Ridgeway RAP  
May 7, 2020

Principal's Pen...

I hope your families are healthy and safe. Thank you for your patience and flexibility as we continue to navigate the end of this school year. Earlier this week, the district announced the last day of school for Columbia Public Schools will be Thursday, May 21, 2020. This will be the last day for scheduled zoom meetings and office hours with teachers. Please plan to come to Ridgeway to gather student belongings according to the dates listed below. I will have more specific details next week, but I wanted to get this on your calendar now.

Families with last name beginning with A-L: May 20 from 8:30-11:00 or 4:00-6:30
Families with last name beginning with M-Z: May 21 from 8:30-11:00 or 4:00-6:30
‘Last Chance’ to pick up belongings: May 22 from 8:30-11:00

News from the Ridgeway Autonomous School Committee

✦ We will hold a virtual zoom meeting on Monday, May 18 at 4:00. If you are interested in joining the meeting, please email Shari Lawson (slawson@cpsk12.org) and she will send the zoom link to you.
✦ Ridgeway’s Autonomous School Committee has two open positions:
  - Parent
  - Member-at-Large
Each position is a 2-year term beginning with the 2020-2021 school year. If you are interested in either of these positions, please contact a committee member no later than May 15, 2020:
Sandy Hamar (skhamar@ccis.edu)
Laura Sandstedt (LSandstedt@cpsk12.org)
Tabi Williams (TWilliams@cpsk12.org)

You're Invited!

PTSA invites you to join our May meeting.

We will have a virtual meeting.
You can join by clicking on the zoom link below.

Topic: Ridgeway May PTSA meeting
Time: May 12, 2020 06:30 PM Central Time (US and Canada)
Join Zoom Meeting
https://cpsk12.zoom.us/j/96150765824?pwd=NmVIYlZzNER1QnNCNWlIGdW5TeUU5Zz09

Meeting ID: 961 5076 5824
Password: 399941
One tap mobile
+13126266799,,96150765824# US (Chicago)
+19294362866,,96150765824# US (New York)
Each week specialists will highlight a resource from the district COVID website or share a non tech activity families can do for fun.

**Art:** Try drawing some robot animals after listening to the story *Mechanicals*  
[https://ebeart.weebly.com/2-3-art-spark-2-mechanials.html](https://ebeart.weebly.com/2-3-art-spark-2-mechanials.html)

**Counselor:** A special note from Mrs. Ryberg is on the last page.

**Library/Media:** Take a virtual field trip to the zoo! The San Diego Zoo has several live animal cams so you can take a peek at what the animals are up to while the visitors are away.  
[https://zoo.sandiegozoo.org/live-cams](https://zoo.sandiegozoo.org/live-cams)

**Music:** Hello Ridgeway families! No new choice board this week but be sure to check out the opportunities still available on last weeks choice board [https://docs.google.com/document/d/1Nlxo2CPyp2KgB9hWlnHg0aYNJ5fHgL5ZKA7S000rRdQ/edit](https://docs.google.com/document/d/1Nlxo2CPyp2KgB9hWlnHg0aYNJ5fHgL5ZKA7S000rRdQ/edit)

A reminder to all 4th graders that the music for honors choir auditions is available on this choice board. If you are wanting to audition I recommend spending some time with this music. More information about the audition process to come.

I’ve got two new videos for this week! First for is a sing along version of the cup song where viewers can use a plastic cup to play along! If you missed last week’s tutorial of how to do the cup routine be sure to check that out first :)  
Cup song sing along: [https://www.youtube.com/watch?v=upuzaG-BjKA](https://www.youtube.com/watch?v=upuzaG-BjKA)

The second video is a move it video to a famous star wars melody! Grab a scarf or some strings and follow along and dance it out! Special guest appearance by one of my puppet friends! [https://www.youtube.com/watch?v=6TopMjXRDG4](https://www.youtube.com/watch?v=6TopMjXRDG4)

Miss you all! Stay well :)

**PE:** Have some fun doing the *Frozen Yoga Adventure* in Elsa’s Ice Castle. This is also a great time to be learning how to tie your shoes.

**News from Mr. Buckner:** This is a fun music activity that you and your family can do!  
Draw a picture based on what a song sounds like. You can pick one of the songs below or pick your own!

Things to think about:
- How does it make you feel?
- What color is this song? Why?
- What shapes does the song make?

[https://youtu.be/NvR9YOqDG4A](https://youtu.be/NvR9YOqDG4A)  
[https://youtu.be/lLJF8DpQWHw](https://youtu.be/lLJF8DpQWHw)  
[https://youtu.be/lLJF8DpQWHw](https://youtu.be/lLJF8DpQWHw)  
[https://youtu.be/yOL-EJZjmp0](https://youtu.be/yOL-EJZjmp0)

**News from Mrs. Pagoada:** Quiz yourself on how well you know the locations of the 50 states. Take the U.S 50 States Map Quiz [https://online.seterra.com/en/vgp/3003](https://online.seterra.com/en/vgp/3003)
There’s no doubt! We are certainly experiencing unprecedented times. 2020 is a year to be documented in the history books. For many, it’s a time of stress, hardship and uncertainty. Now more than ever, we are forced to find ways to cope with the unexpected. You’re in luck! One thing we do have control over is our thinking. The way in which we allow ourselves to think impacts so much. Viewing the glass half-full may improve our lifespan, lower depression and stress and benefit our overall health (Mayo Clinic, 2020).

Did You Know?

Our thoughts create our feelings, which in turn influence our behavior or actions. Having a negative thought, causes negative feelings, which then cause negative actions. This works the same with positive thinking. If you tell yourself it’s going to be a great day, you’re going to feel better about the day and you are going to behave in ways that contribute to a great day. Now this isn’t to say that your day is going to turn out great. However, the likelihood is far greater with positive thoughts than with negative thoughts.

Changing negative thinking patterns does not happen overnight. Just as any other new habit, it takes time and practice. Help your child develop positive thinking in the following ways:

- Identify something positive about each day
- Smile, laugh and seek humor
- Follow a healthy lifestyle
- Change negative thoughts or statements into positive ones

Adapted from: https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950