



Hillview News

What's Happening

April was a pretty quiet and quick month here at Hillview. We had our Spring Concert on April 20 and had a wonderful turnout for that event. Please keep an eye on our website for the video of the concert. The students have been busy with their studies, getting ready for year end assessments. Can you believe that we are on the home stretch already? The year has really gone by quickly.

We have several activities coming up during the month of May, so keep a lookout for no-

tices about these events.

Just a reminder, please like our Facebook Page for info regarding the busses and upcoming events.

With the weather so nice and the days getting longer, it will be tempting for children to stay up later. Please make certain that your child is getting adequate sleep as they will be doing various assessments during these final weeks and need to be well rested.

Have a great month!

Looking for Volunteers

We continue to look for and welcome volunteers to our school. If you or someone you know has a special skill that can be shared with the students, 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.

Hillview School

Northland School Division #61



Volume 8, Issue 6

May 2016

Dates to Remember

- ☉ May 2-6—Education Week
- ☉ May 2—Bus Driver Appreciation Day
- ☉ May 7—KinderFair and Mother's Day Tea and Bake Sale—10-2pm
- ☉ May 11—Whole School Write-am; LSBC meeting—4:30pm
- ☉ May 12—Grade 6 Provincial Achievement Test ELA Part A
- ☉ May 13—Rock 'n Roll Day; Early dismissal—12:30
- ☉ May 18—Archery Tournament
- ☉ May 19—Let's Talk Science—pm
- ☉ May 20—No School
- ☉ May 23—Victoria Day—No School
- ☉ May 27—Field Trip to Fort Edmonton Park

KinderFair and Mother's Day Tea and Bake Sale

On Saturday, May 7, we will be holding our 2nd Annual KinderFair. Kindergarten registration for the 2016-17 school year will be held at this time. It is also an opportunity for the community to

come to the skool to see what various agencies and organizations have to offer to preschool age children and their families. We will also be hosting a Mother's Day Tea and Bake Sale at this time.



Rock 'n Roll Day—May 13

Donations of baked goods are welcome for the bake sale and proceeds will go to various activities at the school.

Please come out to support or school community!

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Random Pics



"Teachers open the door, but you must enter by yourself."
- Chinese Proverb



Progressive Muscle Relaxation

Many students are feeling stretched too thin these days with the demands of home, school, extra-curricular activities, and socializing. I often hear kids complain they are both stressed and frustrated, and don't know how to calm down enough to problem solve and achieve a better balance. Fortunately there are quick and effective methods for releasing the physical tension discomfort that often accompanies stress.

One of my favourite resources that provides hands-on tools for de-stressing is the *The Relaxation & Stress Reduction Workbook, 6th Edition*. Not only does this workbook provide information on nearly two dozen practical, easy-to-master methods of dealing with stress, it takes the guess work out of how to do them by including clear instructions, charts, graphs, and worksheets. The authors must have realized that telling people how to de-stress by using complicated terms without examples would only result in more stress!

One of the chapters in that book focuses on progressive muscle relaxation, a technique that has been around since 1934—it's an oldie but a goodie. Have you ever had a charley horse? It hurts like crazy, but once you get a chance to stretch out the muscle the relief is incredible. You can't have a charley horse and the relief from it at the same time. Progressive muscle relaxation assumes the same thing: you can't be stressed and relaxed at the same. For this technique, you are asked to tense certain muscle groups for a few seconds (not hard enough to create charley horses, be gentle with yourself) before releasing all the tension at once and relishing the relief. While the original method pioneered in 1934 by Dr. Edmund Jacobsen typically takes up to a year to learn, there are newer methods that take only a few minutes every day to master. The best part is that it is appropriate for kids and adults of all ages.

Simon Fraser University has put together an excellent (short!) summary of progressive muscle relaxation complete with soothing pictures, and a 9 minute script to practice the technique. Go to <http://students.sfu.ca/health/media/your-health--audio-video.html> to find these two free resources.

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Everyday Counts

We continue to work towards our attendance goals. Attendance is extremely important to the success of your child. ***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 arrive at 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 April and May will be announced in the June newsletter.

Congratulations!

The important thing is not so much that every child should be taught, as that every child should be given the wish to learn.
- John Lubbock

Spring Concert

On March 20, our students invited family and community to an evening of entertainment. The K-3 class performed several dances including the Mexican Hat Dance and the Bird Dance, and sang "Spring is Here". The 4-6 Class did a Reader's Theatre titled "Changing of the Seasons". Savannah L'H did a fantastic job as Mistress of Ceremony. Well done everyone and we look forward to more performances in the future!

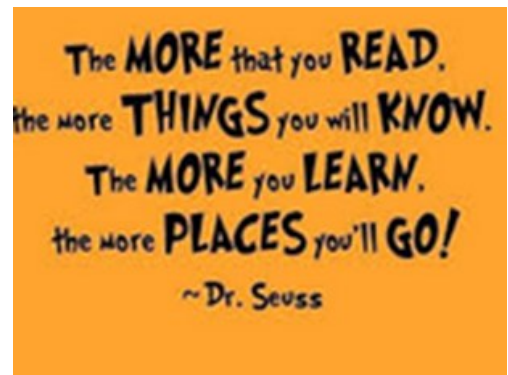
Keep an eye on our website for the video of the evening.

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 entered into a draw for a

small prize each month. The next draw will be May 13 and **1 name** will be drawn. Good luck!

Winners of the last draw were Jenna B, Kahlin L'H, Jase L'H, and Jarryn H. Congratulations!



Karma and Drae are our April Students of the Month!

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 month of April!

Congratulations for all of your hard work!

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Northland School Division #61

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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.