



AVONDALE SCHOOL

MONTHLY NEWSLETTER



Avondale School Newsletter

April 2018



Next Meeting will take place:

Date: April 11th

Time: 6:30pm

Where: Avondale School

- ⇒ Snacks will be provided
- ⇒ Babysitting will be provided

Please RSVP to Ms. Black at:
kristina.black@gppsd.ab.ca

Apps That Inspire Kids to Play Outside

Give your smartphone or tablet a workout while you and the kids head outside for some healthy, tech-infused fun. Apps designed for outdoor adventures let kids do everything from study bugs to identify constellations and create a compilation video of bike stunts. Whether you're interested in family fitness, DIY, or survival skills, you'll find plenty to keep kids active and engaged. So grab your device and head outside armed with these amazing tools—please visit the following link:

<https://www.common sense media.org/lists/apps-that-inspire-kids-to-play-outside>



Time: 6:00—8:00 p.m. No cost for entry to dance.
Student must be accompanied by parent/guardian.



*Snacks available for purchase.

Important Dates:

- Mar. 30 Good Friday - No School
- Mar. 30-31 Easter Break
- April 9 First Day back in class
- April 11 School Council Meeting
- April 13 School Spirit Day
- April 19 Spring Fling Dance
- April 20 PLD—No School

Welcome to Avondale!

**Attention Parents of new 2018/2019
Kindergarten Students:**

**Registration has begun for
Avondale School**

Please note that your child **MUST** be
5 years old by December 31st, 2018

Please bring with you:

- ⇒ Your Child's Birth Certificate
- ⇒ Your Child's Alberta Health Care Card
- ⇒ Proof of Residence

For additional information please call the
Avondale Office at 780-532-3230
or email: avondaleoffice@gppsd.ab.ca

*No fees will be charged for Kindergarten for the
18/19 school year.

**KINDERGARTEN...
here I come!**



5 Strategies for Getting Kids Off Devices

Ever try to pry a tablet from sticky fingers? Check out these tips to avoid the tantrum.

By Christine Elgersma

"Just a sec," say nine out of 10 parents answering an email when their kid asks them for something. If it's hard for us to jump out of the digital world, just imagine you're 3 and the lines between fantasy and reality are already blurred -- then throw in a super-engaging, colorful, fun, immersive experience. Or you're 5 and each episode of **Mutt & Stuff** on the **Nick Jr. app** is better than the last. Or you're 8 and you're almost finished building something amazing in **Minecraft**. Why would you ever want to stop?

This is why getting kids off their devices is so tough. And when threatening doesn't work, and you discover the **research** that two-minute warnings aren't the best option either, what can you do? Thankfully, the American Academy of Pediatrics (AAP) has some **new guidelines** around screen use that ease some parental guilt, but you still need to get your kid off the iPad at some point. Aside from being a strong role model, try these tips to minimize conflict and find the balance we're all seeking.

- **Have another activity lined up (bonus points for making it seem fun).** For the youngest device users, transitions are hard -- period. Even if the next "to do" is a "must do" (such as eating lunch), tell your kid what's coming next. You can rehearse the process: "When I say stop, it's time for the iPad to go night-night. Let's see how fast you can flip it shut! As soon as it's asleep, we can sneak into the other room and paint."
- **Use visual and sound cues to help kids keep track of time limits.** For kids who don't yet know how to tell time, try a **timer** that can help put them in charge of the process: "When the time is up, it'll look and sound like this."
- **Find apps with built-in timers.** Video streamers like **Cakey** and **Huvi** throw parents a bone and have internal timers so the app stops on its own. Then it's up to the parent to make sure kiddo doesn't just jump into another app.
- **Tell kids to stop at a natural break, such as the end of an episode, level, or activity.** It's hard for kids (and adults!) to stop in the middle of something. Before your kid gets on a device, talk about what they want to do or play, what will be a good place to stop, and how long they think it'll take. Set the limit together and hold to it, though a little wiggle room (a couple of minutes so they can finish) is fine.
- **Discuss consequences and follow through when kids test the limits.** When all else fails, it's important to have discussed consequences for when your kid won't give it up. For little kids, the line can be something like, "If it's too hard to turn off, the tablet has to go away for a whole day." For older kids it's more about keeping devices in a public space, setting expectations, and enforcing them. If they show you they can be partners in moderating and regulating themselves, there can be more flexibility.

F.A.S.D.

(Fetal Alcohol Spectrum Disorder)

CAREGIVER SUPPORT GROUP

One of every 100 babies born in Canada is affected by F.A.S.D.

- *Learn* more about Fetal Alcohol Spectrum Disorder (F.A.S.D.)
- *review* strategies for individuals and caregivers
- *discuss* supports and options available
- *network* with other caregivers

Fetal Alcohol Spectrum Disorder (F.A.S.D.) refers to a complex range of brain injuries that can result from prenatal exposure to alcohol (PAE). It is an umbrella term that has evolved over time and is used to denote an array of developmental, physical, learning and behavioral conditions.

Individuals with FASD may require extensive support and services related to health, mental health, social services, education and training, justice, addictions and family supports throughout their lives.



We are here to help!

SUPPORT GROUP

4th Wednesday of the month
 March 28th April 25th May 23rd June 27th
 1:00 p.m. - 2:30 p.m.
 Dave Barr Community Centre
 9535 Prairie Road



For more information or to RSVP, please contact:

Northwest F.A.S.D. Network
 JEN: 780-357-7504
 jduperron@cityofgp.com

Family Education Society
 HEATHER: 780-830-0920
 heat.fes@telus.net

Child minding available on request.

A partnership between:



Avondale School
 Please like us on Facebook!



**have a good
 Spring Break!**