



ROSS L. GRAY SCHOOL
21 Canham Street
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Principal: Mr. Jared Baines



November 2020

Dear Parents,

At Ross L. Gray School, we've had to make many changes in the way we do things lately. Some of these changes have meant that fewer parents/families are in the building for fun activities like Stay 'n Play and other special meetings. We miss that in-person contact with you. But we've got a plan!

Every month, we will send a newsletter to families with children who are 0 to 5 years old. In each newsletter, you will find items that include at least a little of the following information:

Learning/Education

Physical Activity

Public Health

Parenting Help

And each month: If you like what you're reading and you're interested in receiving the materials required for the crafts, snacks, etc. (no charge), please contact us and we will get a package of supplies to you!

Contact Person: Mrs. Adriane Culleton – Email: CulletonA@blsd.ca



Best Snack Ever.

STEP ONE

Spread peanut butter evenly over a tortilla. Drizzle honey on top of the peanut butter; sprinkle with granola (optional).

STEP TWO

Place a banana in center of the tortilla. Fold in opposite sides; roll up burrito-style. Cut in half to serve.

Get the shot, not the flu

Everyone 6 months and older should get the flu shot.

The flu shot is your best defense against the flu. It can save lives by:

- protecting you if you are exposed to the virus
- preventing you from getting very sick
- protecting people close to you

Local flu vaccination is available by appointment.

To book, call East Borderland Primary Health Care Centre 204-437-3015

Are your child's immunizations up to date?

Did you know a booster dose of tetanus and measles vaccination are due at 5 years of age?

Call your local public health nurse today to find out more 204-425-5117

Fall Tree Craft

This craft idea taken from <https://iheartcraftythings.com/tissue-paper-fall-tree-craft.html>

Everyone loves the beautiful fall colours of red, orange, and yellow!

This gorgeous tissue paper fall tree craft makes a great family activity...

Scrunching up and adding tissue paper onto the tree is great for fine motor skills for younger kids, and it's also fun for older children.

You will need:

- ✿ red, yellow, and orange tissue paper (cut into squares)
- ✿ paper plate
- ✿ cardboard
- ✿ brown marker
- ✿ glue
- ✿ duct tape

Making the tree trunk:

1. Cut a rectangle out of the cardboard for the tree trunk.
2. Draw lines up and down the trunk with the brown marker.

Making the top of the tree:

1. Put glue onto one section on the back of the paper plate.
2. Scrunch the little squares of tissue paper, stick them onto the paper plate.
3. Continue adding glue and tissue paper to different sections until it is full.
4. Duct tape the tree trunk onto the bottom of the paper plate.



Getting Outside – Scavenger Hunting

Fall can be a great time of year, and we know that getting outside is good for everyone's health.

But sometimes it's hard to know what to do out there!

Here's a scavenger hunt list of things to search for as you and your children explore.

To find... pinecone acorn feather leaf twig

To look for... cloud spider web leaf falling to the ground a bug

To listen for... birds singing leaves crunching under your feet wind in the trees squirrels

To smell... cedar woodsmoke wet leaves

To feel... tree bark sun on your face wind on your face smooth rock

- ✿ Find a basket or paper bags to hold treasures that you discover on your adventure.
- ✿ You can also make a duct tape bracelet (sticky side out) for the kids, and they can stick little bits of beauty they find onto a nature bracelet.