Heyes School News

Heyes School · 128-2nd Avenue West · Box 1000 · Swan River MB Rol 120

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May 2022





KINDERGARTEN REGISTRATION FOR SEPTEMBER 2022

If you have a child that will be is 5 years old by the end of December 2022, it's time to register for the 2022/23 school year. Heyes School offers full time Kindergarten classes. We will begin taking registrations in March between the hours of 8:45am 4:00pm. Please come to the school to fill out a registration form. Please bring

proof of age (birth certificate or baptismal & MB Health Card).

If you have any questions, please call the office at: 204-734-3385.



May 8th Mother's Day May 12th **HOT LUNCH**

May 16th PD DAY (No Classes)

Important Dates

May 23th Victoria Day (No School)

May 26th **HOT LUNCH**

> Administrative Secretary Day! Wednesday, April 27th

A big thank you goes out to the Staff and Students here at

Heyes School! I couldn't have asked for a better place to work! I do get very spoiled and enjoy all the great memories being made each and everyday! I appreciate all the gifts and words of thanks! Ms. Chantel Dutkewich













Grade 5/6 Students reading with the Kindergartens. This was extra special since we could not do this for the past few years due to covid-19!

















Grade 6 Badminton
Tournament at the
ESRSS! It's been a
long 2 years since the
students were able to
take part in such
activities!



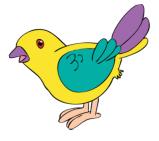
From the Resource Room

7 Relaxation Techniques for Kids

There are several ways you can help your child relax. Finding relaxation techniques that work best for your child and working them into his daily routine will help him maintain concentration throughout the day and sleep better at night.

Controlled	Slowing the rate of breathing helps decrease the heart rate and
Doon	normalize blood pressure. Have you child sit or lie in a comfortable
Deep	position. She should inhale deeply and slowly and then exhale
Breathing	completely. When she exhales, her abdomen should expand, not her chest. Controlled deep breathing can help your child calm down when she's in a hyperactive state, and with regular practice, can improve overall behavior.
Cale Talla	Positive self-talk can help your child calm down and remain calm.
Self-Talk	Have your child repeat out loud to himself phrases like, "I am calm," "I am peaceful," and "I can stay still and concentrate." Remind your child to use self-talk when he needs to relax until he's able to initiate a technique on his own.
Mind-Body	Mind-body integration refers to the conscious awareness of your
•	body in the moment. Have your child sit or lie in a comfortable
Integration	position and tell her to concentrate on her body and remain still as long as possible. Time your child to see how long she can remain still. Don't force her to stay still longer than she is able. She'll show improvement after repeated practice. This activity will help improve self-control.
Meditation	Meditation and visualization will help your child relax his mind. The more often it's practiced the more natural it will become. Have your child breathe deeply and guide him through positive and calming visualizations, such as the ebb and flow of waves, slow flapping of a butterflies wings, or ice cream melting in the sun.
Stretching	Help your child relax built up tension in her muscles through stretching. Standing on tip-toes and reaching toward the sky, rolling her head, and twisting from her waist are all ways to help stretch and relax her muscles.
Exercise	Regular exercise will help keep your child relaxed. It expends excess energy and reduces stress hormones. Find activities that your child enjoys and make them a part of his daily routine.
Music	Music can help calm the mind. Playing some of your child's favorite music can help her release physical and mental stress in order to relax. Music should be slow tempo. Soft classical, instrumental, new age, and jazz are all good choices for relaxing music. Let your child choose the music she prefers.













1. SWMOID	
2. EMHROT	
3. EOVL	
4. FEOLRSW	
5. CPAITPAERE	
6. ROHTMADENRG	
7. ETRNPA	
8. RHHCEIS	
9. OHORN	
10. NNIKDSSE	
11. OMM	
12. YILAMF	
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