

"A Feinstein Leadership School"

Ranger Roars

VOL. 22 ISSUE # 3

November 2022

Walter E. Ranger School
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ROAR Assembly

Al "the Respect Guy" Ulman presented a fantastic program where our students absorbed life-changing information about inclusion, diversity, accepting differences, and being kind and nice. This helped our student's build character, leadership skills and self-esteem. Al "the Respect Guy" presented age-appropriate examples in an upbeat and fun way, enabling students to put into action these positive behavioral patterns in their everyday activities. Personal examples of being respectful of others, property and the environment, and being responsible for one's actions, are visually illustrated throughout The ROAR Show. This allowed students the opportunity to see how their behavior affects others and often leads to preventing bullying.

A great big "Thank You" to our PTO for providing such a great learning opportunity for our students at Ranger.

Parent Teacher Conferences

November 21st (5:00 to 8:00)

November 22nd (3:50 to 5:30)

In Person

No School November 23rd - 25th

Hello from the Ranger PTO

We're welcoming November full of gratitude as our annual Meadow Farms Fundraiser was an outstanding success and

exceeded our goals and expectations!! We're thrilled to add a Wacky Wednesday Spirit Day to the calendar this month as our students earned it by surpassing our initial fund-raising goal of \$5000 four times over!! Speaking of the calendar, we're booked to the brim with FUN as we welcome back our Fall Scholastic Book fair and host our first Fall PTO Paint Night! If you're interested in volunteering at our Book Fair and/or at our Soup n' Cookie Pick-Up Night keep your peepers peeled for the Sign-Up Genius via email from The PTO Volunteer Registry. We are so THANKFUL for all of our support! Here are a few important reminders!



Liam Moore

11/3 PTO Meeting in the Community Room at the Tiverton Library 6:30-8pm.

11/7-11/10 Fall Scholastic Book Fair. More information TBA

11/14-11/18 Soup n' Cookie (Meadow Farms) pick-up at Ranger School. Date TBA

11/18 Tiger Pride Friday!

11/18 PTO Wine & Paint Night at Studio Life Art in Fall River MA @ 7pm

11/30 Wacky Wednesday Spirit Day-Wear your best wacky mismatch outfit!

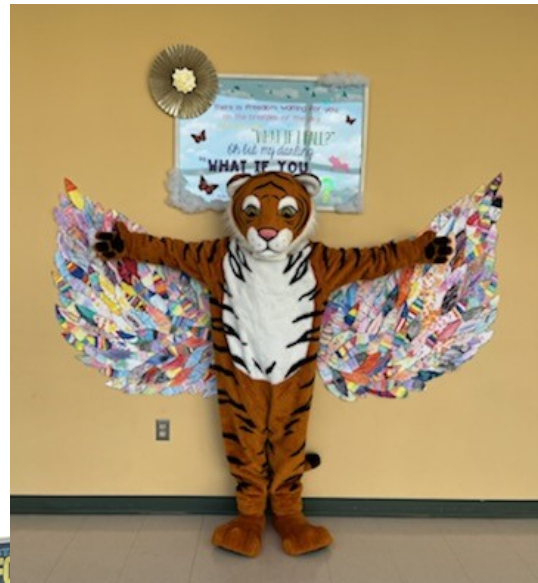
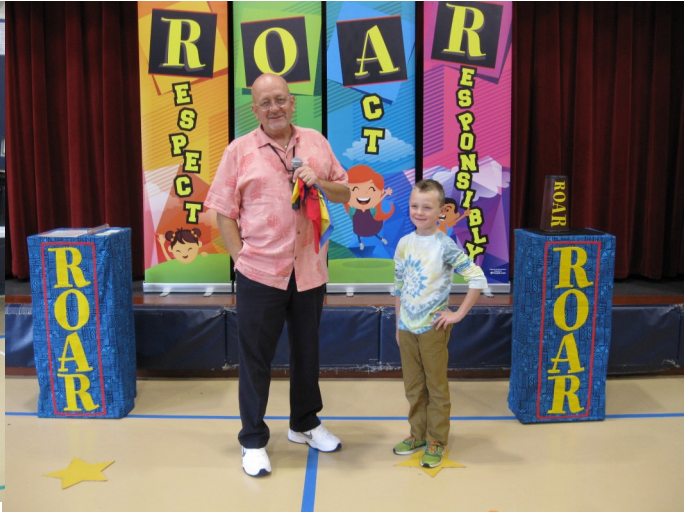
Annual Feinstein Fall Food Drive

November 1st to November 18th

Goods will be accepted before, during and after school daily



We intend to utilize donations for Ranger School families first. Please contact the office if your family has any needs. We will make arrangements for you to come to pick up a box of items. The goods are available to all families of Ranger School students. All inquiries are strictly confidential. All remaining donations will be given to the Tiverton Food pantry.



