



ROCKWOOD CENTENNIAL P. S.

MRS. L. DOERING, PRINCIPAL
MRS. C. MCCALLUM, OFFICE CO-ORDINATOR

157 PASMORE ST., ROCKWOOD, ONT, N0B 2K0 519-856-9556

SEPTEMBER 2016

FROM THE PRINCIPAL



Welcome back to our returning students and our students returning from Ecole Harris Mill PS. Welcome also to our Eramosa PS students and new students to our area. We are all looking forward to an exciting year of learning. I hope that everyone had a wonderful summer and that you are eager to start a new beginning.

At Rockwood, we encourage a strong parent–school partnership in order to maximize student success. We have an enthusiastic staff who are committed to creating the best possible environment for learning. The staff have been working hard to get the school and classrooms

ready, planning interesting and thoughtful programs, and are looking forward to getting the year started . We are dedicated to providing students with education that meets their needs at every level. Your input into your child's education is valued and your communication with the school is appreciated. Together let's make 2016-2017 a memorable year. Mr. Stafford and his team have been working hard around the construction making sure the school looks amazing. Thank you Mr. Stafford!

On our first day of school, September 6, 2016, between 8:25 and 8:40 am, we will gather on the tarmac in grade groupings. Teachers will be holding up grade signs. At this time, class lists will be shared. All teachers and educational assistants will be carrying class lists and assisting students to find their classes. Due to Freedom of Information Guidelines, and student privacy concerns, class lists must not be posted. This is to prevent the lists from being photographed and shared electronically. Questions or concerns about first day procedures should be directed to Mrs. Doering. It is going to be a great year at Rockwood Centennial.

L. Doering

OPEN HOUSE

Our open house is scheduled for September 21st. 5:30 – 7:30 pm. Please come and meet your child's teacher.

AGENDAS

Agendas are going home September 6th for grade 1-5 classes. They are an excellent means of communication between home and school. Use this tool regularly to stay in touch with your child's teachers. We appreciate your contribution of \$5 to offset costs.



SCHOOL COUNCIL



Welcome back to a brand new school year – a time for new ideas and new beginnings! Here's a great opportunity for you to have a voice and to help shape your child's learning environment. School Council will have its first meeting of the new school year on Monday September 12th at 6:30pm in the school library. Everyone is welcome. Council is looking forward to another great year of supporting learning experiences at Rockwood Centennial P.S. We are hoping to see lots of new faces.

SCHOOL DAY SCHEDULE

8:40 am	Entry
8:40 – 9:30 am	Period 1
9:30 – 10:20 am	Period 2
10:20 – 10:40 am	Lunch
10:40 – 11:05 am	Recess
11:05 – 11:55 am	Period 3
11:55 am – 12:45 pm	Period 4
12:45 – 1:05 pm	Lunch
1:05 – 1:30 pm	Recess
1:30 – 2:20 pm	Period 5
2:20 – 3:10 pm	Period 6
3:10 pm	Dismissal

STAFF LIST

Name	Position	Rm. Number	Voice Mail
Armstrong-Cameron, Paula	Grade 45A	5	308
Beilhartz, Richard	Grade 7C	10	332
Benstead, LeighAnne	Grade 6A	9	323
Betts, Gina	Grade 8A	14	306
Bolster, Shannnon	Educational Assistant	-	-
Caverly, Laurie	Grade 12B	20	342
Celetti, Deepti	Grade 6C	4	304
Chaves, Carmen	Grade 7A & Int. French	12	302
Clyde, Jill	Resource	Resource	305
Collier, Darin	Grade 8B , Phys. Ed. & Music	11	303
Darling, Tracey	Kindergarten A	24	312
Doering, Lisa	Principal	Office	223
Drumm, Brennan	56B	Eco-Portable	335
Goetz, Kim	Educational Assistant	-	-
Horack, Patty	Jr. Core French	18	301
Kirkpatrick, Virginia	Grade 7 Science & Resource	11	229
Law, Danielle	Kindergarten B	26	300
Lush, Kathleen	Early Childhood Educator	24	346
McCallum, Cheryl	Office Coordinator	Office	100
McColeman, Lisa	Jr. Core French	18	314
McDougall, Deborah	Grade 3A	19	316
Morrison, Michael	Primary Planning	Teacher Workroom	309
Noel, Karen	Grade 8C	2	313
Parent Council	-	-	344
Patrick, Jeff	Child and Youth Counsellor	CYC Office	227
Ross-Urwin, Leanne	Grade 12A	17	310
Smith, Sarah	SPE1 (Learning Skills) & Resource	3	321
Soper, Val	Library /Planning	Library	338
Stafford, Larry	Custodian	-	-
White, Lisa	Grade 4B	8	341
Wilkinson, Grant	SPE2 (Learning Foundations)	127	307
Wilkinson, Melissa	Grade 45A & Planning	5	329
Witte, Noella	Grade 7B	1	343
Zuccala, Julie	Educational Assistant	-	-

