

“A Feinstein Leadership School”

# Ranger Roars

VOL. 22 ISSUE # 2

October 2022

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## Just Say “Hello”

Ranger School Teachers and Staff Empower Young People to Start With Hello! We promote Inclusion with National Start With Hello Week. The Guidance Program, in partnership with staff and the Sandy Hook Promise, a national, nonprofit organization led by several family members whose loved ones were killed in the tragic mass shooting at Sandy Hook Elementary School took part in Start With Hello Week during the week of September 19-23. Start With Hello teaches students how to reach out to and include those who may be socially isolated as well as to create a culture of inclusion and connectedness within their school or youth organization. Excessive feelings of isolation can be associated with violent and suicidal behavior. In fact, one study reports that chronic loneliness increases the risk of an early death by 14%. Furthermore, young people who are isolated can become victims of bullying, violence and/or depression. As a result, many further pull away from society, struggle with learning and social development and/or choose to hurt themselves or others. Start With Hello Week raises awareness and educates students and the community through Start With Hello activities. Start With Hello Week brings attention to the growing epidemic of social isolation in our schools. We teach at our school, if you see someone you don't know, SAY HELLO! Ranger School is proud to be part of #StartWithHelloWeek because we feel that all students should feel welcomed, connected and valued in our school.



Picture Day is October 27th



## Hello from the Ranger PTO

We are quite literally roaring into the month of October as we welcome, “The R.O.A.R Show” for the first time at Ranger School! This in-school assembly sponsored by The PTO focuses on teaching positivity, appropriate behavior, and working well with others, while centering on the main theme of Respect Others Act Responsibly. The assembly will take place in the afternoon on Tuesday, October 18th and will feature a few friends from The Tiverton Police Department! If our parents and caregivers are feeling like they're missing out on all of the fun, have no fear! Our first PTO Meeting of the 2022-2023 school year will take place this month on Thursday, October 6th at 6:30pm in The Community Room at The Tiverton Library. Please join us to discuss upcoming events, current fundraising efforts and volunteer opportunities! We kindly ask that you leave your tiger cubs and any food or snacks at home, but please do bring your ideas and enthusiasm!

Thursday, 10/6 PTO Meeting at The Tiverton Library 6:30pm

Tuesday, 10/11 Soup n Cookie orders are due\*

Tuesday, 10/18 The R.O.A.R Show Assembly

Friday, 10/21 Tiger Pride Friday

Monday, 10/31 Wickedly Wacky Hair Day or Wear Orange or Black (NO costumes to school please!)



## Fire Prevention Day At Ranger

The Tiverton Fire Department visited Ranger School on September 23rd. They demonstrated fire safety procedures using the Fall River KIDS Fire Safety House. The presentation was extremely informative and the students really enjoyed going through the fire safety trailer.

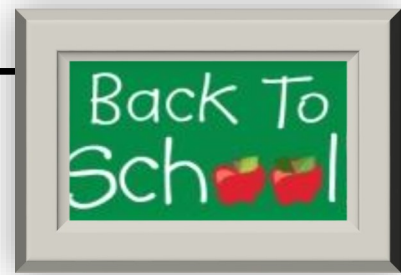
# Just Say "Hello"





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## From the School Counselor's Desk

### • Tips for Handling School Avoidance

#### Parenting Help from our Friends at Bradley Hospital

It's normal for all children to experience some initial back-to-school jitters, particularly if the child is starting kindergarten or changing schools. However, getting some kids to school can be a daily struggle. They may outright refuse to go, become extremely emotional and upset, or even physically ill. Some might also complain of vague, non-specific ailments, such as a stomachache or headache, which appear just before it is time to leave for school.

According to our experts at Bradley Hospital, school avoidance, or refusal, is actually more common than parents might think, occurring in about five percent of children. Although it can happen at any age, it's most common in children ages 5 to 7 and 11 to 14 - the time when many children are transitioning to elementary and middle school.

"School avoidance is not the same as truancy or playing hooky for a day," says Greta Francis, PhD, a child psychologist and Bradley Schools clinical director. "Many kids who avoid school have physical complaints that are triggered by anxiety."

Francis adds that it is important for parents to understand the events that occurred in the child's life around the time that he or she began avoiding school. "These behaviors may be a child's way of communicating an emotional struggle with issues like being teased at school," she says. It is also helpful for parents to look for any patterns in school avoidance. For example, some kids are very anxious about changing clothes for physical education class so they begin to avoid school on days when they have that particular class.

Francis points out that there are a number of reasons why a child might refuse to go to school, including:

- Stressful family events, such as an illness, move or divorce
- Separation anxiety, particularly in younger children
- Social anxieties and worries, including bullying and teasing
- Academic struggles stemming from ADHD or a learning disability
- Anxiety or depression
- Classroom or academic pressure
- If a child is allowed to stay home, the American Academy of Pediatrics recommends not providing any special treatment-whether it is video games or a special snack. Parents should also remind the child that if he or she misses school that day, then sports practices, parties or other after-school events will be cancelled.