ROAR Assembly



Holiday Food, Clothing, and Gift Card Drive

Sponsored by Ranger School and Allen Shawn Feinstein

This year, Ranger School will be collecting Food, Gift Cards, and Clothing, from November 1st to December 20th, for donations to our school families in need and other community and local agencies who offer assistance to Tiverton families throughout the year .

If you are interested in helping with this project you may donate canned or boxed food (no glass bottles or jars please) for our food pantry, gift cards, or pajamas, socks, sweat suits and underwear in size 5-12.

Please help us make this project a success. If you have any questions, please call Ann Tobin, School Counselor, at 624-8467.

IF your family could use a helping hand this season, or at any time, please let me know. All information provided remains confidential.

TOO SICK FOR SCHOOL?

A message from Mrs. Rocha

The weather is getting cooler and before you know it, winter will be here. You don't want your child to miss too much school, but you also don't want to expose your child's peers. When should your child stay home from school? Here are a few guidelines you might consider:

COLD SYMPTOMS such as a stuffy/ runny nose, scratchy throat, or fatigue should not be a reason to stay home from school. Students with active symptoms should be COVID tested daily **prior to coming into school**. Mask use is *encouraged for children during school hours when they are symptomatic*. Medical follow up with your provider is recommended for symptoms that persist for 3 days or more. [TPS Covid Guidance](#)

FEVERS can indicate that your child may have a contagious illness and your doctor should be consulted. Children with a fever of 100.4 or greater should remain home from school. Students may return to school when they have been fever free without medication for at least **24 hours** and have had a negative Covid test.

VOMITING AND DIARRHEA are a discomfort that should be managed at home. These symptoms may indicate a viral illness and generally pass without medical intervention. If accompanied by a fever or rash, or symptoms persist over 24 hours, your doctor should be consulted. **Please do not send your child to school until they are symptom free for at least 24 hours and have had a negative Covid test.**

STREP THROAT & SCARLET FEVER are two contagious illnesses caused by the streptococcal bacteria. They usually start with a sore throat & high fever, and your doctor should be consulted. A child with strep throat or scarlet fever should remain home from school. Once treated for **24-48 hours** with an antibiotic, a child is usually no longer contagious, and may return to school if feeling well enough & with medical documentation.

CHICKEN POX (Varicella) is a viral disease which is very uncomfortable and contagious. If your child develops a fever, complains of itchiness, and breaks out in a pink or red rash with fluid filled centers on the back, chest, and/or face, it may be chicken pox. Incubation time is two to three weeks, usually 13 to 17 days. Your doctor should be consulted immediately upon onset of symptoms. **Your child needs to be kept at home until all spots are scabbed over, usually at least a week or more from the onset of symptoms.** Please notify the school if your child comes down with chicken pox so that we can be watchful for symptoms in other children.

CONJUNCTIVITIS (Pink eye) is highly contagious and uncomfortable. If your child complains of eyes that are burning, itching, draining, or are red in color, please do not send them to school. This problem requires a prescription eye ointment or drops, and you should consult their medical provider. Your child may return to school after a full **24 hours** of antibiotic treatment & medical documentation.

EAR INFECTIONS often occur with cold symptoms. Unless treated promptly, permanent hearing loss may occur. Students may return to school when they have been fever free & on antibiotics for at least 24 hours.

HEAD LICE are tiny parasites that thrive on human scalps. Nits are eggs laid by the louse. Advise your child NOT to share combs, brushes, hats, etc. If your child becomes a "host" to nits and lice, it is extremely important to notify the school. This effort will help control the spread of the problem. **Your child may return to school after proof is provided to the school of treatment for the head lice/nits.** Please check with your doctor or school nurse-teacher for the most effective way to treat your family and disinfect clothing, bedding, and your home environment. Please be assured this is a very common childhood problem, and easily rectified with the correct treatment.



From the School Counselor's Desk

Parenting Help from our Friends at Bradley Hospital

Eight out of every 10 families report high levels of stress during the holidays, according to the American Psychological Association. This can range from pressure to participate in multiple holiday activities to strain over holiday budgets and finances. With this in mind, Bradley Hospital is offering families tips for keeping stress at bay and focusing on what's truly important this holiday season.

"One of the most important questions for a family to ask this season is, 'What do I hope to look back on about this year, and what do I want my child's memories to be?' Chances are good it's not a marathon shopping day at the mall with a stressed parent," said Anne Walters, PhD, clinical director of the Children's Partial Program at Bradley Hospital. "Think instead of choosing a few special activities that can form the basis of a holiday tradition. Children rely on ritual as a source of comfort, safety and connection – never more so than at busy times of the year."