CLASS SIZES

The Ministry of Education has stipulated specific parameters to promote smaller class sizes. This benefits all students. We will be submitting our latest enrolment figures to the Board this week and it is possible that the Board will make changes to class organizations in order to be compliant with the parameters below. Principals do not have the option of changing the school organization that is set by the District Staffing Committee. This means that your child may be moved to a different class with a different teacher in the first few weeks of September. We will keep you informed if changes are necessary and try to make transitions as smooth as possible.

Ministry parameters for all Boards in Ontario: Full Day Kindergarten classes (with a teacher and an ECE) have a cap of 30 students, 90% of Gr. 1-3 classes: 20 or fewer students, 10% of Gr. 1-3 classes: 21-23 students, Grade 3/4 splits have a cap of 23 students and Junior/Intermediate classes will have a Board average class size of 25.

BUSSING



Please check out the transportation website at <http://stwdsts.ca/home/> for up-dated information about bus routes for the school year. You will need your child's OEN number which is found on your student's report card.

When school begins, traffic moving south on Pasmore Street will be able to use the Kiss and Ride drop off in front of the school. The drop off zone begins at the corner of Mary and Pasmore Sts., inside the white lines. Please use the angled parking spots if you wish to walk your child onto the school grounds. The yellow diagonal lines that have been added are now a fire route and must be kept clear. Similarly, please be aware of the No Parking signs on Mary Street at the side of the school. This is our bus lane. We ask that you not stop here at all, even to drop students off, as it is a very busy area at bus times. Please use the front of the school for drop-off.

Students are expected to follow the rules of the bus, listen to the driver, remain in their seats, refrain from eating or drinking anything while on the bus, and follow the directions of the bus patrols when entering or exiting the bus.

Bus transportation is provided to students based on the distance their home is from the school. Such students are placed on a regularly scheduled bus route and must travel on this route and no other. Bus students may not switch buses for any reason. In addition, students who walk to school may not travel on a regularly scheduled bus route.

SCHOOL SECURITY

All parents and visitors entering the school must do so through the front doors and sign in at the office. You are also reminded to wear a visitor's badge. For safety reasons, it is important that we know who is in the school at all times. Security cameras are installed and operating.



STUDENT ABSENCE – SAFE ARRIVAL



The rules of the Safe Arrival program state that the school must know why a student is not present on any particular day. This means that school office staff will continue to try to contact parents until one is reached; we sometimes make four or five calls for one child. This takes an inordinate amount of time and often stretches the office staffs' ability to carry out other duties. Please assist us in speeding this process up and calling when you know if your child(ren) is going to be late or absent. Messages can be left by phoning the school at **519-856-9556 and choosing extension 100**. Please send any notes or information about absences to the office as well as the classroom teacher.

LATE ARRIVALS

The curriculum is so packed now that teachers need to use every period they have to complete it. Lessons need to start on time. Late students disturb the lesson flow, because teachers have to re-teach to ensure the late student is brought up-to-date. The consequence to the class increases when students are repeatedly late for class. The policy for students arriving late for class is that the student must report to the office for a late slip.



STUDENT PICK UP DURING SCHOOL HOURS



To ensure student safety, if you are taking your child from school during the school day for appointments, etc., you must come to the office and sign your child(ren) out after talking to a secretary. Students may not sign themselves out of school. This is true for all students, including Intermediate students. Students will remain in their classroom until the parent arrives at the school.

HOME SAFE

After being dismissed from class, at the end of the day, students are requested to go directly home or to a caregiver before proceeding to other activities. This includes playing after school on the playground. Please reinforce this message with your child.

