

April Newsletter

Dear Wes Hosford Family,

I hope you all had a great spring break !

Thank you to the volunteers that made our Family Dance such a success! It is a huge amount of work organizing tickets, theme, decorations, concession, photo booths, raffles, set up and take down, DJs, music selections, etc. etc., etc.! They do it because they want our school to be a fun place to learn and to earn some much needed funds! Thank you all for supporting the dance!



Parents often come to me frustrated and confused by their child's behaviour. If there's any comfort in knowing that you're not alone, then please know... every parent has faced this challenge since the dawn of time. Are there answers, strategies, or sanity saving tips? You bet! The publishing industry has made a fortune on books written for this very subject, and there are heaps of websites to access.

For now, here are some quick, general hints:

- Keep communication open and start young - have a set way/time/ place to have "serious" conversations - they will get used to it and be comfortable with it so that when it becomes necessary, it isn't foreign or uncomfortable.
- Use "sideways lectures" - if you notice your child is struggling with something, tell a funny story at the dinner table about your own, similar experiences.
- They are going through a tumultuous emotional time. We need to be patient and understanding but we also need to remind them that there's a line they can't cross. Just to make it more confusing, the line is actually moving a little since they are maturing and moving toward adulthood. This is the hardest of all points because it requires us to be perfect and to know exactly what to say and do in every situation! No pressure! Haha!

Good luck, and feel free to pop in to chat if you're struggling.

Sue

Save the Date!



Wes Hosford School Council is hosting an **information session for parents** on April 17th from 6:30 - 8:00 in our library. The topic is the new math curriculum. Learn:

- Highlights of the new curriculum
- Suggestions for supporting the learning at home
- Some examples of manipulatives and games

Get Ready for Kindergarten

Do you have a child registered in kindergarten next year? If so, make sure to attend Wes Hosford's upcoming Kindergarten Information Night on April 24th at 6:00. You'll get to:

- meet the teacher,
- visit the classrooms,
- hear about student transportation,
- see what a typical day looks like,
- and hear from some current parents.



To make the transition to school as smooth as possible, Elk Island Public Schools has put together a toolkit for families. The kit includes information about registration, important dates, programming options, what to expect, eligibility, finding your designated school, transportation and more. Find it at: [Welcome to EIPS Kindergarten](#).

Junior High Jitters

At Wes Hosford, we have FRH visiting our grade 6s on April 2 to talk about what to expect and to support the transition. As well, our grade 6s will travel to the Agora Centre on April 11 to work with the Mental Health Capacity Builders from AHS for the same reasons. They will be soooo prepared!

Mental Health Capacity Building (MHCB) Updates

Hello Wes Hosford Families! I hope you had a great month. In Kindergarten to Grade 3, We are beginning to wrap up the Self Awareness and Emotion Management unit. We have been doing a deep dive into feelings of frustration and anger, and how they can make us choose behaviors that lead to negative consequences. Sometimes we need to walk away, take some deep breaths, get a drink or snack, or go get help from an adult when our feelings are too big to manage. It's okay to be mad, but it's not okay to be mean!

Grades 4-6 are wrapping up the Relationships unit. We discussed empathy and how to take the perspective of others without taking on too much of another person's emotions. Empathy is all about being able to support someone and offer your understanding without feeling the pressure to fix someone else's problems. Being empathetic to someone will send the message that you truly care about someone, which can foster positive relationships.



Have a great April!

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First Nations, Métis, Inuit, Newsletter

Please read our district First Nations, Métis, and Inuit newsletter:

<https://secure.smores.com/n/hjgkp>

Upcoming Events and Important Dates

- April 2: Early Dismissal
- April 7: Hot Lunch Day!
- April 7: Education Week
- April 10: Grades 4-6 Spring Concert at 7:00 in our school gym
- April 14: Volunteer Week. Thank you, Volunteers!
- April 17: Parent Evening at WHF at 6:30
- April 18 & 21: No school – Easter Weekend
- April 23: Administrative Assistant Day! Show our Mrs. Snow some love! ❤️
- April 24: Popcorn Day!
- April 24: Kindergarten Information Night at 6:00
- May 2: No School (PD Day for teachers)
- May 7: Early Dismissal
- May 9: Popcorn Day
- May 15: School Council and Fundraising Society meeting at 6:30
- May 16: Hot Lunch!
- May 19: No school
- May 23: Treat Day!