



Box 220  
Berwyn Alberta  
T0H 0E0  
780-338-3971  
LloydGarrison@prsd.ab.ca

# Lloyd Garrison School NEWS

## LGS is Building Future Engineers

Grade 1-3 students have been busy exploring various building mediums, from K'nex to Lego Robotics to wooden bridges to Minecraft. Students are exploring how to program computers with Daisy the Dinosaur and Cargo-bot, to understand the basics behind building programs on computers.

### APRIL 2015

Children love building! It allows them to imagine, design, create, manipulate and explore. This science unit provides an opportunity for students to build objects using a variety of materials and construction techniques.

There are opportunities to test what they've built and to solve problems related to structure and/or design. Children will be able to relate their building to those in their environment and, with guidance, begin to recognize the component parts that make up the whole.



**PEACE PARENT LINK PRESENTS**



**FREE**  
**Berwyn Book Bugs**

**Thursday Afternoons**  
**2pm to 3:30pm**  
**@ Lloyd Garrison School**

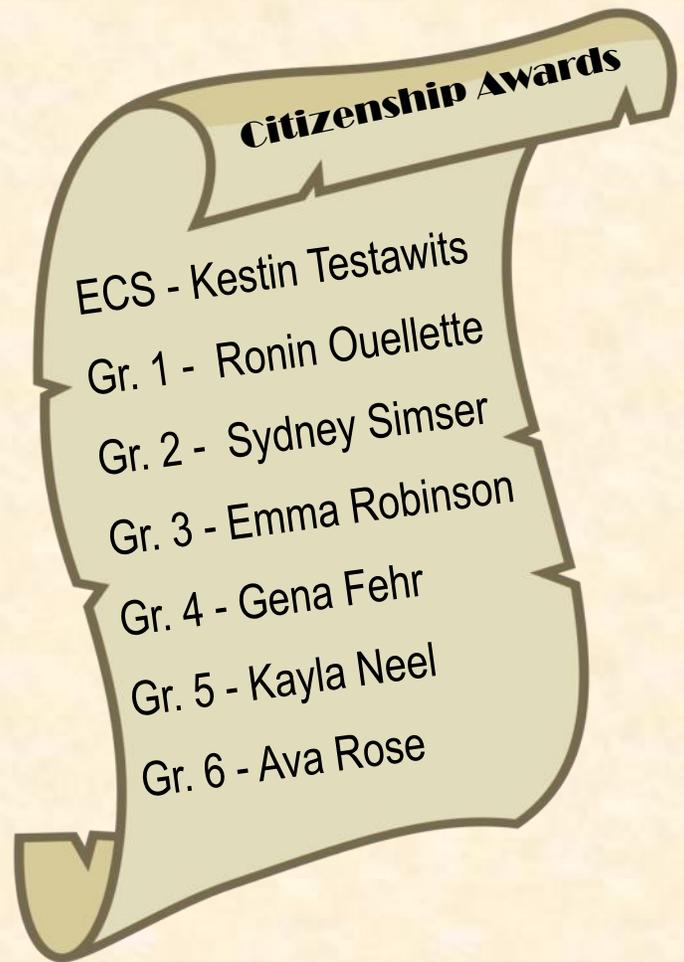
For more information call  
**780-618-7829**

Peace  
parentlinkcentre  
Alberta



Children aged 0-6 and their caregivers are invited to come and play, learn new skills and have fun together with other families.

Check out [www.peaceparentlink.ca](http://www.peaceparentlink.ca) or Peace Parent Link Outreach on Facebook



# Library Corner

Thank you to everyone who participated in the MS Read-A-Thon! LGS students read at home an average of 45 minutes each day, way to go! The MS Read-A-Thon is an opportunity for us to foster our love of reading and to further develop our literacy skills. The Read-A-Thon teaches children about Multiple Sclerosis, the importance of being involved in our community and learning about their power to help others and to make a difference. This program promotes recreational reading, community spirit and disability awareness.

ORC – What is the ORC?

You will find free K-12 educational resources on the [www.learnalberta.ca](http://www.learnalberta.ca) Online Reference Center.

