <https://keltymentalhealth.ca/sleeping-well>



# April 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2  World Autism Day April 2nd, 2023	3 Book collection for our Eco book swap & sale begins today!	4	5 Fundraising Chocolates to be sent home with students	6 Jersey Day 	7 Good Friday	8
9 	10 Easter Monday	11	12 International Day of Pink 	13	14	15
16	17 Earth Week book swap & sale this week! 	18 School & Community Clean-Up School Council Meeting 6:30 pm	19 Wasteless Wednesday 	20 Handball Tournament BCI 	21 Earth Day – Wear Green! Chocolate fundraiser money due to office	22 
23	24	25	26 New JK Kindergarten Open House 6-7 pm	27 Hot Dog Day 	28	29

