



# VIKING NEWSLETTER

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## Year of the Rat: Fortune and Personality

Ms. Long's grade five class along with Simon and Keith celebrated the Chinese New Year on Friday, January 24th. The year 2020 is the Year of the Rat.

In Chinese culture rats are seen as a sign of wealth and surplus. Each Chinese zodiac year couples an animal with one of the five rotating elements. 2020 is not only the Year of the Rat but the Year of the Metal Rat.

The class made colorful dragons that are posted by their homeroom door. They were able to sample a bit of the culture by eating dumplings and rice with chopsticks.



## Discovering the wonders of the universe



The grade six class traveled to Penhold to experience a unique way to learn about the universe in an immersive learning environment!

The Travelling Planetarium is an inflatable dome with a digital projector that recreates the sky during different seasons and times of day from the perspective of any point on Earth. Projections include realistic stars, labelled constellations, and different cultural interpretations of the constellations.

A highlight of the trip was when each student held a meteor from Argentina.



## Our First Health Care Aide through Dual Credit

The Health Care Aide course was offered through Red Deer College in partnership with Olds College where students received credits for high school and upon completion received a college certificate. We are proud of our very own Spruce View School student Cati McArthur who worked very hard to complete this one full time semester course. Congratulations Cati!

## WHAT'S HAPPENING AT SPRUCE VIEW

### Monday, Feb 3rd

- Jr. Girls/Boys Bball practice 3 pm
- Semester 2 start up

### Tuesday, Feb 4th

- Pizza Day
- Dungeons & Dragons 3pm
- Jr. Bball Game VS Mother Teresa (make Up game)

### Wednesday, Feb 5th

- Cartoonist Workshop
- Builders League 3 pm
- Jr. Girls Bball practice 3 pm

### Thursday, Feb 6th

- Cartoonist Workshop
- Hot Dog Day
- Dungeons & Dragons 3 pm
- Jr. Girls/Boys Bball game @

### Friday, Feb 7th

- Animal Science Preview Day - Olds College

### Monday, Feb 10th

- Honor Band
- Jr. Girls/Boys Bball practice 3 pm

### Tuesday, Feb 11th

- Honor Band
- Grilled Cheese Day
- Gr 1 Zoo Field Trip
- Jr. Boys Bball practice 3pm

### Wednesday, Feb 12th

- Jr. Girls Bball practice 3 pm
- Builder League

### Thursday, Feb 13th

- Hot Dog Day
- Dungeons & Dragons 3 pm
- Jr. Bball vs IMS 4 pm

### Friday, Feb 14th

- Nakiska Ski Trip
- PAC Bingo

# JANUARY 2020

## HEALTHY FAMILIES

### Talking to Kids About Online Challenges

Talking to kids about their online life and social media usage is not always easy. We offer these 8 tips to help understand online challenges, and the lure of them for both children and teens.

1. Child development and the human brain development is a complicated topic. As parents it seems we just get our child kind of figured out and they change. Things that a few short months ago were so important to them suddenly become "babyish" and we are back to the drawing board to adjust parenting techniques!! It's a never-ending process.  
  
Children, as we all know, have brains that are still growing, developing and learning, and it's important that we talk to them about online challenges when they appear in the media. (The Tide Pod Challenge presents a good opportunity to talk to little ones about how silly that challenge is, and gives a chance to start the conversation.)  
  
Teens enter into a new phase of brain development that Psychologists have termed "The Personal Fable", (it's very interesting. We do recommend googling it as it will apply to many situations, not just online challenges). The bottom line is that they are in a stage of development where they are **more willing than the average human to take risks**, and this can come into play with online challenges.
2. **Acknowledge** with your child that some challenges can be very tempting. The cinnamon challenge a few years back seemed harmless, but it actually came with some pretty significant health risks depending on the person.
3. You can **research online challenges**. You are not invading your child's privacy by googling the term "online challenges" and knowing what is out there. Some challenges, like the "mannequin challenge" are harmless and just good fun. Others like the ice bucket challenge (2014) are positive. That particular "challenge" raised a lot of money for ALS research. Others like the Tide Pod Challenge sound silly to some ears, but can actually be deadly.
4. Bring up the topic of online challenges and **think it through together**. Talk about the risks involved in some of the challenges. Discuss WHY someone would do the challenge. Encourage your child to think critically about some of the challenges that have occurred previously and then discuss the actual results with them. You might have to do #3 on our list so that you can talk about how they actually turned out. The cinnamon challenge is a good one to use, as it sounds so harmless when it is first presented to a child's ears.
5. **Recognize peer pressure**. Show them that you understand that their peers play a role in their lives, and acknowledge that sometimes it's hard to not do something that it seems like "everyone else is doing". Further, talk about peers from online. In a globally networked world, your child will likely have friends online - perhaps from a game like Fortnite, Roblox or Minecraft, or from streaming services like Twitch or YouTube. In the life of your child, those are peers too. Talk about them all. Talk about the pressure. Talk about how to respond to the pressures they may be facing already.
6. Try not to shock them. As a parent, it can feel really frightening to analyze all the "what-ifs" of online life. Showing a child graphic images, or taking measures to scare them doesn't actually help the situation. Continue to keep yourself informed about online challenges so that you can continue to talk over time with your child. It doesn't have to be a one-time-only conversation. Keep the conversation going.
7. **Be reassuring**. Make sure your child knows that they can always talk to you. In order to have communication, both parties need to feel safe. Tell your child that if they are worried about a friend doing a challenge, they can come to you and you will help them sort through the risks and the rewards of doing the challenge.
8. **Set a household rule**. After you've listened, and you've talked and you've listened some more, set a household rule regarding online challenges. Give your child the opportunity to make the rule. The more input they have, the more likely they are to follow the rule. A positive rule could be that no online challenge can be done without having a conversation first that discusses the benefits of doing the challenges as well as the risks. Two heads thinking about a challenge are always better than one!



## SPRUCE VIEW UNPLUGGED



Collin Kartchner started a campaign to #SaveTheKids from social media and screen addiction's negative affect on their mental and emotional health.

On our Spruce View Facebook page we are sharing Collin's message "Can flip phones end our social media addiction?"

[https://www.youtube.com/watch?v=uMb0wqTqE\\_4&fbclid=IwAR373RQpaSM55r1XKCyyYL2y7mtA0Ac-WIC98\\_24Tye6svjXPFmou-a5m1o](https://www.youtube.com/watch?v=uMb0wqTqE_4&fbclid=IwAR373RQpaSM55r1XKCyyYL2y7mtA0Ac-WIC98_24Tye6svjXPFmou-a5m1o)