

Monthly Newsletter  
April 2022  
Avril 2022  
*Kakkmi*



## T.M. Roberts Elementary School

10 Wattsville Rd. Cranbrook, BC, V1C 2A2

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Welcome! ki?su?k kyukyit Bienvenue!

### Parent Teacher Conferences

2:00 pm Dismissal – May 2, 3, 4 and 5<sup>th</sup>

Please mark your calendars and kindly make early after school arrangements for the care for your child(ren) as dismissal will be at 2:00 pm all four days. Bus students will have their usual pickup time.

### Running Club

We are starting Running Club again on Tuesdays and Thursdays at 12:15 next Tuesday, April 5<sup>th</sup>. We are looking for parent volunteers to help supervise and run, bike or walk with the students around the 3.0 km trail. Please email [carissa.hart@sd5.bc.ca](mailto:carissa.hart@sd5.bc.ca) if you would like to join.

### Classroom Placement for Next Year

If there is any information that you would like to share or have input about your child's classroom placement for the 2022-2023 school year, please send a letter or an email to the principal prior to April 30<sup>th</sup>, 2022. Please understand that the process of student placement is a very thoughtful process that incorporates the teachers, EA's and administration and carefully considers the student dynamics of a class.

### Basketball

Our TM basketball season is almost wrapped up. We didn't get to play games against other schools but the students met twice a week for 6 weeks to learn from Mme. Sophie / Mme. Hart and Mr. Fraser. Un gros merci, a big thank you to the teachers for coaching.

### Jump Rope for Heart

Our school will be participating in Jump Rope for Heart on April 12<sup>th</sup>. Students will be in the gym with another class and they will participate in different jump stations. Fundraising for the Heart and

### Upcoming Events

#### April 15

Stat Holiday  
School not in session

#### April 18

Stat Holiday  
School not in session

#### April 25

Pro-D Day  
Students do not attend

Stroke foundation will take place online. Click [HERE](#) to register, when searching for our school, you will need to put a space between the "T" and the "M", T M Roberts.

## Next Year's Information

If you are considering changing programs, schools or if you are moving please contact the office and let us know as this information is very important in our planning for the 2022/2023 school year. Thank you!

## Logo Wear

Our logo wear order arrived this week and was distributed to students who ordered. The online store will be open again before the end of the year and then again in August. More information to come.



## Vegetable Garden and Summer Upkeep

We are looking for families who would like to help us stay on top of the weeding in our vegetable garden over the summer. In the spring, our classrooms plant vegetables that are quick to harvest (lettuce, radishes, etc) and once those plants are harvested we will be planting crops that are ready for the fall. Families who are helping to pull the weeds over the summer will be assigned a key to the garden for a week, then they would pass it along to the next family for the following week. If you are interested, please email [carissa.hart@sd5.bc.ca](mailto:carissa.hart@sd5.bc.ca) to be included on the schedule, and please indicate if there is a week that works best for your summer schedule.

## Food Donations

Our school has once again collected food for the Cranbrook Foodbank; what generosity in this community. Together we collected 800 lbs, \$2100 in store value. Thank you to everyone who brought in non-perishable items.

## CBAL (Columbia Basin Alliance for Literacy)

This is a free workshop to support your child's math and money skills. It's for grade 1 students and each family that participates receives a package of materials. Please see the attached poster for more information.

## Save-On-Foods

Every time you shop at Save-On-Foods, you can ask the cashier to put 5% of your grocery purchase to go towards our school – **at no cost to you!** We use these funds to pay for enhanced curricular activities such as gymnastics, skating and field studies.

Thanks to Save-On Foods for supporting Cranbrook schools!



# PAC Newsletter Update

Reminder our next **PAC meeting** will be held via zoom April 6th at 6:30pm. If you're not yet on our email list please contact us at [tmrspac@gmail.com](mailto:tmrspac@gmail.com).

Please join PAC for a **TM Family Skate** and **Pizza Party** at Western Financial Place on Saturday April 9th from 1:00pm to 3:00pm.

\* Helmets are mandatory for everyone going on the ice\*\*

Please email the PAC if you would like to participate but do not have skates/helmets. We will try to source a TM family willing to loan equipment. Please include shoe sizes with your request.

