



ROCKWOOD CENTENNIAL P. S.

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APRIL 2016

FROM THE PRINCIPAL



Spring-like weather is hopefully just around the corner and we are certainly looking forward to it at Rockwood Centennial to lift our spirits and carry us into the final term of school. This is a great opportunity to set goals with your child for a successful third term. The third term will be filled with lots of excitement, activities and academic successes!

It is hard to believe how quickly the school year is flying by, but there is still much to accomplish. Many activities have been successfully completed, and many more are still planned. During the month of April our intermediate students will be participating in Skills Canada, Grade 8 Girls and

Boys day and playing in a dodgeball tournament at GCVI. Intermediate students will also be attending a grade 8 Youth Symposium. The junior floor hockey team will be participating in their tournament. The Grade 1 and 1/2 classes will be visiting the Sugar Bush and the Grade 6 classes will be going to the Guelph Little Theatre. Rockwood will be acknowledging International Anti-Bullying Day on April the 13th. Finally, the Bookfair is returning for the last week of April.

A reminder that April 25th is a PD day and there will be no school for students that day. Staff will be engaged in a variety of workshops focusing on school improvement and student achievement.

L.Doering

NEW PA DAY



We would like to make all parents and guardians aware of an additional PA Day that has been added to the school calendar.

Following central collective agreements reached in the fall, an additional Professional Activity Day has been added to this school year. In the Upper Grand District School Board, this PA Day will be on April 25, 2016. You can read more about this at http://www.ugdsb.on.ca/news_article.aspx?id=63168&blogid=32405

CONCUSSION SESSIONS

Concussions can have a serious effect on a young, developing brain. Proper recognition and response to concussion can prevent further injury and help with recovery. Children and adolescents are among those at greater risk for concussions due to body trauma at any time.



Although falls and motor vehicle accidents are the leading causes of concussion, physical activity and sports can also cause a concussion.

To address the risk of concussion and to assist parents and students to identify the signs and symptoms of concussion, the Board is presenting free workshops to increase awareness on the following dates;

Wednesday April 20th at 7:00pm - 8:30 pm - Westside SS, Library, 300 Alder St, Orangeville

Tuesday May 10th at 7:00 pm - 8:30 pm - Norwell DSS, Library, corner of Main and Cumberland St, Palmerston

Wednesday May 11th at 7:00 pm - 8:30 pm - Centennial CVI, Lecture Room, 289 College Ave W, Guelph

COLOUR HOUSE



Mother Nature did not cooperate with our Easter Egg hunt that was planned for March 24th. We completed our hunt on March 30th. The weather was much more co-operative and fun was had by all.

All Colour Houses are asked to wear pink on April 13th in support of International Pink Day to promote anti-bullying awareness.

LIBRARY

Our Spring Book Fair will begin on April 29th and will end on Wednesday, May 4th. Here are the hours that our Book Fair will be open:



Friday, April 29: 1st Nutrition Break, 2nd Nutrition Break

Monday, May 2: 1st Nutrition Break, 2nd Nutrition Break, 3:10 - 4:30 pm

Tuesday, May 3: 1st Nutrition Break, 2nd Nutrition Break,

Wednesday, May 4: 1st Nutrition Break, 2nd Nutrition Break, 5:30-7:00 pm

Thank you for supporting our school library through the Book Fair.

WELLINGTON COUNTY LIBRARY – ROCKWOOD BRANCH

April Programs

Bedtime Stories (All Ages); Wear your PJs and snuggle up to our quiet evening story time for families. Please register. Mondays, April 4 - May 16, 6:30 pm

3D Printer Certification Course (All Ages); Interested in using our 3D printer? Register for this one hour course and get your certification. You will then be able to reserve the printer and create! Wednesday, April 6, 6:30 pm, Saturday, April 9, 1:30 pm, Monday, April 11, 3:00 pm, Friday, April 15, 1:30 pm, Thursday, April 21, 6:30 pm, Friday April 29, 10:30 am

Page Turners Book Club (Grades K- 6); Read together and come to discuss at this parent-child book club. Please register. Tuesday, April 12, 6:30 pm - 7:15 pm

Spring Make and Take Craft (All Ages); Make-and-Take a spring craft at our table in the children's area. Monday, April 25, 10:00 am – 8:00 pm

Mix it Up! Art Workshop (Grades 1 - 8); Inspired by bestselling author and artist Hervé Tullet, this beautifully messy workshop will be active, collaborative, and entertaining, no matter your skill level. Space is limited. Please register. Saturdays, April 30, May 28, and June 18, 1:30 pm - 2:30 pm

EVERYDAY HERO

Do you know an Everyday Hero?

Please nominate someone in your school community – an individual or a group - whose actions and efforts foster the development of a positive learning and working environment. Deadline for nominations is Thursday April 14, 2016. For more information, visit the board website: <http://www.ugdsb.on.ca/community/article.aspx?id=3546>

PLEASE REGISTER FOR SCHOOL CASH ONLINE!

Online Payments Now Available!

