



Ripple Rock Elementary

April 2023

**Andrea Ritchie
Principal**

Email:
Andrea.ritchie@sd72.
bc.ca

**Michelle Nohr
Vice Principal**

Email:
Michelle.nohr@sd72.
bc.ca

School Hours

8:30–2:15

RECESS

9:55-10:10

LUNCH

12:00-12:30

DISMISSAL

2:15

**Ripple Rock
Elementary School
2001 Cheviot Road
Campbell River, BC
V9H 1R4**

Tel:(250)850-2035

I can't believe we are nearing the end of April! We had such a late start to the month after Spring Break that the newsletter update fell out of my head!

Students and staff alike arrived back at school refreshed and with many stories of adventures to share after some time away from school. New learning is evident all over the building—art work and writing reflects Earth Day learning, The classes working with Greenway Land Trust are ready to plant at the Treeland pond and literacy groups are happening at all grade levels. We are happy to see the return of the light and are ready for it to bring warmer, drier weather.

Spring often tends to be a wonderful time for learning outdoors and in different locations, as (normally) the weather becomes much more reliable and pleasant. Please keep an eye of for permission slips, and if you are hoping to accompany your child's class on field trips, it would be a great time to pick up volunteer and criminal record check forms from the office.

We are thankful that Mrs. Kelly sends home a weekly update to all families! Another way to stay on top of school and district activities is to sign up for the CRSD72 Parent App and to consider following the Ripple Rock PAC Parent Info page. We know life is busy! We hope that these are helpful ways to keep track of activities and opportunities happening in the school community.

As we continue to prepare for the fall, it is helpful to know if your family's plans are changing. Please let us know if you will be moving away from Ripple Rock and encourage people who are arriving to register. We are nearly at capacity, and new registrations for kindergarten and all other grades may be waitlisted.

As always, thank you so much to our PAC and amazing community of volunteers who do so much from day to day to help Ripple Rock run smoothly. We appreciate all you do and love spending the days with your children.

April 2023

Mon

Tue

Wed

Thu

Fri

3

4

5

6

7

SPRING BREAK

10

11

12

13

14

First Day Back From
Spring Break

Dobler/Hogan John
Hart Trail
Hot Lunch Subway



17

18

19

20

21

Mellstrom/
Douglas to Holly
Hill Farm.

****Cancelled due
to weather****

Dobler/Hogan Cape
Mudge
Classroom Photos



Hot Lunch Fat
Burger



24

25

26

27

28

Dobler/Hogan Alliga-
tor Trail

Hot Lunch Sushi &
Little Caesars

Wiese/Little to Elk
Falls Campground

Sirois class to CR
Museum



MOVING?

Please let us know asap if you are moving and/or plan on attending a different school in September 2023.

May 25th

Ready Set Learn 11:00-12:30

&

Welcome to Kindergarten 9:00 –10:30

Open Houses at Ripple Rock Elementary

Ready Set Learn is open to children from 3 to 5 years old. Welcome to Kindergarten is intended for children entering Kindergarten at Ripple Rock in September 2023.



Hungry Kids!

Spring is such a time for growth for students! Their brains and bodies are growing like mad and we've noticed they are extra hungry. If possible, please send one extra snack item in your child's lunch. We always have healthy snacks in the office, but something extra from home is helpful too.

Thank you!



April Birthdays

BLAKE C
KAMILE S
COLTON D
MAKAYLA F
AUSTIN L
JAYDEN D
AYSIS C
ASHTON K
MICAELA M R
VALENTINA G W
BRAYDEN D
OLIVIA M
WILLOW C
ARIE R
LYDIA W
BRIELLE S
ERIK B
FELIX E
NASH G
JADEN K
SELENA A
ALIYAH H
KEVIN G
JASON B
LYRA H
IYAS T
KATHERINE A
MICHAEL M



WHY USE FLUORIDE TOOTHPASTE?

Fluoride is absorbed into the tooth enamel making the tooth more resistant to decay. New teeth especially can benefit from fluoride, and school-aged children are getting their new adult teeth.

Daily use of fluoride toothpaste is a cheap and easy way to protect children's teeth from decay. A small amount of toothpaste about the size of a pea, used twice each day, is all you need.

Public water supplies on Vancouver Island do not have fluoride added. Therefore, it is very important to use fluoride toothpaste.

Spit out after brushing – don't rinse! This will allow small amounts of fluoride to stay in the mouth. The fluoride can help reverse areas of early tooth decay and slow down the decay process.

Toothpastes with special adult ingredients such as "anti-tartar", "whitening", and "anti-bacterial" agents are not recommended for children under age 12.

For more information:

- ♦ Island Health, Public Health - Dental:

Saanich Health Unit	250-519-5100
Esquimalt Health Unit	250-519-5311
Peninsula Health Unit	250-544-2400
West Shore Health Unit	250-519-3490
Duncan Health Unit	250-709-3050
Nanaimo Public Health	250-755-3342
Port Alberni Public Health Services	250-731-1315
Comox Valley Health Unit	250-331-8520
Campbell River Health Unit	250-850-2110
Port Hardy Health Unit	250-902-6071



EASY IDEAS WITH VEGGIES AND FRUIT

Most children don't get enough vegetables and fruit each day. Proportionally speaking, half of the foods they eat should be veggies and fruit.

Support your child to eat vegetables and fruit:

- ◆ Eat more vegetables and fruit when you have a meal together. Children learn by watching you.
- ◆ Involve children in buying and preparing vegetables and fruit. Try cut-up veggies and fruit such as cucumber slices, cherry tomatoes, cauliflower, oranges, apple, pear, melon or berries with salad dressing or yogurt for dipping.
- ◆ Cut and serve them in many ways. Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack.
- ◆ Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it.

A child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

Need fresh ideas? Check out halfyourplate.ca

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ◆ [Dietitians of Canada](#)