

CRICHTON PARK CHRONICLE

January 2024

X(Twitter): @Crichton_Park
Website: crp.hrce.ca



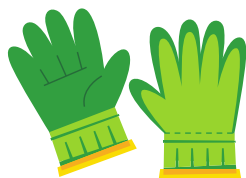
UPCOMING DATES

- Jan. 2: First day back
- Jan. 8: HSA Meeting 6:30
- Jan. 18: HSA Event Bingo Night
- Jan. 25: SAC 3:30 virtual
- Jan. 27: Family Literacy Day
- Feb. 15: HSA Event Games Night and Book Swap

Families are reminded to please not use the school parking lot between 8am and 4pm. This includes quick pick up and drop offs. Thank you for your cooperation with this.



Please pack extra mittens and socks. :)



WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

We hope you were able to have a restful break!

We will continue this month focusing on our Literacy, Math and Wellbeing goals that aim to be responsive to each student's learning strengths and challenges.

Thank you for all your ongoing support. Please feel free to reach out if there is anything you would like to discuss. We are here to work with you to ensure your child's academic and social emotional wellbeing.

If you know a community member who you feel would like to learn more about being on our School Advisory Council (SAC), please email shawkes@hrce.ca.

Happy New Year!

Suzanne Hawkes and Tracy MacDonald



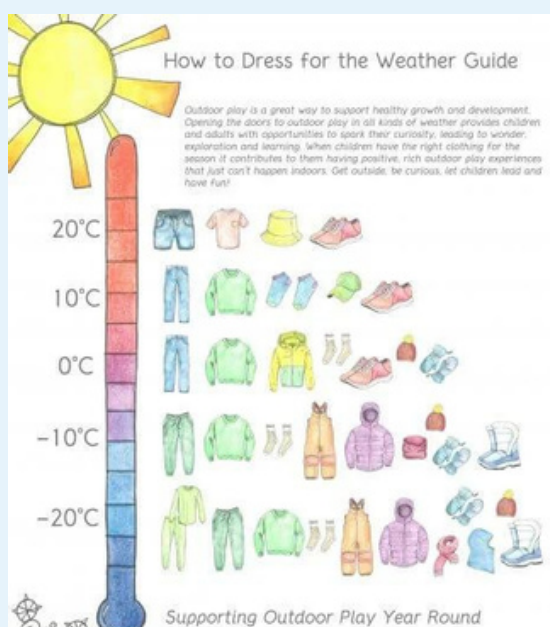
We are looking for full or part time lunch monitors! Please email crichton@hrce.ca or give us a call at 902-464-2503 for more information. Thank you!



News from Physical Education

Congrats to the grade 6 volleyball team on a successful and fun Candycane Tournament at Woodlawn High.

A reminder to all students to bring appropriate footwear to Physical Education classes, crocs and winter boots are great for the summer and snow but not great for running around in the gym. Also as the weather gets a bit colder don't forget to dress in layers to be prepared for recess, lunch and possibly outdoor Phys Ed classes. Check out this infographic of how to dress for the weather.



Stay Active,
Ms. Hudson
theresa.hudson@hrce.ca

A MESSAGE FROM OUR HSA

Learn more about the CPS Home & School Association! The commitment is completely flexible - join to help us for a single event, or stick with the HSA for the entire school year! Meetings take place just once per month, with options to attend in person or online.

Three ways to join in the discussions:

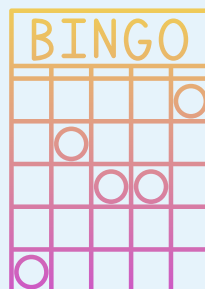
- Our digital message board on Discord: <https://discord.gg/tuCp6XwKV>
- The HSA Facebook Group: <https://www.facebook.com/groups/CPSHSA>
- Join the Email list by sending a note to CrichtonParkHSA@gmail.com

Our next meeting is not until January 8th, and we'll be preparing for two events - the return of a super popular event, and the introduction of a brand new one!

- CRICHTON PARK SCHOOL BINGO NIGHT
- Thursday, January 18th, 6:30pm Start
- BOARD GAME CAFE & BOOK SWAP
- Thursday, February 15th, 6:00pm Start

Want to join the planning talking for these two events, as well as the upcoming Spring Fair? Join us on Discord (via the iOS and Android app or on your web browser): <https://discord.gg/rk2UBXvYAA>

Thank you for your ongoing support!



Counsellor's Corner

Do you and your child have a bedtime routine? Research shows that following a bedtime routine helps children in many ways. Here are some excerpts from an article by Dr. Ealena Callender and Danielle Pacheco who have studied sleep habits in children. This was taken from sleepfoundation.org

What Is a Bedtime Routine, and What Are the Benefits?

Bedtime routines are a consistent, repetitive set of activities that are carried out before bed every night. They help prepare your child for sleep by having them relax and wind down. A predictable routine also gives your child a sense of security and teaches them how to fall asleep on their own. Research shows that children who follow bedtime routines are more likely to go to sleep earlier, take less time falling asleep, sleep longer, and wake up less during the night. These benefits to sleep quality are still seen years later in children who followed bedtime routines when they were younger.

In addition to improving sleep, bedtime routines teach your child self-care and lay the ground for working memory, attention and other cognitive skills. They also foster parent-child bonding and may help improve mood, stress levels, and behavior. In the long term, these benefits translate to better readiness for school as well as better academic performance and social skills.

How To Build a Bedtime Routine for Kids

A bedtime routine for kids usually consists of three or four activities, for example, having a snack, brushing teeth, putting on pajamas, and reading a book. These should always be done in the same order. To make the routine even more effective, start winding down the household by dimming the lights and turning off screens in the lead-up to bed.

Typical bedtime activities that have been shown to have beneficial effects on sleep include:

Nutritious snack

Bath

Brushing teeth and going to the bathroom

Reading a book

Lullaby or singing a song together

Massage, cuddling, and rocking

Talking about their day

The bedtime routine should culminate in a goodnight kiss and lights-out. You should leave the room while your child is sleepy but not asleep yet. This way they learn to fall asleep on their own, and they won't panic if they wake up in the middle of the night and find you gone. Set a consistent bedtime that leaves enough time for your child to sleep the recommended amount of hours for their age.

