

# Ocean View Elementary

51 Ocean View School Road, Eastern Passage, NS, B3G 1J3  
465-8670 (Phone) 465-8673 (Fax)  
Website: [ove.hrsb.ca](http://ove.hrsb.ca)

## THE OCEANVIEWER May 2016

IMPORTANT DATES	
P.T.O. MEETING @ 6:30	MAY 3
OSCAR ASSEMBLY @ 11:00	MAY 6
MOTHER'S DAY	MAY 8
PROFESSIONAL DEVELOPMENT DAY (NO CLASSES)	MAY 13
SCHOOL OPTIONS COMMITTEE MEETING SEA-SIDE GYM 6:30-9 PM	MAY 18
SCHOOL MUSICAL " LION KING KIDS" 1 pm and 7pm	MAY 18
SCHOOL MUSICAL " LION KING KIDS" 1 pm and 7pm	MAY 19
VICTORIA DAY (no classes)	MAY 23
OPEN HOUSE 6:30-7:30pm	MAY 26
OSCAR ASSEMBLY @ 11:00am	MAY 27
ALL CITY BOYS CHOIR @11am	MAY 31

## PRINCIPAL'S MESSAGE

I send you greetings, for the last time from the Principal's Desk at Ocean View Elementary School. May looks like it will be a very exciting month at Ocean View School. I refer to the hustle and bustle associated with the Musical. Costumes and sets are being designed; teachers and students are working very hard practicing and are determined to make this the best production yet from my vantage point I believe they will succeed. I have heard from Ms. Williams Hart her physio is going very well and she will be back at her desk on May 16. Once again I would like to thank the students, staff and community members for welcoming me to Ocean View School it has indeed been my pleasure to get to know this community better and to play a small part in the education of your children.

**Danielle McNeil-Hessian**

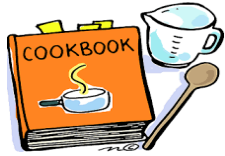
## REGISTRATION FOR 2016-2017

All schools are staffed according to the number of registered students it is important that you notify the school if you will be moving. If you know of anyone who has a child that will be five **on or before December 31st, 2016** and they have not registered please encourage them to go to the school to register their child. Anyone coming to register must bring their child's birth certificates and proof of address.

## BICYCLES, SCOOTERS AND SKATEBOARDS

Spring has sprung and students want to get out and ride a bicycle, skate board or scooter. **Fortunately** we have a bicycle rack but students should bring their own lock to ensure it is safe outside. **Unfortunately** there is no place within the school to store scooters or skateboards. If a student brings a scooter or skateboard they will be required to leave them outside at their own risk near the bicycle rack and there is no guarantee that they will be safe.

Children often own personal items that are the same as another student anything students bring to school should be clearly labelled with your child's name.



## OCEAN VIEW ELEMENTARY COOKBOOKS

The school still has some cookbooks available for \$10.00 from the office. They have fantastic ideas that fit nicely with March's Nutrition Awareness initiative. Plus, you're buying locally made products!

## Spring Fling 2016

Mark this important date in your calendar Saturday June 4<sup>our</sup> PTO will be hosting the Annual Spring Fling which promises to be fun for the entire family. Everyone is welcome if you are interested in helping out, please check out the link on the school's website or contact the school at 902-465-8670.

## ~~Parents Night Out~~

Unfortunately the PTO had to **cancel** the "Parents Night Out" that was being held at the Buffalo Club on the night of May 7<sup>th</sup>. If it is able to be rescheduled you will be notified so keep your eyes open for any news.



## MUSICAL

There will be a rehearsal for participants in the Musical on May 7 at noon (snacks will be provided) children should have their lunch prior to coming to the school. Parents/Guardians are welcome.

**Hear Yee! Hear Yee! THE LION KING KIDS; Tickets are now on Sale. Tickets are**

**\$ 10.00 for adults and \$ 5.00 per child or \$25.00 for a family of 4.** The afternoon shows tickets will be available at the door but in order to make sure no one is disappointed tickets for the **evening shows** need to be **pre-purchased**. Tickets can be purchased through your child's teacher or through the office.

### **50/50 FUNDRAISER**

The 50/50 fundraising effort sponsored by the PTO to support the musicals with audio equipment is off to a good start. Money is coming in and a number of tickets are still being sold. To date we have raised \$400.00 that means if the draw was today the winner would receive \$200.00 and the remainder would be used for audio equipment. The draw will be **May 19<sup>th</sup> the last night of our production**. Keep up the good work

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### **LOST & FOUND**

There are a number of articles of clothing waiting for someone to claim them. They have been out on display during parent teacher meetings and at other times during the school year. They will be kept until May 13, please check to see if your child is missing any clothing.

### **THANK YOU**

A special shout out to the members of the **Buffalo Club** for donating monthly to the Breakfast Program here at Ocean View School.

### **LITERACY TIP**

As parents you are very important teachers in your child's life. As a role model It's a good idea for you to show your child how you read every day for different purposes, for example: recipes, greeting cards, calendars, shopping lists, food labels, instructions, maps, newspapers, emails, signs, and websites.

### **MATH TIP**

Try these simple games to practice math with your child. Use ordinary playing cards to develop the skills of counting and recognising numbers.

Help your child to:

play simple games such as snap,  
count the symbols on the number cards,  
sort the cards into order,  
find all the tens, fours etc.

## Counsellor's Corner

### **Better Sleep = Better Mental and Physical Health = Better Grades**

Sleep is the basis of health and self-care. Research shows that poor quality sleep over long periods can result in difficulty in self-regulation of behaviour in all age groups. Impulsivity increases, memory functions poorly, increases in unhelpful anxiety, as well as, the ability to troubleshoot or solve everyday problems decreases.

A good night's sleep is vital to the growing mind and body of a child and to the healthy functioning of any adult. One of the more significant disruptors to sleep includes the use of mobile devices late in the evening or close to bed time. The blue light from these devices in the evenings impacts the brains ability to regulate the neuro-chemicals required to sleep well by tricking the brain into believing it's still daytime. One may sleep eight hours, but not get adequate sleep and still experience the challenges of poor sleep.

Tips for better sleep (for adults and children), according to Coulombe, A. and Corkum, P. (2013), include:

- 1) Age appropriate bed time
- 2) Consistency in bedtime and waking times
- 3) Follow a regular evening routine
- 4) Location - ensure bedrooms are set up for sleeping
- 5) No electronics in the bedroom (see note about the blue light effect above)
- 6) Regular exercise and nutritious diet.

In keeping with ideas pertaining to sleep habits ,you may wish to take a look at **BNBD (Better Nights, Better Days)** which is an interactive online program that aims to help parents understand their child's sleep problems and provide strategies to help children sleep better. It is designed to be a behavioural intervention program for typically developing children ages 1-10 with insomnia. The website information is included below.

*[betternightsbetterdays.ca/site/about-the-sleep-study](http://betternightsbetterdays.ca/site/about-the-sleep-study)*