Overcoming school avoidance - If school-related anxiety is causing school avoidance, there are some ways parents can help, including:

Talk about the reasons why he does not want to go to school. Consider all the possibilities-psychological, social and academic-and make suggestions to help get the conversation rolling.

- Acknowledge the child's anxiety and offer reassurance, support and understanding. However, tell him there is absolutely no choice when it comes to going to school.

- Seek help and support from school staff, since they will have had experience with school avoidance issues. Teachers may also have some insight into what is causing the child's anxiety, such as bullying or academic troubles, and may have suggestions for how to make the classroom more comfortable.

-Try to be especially firm on school mornings, when children complain most about their symptoms. If the child becomes upset, remain calm, let the tantrum play out, and then resume getting ready for school. On the flip side, make sure to praise and point out the child's successes, even if they're small, such as being able to get dressed in the morning. It is really important to encourage the child to cope with their distress.

School avoidance or real illness - When a child is complaining of a headache or stomachache, how can parents tell if it is due to a true physical illness, or if he just does not want to go to school?" A child who is truly sick will have a fever, or other symptoms like a runny nose or swollen glands," says Francis. "Your child's pediatrician is the first place to start. If there doesn't seem to be a medical explanation for your child's symptoms, it's time to take a closer look at other pressures or stresses that could explain this behavior."

## October Calendar of Events

6 <sup>th</sup>	STAR Reports sent Home Evaluation Team Meeting @ 1:00 Ad Council – 3:00 PTO Meeting @6:30
7 <sup>th</sup>	<b>Elementary PD – Students dismissed at Noon</b>
10 <sup>th</sup>	<b>Columbus Day – No School</b>
11 <sup>th</sup>	Rti Meeting – 1:00 Teacher Advisory Council @ 2:45 Parent Advisory Council @ 9:30 Faculty Meeting @ 3:45 – Library <b>School Committee Meeting @ 7:00</b>
13 <sup>th</sup>	Fire Department visits
14 <sup>th</sup>	Student Learning Objectives due
18 <sup>th</sup>	PTO ROAR Assembly –(K – 2- 1:00) ; (3-4 – 1:50)
19 <sup>th</sup>	Ad Council – 3:00 Elementary Instructional Leads – Supt's Office @ 3:45 Evaluation Team Meeting @ 1:00 Vision Screening
20 <sup>th</sup>	Teacher PD / DL
25 <sup>th</sup>	Rti – 1:00 <b>School Committee Meeting @ 7:00</b>
26 <sup>th</sup>	Flu Clinic – 4 to 7
27 <sup>th</sup>	Picture Day
29 <sup>th</sup>	Trunk / Treat

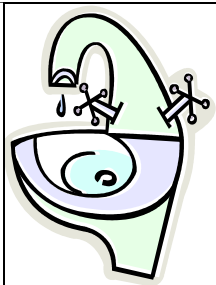


### **Importance of Personal Health**

During the month of September in health classes we have been discussing the importance of personal health care. The main focus of these lessons are things your children could be doing without the help or constant reminder from the parent or guardian. One example we talked about was going to bed on time and getting enough sleep. On school nights elementary students should be getting 10-11 hours of sleep each night. This can make all the difference on the student's focus and concentration throughout the school day. Other examples, geared toward 1<sup>st</sup> and 2<sup>nd</sup> graders are brushing teeth, washing hands before meals and after using the bathroom, and tying shoe laces. For the 3<sup>rd</sup> and 4<sup>th</sup> graders, other examples include flossing teeth, brushing and combing hair, taking showers, putting on their own sun block/bug spray, and trimming nails.

Also at the beginning of the year, Mrs. Rocha comes into the health classes and teaches a mini-lesson on hand washing and trying to stay germ free. Now that children are in school and spend a great deal of time indoors there is more of a risk of catching something from the germs that can spread around the classroom easily. Students can lower that risk by taking some simple steps:

1. Wash their hands or use hand sanitizer when they get the opportunity.
2. Keep their hands away from their faces.
3. Do not share things like food, hats, combs, and brushes.
4. When you feel the urge to cough or sneeze, cover your mouth with your elbow not your hands.



### **A MESSAGE FROM YOUR SCHOOL NURSE**

With all the different things that can make you sick spreading through the schools, your homes and your workplaces, I would like to remind everyone that **hand washing** is the best way to prevent the spread of diseases. Our hands do many things for us; one of the worst things is spreading disease. Please be sure to wash your hands for 20 seconds, the time it takes to sing the Happy Birthday song twice. Also make sure that you change your towels frequently. If you have any questions, please do not hesitate to contact Mrs. Rocha at the nurse's office

### **Absenteeism Calls**

Parents are requested to notify the school after 8:30 on days when their children will be absent due to illness, appointments, etc. Homework requests can be made at this time. Note: Parents are encouraged to bring students in late on days they have early appointments; have them come in and leave for late appointments; or come in, leave, and return depending on the time of the appointment. Please keep in mind that students are welcome at any time. Time spent in the building is educational and in students best interest to be here.