ALLERGIES



Many students suffer daily from allergies. Reactions to allergic substances vary from relatively mild irritations such as: itchy eyes, sneezing, scratchy throat, etc. to potentially fatal conditions where the sufferer experiences breathing problems and/or anaphylactic shock. A student who is allergic to peanuts often falls in this second category. There are students at Rockwood Centennial P.S. who react severely to nuts. As a result, please be aware that there may be restrictions in your child's class to protect a student with such an allergy. We ask you to abide by any restriction(s) that may be imposed in these cases and in the case of nuts or nut products we ask that you avoid sending any to school. Parents of students with potentially life threatening allergies are asked to inform the school.

ELECTRONICS



It is strongly suggested that parents and students make a cooperative decision about your child(ren) bringing items of value (iPods, cell phones, MP3 players, Nintendo DS, sentimental items, etc.) to school. These items are attractive and the school will not accept responsibility for their safety.

COLOUR HOUSE KICKOFF!

Welcome to another exciting year of Colour House! If your child is new to the school, please note that he/she will be assigned a Colour House Team. This team will become their "school family" at Rockwood Centennial. Teams meet regularly to compete against other teams in fun activities throughout the school year. We ask that students wear their team colour each time we meet in order to help identify team members and to show Colour House spirit.



September will be a busy Colour House month! We will be getting to know our Colour House families through some cooperative games and get to know you activities during the first week of school. The second week, there will be a schoolwide hunt for miniature Colour House Flags to earn points. As we near the end of our first month of school, we will be looking for team players who go above and beyond at school to earn some extra Colour House points.

We will participate in our annual school Terry Fox walk on Thursday, September 29th. Please send in a toonie for Terry!

Stay true to your Colours!
Colour House Committee:
LeighAnne Benstead & Val Soper

FORMS

Many forms will be sent home during the first week of school. Please read over all forms and send signed forms back with your child as soon as possible. Student Verification forms will also be sent home and it is very important that we have them sent back. Please make any changes, sign and return them to school by Friday, September 9, 2016.



WELCOME BACK FROM THE LIBRARY



I hope that everyone had a great summer and that you managed to get in some story sharing around campfires, beneath the branches of a tree, or during bedtime snuggles. If you happened to come across some school library books over the summer months, please return them ASAP to ensure that your child's library account is cleared up. If you know that you have lost a book, please send in \$10 to cover the replacement cost.

Our library is not just a place to borrow books! Our library is a place for students to read, to question and seek answers to their questions, to use technology, and sometimes, it is just a nice quiet place to work.

For those families who are new to Rockwood Centennial, I'd like to give you a brief overview of how our library runs. Each class has time to visit the library for book exchange every week.

Students in Kindergarten may borrow one book at a time and they may keep the book for two weeks. Students in all other grades may borrow two books at a time and may keep them for two weeks. If your child has an overdue library book, he or she will receive an "Oops" overdue notice to help them remember to return their book. If your child loses or damages a book, you will need to pay a \$10 replacement fee.

Books for Birthdays will run again this school year. If you would like to purchase a book for our library while giving your child some birthday cheer, please be sure to fill out the form that comes home and send it in to your child's teacher. If you have any questions about our school library or your child's library account, please contact me via email at valerie.soper@ugdsb.on.ca Thank you!

Val Soper
Teacher/Librarian & Planning Time Teacher

VOLUNTEERS

We are very fortunate at Rockwood Centennial to have a large number of volunteers. We consider our volunteers a special resource and we always welcome the additional help. Parents and community members assist us in the following ways: classroom support, library, parent grade reps, School Council, field trips, nutrition program, computer lab, extra-curricular activities, and yard supervision. There are many different ways to lend your support to the school. Your support of the school and your encouragement of your child to value education is one of the best gifts you can give your child. If you wish to volunteer at Rockwood Centennial please fill in the form sent home on the first day of school or contact the school office. A valid Police Check is required. We would love to have you!



SCOOTERS, SKATEBOARDS AND BICYCLES



If students wish to bring scooters to school, they are to be placed neatly against the wall at the front of the school each morning. If students are riding their bike to school, please make sure bikes are securely locked at the appropriate bike racks. Students should remember to get off their bike, scooter or skateboard once they are on the front sidewalk and walk onto school property.

STUDENT ACCIDENT INSURANCE

As a parent or guardian, you are responsible for expenses related to student injuries on school premises or during school activities. Accidents can and do happen, and the costs involved may not be fully covered by Provincial health care or employer group insurance plans. The Upper Grand District School Board is empowered under the Education Act to offer Accident and Life Insurance for students.

