



# Hillview News

## Opportunities!

We are approaching our 100th Day of School and we have accomplished so much this year. The last few months of school are going to be jam packed with various activities and learning opportunities for our students.

A few of the things that will be happening soon are the Regional Science Fair, Spelling Bee and Spring Concert. Watch for dates for these events.

We are also planning our 2nd Annual KinderFair where we will host our kindergarten registration and various services that are available to our families.

More information will follow regarding this event.

We would also like to offer an after school program to our students where we would offer additional academic support as well as provide an opportunity for students to try different activities such as robotics, games and sports. If you are interested in having your child participate, please contact the school for more information.

We are also always looking for volunteers to help support our programming. If you or someone you know has a special skill that can be shared with the stu-

dents, for example, beading, baking, storytelling, sewing, jiggling, fiddling, etc., please contact the school. In providing a safe environment for the children, we require that all volunteers provide a criminal record check. Aside from that, all you need is a willingness and desire to help educate and provide the best experiences to our children.

We would like to thank all of our families and community members for all of your support so far this school year! We appreciate you all!



Beach Day—Feb 26

## Jump Rope for Heart

On Friday, February 26, Hillview School will be hosting a Jump Rope For Heart Event. The children will jump rope for 40 minutes while supporting Heart and Stroke awareness. Donation envelopes were sent

home at the beginning of the month and our fundraising goal is \$130.00 or the equivalent of \$5 per student. All students who bring in a donation will be entered in a draw for a pair of walkie-talkies.

Let's show our Hillview spirit and generosity by reaching and exceeding this goal and support Heart and Stroke research!

## Hillview School

Northland School Division #61



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## Dates to Remember

- ☉ Feb 17—LSBC meeting—4:30pm
- ☉ Feb 19 -Family Dance and Cake Walk—6:30-8:30pm
- ☉ Feb 24—100th Day of School
- ☉ Feb 26—Beach Day
- ☉ Feb 26—Jump Rope for Heart Event
- ☉ March 4—No School
- ☉ March 11—Early dismissal
- ☉ March 11—Report Card 2 goes home

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## Sleep Hygiene

While growing up, most of us were probably told to get a good night's sleep, and with good reason. In fact, Dr. Wayne H. Giles of the National Center for Chronic Disease Prevention and Health Promotion said "...Sufficient sleep is not a luxury-it is a necessity- and should be thought of as a vital sign of good health." Sleep is a powerful restorative process. It helps us function better physically, emotionally, and metabolically. It helps us consolidate and form our memories and has a direct effect on our attention and behaviour. The need for adequate sleep is present throughout our lives, and the best time to establish strong sleep hygiene is in childhood.

There are numerous ill effects when children do not get enough sleep, such as being less able to concentrate, and being more easily distracted, hyperactive, or impulsive. Kids of all ages have difficulty learning when they are sleep deprived, from fussy infants to busy teenagers. So how much sleep do kids need? According to the Mayo Clinic, newborns typically need 16-18 hours each day, pre-school aged children should get 11-12 hours daily, school aged kids need at least 10 hours, while teenagers should aim for 9-10 hours. That's a lot of sleep, and a major obstacle in making sure kids get the proper amount is actually getting them to bed.

## Newsletter Challenge

In every issue of Hillview News there will be three spelling errors throughout the newsletter. Look for the errors, circle them and return the newsletter with your child. Your child will then be en-

Sleep hygiene simply refers to the activities, habits, and routines we have to prepare for bed and signal to the body that it is time for sleep. Yes, a bedtime routine is an important part of ensuring a proper night's rest for children. Perhaps the most important part of sleep hygiene is making sure kids go to bed at the same time every night, and wake up at the same time every morning, even on weekends and holidays. This consistency reinforces their bodies' sleep-wake cycles, known as circadian rhythm, and promotes better sleep at night (which means better sleep for parents and guardians).

Here are some tips to promote good sleep hygiene:

- Physical exercise during the day, such as sports or recess games of tag, burn off energy and lead to drowsiness during the evening
- Limit screen time for an hour before bed because the light from computer screens, phones, tablets and other technology stimulates the brain into an awake mode that interrupts the circadian rhythm
- Use the bed for sleep only. Introducing other activities, such as laying in bed texting or watching TV, teach the body

that bed is used for entertainment and not relaxation

- Develop a consistent bed time

Bedtime routines, including stories, teeth brushing, and perhaps a small snack an hour before bed, teach the body and brain to wind down and prepare for sleep. Each child differs in what will be relaxing for them. For example, one may want to listen to a lullaby while another wants to hear a story. A great way to create a bedtime routine that meets children's specific relaxation needs can be through developing an interactive chart. One such chart can be found at <http://kelymentalhealth.ca/healthy-living/sleep>. By developing a bedtime routine, the consistency that is necessary for good sleep hygiene is put into place. For older children, developing the interactive routine invites their participation, which means they are more likely to follow through.