Walters recommends parents choose a few activities that focus on values that they want to impart to their children. "If you are a religious family, choosing an activity that centers on connection to your church, synagogue or mosque may be high on your list," said Walters. "If you are a family that values social justice, perhaps you will want to engage in a family volunteer opportunity with a local charity or service organization. If you are a family that values the outdoors, perhaps you will make a day of cutting your own tree or taking a nature hike focused on the winter environment. "If forming a tradition doesn't work for this year, think of a family discussion in the fall to choose for the year after. "As a parent, try not to get focused on doing it all. When you are stressed, your children feel it," said Walters. "Do you really have to put up all of the decorations? Do you have to say yes to every invitation or request?"

Walters offers the following tips for reducing family stress at the holidays:

- Set expectations ahead of time with spouses, children and extended family or friends. When children know what to expect and have had a discussion about it ahead of time, parents have the opportunity to set the stage for the holiday you hope to have.
- If budgets are tight, ask children to list a few special gifts and let them know they will receive one. Families can discuss the importance of spending time together to have meaningful experiences, rather than focusing on spending money on material possessions.
- Ask others for help when needed. Offer to trade off play dates with a friend's family so you each can have a day to prepare without children underfoot. For family gatherings, split up the tasks involved in getting ready.
- Take care of your own health. Sleep enough, avoid overeating or drinking, and if you can't fit in regular exercise, try to get out for a walk when you can.
- Talk to children ahead of time about changes in routine, even when they are meant to be enjoyable.
- Make sure to pack snacks and activities if you are traveling, and do your best to keep bedtime and mealtime routines intact. Tired or hungry children are often cranky children.

Plan a black out period for complaining about in laws or difficult family members. Everyone can be more sensitive than usual at this time of year.

Walters said for families struggling with a loss, transition, or other big life event, holidays can be especially challenging. "There can be pressure to 'be happy' and for those that aren't feeling well or who are stressed anyway, this can be isolating," she said. Children with divorced parents might be sad when remembering times when their parents were still together or struggle with traveling back and forth between households. Each parent may feel pressure to overcompensate at their house, in turn putting pressure on the children. Walters urges families to acknowledge these feelings and allow room for all to share honestly. Spending quiet time can be more rewarding than trying to make each other feel better with gifts or activities.

USE THESE FIVE STEPS FOR A SUCCESSFUL CONFERENCE

Parent-Teacher conferences are an important way to learn about your child. Here are tips to help you have a more successful Parent-Teacher conference:

1. **Plan for it.** Before you come to your conference, write out questions you would like to ask. Here are suggestions:
 - Does my child get along with others?
 - How is my child's behavior in class?
 - Does my child read at the level you would expect for this grade?
 - Is my child able to do the math that you would expect for a student at this grade?
 - What are my child's strengths and weaknesses?
 2. **Keep an open mind.** Your goal is to work for cooperation between you and your child's teacher. Even if the teacher says something you disagree with, try to listen to what she has to say.
 3. **Ask to see your child's work.** There's no better way to see how your child is progressing.
 4. **Ask for suggestions.** If your child is doing well, ask what you can do to keep things on a positive track. If there are problems, ask what you can do to help.
 5. **Clarify and summarize** as you go. Teachers sometimes use educational buzz words. If you don't understand something the teacher says, just ask.
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November Calendar of Events

- 1st Faculty Meeting @ 3:45 –SRO Presentation
2nd LETRS Make-ups – 1:00 to 3:20
Ad Council – 3:00
3rd Bus Evacuation Drill – AM
Evaluation Team Meeting @ 1:00
PTO Meeting @ 6:30
7th – 10th PTO Book Fair
8th **Election Day – No School**
9th Teacher Advisory Council @ 2:45
Parent Advisory Council @ 9:30
10th NBSO Assembly – Grade 4 @ 10:30
11th **Veterans' Day – No School**
15th **School Committee Meeting @ 7:00**
16th Ad Council – 3:00
17th Evaluation Team Meeting @ 1:00
18th PTO Parent Paint Night
21st & 22nd -Parent Teacher Conferences –
(21st - 5:00 to 8:00) & (22nd - 3:50 0 to 5:30)
22nd Rti Meeting – 1:00
School Committee Meeting @ 7:00

23rd – 25th – Thanksgiving Recess

Parent—Teacher Conferences are in-person in November!

November 21st 5:00 to 8:00

November 22nd 3:50 to 5:30



Please contact the office if you haven't received the email to schedule a conference by November 7th. Conferences will be scheduled on a first come, first serve basis using Google calendar.