Information will be sent home the second week of school with respect to Students Accident Insurance offered by the Reliable Life Insurance Company. You should receive the Director's letter, an Acknowledgment to be signed by parents and returned to school and a Student Accident Insurance application form to be mailed directly to Reliable Life. Reliable Life Insurance Company offers a variety of options, including family rates and multi-year plans, at affordable prices. The cost must be paid by parents or guardian again, directly sent to Reliable Life Insurance. Questions should be directed to Reliable Life at 1-800-463-KIDS (5347) or www.insuremykids.com.

NEWSLETTERS & SPECIAL NOTICES

Monthly school newsletters and special notices will be posted on our school website. Our newsletters will be posted at the end of every month. <http://www.ugdsb.on.ca/Rockwood/>

CANADIAN TIRE MONEY



Mr. Collier and Mrs. Kirkpatrick are collecting Canadian Tire money to help support the school's science program. The money is used to purchase glue guns, sanding disks, saw blades and much more. If you have any money lying around in drawers and you don't use it, please feel free to bring it to the office.

CROSSING GUARD NEEDED

The Township is currently seeking a full time Crossing Guard for the Eramosa River location. The full time position guarantees 10 hours per week at a rate of \$15.48 per hour, including statutory holidays, Christmas break, March Break and Professional Development Days.

If you are interested in applying, please contact the Public Works Department at 519-856-9596 ext. 120 or by email at lvince@get.on.ca or visit Guelph/Eramosa's employment page at www.get.on.ca

BACK TO SCHOOL BLUES

Although for many there is excitement and anticipation about going back to school, for some children transitioning back in September can be tough. Moving into a new classroom, having new teachers, new friends and classmates, and new schedules can all bring about a feeling of stress. The angst children feel, questions they ask, and worries they express about these changes are normal. Sometimes it can be the smallest detail that can be the most worrisome for children. As a parent, you may not know what to do about these butterflies, stomach aches or tears. For some of us, it may intensify our own stress. Here are a few things you might try the first few weeks into the new school year.

- 1 Listen carefully to your children and hear their concerns.
- 2 Remind them of previous times when they felt anxious, and discuss the strategies they used that helped make the situation better.
- 3 Review the daily routines they are experiencing at school, and what after school time and weekends look like.
- 4 Make a list of the things they like about school.
- 5 Remind them of all the things they are good at.
- 6 Ask about their friends.
- 7 Be patient and positive. You may need to have these conversations daily.

As a parent in our school, please know that you can always contact us if your child's worries persist. We are here to support your child's wellbeing and achievement, and getting off to a great start in September will help us all achieve just that!

FRENCH SECOND LANGUAGE ADVISORY COMMITTEE (FSLAC)

The UGDSB is establishing a French Second Language Advisory Committee (FSLAC). The Committee will serve in an advisory role and make recommendations with respect to the FSL Action Plan and the French Immersion JK Registration Process for 2017 and beyond.

Eleven Committee members will be selected from all areas of the Board, and will be parents of current elementary or secondary FSL students in either French Immersion or Core French programs. Interested parents may forward an application to Superintendent Tracey Lindsay which includes the following:

1. A statement explaining why they are interested in serving on the FSLAC.
2. The current grade their children are in, in what FSL programs and attending which school.
3. A brief outline of your school and/or community volunteer experiences.

Applications may be emailed to Tracey Lindsay at tracey.lindsay@ugdsb.on.ca.

THE BENEFITS OF MAKING MISTAKES

As the new school year begins, there is one quote that educators wish that all students would consider they enter their new classrooms, “making mistakes is part of life—and a really big part of growing up. It’s how you learn who you want to be” (<http://talkingtreebooks.com/quotes/quote-making-mistakes.html>). As adults, we understand that making mistakes is an important part of life, however, students sometimes struggle to see the benefits of their errors.

One of the ways that we, the adults in children’s lives, can support youngsters is to be open about the mistakes that we make and share with students how we take responsibility for our errors. It is important that children see that everyone makes mistakes and that mistakes are a valuable part of our lives due to the fact that they encourage brain development. Researcher, Jo Boaler, states in her book *Mathematical Mindsets* (p. 12) when the brain is challenged and mistakes are made, that is the time when “the brain grows the most.

When students are taught about the importance of mistakes, it can have a positive impact on their lives. New York Times author, Peter Sims, identified the following habits of successful people:

1. They feel comfortable being wrong.
2. They try new ideas.
3. They are open to different experiences.
4. They try out ideas without judging them.
5. They are willing to go against the crowd.
6. They do not give up when things get hard.

