



# The Range Report

The Newsletter of Range Lake North School

## Upcoming Events

### February 2

Pizza Lunch

### February 7

Lifetouch Photo Retakes

### February 8-11

Junior Cager Basketball Tournament

### February 9

Pasta Lunch

### February 13

100th Day of School

### February 15

Valentine's Day Family & Middle School Dance

### February 16

STIP Day - No school for students

### February 19-21

NWTTA conference- No School

### Drop off, Parking and Pick at School

Please remember that drop off for students is at the front of the school by the playground or from the front parking lot only. Drivers should not leave their vehicle while stopped in the playground pick-up area. It is not a parking area. It is a stop and drop or pick-up area only.

Supervisors will hold traffic for students to cross from the parking area as needed.

We have been putting pylons in the driveway to allow the school buses room to safely enter the driveway. Please only stop past the pylons.

Students are not supervised at school until 8:15. Students should be with a parent, in the atrium, if they are at school before 8:15 am.

**Staff parking at the back of the school is for staff members only.** This parking lot is quite full and a busy pedestrian area in the morning and after school. There have been many parents parking in the back of the school and leaving their vehicle running near the air intake fans for the school, this brings exhaust from the vehicles into the school. There are also staff members who need to go to meetings at other schools and/or at the District office that have not been able to leave the parking lot due to non-staff in the staff parking. Parents are asked to only use the parking area at the front of the school and by the soccer field area.

The end of the day is a very busy time, parents who come into the school are asked to wait in the atrium, to reduce congestion in the hallways. Teachers are working to finish up the day and get students ready to go home. When parents are in the hallway it can be distracting for classes/students that need to finish their jobs at the end of the day.

Thank you to all parents/guardians for your understanding and cooperation.

## Multi Sport Activity Program

This year, in conjunction with Mildred Hall School and NJ MacPherson School, Range Lake North School began a Multi Sport Activity program for interested students in Grades 6 to 8.

Registration for the various activities (Squash, Hockey, Indoor Games, Baseball, Soccer, Mountain Biking/Outdoor Pursuits) was done back in September and we are moving along nicely with our third rotation of Indoor Games at the Fieldhouse.

The programs will run on Monday's, Wednesday's and Friday's of each week with each group having their one day. Activities take place during the last two periods of the school day.

Monday's are for registered grade 6 to 8 boys from Mildred Hall and Range Lake North School and each school has a limit of 12 participants per activity.

Wednesday's are for registered grade 4 & 5 boys and girls from Mildred Hall, NJ MacPherson and Range Lake North Schools and each school has a limit of 10 participants per activity.

Friday's are for registered grade 6 to 8 girls from Mildred Hall and Range Lake North School and each school has a limit of 12 participants per activity.

There are a few openings still available for grade 4 & 5 and grade 6 to 8 girls in the baseball and mountain biking/outdoor pursuits options. Please contact Mr. Daniels at: [scott.daniels@yk1.nt.ca](mailto:scott.daniels@yk1.nt.ca) if interested.

### RLN Gets Active

Range Lake North has been trying to get students more physically active. We have been offering activities that may not be offered in other programs. The Hiking and Ultimate Frisbee were very popular before the Winter Break. Please stay tuned for more activities to be offered like Snowboarding and Snowshoeing.

Students are reminded that their behavior at these Get Active events is expected to follow same rules as at school. Students are also encouraged to show their best R2C2 at these facilities.

### School email

Please remember that if your child is going to be away from school to contact the school office to let us know at 867-920-7567

If you email your child's teacher about school absences please include the office in your email by cc'ing us at:

[rln@yk1.nt.ca](mailto:rln@yk1.nt.ca)

### Phonebook Recycling

Range Lake North School will be collecting phonebooks or directories for the Northwestel recycling program. Please bring in your old phonebooks to the box outside the office by March 15th. Range lake North School in the past has won the award for having the most recycled phone books and we would like to continue to recycling old phone books to help the environment. Thank you for your help and cooperation.



