



“A Feinstein Leadership

# Ranger Roars

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Walter E. Ranger School  
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## Hello from The Ranger PTO!

Fall is in the air but things are heating up at Ranger School this October with the return of The Scarecrow Contest! We invite all of our families and staff to create a spectacular scarecrow to display at the front of Ranger School for a chance to win a wonderful prize! We kindly ask that Scarecrows are set-up over the weekend of October 21st and October 22nd and we will have Staff Members judge the contest the following week with the winner announced by October 27th. All scarecrows must be removed by Halloween. The entry fee is a non-perishable good and a tote will be available for drop-off outside of the entrance to Ranger.

Our annual Fall Fundraiser, “Cookies, Candles and More!” (Formerly known as Soup n Cookies) will also be in full-swing with envelopes with payment due back at Ranger by October 13th. This is one of two of our BIG fundraising events at Ranger and we appreciate everyone’s consideration and participation as the monies raised help to keep The PTO magic happening!!

Here are a few important dates to mark on your calendar...Happy October!

Friday 10/13-Cookies, Candles & More Packets Due  
Friday 10/20-Tiger Pride Friday  
Saturday 10/21 and Sunday 10/22-Scarecrow Contest Set-Up  
Tuesday 10/31-Wickedly Wacky Halloween Spirit Day

## Blue Visits Ranger

In the halls of Ranger Elementary School, a super initiative has taken root, bringing comfort and solace to the youngest members of our community - the Tiverton Police Compassion Dog program. Blue, a furry and four-legged friend has found a special place, offering support, companionship, and a unique source of reassurance to students and staff at Ranger. This heartwarming program has not only fostered a stronger sense of security but has also created lasting bonds between children, educators, and law enforcement, proving that sometimes, the most powerful lessons are taught with a wagging tail and a warm, comforting presence. The remarkable impact of the Tiverton Police Compassion Dog program on the education and well-being of its young students was experienced by all!



Picture Day is October 26th

## Blue Visits Ranger





## October Calendar of Events

3 <sup>rd</sup>	Faculty Meeting @ 3:45 -Library
5 <sup>th</sup>	Ad Council -3:00
	Performance Based Learning PD -Mrs. Larson @ THS
6 <sup>th</sup>	Performance Based Learning PD -Mrs. Larson @ THS
9 <sup>th</sup>	Columbus Day - <b>No School</b>
10 <sup>th</sup>	Parent Advisory Council @ 9:30
	Evaluation Team Meeting @ 1:30
	Teacher Advisory Council @ 2:45
	<b>School Committee Meeting @ 7:00</b>
12 <sup>th</sup>	PTO Meeting @6:30
13 <sup>th</sup>	<b>No School – Students</b>
	<b>PD Day – Faculty</b>
	Student Learning Objectives due
19 <sup>th</sup>	Ad Council -3:00
20 <sup>th</sup>	Tiger Pride Day
	Flu Clinic -4:00 to 7:00
23 <sup>rd</sup>	Vision Screening
24 <sup>th</sup>	NBSO Assembly -Grade 4 @ 9:00 AM
	Evaluation Team Meeting @ 1:30
	<b>School Committee Meeting @ 7:00</b>
26 <sup>th</sup>	Picture Day
	LETRS Training -Mrs. Curtis -9:00 to 4:00
28 <sup>th</sup>	Trunk / Treat -Recreation Department @ Ranger School from 4:00 to 8:30



## **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.

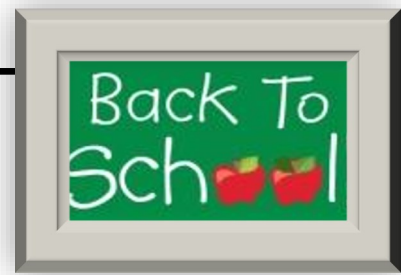


## **A MESSAGE FROM YOUR SCHOOL NURSE**

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.



# 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.