Wouldn’t it be wonderful if all of our students followed these ideas?

It would be wonderful if students believed that every time they entered school they were going to a place where they were going to make mistakes that will help them grow and learn. It is vital that we understand that learning means not being afraid to examine the mistakes that we all make. It would be great if children remember this quote from former President of the United States, Bill Clinton, “[everyone] will make mistakes. But if you learn from them, you’ll be a better person. It’s how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit. “

UGDSB Program Department

HUNGER ACTION MONTH

#ONEBAGCHALLENGE

During the month of September East Wellington Community Services is challenging the members of our community to take part in the One Bag Challenge to bring awareness to Hunger! During the month of September donate a bag of food to one of our foodbank locations then challenge a friend, co-worker or neighbour to do the same.

Donations can be made at 45 Main Street in Erin or 107 Harris Street in Rockwood.

Or make a donation online at www.ew-cs.com.

For more information contact Barb at 519-856-2113



NUTRITION PROGRAM

Welcome to a new school year. Our Food and Friends student nutrition program will serve all our students who need a boost to their lunch this school year. Please know that this is a supplemental program that does not replace a healthy lunch but enhances a student's ability to acquire enough nutrition to help them learn throughout the school day. The program is universally accessible for all to enjoy. Please contact the school if you have any questions about the program or if you'd like to contribute in some way. Your information will be passed along to our Nutrition Co-ordinator and they will be in touch with you. Thank you for your part in bringing healthy food to hungry minds.

Hope that you had a good summer and enjoyed some fun, relaxation and down time. As the children and youth get ready to head back to school, it is important to plan a mentally healthy school year. Some simple steps will help to make this year more positive and less stressful.

Start Each Day With A Positive Thought

- A. “Today is going to be a good day”
- B. “I am going to have a good day”
- C. “I can do this”
- D. “I have what it takes”
- E. “I feel happy”
- F. “I am strong”

Practice Relaxation

- A. Start the day with some body stretches.
- B. Take three deep breaths each time you go through a doorway.
- C. Be present: Notice 3 things you can see, hear and touch.
- D. Tense and relax your muscles, releasing tension in your body.
- E. Imagine a place that makes you feel relaxed.

Take Breaks Before You Are Stressed

- A. Walk to school.
- B. Get outside at lunch or breaks.
- C. Listen to music to relax.
- D. Eat a good breakfast and lunch.
- E. Hang out with your friends
- F. Think of 3 things you are grateful for.

Seek Support

- A. Talk to your family or friends.
- B. At elementary school, talk to a teacher, principal, or child & youth counsellor (CYC).
- C. At high school, talk to a teacher, principal, VP, guidance, student success, social worker, CYC, or nurse.
- D. Call KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>
- E. Talk to your family doctor.
- F. Contact community mental health services:

Canadian Mental Health Association WW (CMHAWW):

Tuesday Walk In - 1:30-7:00, 485 Silvercreek Parkway, Guelph.

To access services for Children, Youth and Adults in Guelph/Wellington:

1 844 HERE 247 (1 844 437 3247)

<http://here247.ca/>

Dufferin Child and Family Services (DCAFS):

Tuesday Talk In – 1:00-7:00 pm, 655 Riddell Road, Orangeville.

To access services for Children and Youth in Dufferin: 519 941 1530.

<http://dcafs.on.ca/>

Family Counselling and Support Services:

Walk-in, Wednesday, 1-7, sliding scale, based on ability to pay, but will not turn anyone away. 109 Surrey St E, 519 824-2431 & 400 Tower Street, Fergus (opening Sept 1, 2016).

<http://familyserviceguelph.on.ca/>

Have a wonderful and mentally healthy school year!

SEPTEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 LABOUR DAY NO SCHOOL FOR STUDENTS	6 Welcome Back!	7 Colour House Activity 1:30 – 2:30 pm	8 Colour House Activity 11:55 am– 12:45 pm	9 Colour House Activity 9:00 – 10:20 am	10
11	12 School Council meeting – 6:30 pm 	13	14	15	16	17
18	18	20 	21 Open House 5:30 – 7:30 pm	22	23	24
25	26	27	28 	29 Terry Fox Walk & Colour House Activity 9:00 am	30 PA DAY NO SCHOOL FOR STUDENTS	