By using these tips, you and your children should have better luck catching some z's.

**Jennifer Laycock, B.Sc., M.C.**

**Registered Psychologist**

**Phone: 780-523-0011 ext. 176**

**Email: [jlaycock@hpsd.ca](mailto:jlaycock@hpsd.ca)**

tered into a draw for a small prize each month. The next draw will be February 26 and 2 names will be drawn. Good luck!

December's winners were

Jase L'Hirondelle

Tatyanna BigCharles

Congratulations!



## Everyday Counts

Our goal is that every child attends school regularly. Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Your child is less likely to succeed if he or she is chronically absent—which means missing 18 or more days over the course of an entire school year which is equal to as little as 2 days a month.

Research shows:

Children chronically absent in kindergarten and 1st grade are much less likely to read at grade level by the end of 3rd grade

By 6th grade, chronic absence is a proven early warning sign for students at risk for dropping out of school

By 9th grade, good attendance can predict graduation rates even better than 8th grade test scores.

***Absences can add up quickly. A child is chronically absent if he or she misses just 2 days every month!!***

Let us know how we can best support you and your children so that they can show up for school every day and on time. We want your child to be successful in school! If you have any

questions or need more information please contact the school.

Parents of students who achieve 95% or better each month are entered into a draw for a pair of movie passes to the Park Theatre. We appreciate the effort you take every day to make sure your child gets to school.

Winners for December were

K-3: Karma's Parents

grade 4-6: Drae's Parent

January: K-3 : Tyranny's Parents

4-6: Kahlin's Parents

**Congratulations!**

## Accountability Pillar Surveys

The 2015-2016 Accountability Pillar Surveys were sent home with all students in grades 4,5 and 6 at the beginning of February. By completing the survey, you are giving Hillview School, Northland School Division and the provincial government important information to gauge the quality of education that our

children are receiving and make improvements where necessary. At Hillview, we will take this information and use it to help make the children's elementary education experience the most safe, effective and productive that we possibly can.

If you have not already complet-

ed the survey, please do so as soon as possible and return it in the envelope provided by February 26, 2016. Together we can work to improve our children's learning experience!

**"It is only through raising expectations and striving for excellence that our children can reach their full potential."**

**-Brad Henry**

## Students of the Month

Our Students of the Month are chosen based on several criteria. Attendance, cooperation, work ethic, and respectfulness are all considered when deciding who will be the next Student of the Month for each class. We are proud to announce our Students of the Month for the months of December and January.

Congratulations for all of your hard work!



Jayda and Kierra were our winners for December.



Tyrus and Drae were our winners for January.

Hillview School  
Northland School Division #61

Box 1589  
High Prairie, Alberta  
T0G 1E0

Phone: 780-523-9679  
1-800-362-1360 ext. 1100  
Fax: 780-523-9671



### Our Vision

Educating today's children for tomorrow's future

### Our Mission

1. Embrace diversity in a safe and caring environment
2. Strive to meet the educational needs of each individual child
3. Promote the Metis culture

### Our Goals

1. Implement and promote a safe and caring environment conducive to learning.
2. Determine the instructional level of all students in Language Arts and Math.
3. Implement strategies to support and improve literacy.
4. Create a strong, vibrant, working relationship between the school, parents and community so they have an opportunity to be actively involved in the education of their children.

## Odds and Ends

Most of you have been part of our school community for awhile, others are new. Here are a few of our school practices that you should be familiar with:

- if your child is going to be absent, please call to let us know
- **If your child is going to be late, please call the office BEFORE 10 am so he or she can be counted for lunch**
- Please sign and return your child's agenda **DAILY**
- If your child is too sick to play outside, please keep him/her home until he or she is well.
- Students are to turn all electronics, cell phones, iPods, etc. in to the office upon arriving at school. Permission to use may be given by the teacher. **Please leave toys, Lego and Pokémon cards and any other similar items at home as they can be extremely distracting to the learning environment.**
- Morning snack and a hot lunch are provided by the school. You may send a **healthy** snack for your child to enjoy in the afternoon.
- A pair of non-marking, comfortable inside shoes, suitable for gym, is required .
- Clothing with inappropriate language, alcohol or drug logos, slogans or pictures are not acceptable for school attire.
- If your child is to go somewhere other than home after school, please make sure to call the school before 3pm or write a note in your child's agenda. If we don't hear from you, your child will be sent home on the bus.

If you have any questions or concerns, please contact us.