



ROCKWOOD CENTENNIAL P. S.

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NOVEMBER 2016

FROM THE PRINCIPAL



November means school routines are well established and our students are diving right into the curriculum. Be sure to ask your child about what they are learning each school day!

Although we have enjoyed a nice fall, please remember that students are outside twice every day for twenty-five minutes. Unless it is bitterly cold or pouring rain, students will be expected to dress appropriately for the weather and go outside at each break. Being outdoors allows them to get rid of excess energy, enjoy some fresh air and have some time away from the classroom.

Both our Junior and Intermediate students participated in cross-country and did an excellent job representing Rockwood Centennial. The school soccer teams had a wonderful fall day for their tournaments. Thanks to the Mrs. Soper, Mrs. Kirkpatrick, Mrs. Caverly, Mrs. Betts, Mrs. Benstead, Mr. Parker and Mr. Wesolowski who coached these teams!

As always, please feel free to call should you have a concern or question. Don't forget to set your clocks back an hour on Sunday November 6th!

L. Doering

REMEMBRANCE DAY



We will be having an assembly to honour Remembrance Day on November 11th at 9:00 a.m. This assembly will be held in our gym and will provide a thoughtful time for our Grade 1-6 classes to reflect on the importance of Remembrance Day and the sacrifices that have been made by our Canadian Soldiers and Peacekeepers. It will also be an opportunity for our students to think about what they can do to promote peace. Various students will be participating through songs, readings, drama and a moment of silence. The

Legion has provided poppies for our students to wear. Donations for the poppies will be accepted and forwarded to our local Legion. Students are encouraged to wear red and black on this day.

Intermediate students will be attending a Remembrance Day ceremony at the Cenotaph. Our students will participate by reading the poem "In Flanders' Fields" and by saying the name of a fallen soldier that they represent.

IB INFORMATION NIGHT

All Grade 7 and 8 parents invited! Guelph CVI is proud to be an International Baccalaureate Candidate School. Parents interested in learning more about the International Baccalaureate Diploma Program, the Grade 9 Preparatory Program and the application process are invited to attend our Information Night on Thursday Nov 17th at 7 p.m., held at GCVI Auditorium, 155 Paisley St, Guelph.

SOCCER

Our Intermediate Renegades participated in soccer tournaments on October 20. Both teams had a great day despite the wet and cold weather. The girls' team was undefeated and Brianna had a tournament shut out. Congratulations Renegades and coaches, Mrs. Soper and Mrs. Caverly. The Intermediate boys played hard and were also very successful, making it to the finals. Congratulations to both teams.



WINTER CLOTHING FOR STUDENTS IN NEED



Students need warm coats, boots, hats and mitts during the winter months. Unfortunately many children in our schools do not have proper warm clothing for our frigid winter weather. Consider making a donation to the Upper Grand Learning Foundation **Free to Achieve Fund** that provides needed winter supplies for children who would otherwise go without. Tax receipts are provided for donations of \$20 or more. For more information visit the [UGLF website](http://www.uppergrandlearningfoundation.com/) at <http://www.uppergrandlearningfoundation.com/>

BOARD WIDE FUNDRAISING INITIATIVE FOR SYRIAN NEWCOMERS IN OUR COMMUNITY

We have been pleased to welcome almost 75 Syrian newcomer students into our Upper Grand schools since last January. We are hoping that you will consider helping us in a board wide fund raising initiative to raise funds to help Syrian newcomers settle into our schools and community. We have partnered with Orca Book Publishers to raise funds by selling their newly published book entitled, "Stepping Stones: A Refugee Family's Journey" by Margriet Ruurs through our school and board websites. For every book that is sold through our board or school websites, Orca will donate \$10 to our local settlement agencies to support Syrian refugees.

This unique picture book was inspired by the stone artwork of Syrian artist Mizar Ali Badr, who was discovered by chance by Canadian children's author Margriet Ruurs. She was immediately captivated by the strong narrative quality of Mr. Badr's art, and, using many of Mr. Badr's already-created pieces, she set out to tell a story about the Syrian refugee crisis. Stepping Stones tells the story of Rama and her family, who are forced to flee their once peaceful village to escape the ravages of the civil war raging in their homeland. With only what they can carry on their backs, Rama and her family set out to walk to freedom. Mr. Badr's stunning stone images illustrate the story. This book is a dual-language (English and Arabic) edition.



To order this book, please visit your school's website or the board website and click on the buy button to place your order. Payment is made directly to Orca and the books are shipped directly to your address from their warehouse. Payment for the order will go through at the time of purchase and it will include shipping.

