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## Message from the Principal

Hello Arklan community! The weather is getting nicer, and the days are longer, but it is still important for us here at school to maintain a schedule and remain focused. The last part of the year is optimal learning time for our little people, and we see a lot of growth during this time. It is very important to be at school each day.

An important reminder that students should have a water bottle at school each day. We have 3 water bottle filling stations in the school for easy refills.

Congratulations to Mme. Shearman and the boys' and girls' basketball teams who competed in a tournament last month. Both teams demonstrated great sportsmanship and enthusiasm throughout the day.

Coming up in April, Junior students (grades 4 – 6) will have the opportunity to participate in intramurals during the 2<sup>nd</sup> recess; 1:55 – 2:35pm. The first sport that students will be participating in is handball. We are excited to be able to provide this experience for our students. Students will be divided into colored teams and will have the opportunity to play 1-2 times per week.

The student council has been doing an exceptional job with their character trait focus each month. April's character trait will be empathy.

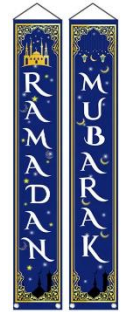


# WHAT'S HAPPENING

## What's Happening at Arklan

**Parenting Workshop:** On April 18<sup>th</sup> at 6pm, Triple P Parenting will be hosting a café on "Fear and Anxiety" in the library; all families are welcome. This café will discuss coping tools to teach your child to cope with and reduce their fear and anxiety. We hope to see you there!

**Ramadan:** UCDSB schools make every reasonable effort to accommodate the religious needs of our students. Religious accommodations are most effective when addressed proactively. This is a reminder that our Muslim students and families are observing Ramadan this month. Please connect with your school Principal to learn more about UCDSB Religious Accommodations Policy.



**Pizza Day:** Our first Pizza Day was a great success! Many thanks to the parent volunteers who have already been in to help; for your assistance, for your guidance, and for your feedback! And thank you to those who have volunteered and will be coming in over the next few weeks to assist! We could not do this without you!

**Did you miss the Pizza Day ordering window?** If so, we will be posting the same event next week - this will give anyone interested in being added to the existing order another chance! Please be sure before submitting your order that you confirm your selection choice.

**Attendance: Just a friendly reminder to notify the school if your child will be absent.** You may find My Family room a convenient alternative to calling the school; you can log in and report your child's absences when you know there is an upcoming appointment, vacation etc. If you are up all night with a sick child, you do not have to wait for the school to open!



We would also ask if you are planning to pick up your child from school prior to the regular pick-up times that you call the office **before 2:30pm**. Our office staff will do their best to have the child ready for pick up.



**Student Projects:** Students in Mrs. Mitchell's class had the opportunity to work with one of UCDSB's cultural advisors and worked collaboratively on a Land Acknowledgement for Arklan CPS. We are so proud of the students for their work on this project!

***“The community of Arklan Community Public School acknowledges that we are on the traditional territory of the Algonquian people. We are grateful to the Anishinaabe, Metis, and Iroquois Peoples for caring for this land, so that we can enjoy the clean water we swim in, the grass we play on, and the trees that give us shade, beauty, and the fresh air we breathe.”***

**Muddy Season is upon us:** The playground is melting, and things are getting muddy. It is the time of year that deciding how to dress for the weather is difficult, so we have a couple of suggestions that might make getting through the day a little easier:

- 1) Dress in layers - please remember to label clothing so they can make their way home should they get misplaced.
- 2) It is a great idea to pack a clean, dry change of clothes in a labeled Ziplock bag for your child to keep in their backpack for those times when mud “just happens”.



**Earth Day:** On behalf of the Carleton Environmental Advisory Committee (CPEAC) and the Town of Carleton Place, we would like to invite all staff, students, and parents at Arklan Community Public School to come help us celebrate Earth Day on Saturday April 22nd from 11 a.m. to 3 p.m. at the Market Square with our first annual EarthFest. There will be workshops, electric vehicle displays, local environmental organizations and services, music, food, and of course, activities for children!

**Be sure to check out our April Calendar on the last page for all our upcoming events!**

# Student Mental Health & Wellness

## Healthy Sleep Routines

Children and youth who get a good night's sleep experience many benefits including feeling more energized during the day and being better able to concentrate and learn. A well-rested mind is better able to make positive decisions, problem solve, and manage stress, but with all the demands of our busy lives, it can be easy for families to fall into a pattern of poor sleep habits.

With patience and practice, your family can make positive changes to sleep routines that will promote overall wellness.

How much sleep does my child need?	
Age 1-2 years	11-14 hours
Age 3-5 years	10-13 hours
Age 6-12 years	9-12 hours
Age 13-18 years	8-10 hours

### Six tips for avoiding sleep and wake time struggles:

**Gradually work toward desired bedtime:** Try adjusting bedtime by 15 minutes every night (or over a few nights) until the target bedtime is reached. Drastic changes are likely to be heavily resisted and unsuccessful.

**Focus on wake-times:** It can be easier to get children out of bed than it is to get them to fall asleep. If this is the case, focus on waking them up earlier in the morning. Earlier mornings can result in feeling more tired and ready for bed in the evenings leading to a 'reset' of their sleep schedule.

**Have a tech curfew:** Decide on a time for your family to turn tech off. Children will often want to stay up to use gaming systems or other devices. These devices stimulate the brain making it difficult to settle or feel tired. Going screen-free for the last hour of the day is great practice.

**Problem-solve a wake-up routine with your teen:** Try talking about a wake-up routine that might work best for your child. Maybe they want to wake up to their favourite music? Or they can try putting the alarm clock across the room, so they must get up to turn it off? Children are more likely to follow-through with ideas that are theirs.

**Be firm with sleep schedules:** Be consistent so children will be less likely to protest at bed or wake time. Try choosing one sleep schedule to stay firm on to begin with – either bedtime, or wake-time.

**Communicate the benefits of getting a good night's sleep:** Don't simply tell children and teens that they have to go to bed – explain why sleep is important. For example, letting them know how keeping to a regular sleep schedule will contribute to better performance at school or sports, and help them manage stress and feel better overall.

Learn more about developing healthy sleep patterns at <https://keltymentalhealth.ca/sleeping-well>

# April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  <b>3</b>	<b>4</b> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Online Pizza Ordering re-opened April 4 – April 11</b> </div>	<b>5</b>	<b>6</b>	<b>7</b>  <b>7</b> School Closed
<b>10</b>  <i>Easter Monday</i> <b>School Closed</b>	<b>11</b> Deadline for online pizza order	<b>12</b> International Day of Pink (LGBTQ2+) 	<b>13</b>	<b>14</b>
<b>17</b>  <b>17</b>	<b>18</b> Fear and Anxiety Parent Café @ 6pm Arklan Library	<b>19</b>	<b>20</b>	<b>21</b> World Creativity and Innovation Day
<div style="border: 1px solid black; padding: 5px; margin: 0 auto; width: 80%;"> <b>April 16-22 National Volunteer Week</b> </div>				
			Ramadan Ends	
<b>24</b>  <b>24</b>	<b>25</b>	<b>26</b> Administrative Professionals Day 	<b>27</b>	<b>28</b> Expected Behaviour Draw and Student Electives

**Other Important Dates:**

April 2: World Autism Day

April 9: Vimy Ridge Day

April 22: Earth Day