Why should we access the ORC?

A \$1.7 million collection of curricular-aligned digital resources licensed on behalf of all Alberta K-12 students, their parents & school staff.

Supports our Learning Commons Programming for diverse, age appropriate and engaging learning opportunities.

Sites such as BookFlix, TrueFlix, Earth Space/ Life Science/ Physical Science, Canadian Encyclopaedia, and SO MUCH MORE!

Learning to use these free resources now will become a familiar time saver loaded with current curriculum content designed with you in mind. Friendly and Easy to use, these resources will become your favourite way of researching, complete projects and just to have fun!

Mrs. McCulloch



# Top ten tips for parents



**1.** When your child wants to show you something, stop what you are doing and pay attention. It's important to spend frequent, small amounts of time with your child doing things that you both enjoy.

**2.** Give your child lots of physical affection. Children often like hugs, cuddles, and holding hands.

**3.** Talk to your child about things he/she is interested in and talk about your day too.

**4.** Give your child lots of descriptive praise when they do something that you would like to see more of, e.g., "Thank you for doing what I asked straight away."

**5.** Children are more likely to misbehave when they are bored so provide lots of indoor and outdoor activities for your child, e.g., building blocks, colouring, cardboard boxes, dress ups, play houses, etc.

**6.** Teach your child new skills by first showing the skill yourself, then giving your child opportunities to learn the new skill. For example, speak politely to each other in the home.

Then, prompt your child to speak politely (e.g., say "please" or "thank you") and praise your child for their efforts.

**7.** Set clear limits on your child's behavior. Sit down and have a family discussion on the rules in the home. Let your child know what the consequences will be if they break the rules.

**8.** If your child misbehaves, stay calm and give them a clear instruction to stop misbehaving and tell them what you would like them to do instead (e.g., "Stop fighting; play nicely with each other.") Praise your child if they stop. If they do not stop, follow through with an appropriate consequence.

**9.** Have realistic expectations. All children misbehave at times and it is inevitable that you will have some discipline hassles. Trying to be the perfect parent can set you up for frustration and disappointment.

**10.** Look after yourself. It is difficult to be a calm, relaxed parent if you are stressed, anxious, or depressed. Try to find time every week to let yourself unwind or do something that you enjoy.

More information: [www.triplep-parenting.net](http://www.triplep-parenting.net)



## Talking to Your Child About Sex and Sexuality

For many parents, talking to their child about physical changes and sexuality can be challenging and sometimes uncomfortable. There are several reasons why parents may feel this way. Some parents aren't confident in their knowledge of puberty and sexual health, some are unsure about what topics are appropriate to discuss with their child, and some simply don't know how to start the conversation.

Alberta Health Services understands these challenges and has created the website [teachingsexualhealth.ca](http://teachingsexualhealth.ca) to help you find the information you need to keep the conversation going with your child. The Parent portal of the website offers the following:

- Tips on how to discuss puberty, sexuality and sexual health with your child.
- Explanations on why and how to talk to your child about topics like sexual development and bullying.
- Outlines of the sexual health curriculum from grade 4 to grade 12.
- Webisodes (videos) that give examples of how to answer your child's questions about puberty and sexual health.
- Links to reliable resources and community agencies in your area of Alberta.



In school, your child will learn about a wide range of topics; from the basic parts of the human reproductive system, to the physical, social and emotional changes that occur during puberty, and much more. Sexual health is an important part of a person's health and wellbeing and influences a person throughout their life.

Bring the conversation of puberty and sexual health into your home for the benefit of your child's health and development. We encourage you to check out what [teachingsexualhealth.ca](http://teachingsexualhealth.ca) has to offer!

## Unstructured Free Play and Safety for School Aged Children

Unstructured free play is the time children spend being physically active on their own terms without guidance from adults, coaches or rules. It's kicking a ball with a couple of friends in the field, playing a game of hopscotch on the sidewalk, having a game of grounders at a local playground or skating with friends at the arena. Research tells us that unstructured play is very important for the normal development of physical, social, emotional and cognitive skills in school aged children. Simply put, kids need to learn naturally through play. Unfortunately, the amount of time children are spending in this type of activity is declining. Concern about safety is commonly described as a reason for not allowing free play. Parents may feel less control when their kids are outside playing, believing that organized sports and activities are safest.