For safety and efficiency reasons, we want to reduce the amount of cash and cheques coming into our school. All field trips will be available for online purchase. **Now when parents/guardians are paying for items online, you have the option to pay with Visa or MasterCard.** Please take a few minutes to register so you can enjoy the convenience of online shopping.

Here's how to register:

- Step 1: Go to this website: <https://www.ugdsb.schoolcashionline.com/>
- Step 2: Register by selecting "Get Started Now" and following the steps.
- Step 3: Respond to the confirmation email, select the 'click here' option, sign in and add each of your children to your household account.

APRIL ENVIRONMENTAL THEME: ECOSYSTEMS



In April we celebrate Earth week and Earth Day so it is fitting that the environmental theme is all about what we are really trying to protect. We are working together to save our Ecosystems. An Ecosystem is a group of plants and animals living in their own environment of soil, water, air and sun. So examples are a garden, or a forest, or a lake, or even a fallen, decomposing log.

As humans on planet Earth we have a responsibility to take care of all Ecosystems. We need to have thoughtful, long-range plans on how many forests to cut down and turn into houses or parking lots or factories. We need to think about the long-term effects of turning good farmland into a subdivision. There are more and more people living on this planet every year and we need to make plans on how to give everyone a place to live without destroying our essential Ecosystems. With good planning this can be done.

We need to get outside and learn more about all of the many different Ecosystems on planet Earth and do everything we can to protect them. When we pollute, or destroy habitats, the plants and animals can no longer live there and species become endangered or extinct. When we buy too many things we don't need, or don't buy locally, or use the car too often instead of biking or walking, Climate Change speeds up and Ecosystems can't survive the new temperature changes or flooding or drought. So all the suggestions we have been talking about all year - including turning off the lights, or not wasting water when you brush your teeth, using cloth bags instead of plastic, and reducing, reusing and recycling are really very important. Together we can make a difference!



Slogan of the month: Go outside and explore an Ecosystem today!

LIGHT IT UP BLUE! – WORLD AUTISM AWARENESS DAY



The eighth annual World Autism Awareness Day is April 2, 2016. Every year autism organizations around the world celebrate the day with unique fundraising and awareness raising events. This year, global landmarks will light up blue to raise awareness. In Canada the CN Tower will participate by shining blue to shine a light on autism and turn awareness into action. Please join Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Saturday April 2nd 2016. Use #LIUB to share your experience across social media and help light the world up blue this April!

<https://www.autismspeaks.org/liub>
[Autism Ontario](#)
[Kerry's Place Autism Services](#)

WHAT IS RESILIENCY?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

~ **Bonnie Bernard**



According to The Canadian Mental Health Association (CMHA) RESILIENCE is, - being in good health means more than feeling physically well; it also means feeling mentally well. Today, we are more aware of how our mental and physical health affect each other. Setting aside time to focus on mental health is important – to you and those who care about you. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent time

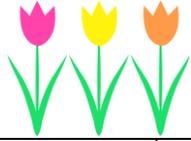
With the ability to communicate across the world in an instant, and electronic entertainment coming from every direction, life in today's world is fast-paced and full-on. Anything seems possible, and with so many options and devices at our disposal, parents can be tempted to make their kids' lives very easy. Want that \$2 toy? Okay, you got it. (Better to avoid a meltdown, right?) However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop resilience. This means they need to practice coping skills, and therefore need some challenges to practice these skills with. After all, life is not about figuring out how to turn off a thunderstorm or switch on the sun – no matter how much we would like this to be possible. Our children will learn to be much happier, more resilient people, when they can enjoy the sunshine when it is around and dance in the rain when there is no other choice.

The list below is not your typical “do and don't” list but rather a set of prompts to begin reflecting on ways we can teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.
- Encourage your child to serve others or let others go first when sharing food.
- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment
- Show your child that it is worth making a good decision for the long run even if it's not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare
- Teach your child the difference between needs and wants
- Teach your child that they do not need every single material thing they desire (toys, food, designer clothes, technology devices, etc) even if “everyone else has it.”
- Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
- Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.
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When we foster resiliency in our children we promote the development of positive mental health because we enable them to develop coping strategies to get through the toughest parts of life, regardless of their social and economic environment they are living in.

<http://creativewithkids.com/25-ideas-for-teaching-your-kids-resilience>



APRIL 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Dodgeball Tournament	2 
3	4 Pizza Day 	5 Pita Day School Council Meeting	6 Sub Day	7 Pizza Day 1B & 12A Sugar Bush Trip  Chess Tournament	8	9
10	11 Pizza Day	12 Pita Day Gr. 8 Galaxy Cinema trip	13 Sub Day International Pink Day 	14 Pizza Day  Jump Rope for Heart Assembly	15 Gr. 8 Empowerment trip Floor Hockey Tournament	16
17 Last week of food orders for this segment	18 Pizza Day	19 Pita Day (new orders)	20 Sub Day.  Parent Concussion Info Night – Westside S.S., 7 pm	21 Pizza Day.	22 Ballroom Dance Begins. 	23
24 	25	26 Pita Day	27 Gr. 6 Little Theatre Trip	28	29 Book Fair Begins and runs until May 4th	30