

Enfield District School Newsletter

February 2020



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African Heritage Month

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Principal's Message

Dear Enfield Families,

We have had a good start to 2020!

We continue to work on getting everyone here for an 8:00am start. At 8:00am, we have announcements, play O'Canada and teachers do their attendance. Students promptly start their day of learning. As you can imagine, teachers need to stop teaching to support students arriving. Students' focus on their tasks continue to be interrupted as well. Please do your very best to have your children at school and ready to start the day at 8:00am.

February is African Heritage Month and will be filled with learning opportunities although these opportunities also happen throughout the year. We are excited to share that your children will be learning about African Nova Scotians from the past and present and their contributions to our wonderful province. The 2020 African Heritage Month theme is The Ties that Bind: Faith, Family and Community.

Our school is looking for a lunch monitor. If you are interested, please contact the school.

We hope February brings a lot of caring and consideration for others.

Tina Knol
Principal



Primary Registration for 2020-2021

If you have a child or know of others who live in our school area and will be 5 years old on or before December 31, 2020, **please call the school to book an appointment.** Registration will be held Friday, February 7, 2020. At that time you and your child will complete registration forms as well as visit with the public health nurses for vision screening and oral health assessments. Please bring your child's birth certificate, health card and proof of residency.

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Upcoming Events

- ◆ Primary Registration
- ◆ Winter Fun Days



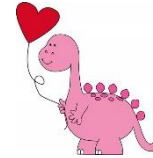
SAC /PTAG
no February meetings

Monday, March 9
PTAG – 6:00 pm
SAC – 7:00 pm

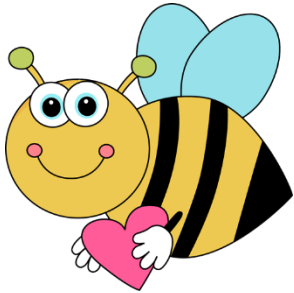


Cafeteria

Our cafeteria has been providing students with metal cutlery to be used for lunch. Some students have been using them and then putting them in their lunch bag by accident. Please send in any cutlery you think may belong to the school. Thank you!



February 13th & 14th – special dessert with all meals



If your child was born in 2011, did you receive this letter?

Lost your letter? Haven't had a chance to complete the survey?

Call 1-844-996-0694 with any questions or to complete the survey by phone. Your participation in our survey is important.

Si votre enfant est né en 2011, avez-vous reçu cette lettre?

Vous avez perdu votre lettre? Vous n'avez pas eu l'occasion de remplir le sondage?

Appelez le 1-844-996-0694 si vous avez des questions ou pour remplir le sondage par téléphone. Votre participation à notre sondage est importante.



PRIDHAMS STUDIOS

You can still order school photos!
Call us or come into the studio today.

Call 902-895-1694
Email pridhamsrobj@eastlink.ca
or Visit www.pridhamsstudio.com

Milford Meltdown - January 31 to February 1

http://end.ccrce.ca/sites/default/files/2020-01/Meltdown%20poster%202020.final_.pdf

GOOD SLEEP HABITS HELP CHILDREN LEARN

Lack of sleep can seriously impact one's health, learning and ability to get along with others. Research indicates that most families believe their children are getting enough sleep when they are not.

Possible Benefits of Having Good Sleep Habits:

- Better Memory
- Feeling Rested
- Better self-control
- More stable mood
- More energy
- Better attendance
- Eating more nutritious foods
- Better weight control
- Stronger immune system
- Fewer illnesses
- More motivation
- Improved school performance
- Better decision-making
- Better concentration
- Quicker recovery from illness

What interferes with sleep?

- Not having a consistent bedtime schedule - just one late night can leave your child feeling 'jet lagged', which can take a few days to recover.
- Watching violent and scary movies: Many children are not old enough to put into perspective what they see and this can feed anxiety that surfaces at bedtime.
- Looking at screens and flashing images at bedtime: The spectrum of blue light given off can upset the child's internal clock and signal their brain to stay awake longer; while they may be "sleeping", the depth of sleep required is not reached as quickly.
- Dealing with emotional upsets just before bed.
- Consuming caffeine, energy drinks or chocolate late in the day or evening.
- Eating too much and/or eating high fat foods close to bedtime.

How can we get a good night's sleep?

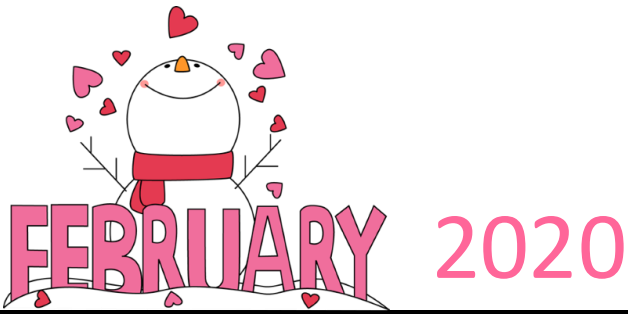
Changing sleep habits takes time. Allow about 3 weeks for it to become routine.

You will know your child's appropriate bedtime when they awake on their own, on time, and feeling rested. To help reach this goal:

- ✓ Create a bedtime routine with your child – do the **same things**, in the **same order**, at the **same time** every night – even on weekends. Post the routine on the fridge so you can praise and reward even small steps toward success.
- ✓ Sleep in a cool, dark, quiet place.
- ✓ Ensure that TV choices for your child are age-appropriate and not fueling further anxiety.
- ✓ Turn off all screens and dim the lights at least 30 to 60 minutes before bed. Be sure no phones or tablets have been taken to bed. Replace them with a fan or calm music.
- ✓ Start bedtime at least 30 min before lying down. A warm bath or shower can be calming and relaxing,
- ✓ If your child's mind is stuck on a worry at bedtime and a brief chat doesn't help, try journaling it until it can be talked about when they are rested.
- ✓ Model good sleep habits as a parent. These strategies may help you as well.
- ✓ Help your child get physical activity every day.
- ✓ Follow up with a doctor if your child snores. It may be interfering with their sleep.
- ✓ If your child spends nights with other caregivers, share this handout with them.

For tips and other information:

- Tracking your child's sleep progress: <https://sleepfoundation.org/sites/default/files/SleepDiaryv6.pdf>
- Helping your child sleep alone: https://www.anxietybc.com/sites/default/files/dealing_with_co_sleeping.pdf
- Helping your child overcome a fear of the dark:
<https://www.healthcentral.com/article/helping-children-overcome-fear-of-the-dark>



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Groundhog Day	3	4 Grade 2 Wilson Skating	5	6	7 Return Cafeteria Orders Primary Registration (by appointment)	8
9	10	11 Grade 2 Wilson Skating	12 Winter Fun Days February 12-14 (more info to be shared by email & website Calendar)	13	14 Return Cafeteria Orders Pink & Red Day <i>Happy Valentine's Day</i>	15 National Flag Day
16	17 Africville Heritage Day (no school)	18 Professional Development for Staff (no school for Students)	19 Grade 2 Wallis Skating	20	21 Return Cafeteria Orders Winter Walk Day In the community 10:00 am	22
23	24	25	26 Grade 2 Wallis Skating	27	28 Return Cafeteria Orders	29