How much supervision does your child require when playing outside your home? While babies and very young children are safest with an adult at arm's reach, you can allow your child more freedom as they get older. From kindergarten to grade 4, children playing outside should have an adult or responsible older child available and watching, but not hovering over them. For example, in a park, give your child boundaries and then position yourself where you can see them and they can see you. From grade 5 on, most children are ready to play outside with less adult supervision. Your child should demonstrate that they can safely cross a road on their own before you start to allow more independence. Start slowly by giving them boundaries close to your home (such as green space away from a busy road or a fenced in pavement area) and check on them at regular intervals. Gradually widen the boundary as both of you become more comfortable. Playing with a friend or group is safest. Always know where your child is, who they are with, and what time they are expected home.

## Children and Healthy Relationships – What Parents Can Do

Relationships are very important to children and young people. We have different types of relationships throughout our lives including: parents, family, friends, and sexual relationships. Developing healthy relationships helps children feel good about themselves, develops their own identity, and teaches them about the values and ideas of others.

As a parent, you may feel worried about the effect certain friends have on your child. Peer pressure could mean they are doing things they don't really want to, just because certain friends are or because everybody else is doing it. What others think of them is really important in their lives right now. Having a good friend early on and then belonging to a group a bit later are natural and very important relationship steps for children. These connections help them feel like they fit in. Problems in relationships, doing things they don't want to do, and friendship break-ups are a big deal to them. Let them know they can talk to you about anything and you will listen without judgement. Children need to feel secure, valued, and loved; it is the basis for developing trust, positive self-esteem, and confidence. As a parent you can encourage your children, provide steps for decision making, and support them to trust their own feelings and values. This will build emotional and cognitive strengths that will help them throughout life.



Here is an example of a situation you might encounter:

**Problem:** My daughter is 9, and she had an argument with her best friend.

**Think it Through:** Her best friend is important to her and offers her support and companionship.

**Do:** Listen to her. Help her name her emotions. Brainstorm together possible solutions.

Adapted from: [http://www.newport.gov.uk/stellent/groups/public/documents/leaflets\\_and\\_brochures/cont608148.pdf](http://www.newport.gov.uk/stellent/groups/public/documents/leaflets_and_brochures/cont608148.pdf)

### Tips for Brushing Teeth

Use your tongue to feel your teeth. How do they feel – smooth like glass or fuzzy like they are wearing socks? Clean teeth feel smooth. Teeth feel fuzzy when plaque, a sticky film of germs, grows on them. Plaque grows every day, it even begins to grow right after you brush. The less you brush the longer plaque stays on your teeth and the more harm it does. Germs found in plaque eat sugar and produce acid that cause tooth decay. Plaque can also make your gums red and bleed, this is called gingivitis.

To keep your teeth and gums healthy, follow these tips:

- Brush your teeth two times a day with a soft toothbrush. Be sure to brush before you go to bed because when you sleep you have less saliva to wash away any germs hanging around.
- Use a pea-sized amount of toothpaste with fluoride.
- Don't rush your brush. Take at least two minutes to brush your teeth – use a clock, egg timer or even a song to time your brushing.
- Brush gently using small circular movements where the teeth and gums come together. Don't scrub. Brush tongue side, cheek side and chewing surfaces. Finish by brushing your tongue.
- Replace your toothbrush when the bristles have become worn.
- Don't forget that floss cleans where your toothbrush cannot reach so be sure to floss daily.

Schedule regular dental check-ups to help spot oral health problems early when they are less costly to repair.

For more information see: [www.MyHealth.Alberta.ca](http://www.MyHealth.Alberta.ca) and search for "basic dental care".

# APRIL 2015

Sun      Mon      Tue      Wed      Thu      Fri      Sat

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Good Friday

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Easter Mon-  
day

# Easter Break

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Library

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Library

FNMI Day

Hot lunch

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Library