# Indigenous Education

This month the students in 2/3 Upton and 3 Gamble participated in an Indigenous Language and Culture camp, where they were able to play several traditional games. Before playing the games the students learned the history behind the games giving them an understanding of why they were playing. They also were taught the importance of being honest and having a positive attitude while playing traditional games. Both classes ended the day playing a team game while listening to drumming. Thank you to Bobby Drygeese and the Elders that helped with the event.





## Yoga Club

Mme MacKay is pleased to share that 28 students ranging from grades 2 through 8 have joined the Yoga Club!

Once a week, during lunch recess, from 11:35-12:00 we focus on stretching, learning postures and poses, as well as relaxing in a calm and quiet environment. It is a safe space where all are welcome to move at their own pace and improve their well being by slowing their minds and movements.

### 7 ways children benefit from yoga:

1. Children feel part of a non-competitive group.
2. Yoga encourages healthy habits.
3. Yoga teaches calming techniques.
4. Children learn self-awareness and self confidence.
5. Yoga supports positive mental health.
6. Yoga helps build concentration.
7. Yoga is fun!

We welcome newbies at any time! No experience required!

If you would like to join us, please come find me!

Once a parent permission slip has been handed in you will be placed in a group and I will let you know which lunch hour you may join us.

## Floorball

Last year, Range Lake North School was fortunate to have a visit from P.A. Poulin, the Manager of School Programs with Hockey Canada. P.A. came to teach our kids how to play another hockey skill development game called Floorball. Students had a lot of fun and were keen to have Floorball become part of our school activities.

Through some very generous donations, we were lucky to get two sets of sticks/bags and a supply of game balls. Big shout out of thanks to P.A. and Kyle Kugler from Hockey North for making this happen for us!!



# PAC NEWS

**Mark your Calendars! Family Fun Night is scheduled for  
Friday May 4, 2018 from 6-8pm!**

## **How Can You Help With Family Fun Night Right Now?**

Do you own a business? Do you know someone who owns a business that you can approach to help us with the cost of the event? We are looking for monetary donations to purchase prizes for the kids for winning various games. Contact Mike Gagnon (RLN PAC Chair), any of the PAC members or the school office staff if you can help.

Most classes will be asked to contribute to a basket that will be used in the ever popular Basket Raffle. Baskets will listed in an upcoming school newsletter and a letter will go home from your child's teacher with details. Bring in your donations whenever you can!

We always need help to set up, run the event and clean up. If you can help for 15 minutes or the entire time we would greatly appreciate it. Send us a note at [RLNPACCHAIR@YK1.nt.ca](mailto:RLNPACCHAIR@YK1.nt.ca) to help!

## **Valentine's Day Family Dance - February 15th**

Family Dance from 6:00 - 7:30pm

Middle School Dance 7:30 - 9:00pm

### Cost:

\$5 per person or \$15 per family

There will be a bake sale, pizza (pre-order or purchase at the dance), canteen, games, and activities during the family dance.

All funds raised will go towards the Grade 8  
Canoe trip.

**Range Lake North School**

170 Borden Drive

Yellowknife NT X1A 3R1

**Phone** 867-920-7567

**Fax** 867-920-4778

**Email** [rln@yk1.nt.ca](mailto:rln@yk1.nt.ca)

**Web** [www.rln.yk1.nt.ca](http://www.rln.yk1.nt.ca)

**Facebook** [facebook.com/yk1rln](https://facebook.com/yk1rln)

**Twitter** @rln\_school

### **School Office Hours:**

8:00 am - 4:00 pm

### **Principal:**

Yasemin Heyck

### **Assistant Principal:**

Darryl Mitchener

Yellowknife Education District No. 1

[www.yk1.nt.ca](http://www.yk1.nt.ca)

RLNS Online Calendar

To opt out of receiving the newsletter  
please unsubscribe by  
visiting the RLNS website

## **PBIS R2C2: ROCKY'S RULES**

