

MARCH NEWSLETTER

Kindergarten Registration Week is March 3-7.

Chinook School Division is very excited to welcome new kindergarten students and their families for the upcoming 2025-2026 school year.

- Kindergarten eligibility is age 5 by December 31, 2025
- Please provide proof of your child's date of birth (Birth Certificate)
- Please contact the school to register and for transportation information. Click this link to fill out our online registration.

[Registration form](#)

We will be hosting our Kindergarten Registration event on Thursday, **March 6th** starting at 6:30pm.

New Kindergarten students are welcome to play in their classroom while families meet with Miss Casat to learn about our Kindergarten program.

Supervision will be provided.

We can't wait to meet your family!



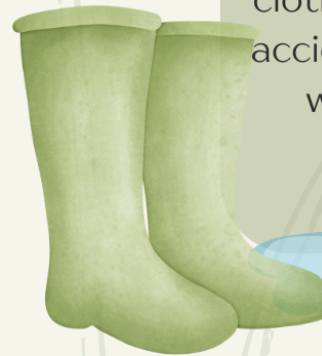
Please remember to contact the school if your child will be absent, even if your bus is cancelled. It is important for us to ensure the safety of all our students.

Reminder:

Any students who *can* go home for lunch are asked to ***please*** go home for lunch. There is limited supervision available during this time.

We sure enjoy the nice weather but with all this snow in the school yard, we expect to see some puddles & mud in our future!

We are asking parents to please send rubber/winter boots and snow/splash pants with your children. Please also ensure your child has a spare change of clothes at school in case there is a muddy accident. We would like to be proactive as we will not be able to contact every parent for wardrobe changes.



EXECUTIVE FUNCTIONING

ATTENTION AND FOCUS

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The executive functioning skill of sustained attention and focus has been widely viewed by psychologists as one of the leading skills required to learn and carry out daily activities. Research indicates that teachers and parents often acknowledge children who struggle with this executive functioning skill at an early age due to the fact that it easily observed. According to Kris (2019), attention is more than being able to stay focused. Attention involves having self-awareness and the ability to direct and re-direct your focus, as needed. It is also being able to ignore distractions, like a cell phone or friends talking nearby. Even further, attention is being able to switch your focus to more important information or a new task, such as when new directions are being given while working.

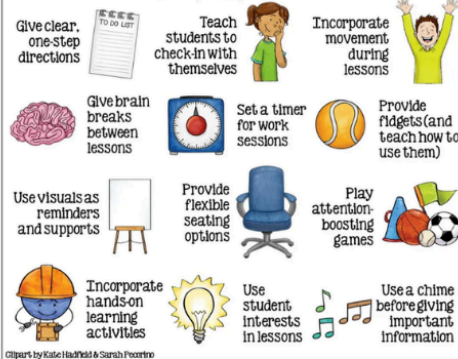
Lead researchers in the field of sustained attention, Minder and Orlebeke (1998), indicate that attention and focus rarely stand alone as a deficit in children, but instead, coincide with or is the root cause of other EF skill problems. As a result, doctors and pediatricians have become very aware of the signs and symptoms and are able to prescribe appropriate courses of action. They go one to warn health professionals, however, that if a child is struggling with attention and focus, an ADHD diagnosis and/or being prescribed medication should not be a first response. There are many strategies that parents and teachers can implement before a child should receive medication or a life-long neurological diagnosis.

WHAT TO LOOK FOR

- scattered thoughts
- daydreamer
- overly hyper
- poor listener
- non-starter
- inattentive
- fidgety/unsettled
- cannot self-direct
- easily distracted
- non-finisher

Strategies for Learners with Attention Issues

www.thepathway2success.com



STRATEGIES TO TRY

- Discuss executive functioning skills, specifically attention and focus, with the child
- Complete an online survey with the child so they recognize any possible deficits and are not just told that something is not right
- Adhere to routines, procedures, and the use of visual cues, prompts, or reminders.
- Provide the child with clear instructions, possibly one step at a time
- Maintain clear boundaries and a firm level of accountability
- Stick to a healthy diet and include lots of physical movement and clear fluid hydration
- Include the child in every step of the planning

STAY TUNED EACH MONTH FOR DETAILS ON A NEW EF SKILL

End-of-the-Week Check-In

Choose one to answer.

- ♥ One thing you got accomplished
- ♥ One way you made yourself proud
- ♥ The thing that made you happiest
- ♥ One way you were kind to yourself
- ♥ The best part of your week
- ♥ What (or who) inspired you



Rainbow Breath

WATER

Wave



Cleanse

Breathe

RAINBOW BREATH



Sit cross-legged with your hands on your knees. Inhale, arch your back and look up. Exhale, round your back and look down.

Repeat 7 times, breathing each shade of the rainbow . . . red, orange, yellow, green, blue, indigo, violet.

Rainbow Breath cleans and brightens your whole body! Let your spine undulate like a wave.

MARCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 KINDERGARTEN DAY 1	4 ASSEMBLY 2:40 Everyone is welcome! DAY 2	5 KINDERGARTEN DAY 3	6 Kindergarten Registration for 2025-2026 6:30 p.m. DAY 4	7 KINDERGARTEN DAY 5
10 DAY 6	11 KINDERGARTEN DAY 1	12 DAY 2	13 KINDERGARTEN DAY 3	14 DAY 4
17 <i>St. Patrick's Day</i> SCC Meeting 6:30 p.m. KINDERGARTEN DAY 5	18 DAY 6	19 KINDERGARTEN DAY 1	20 <i>HELLO Spring</i> SCC Spring Forum DAY 2	21 KINDERGARTEN DAY 3
24 NO SCHOOL Teacher Professional Development	25 DAY 4	26 KINDERGARTEN DAY 5	27 DAY 6	28 KINDERGARTEN DAY 1
31 DAY 2				