**Ridgeway RAP**

**September 2, 2016**

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**UNIT A**

Thank you so much to Ms. Tague for helping each Unit A class make applesauce this week.

We love Munch and Reads! We will have this reading celebration the first Friday of every month. Please refer to the Ridgeway calendar for specific dates. Thank you to everyone who was able to join us today!

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**UNIT B**

The Unit B teachers really appreciate all the support our students receive at home. Please help your child remember to show you their Home-School Folder each night and return it to school every day. Be sure to read and respond to your child’s FCJ this weekend. Thank you!

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**UNIT C**

Each student is responsible for his/her home-to-school folder. It is important that the folder travel with your child back and forth from home to school each day. A Unit C responsibility is managing the papers inside the folder. Unit C teachers will guide and direct students on what is to be done with papers. Thank you for encouraging independence and responsibility!

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**Note from the Library:** The Parent Lending Library is available for families to check out a small bag of leveled books to practice reading skills at home. If you are interested in having your child bring home leveled books from the Parent Lending Library please let Mrs. Munsterman or your child’s homeroom teacher know.

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**Principal’s Pen ...** Earlier this week, we had a ‘lockdown’. Parents might wonder what this means, and I wanted to explain. Schools go into lockdown at the direction of our Columbia Public Schools’ Safety and Security Officers. Lockdown means that we keep all students, staff, and visitors inside the building. So, if it is a scheduled recess time, we stay indoors with an alternate activity. In fact, this week, the activity of students was not disrupted at all. Students continued with their regular routine.

Several parents called the school to inquire about the circumstances of the lockdown. When we are told to go into lockdown, we do not ask any questions, we focus on keeping students safe. We do not have information to share. Please refrain from calling, as we are busy attending to the students.

Another important aspect of safety is our regular schedule of drills. We hold drills for a variety of emergency situations. For example, we had a fire drill on Friday. You will likely hear your child talk about these drills as they occur. You might ask your child periodically about the drills. If you have a very young student, they may just be able to tell you, “I listen to my teacher”. That is okay, and they will get experience during the school year.
Reinforcing learning at Home: Part of the school counseling focus is to help students make progress in academic skills and to encourage a love of learning. Parents can be a great part in helping your child at home to achieve academic success. Here are some helpful ideas:

- Ask open ended questions: What is something new you learned today? What are your favorite subjects and why? Encouraging discussion and expressing interest in your child’s learning will help them to be excited about learning.
- Routine and structure: Children thrive on routine and consistent expectations that help them to stay organized and ready to learn. For example: teaching daily routines, schedules, self-care and responsibility.
- Repetition is key to learning: Having your child review the days’ learning will help them to process into long term memory.
- Use a language arts/sensory approach: Have your student discuss, write, read (see) say and listen (you can record your child reading aloud notes or spelling words into a recording device and have them listen at convenient times: in the car, at breakfast, before sleep) this also helps for long term retention and memory.
- Read Aloud: Even if your child is older, reading to them models love of learning and is great for bonding time. Showing excitement for reading will encourage them to engage in reading themselves.
- Encourage students to persevere when things get hard and that it’s okay to make mistakes. Practice makes progress.
- Take breaks as needed: make sure to get plenty of fresh air, exercise and relaxation.
- Play games and take part in activities at home that involve executive functioning skills such as: COGNITIVE SKILLS: time management, working memory, organization, metacognition (thinking about thinking), and planning. BEHAVIOR SKILLS: Flexibility, emotional control, Sustained attention, Task Initiation, Impulse Control and Goal-directed persistence. (more to come on these subjects)
- Limit time on technology and make sure students are getting plenty of physical activity.
- Eat healthy: remember to send your kiddos to school with healthy breakfast, lunches and snacks which help to fuel the brain.
- Sleep: getting plenty of sleep is important for the brain to function. Make sure students are catching plenty of zzzz’s.
- Encourage your student to ask for help when needed. Contact us (Teacher, counselor or administrator) if you think that your child needs extra help. We are here to help.
ABCD Calendar
Tuesday, September 6 - C
Wednesday, September 7 - D
Thursday, September 8 - A
Friday, September 9 - B
Please remember tennis shoes must be worn to class the day your child has PE.

New to PTSA?
All are welcome at our September meeting on Tuesday, September 6 from 6 - 7:30 pm in the Media Center. Childcare is provided. Refreshments will be served. Learn all about what your PTSA does for our Ridgeway community and help welcome the new school year.

Looking ahead to School Events ~ please mark your calendars!
Monday, September 5 ~ No School Labor Day
Tuesday, September 6 ~ PTSA 6:00-7:30, informational social with refreshments & childcare
Thursday, September 8 ~ Computer Club begins! 2:45-4:00, in the computer lab
Tuesday, September 13 ~ Chess Club begins! 3:00-4:30 in the Art Room, 3, 4 & 5 graders!
Tuesday, September 13 ~ Unit A Literacy Night, 6:00 - 7:30
Tuesday, September 20 ~ SCHOOL PICTURE DAY
Tuesday, September 20 ~ Back to School Night, Units B & C, 5:30 - 6:30
Monday, September 26 ~ No School, Teacher Collaboration Day

Chess Club 2016 –2017
Open to all 3, 4 and 5 graders!
Begins Tuesday, September 13 –May 2
3:00-4:30, Art Room
Informational flyers which included the sign up form, were sent home last week. If your child is interested, please complete the form and return to your child’s teacher. Parents are responsible for transportation when Chess Club is dismissed.

Drama Club
I am excited to offer Drama Club again this year to interested students in Units B and C. Please see the handout that went home last week for more information. The link to sign up can be found at https://goo.gl/forms/MyfHRZ2PYwyq92Ny1
Mrs. Sandstedt
Unit B Teacher