



REED RANCH ROUND UP
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OLDS, AB
T4H 1P2
(403) 556-2429



March 2023



Grades 1-6 will be going on a field trip to Cornerstone Theatre in Red Deer on Wednesday, March 15 to see the Robin Hood play production. Thank you to Parent Council for providing this fantastic morning out.

Parents, children will come into the school in the morning, leave their backpack and then load on the bus. The bus will leave at **8:30 am sharp**. We cannot wait as the production starts at 9:30. Online consent forms were emailed yesterday please complete asap. We need them back by March 8. Thank you



If you are interested in being a volunteer for our field trip, we are in need of 5-6 volunteers. Volunteers will be accepted on a first come first serve basis. Please contact the school if you are interested in attending. However, you will have to provide your own transportation.

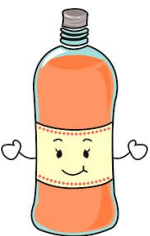
It is important to make sure that your child has a water bottle and utensils in their lunch kit for meals. The school does not provide these extras.

Thank you

Reminder:

If you have ordered but your child is away meals will not be kept in the fridge or freezer. A sibling may take it home or you may come and pick it up that day as no refunds will be given.

Appreciate your understanding.



We all know sleep is important.

What is sleep hygiene?

Sleep hygiene is our habits before bed that help to promote quality sleep. These habits and routines take time to develop, so keep repeating them! This month we are sharing some tips and tricks to help promote quality sleep in children (as well as adults)! If we have problems with sleep, we can see it impacts your child's school work, relationships, and overall mood.

Promote a good bedtime routine

Create a routine and be consistent with it. This lets your body know that it's almost time for sleep! The routine should take no more than 20 minutes and is intended to start calming the body and mind. Some ideas may be to have a bath, read a book, brush your teeth, etc. Over time, this routine will tell your body you are tired. Keep bedtimes and wake-up times close to the same time every day, even on weekends, to keep your body in a regular pattern.

Tips for a good night's sleep

Limit screen time before bed. The blue light our devices and TVs produce actually prevents us from producing melatonin. Melatonin is the hormone our bodies produce to help us fall asleep and stay asleep! Get some exercise during the day. Physical activity can help us fall asleep faster and stay asleep!

Ways to support your child's sleep

If you notice your child is struggling to relax at bedtime, or talk about feeling worried, you can take some extra steps.

- If there is an easy solution, tackle it with them.
- Acknowledge their feelings if it's not a quick solution.
- Share with them when you notice positive changes in their sleep habits and routines.

MORE RESOURCES

<https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

<https://positivepsychology.com/sleep-hygiene-tips-kids-teenagers/>

Flora and Ulysses Activities



Ms. Tetzlaff's Kindergarten/Grade 1 & 2 Class

Happy March to all my kindergarten, grade 1/ 2 families! I hope you all had an amazing winter break! This months themes will include bears, dinosaurs and St. Patrick's Day!



Kindergarten:

Language arts- we will be starting to learn about rhyming. We will be using books, poems, games, chants, songs and various activities to encourage this concept. Rhyming is an important component of phonological awareness and reading. Please continue to help your child at home with letter/sound recognition.

Math - Students will be learning about sorting and identifying sorting rules. We will continue to learn how to sort objects by their attributes: Color,size, shape, type/kind. Sorting is putting objects into groups by using a sorting rule. They will be encouraged to look for what is the same about the items in the groups.

Social Studies - We will continue learning about 'My Home, My School, My Community'!

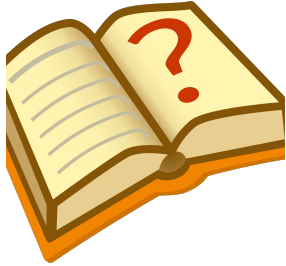
Grade 1 & 2:

Language Arts: We will continue to develop writing and reading strategies, continue with sight word practice as well learning how to develop good sentences. We will be reading literature,learning vocabulary and doing art activities related to our novel study.

Math: This month we will be focusing on building addition and subtraction strategies and doing daily practice with our basic addition and subtraction facts to 20(Grade 1) and double digits without regrouping and with regrouping(Grade 2). We will also continue working on our skip counting patterns, including; counting by 1's, 2's, 5's and 10's to 100 forwards and backwards. We will be introducing Canadian currency and financial literacy.

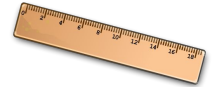
Hope you're continuing to read Flora & Ulysses with your child :) Have a wonderful month of March!

Ms. Tetzlaff



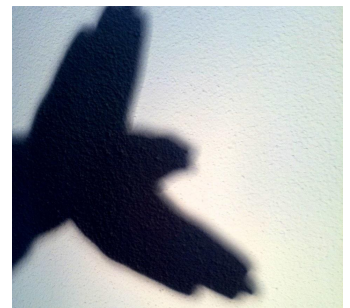
Language Arts: We are looking at non-fiction reading and writing. Students will have the opportunity to teach their classmates about something they love!

