

January 2021 Newsletter



Round Hill Extra

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Message from the School:

What an amazing start to the New Year!! Having all our students back in person is wonderful and we are all so grateful that everyone is healthy and safe. Thank you to all our school families for supporting online learning for Jr High and at home learning for Elementary students prior to and after the Christmas break.

The 3rd quarter of the school year is set to start on Monday, February 1st. Report cards for the 2nd quarter will be coming home with your child on that day as well. Jr High students will start a new option at CCHS. Woodworking and Personal Care are the option choices for the 3rd Qtr. The new 3 day week schedule for our Kindergarten students will also begin on February 2nd. More information will be sent home in the near future regarding this.

We are excited to announce that pictures are tentatively scheduled to be taken on May 17th. We realize this is a Monday and that our Kindergarten students are not usually here on that day but the schedule will be adjusted on that week to take this into consideration.

Jr High Basketball and Mini Dunkers will hopefully be starting up in February, depending on when the current health measures from the government are rescinded. Basketball will go for approximately 5 or 6 weeks. Alberta Health and BRSD guidelines will be adhered to for this extra curricular activity.

Staff at the school have decided to organize one hot lunch per month until such a time that the School Council can resume taking over this event again. Ordering will be online only, done through your child's student account. February hot lunch will be pizza. Detailed information will be sent home next week.

Please contact me at the school or call my cell (780.678.6588) if you have a comment, question or concern.

Brian Horbay

SCHOOL NEWS



January and February at a Glance

January 29 - Semester Break - no school.

February 1 - Report Cards go home. 3rd Qtr begins.

February 2 - First day of Kindergarten 3 day week.

February 4 - Early Dismissal.

February 9 - Hot Lunch order deadline.

February 11 & 12 - Teacher Convention - No school for students

February 15 - Family Day - no school.

February 16 - Hot Lunch. Parent Council Meeting 6:30 p.m.



Thanks to all our Round Hill families for making our Scholastic Book Fair a success. We were able to raise enough money to buy many new books for the school library. The kids are excited by the new books and are already checking them out! Thanks again for supporting our Round Hill School kids and their reading.

To stay up to date - follow RHS is on twitter @RoundHillSch

Hot Lunch - February 16th

Until things are back to normal and the School Council can resume providing meals for the hot lunch program the staff at the school have opted to arrange 1 hot lunch per month for our students. The first hot lunch will be held on February 16th. Orders must be placed online through the student account. Watch for information which will be coming home with your child.

Kindergarten Registration is now Open!

If you have a child or know someone who has a child that will be 5 yrs old on or before December 31, 2021 they will be eligible to enter into kindergarten in September. Registration forms can be picked up at the school or you can go the Round Hill School website. Registration forms can be found in the Families section of the MENU. Please contact the school at 780-672-6654 if you have any questions.

As a gesture to recognize the fact that the junior high students missed all the pre-Christmas activities, our School Council sponsored a Pizza & Movie afternoon on Wednesday, January 13th.



Thank you to our Jr. High students for the creation of our new REAL Awards Display Board.



Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"	Student "B"	Student "C"
reads 20 minutes each day	reads 5 minutes each day	reads 1 minute each day
3600 minutes in a school year	900 minutes in a school year	180 minutes in a school year

1,800,000 words



90th percentile

282,000 words



50th percentile

8,000 words



10th percentile

By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)



What is hope?

It's an expectation of a good that is yet to be. It's an inner knowing that the future holds positive things.

It is a trust that no matter the current circumstances the days to come will reveal happiness.

Why build hope?

The pandemic has been stressful. Hope helps us expect that something good will happen and that we have some control over it.

Hope has benefits for children

Hope builds resilience; our ability to bounce forward from challenging events

Hope sparks optimism through:

- Improving school performance & motivation to achieve goals
- Enhancing mental well-being
- Improving overall life satisfaction & relationships with friends & family

Tips to help children build hope

Practice gratitude: each day write down 3 things you are grateful for.

Practice mindfulness: pause, take 3 breaths, listen to sounds & focus on the present moment.

Make a collage of words or pictures that symbolize hope.

Practice acts of kindness & include positive affirmations to yourself.

Ideas for nurturing hope in your family:

- Acknowledge how you are feeling; accept what is in your control and what is not & focus on solutions
- Cultivate positive coping skills; maintain your self-care routine
- Borrow hope from others; ask what makes them hopeful
- Surround yourself with positive people
- Find something you are passionate about
- Make a list of your successes, strengths and resources

Subscribe to Text4Hope
Text COVID19HOPE to 393939

MORE RESOURCES

<https://greatergood.berkeley.edu/>
search: Hope

<https://kidshelpphone.ca/>
search: Fostering Hope

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



Our January Wellness Pack is here! Click on the link(s) below for fun ideas and activities for your child(ren).

K-2: https://drive.google.com/file/d/1HiuTM97MR0MnhVuOH-q1W_0vSoFPs3_J/view?usp=sharing

3-4: https://drive.google.com/file/d/1W20cvPzwB29Si0_XSU64fC9sj7Qr8v2v/view?usp=sharing

5-6: https://drive.google.com/file/d/11aB_OtOXyGvmjvlQvvki_CyGkADMExX7/view?usp=sharing

7-9: <https://drive.google.com/file/d/1YrCdw0wLW4JPGBaDsd2bEU5PpG39iTnP/view?usp=sharing>

10-12: <https://drive.google.com/file/d/1oe7wtOnPtlzacwomnypzl373nHhLJgG5/view?usp=sharing>

Our programming focus for the winter quarter of 2021 is also on creating hope. Take a look here to see if there is a program you'd like for us to offer in your classroom:

<https://drive.google.com/file/d/1fAvH6ylhnDDQTYaHrSpxFahD8YPYHsNE/view?usp=sharing> .