

Heyes School News

Heyes School · 128-2nd Avenue West · Box 1000 · Swan River MB R0L 1Z0

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May 2023



KINDERGARTEN REGISTRATION FOR SEPTEMBER 2022

If you have a child that will be 5 years old by the end of December 2023, it's time to register for the 2023/24 school year. Heyes School offers full time Kindergarten classes. 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.

<u>Important Dates</u>	
May 11th	HOT LUNCH
May 14th	Mother's Day!
May 15th	PD DAY (No Classes)
May 22nd	Victoria Day (No School)
May 25th	HOT LUNCH



Thank you!
♡

Administrative Secretary Day! Wednesday, April 26th

Words cannot express how lucky I am to work at Heyes School! Truly means a lot for all the kind words, flowers and gift cards! The Students, Staff and our Parent Council Group don't ever let me forget about Secretary Day! I couldn't ask for a better group of people to work with!



Heyes PAC Update!

We have had a change to the board executives. Stacey Van Koughnett has resigned as president and Leanne Delaurier will be filling this role until our next AGM. Thank you Stacey for your time with us!

There will be openings on our board of executives in the coming school year. Please email heyespacouncil@gmail.com or connect with a board member if you are interested in learning what we are all about!

The Swan Valley School Division has posted their 2023-24 year at a glance. It's posted on our Facebook group, check it out!

We will be offering a Meat Pack Fundraiser with Valley Meat Packers that is scheduled to be sent home on May 8. Please check your child's agendas and backpacks next week! Our goal for this fundraiser is to build garden boxes that would enhance a positive learning experience for students and give teachers another resource for outside learning.

Our next meeting is scheduled for Tuesday May 23 at 6:30pm in the staff room.

Leanne Delaurier, President

Heyes Parent Council



Mother Is The Best

*My mom is really great;
She's sweet as she can be;
When I need some help, I know
She's always there for me.
Mom loves me all the time,
Even when I'm a pest;
She always takes good care of me;
My mother is the best.*



PD DAY

Monday, May 15th

VICTORIA DAY

Monday, May 22nd





**Mrs. Grandfield and her Kindergarten class went on a field trip to the Swan Valley Co-op!
 Had a chance to take a tour of the store and enjoy some cake!
 THANK YOU SWAN VALLEY CO-OP!**



Some art work displayed in our hallway!



Sensory Gym



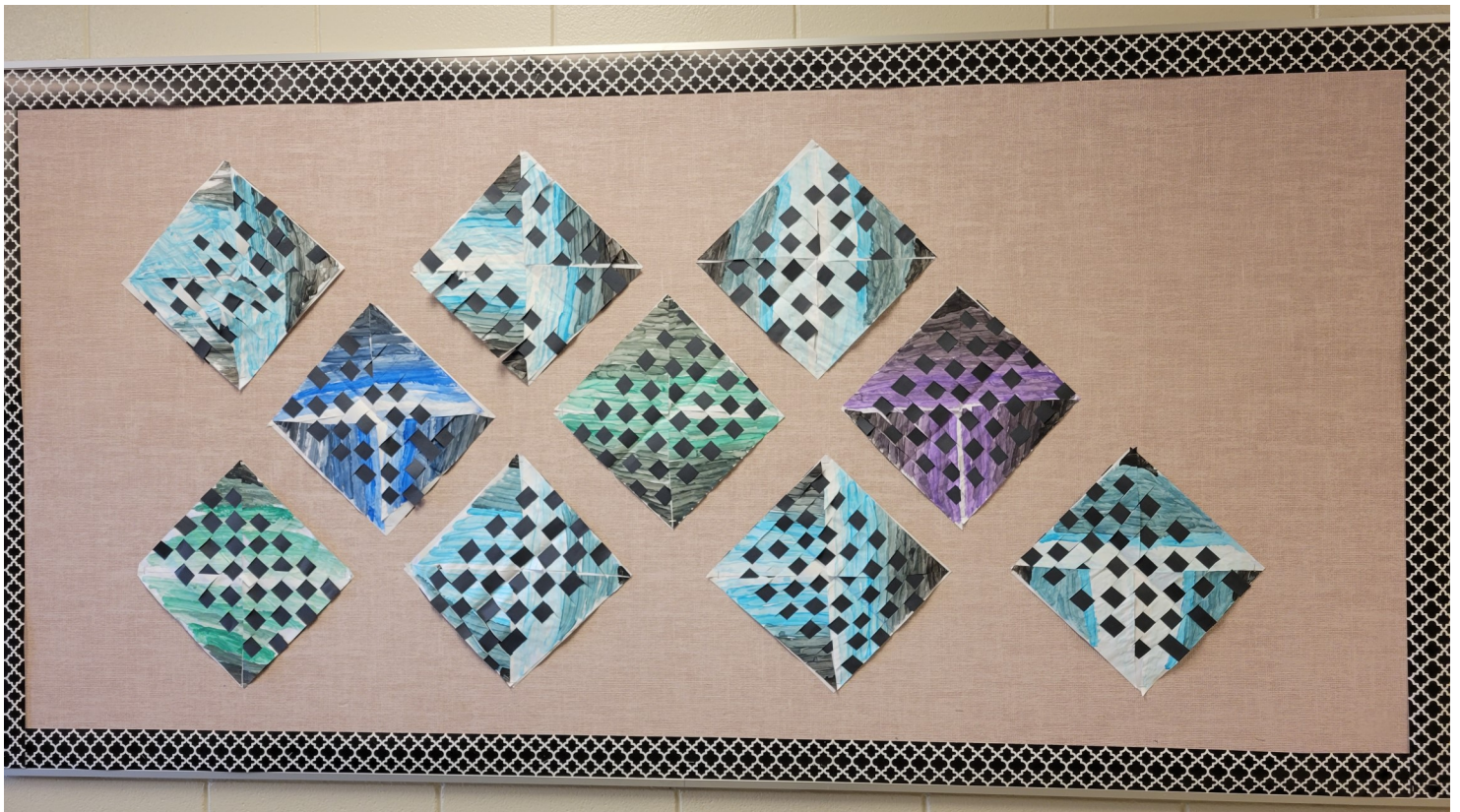
MORE ARTWORK!



Thank you Grade 3/4 Riddell's class for putting your artwork on display!

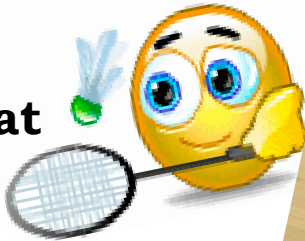


Thank you Grade 3/4 Danyluk's class for adding a great addition our hallway as well!





**Grade 6
Badminton
Tournament at
the SVRSS!**



**SMILE for
the
camera!**

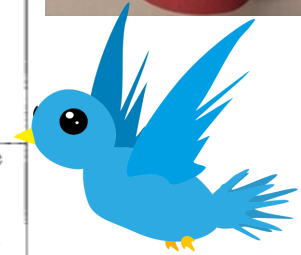


From the Resource Room

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 Deep Breathing	Slowing the rate of breathing helps decrease the heart rate and normalize blood pressure. Have your child sit or lie in a comfortable position. She should inhale deeply and slowly and then exhale 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.
Self-Talk	Positive self-talk can help your child calm down and remain calm. 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 Integration	Mind-body integration refers to the conscious awareness of your body in the moment. Have your child sit or lie in a comfortable 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 butterfly's 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.



Help the mother and baby find their way through the MOM shaped maze to find the missing rattle.

