



"A Feinstein Leadership School"

Ranger Roars

VOL. 23 ISSUE # 3

November 2023

Walter E. Ranger School
Tel. 624-8467 Fax. 624-8468



I am proud to announce that Walter E Ranger School has been awarded The 2022-2023 Heart of Gold Top School for the 3rd year in a row. Only 10 schools in the state of Rhode Island have received this tremendous honor. In participating in The Kids Heart Challenge (a jump rope for heart event), Ranger Elementary School raised a total of \$9,041 for the American Heart Association. As well as collecting donations students learned about different ways to take care of their hearts. Whether it's exercising each day, choosing water over sugary drinks, getting enough sleep, or eating healthy snacks. Families were also given the opportunity to learn hands-on CPR.

I am extremely proud of the students here at Ranger, they showed a great deal of enthusiasm and generosity. I would also like to thank all of the parents, families, the community, and again the students in their efforts in collecting donations for the event. The contributions collected will be utilized in trying to find a cure for heart disease and stroke.

We will again participate in the Kids Heart Challenge for the 2023-2024 school year. I will get the information out to the students sometime in January. Looking forward to it!!

Thanks again
Mr. Del Deo
Phys. Ed. and Health



Hello from the Ranger PTO

We're feeling thankful this November as The Ranger School Community is stronger than ever! Last month, we had unprecedented participation in our Fall Fundraiser (sales totals to be announced) as well as in our Scarecrow Contest! Twenty-two families submitted spectacular scarecrows all of which were unique and wonderful in their own way. Our staff had a tough time narrowing down the winners but ultimately awarded the top three spots to Cameron Moriarty in 1st place,



Adam Dion in 2nd place and Madelyn Stewart in 3rd. Thank you to all of the participants for sharing your creativity with us! Please consider joining us at our November PTO Meeting on the 9th where we will be discussing forming committees for The Sweet Heart Dance; The Tiverton Days Parade as well as

ideas for fun, in-house experiences for our students as a reward to fantastic fall fundraising!

Thursday, November 9th -PTO Meeting @ 6:30pm at The Tiverton Library

Friday, November 17th -Tiger Pride Friday

Date for Fundraising Materials being delivered to Ranger TBA

Annual Feinstein Fall Food Drive

November 1st to November 17th

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.

Parent Teacher Conferences

November 20th (5:00 to 8:00)

November 21st (3:50 to 5:30)

In Person

No School November 22nd - 24th



2nd Place—Adam Dion



3rd Place—Madelyn Steward



Scarecrow Contest





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 Katie Tavares, 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.

As a reminder, Flu, RSV, and COVID are all considered contagious illnesses where classroom transmission is highly likely. Please keep the following in mind prior to sending your child to school. Thank you for helping keep our classrooms healthy!



Mrs. Rocha



Cold Symptoms Cough Runny/ Stuffy Nose Sore Throat	Fever Temperature >100.4 within the last 24 hours	Vomiting Within the last 24 hours	Diarrhea Within the last 24 hours	Rash Body rash with itching and/or fever	Head Lice Itchy head, especially behind ears & neck area	Eye Infec- tion Redness, itching, and/or drainage	ER, Urgent Care or Hospital

I was sick (not with COVID). I am ready to go back to

I have had a negative home Covid test the morning of my return AND my symptoms are not severe enough to impact my learning. <i>Mask use recommended</i>	I have been fever free for more than 24 hours without fever reducing medication AND I have tested negative for COVID.	I have not vomited in >24 hours AND I have tested negative for COVID. I have eaten 2 solid meals and kept them down.	I have not had any diarrhea in 24 hours.	I am free from rash, itching & fever. If a rash is still present, I have been evaluated by my MD AND I have a note to return .	I have had appropriate lice treatment at home AND can provide documentation of treatment.	I have been evaluated by my doctor AND I have a note to return to school AND I have been on antibiotic treatment for >24 hours if pre-scribed.	I have been released by a medical provider AND will bring an MD note when I return. <i>If cast, crutches, stitches, braces or other medical concerns, please inform the school nurse.</i>
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TOO SICK FOR SCHOOL?

A message from Mrs. Rocha



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

2 nd	Ad Council – 3:00
7 th	Faculty Meeting @3:45 – Aristotic K – 4 at 4:00 (Virtual)
9 th	PTO Meeting @ 6:30
13 th	Veterans' Day – No School
14 th	Parent Advisory Council @ 9:30 Evaluation Team Meeting @ 1:30 Teacher Advisory Council @ 2:45 School Committee Meeting @ 7:00
16 th	Ad Council – 3:00
17 th	Tiger Pride Day
20 th & 21 st	-Parent Teacher Conferences – (20th - 5:00 to 8:00) & (21st - 3:50 to 5:30)
22 nd - 24 th	- Thanksgiving Recess
28 th	Evaluation Team Meeting @ 1:30 School Committee Meeting @ 7:00

Parent—Teacher Conferences are in-person in November!

November 20th 5:00 to 8:00

November 21st 3:50 to 5:30

Please contact the office if you haven't received the email to schedule a conference by November 6th. Conferences will be scheduled on a first come, first serve basis using Google calendar.