Reminder for **hot lunch** this month on April 13 and April 27. Be sure to get your orders in a week prior to each day at <https://munchalunch.com/schools/TMRoberts>

As always we encourage you to join our active and informative **PAC Facebook group** for future updates and resources.

<https://www.facebook.com/groups/TMPAC/>

Thanks to everyone who came out to our sponsored swim day on Sunday. Please see the attached photos from our recent family event before spring break.

Never hesitate to reach out to the PAC for ideas, questions or concerns. **We are here to support you** and your children.

Photos from PAC's family event before spring break.







## CPF News

The next meeting will take place via zoom on Thursday, April 7 at 6:30 pm

## DPAC News

Back by popular demand - Gary Anaka with:

**"Growing the Child's Brain"** on April 17th @ 7:00-8:30 and

**"Understanding the Teenage Brain"** on May 24th @ 7:00-8:30

This will be a live virtual presentation and will not be recorded.

RSVP to [sd5dpac@gmail.com](mailto:sd5dpac@gmail.com)

More information to follow.



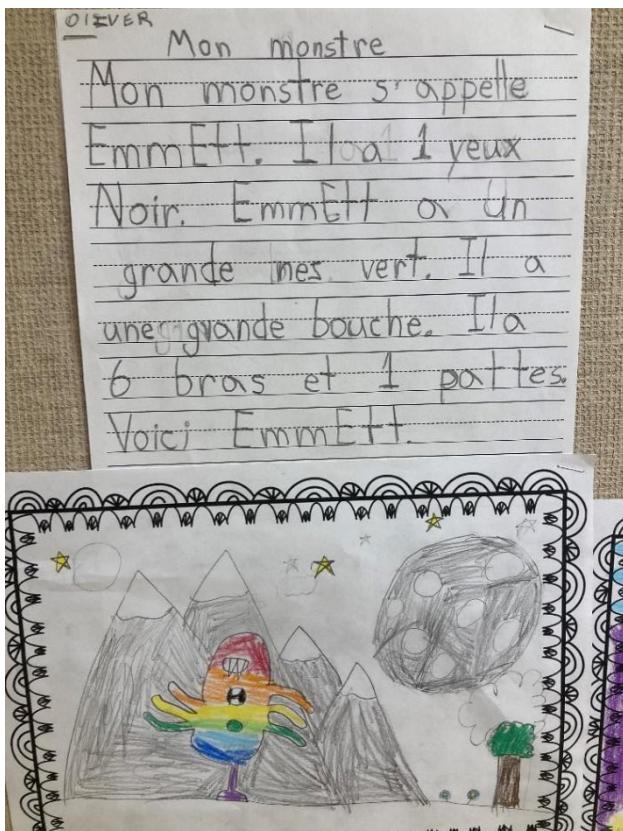
Mr. Mac's grade 6 class learning about chalk art from Paul Haywood.



Students out for Fresh Air Friday. Every week we go for a walk or a run as a school community around the neighborhood.




A writing piece from one of our grade 1 students in Mme. Kelly Anne's class.








Mme. Ashley's class carving soap stone.



 **INCREASE THESE IN THE BRAIN & SEE A HAPPIER CHILD**

<p><b>DOPAMINE</b> "REWARD &amp; MOTIVATION"</p> <ul style="list-style-type: none"><li>• Eating good food</li><li>• Celebrating successes</li><li>• Watching a family movie</li><li>• Playing outdoors</li><li>• Trying something new</li></ul> 	<p><b>GABA</b> "ANTI-ANXIETY"</p> <ul style="list-style-type: none"><li>• Rough and tumble play</li><li>• Riding a bike or running</li><li>• Jumping, swimming</li><li>• Yoga</li><li>• Mindfulness/Meditation</li></ul> 
<p><b>OXYTOCIN</b> "ATTACHMENT &amp; BONDING"</p> <ul style="list-style-type: none"><li>• Hugging</li><li>• Kissing</li><li>• Eye contact</li><li>• Eating a meal together</li><li>• Massage</li></ul> 	<p><b>SEROTONIN</b> "MOOD &amp; SLEEP STABILIZER"</p> <ul style="list-style-type: none"><li>• Exercise</li><li>• Time in the sun</li><li>• Nature</li><li>• A good sleep schedule</li><li>• Meditating</li></ul> 