Math: We are moving into measurement! We will be learning time, distance and weight related measurements as well as beginning to learn about angles



Social Studies: We are looking at the history, people and celebrations of Ukraine! We will also look at the farming practices and machinery they use.

Science: We will be looking at light and shadow in our new unit.



March 2023 Mr. Seidel's Grades 4/5/6.

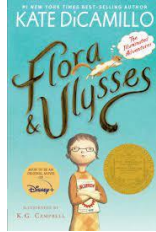
Language Learning 5/6.

Creative Writing – News stories.

Cursive Writing - letters P, Q, R, and S.

One novel, one school. Flora and Ulysses Chapters 43 - 50, chapters 51 - 57, and chapters 58 - 68

Raz kids - levelled reading program.



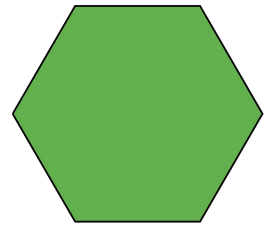
Math 5/6.

Math 5. - Shape and Space Part 1 - measurement.

- 2 D and 3 D shapes.

Math 6.

- Shape and Space Part 3 - Perimeter, area, and volume.
- Shape and Space Part 4 - Transformations.



Social Studies 5/6.

Canada - The Cordillera Region.

- The North Region.

Democracy. - Ancient Athens – Chapter 3 Part 1 and 2.

- Iroquois Confederacy. Chapter 4 Part 1 and 2.

Science 5/6.

Evidence and Investigation.

- Footprints and imprints, chromatography, fingerprints, fiber analysis, and special investigators like archaeologists and paleontologists.

French 4/5/6

Our homes - mon maison.

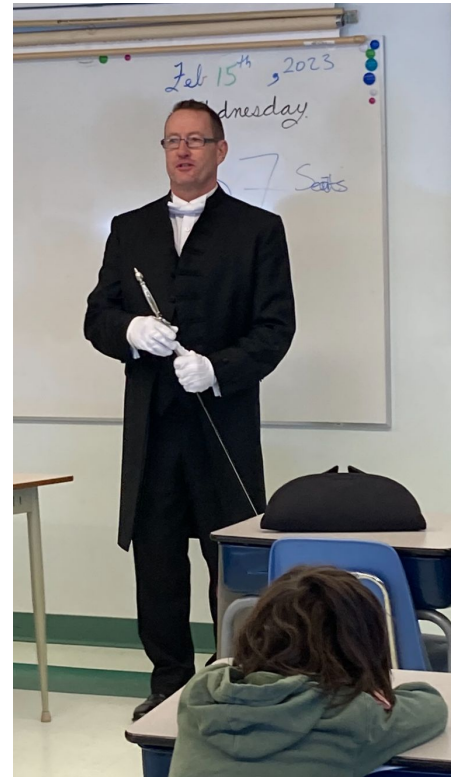
Art 5/6.

- St. Patrick's Day and spring art projects.



Nathan Cooper came out to explain the levels of government to the grade 5 / 6 class.

Not only did he have an engaging presentation but brought the mace that has only left the legislative building maybe 20 times since being made in 1955! With the mace, came the Sergeant of Arms Garth who explained the role of his duties.





Ms. Wilks on March 1st
Wyatt in ECS on March 12th
Declan in ECS on March 15th
and
Ms. Cranston on March 25th



Hike for Hospice

May 7, 2023

**Holy Trinity Catholic Church
Registration starts 8:45 a.m.**

Welcome Ceremonies: 9:30 a.m.

Start: 10:00 a.m.

Rain or Shine

**Run, Walk, or Wheel along trails in Olds
1 km or 5 km**

**For more information call Mary Smith
403-415-9850**



REGISTRATION IS OPEN

OldsMinorSoccer.ca





Registration closes
April 1

Mon/Wed: U11, U15, U19
Tues/Thurs: U6, U9, U13, U17

Teams will be mixed boys/girls.
U11-U19 will play 8 vs 8

Dates are subject to change pending on number of players and coaches available

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2 Round Up published Hot Dog Lunch Pizza order deadline Dr Seuss Reading Day	3 RR Non School Day	4
5	6	7	8	9 Pizza Day	10 No School - Collaborative Day	11 Free Throw Tournament - Holy Trinity 10am
12	13 Weekly Reminders sent Hot Dog order due by 12pm	14	15  Gr 1-6 Field Trip to Cornerstone Theatre to see Robin Hood Bus leaving at 8:30 sharp	16 Hot Dog Day Hot Lunch orders due Wear something Green Day 	17  St. Patrick's Day	18
19	20 Weekly Reminders sent	21	22	23 Hot Lunch - Mac & Cheese, garlic toast and brownie Subway orders due	24	25
26	27 Weekly Reminders sent	28	29	30 Subway Lunch Wear your favorite Hoodie Day 	31	1