Orca will keep track of how many books are sold in our board and will send us \$10 for every book sold, which will then be donated to a local resettlement agency.

For more information, please see the attached flyer or contact Bonnie Talbot at bonnie.talbot@ugdsb.on.ca or 519-824-4420.

RESPECT TICKET WINNERS FOR SEPTEMBER



Emma T.
Elliot A.

Daniel C.
Mikeila G.

Miguel M.
Olivia M.

ECO-YOUTH CONFERENCE



On October 25th, five of our junior students, Haley, Samantha, Kayla, Donika and Jake, attended the Eco-Youth Conference with Mr. Morrison. The students came back enthused about taking on eco-projects around our school. We look forward to making our school even more eco-conscious over this school year!

SPECIAL CLASS PLACEMENT IN UGDSB

Students who require special education programs and services receive support through the classroom teacher and the special education resource teacher at their home schools. However, in some circumstances, students can be referred to a special education class placement where focused instruction in the area of need is provided. These classes have smaller numbers and can provide targeted instruction to meet student needs. In elementary there are four specialized class placements for the following exceptionalities: Learning Disability, Mild Intellectual Disability/Language-based Learning Disability, Developmental Disability (Intellectual Disability), and Intellectually Gifted. Students need to have a diagnosis of an exceptionality before they can be eligible for class placement, and parents and the school team should feel like the placement would best meet the student's learning needs. Contact your school team if you would like to have more information on special class placement options.



It is vital to teach our children to respect and take care of the environment. Celebrate Buy Nothing Day on November 25th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things.

Founded by Vancouver artist Ted Dave, *"The first Buy Nothing Day was organized in Canada in September 1992 as a day for society to examine the issue of over-consumption. In 1997, it was moved to 'Black Friday', which is one of the busiest shopping days in the United States."* <https://en.wikipedia.org>

Image from
<https://www.permaculture.co.uk/articles/buy-nothing-dav-2012-approachine-could-vou-stoo-soending-one->

Repair, reduce, re-use, recycle – 4 R's are best!

"It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, allowing us to share better the surplus of stuff we already have, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle', could be the basis of a new economic model." <https://www.theguardian.com>

Some great ideas for your family on Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.
- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.

"Either way, there's no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about."

<https://www.daysoftheyear.com/days/buy-nothing-day>

HELPING YOUR CHILD WITH DIFFICULT SITUATIONS

Life is full of things that are hard to deal with. Sometimes children need help in dealing with these events. "Resiliency" is what helps adults and children to "bounce back" from the difficult events in life. The best way to help your child be more resilient is to model the skills for them. Here are some ideas that you can try:

1. Starting at birth, respond to baby's smiles and cooing by smiling and cooing back often.
2. Comfort your child when he or she is upset. Hugs and a quiet voice can go a long way in calming a child.
3. Teach your child to take deep breaths to calm down when they are upset and then talk when they are relaxed.
4. Help your child to see another way of looking at things: "I know that you want to play with that toy. Tom waited for the toy and now it is his turn. He would be sad if you took it away."
5. Instead of making your child say "sorry", talk about his or her feelings and the feelings of the other person involved in the event.
6. At night when you put your child to bed ask them to think of one positive thing that happened to them that day. You could share something too.
7. Point out your child's strengths: "Hey you rode that bike by yourself!"
8. Encourage your child to keep trying even if something is hard.
9. Read positive, happy stories together.
10. Give your child lots of time to play. Help them play with other children in a positive way.

If you would like more ideas and information on raising a resilient child go to

<http://www.reachinginreachingout.com/resources-parents.htm>

JUNIOR CROSS COUNTRY

Congratulations to our Junior Cross Country team. Our Renegades performed very well on Friday, October 21st, at the meet held at the Arboretum. All of our athletes demonstrated perseverance and good sportsmanship as they finished their races and cheered their teammates on to the end.

Special mention goes to runners who finished in the top 10: Landon S. finished 6th for the Grade 4 boys, Ruby B. finished 7th for the Grade 5 girls, and Ashton D. finished 3rd for the Grade 6 boys. As a whole school, Rockwood Centennial finished in 2nd place for Grade 4 boys, and in 2nd place for Grade 6 boys. Mrs. Celetti and Mrs. Kirkpatrick are very proud of these results. Way to go Junior runners!!



INTERMEDIATE CROSS COUNTRY MEET

On Tuesday, October 4, some of our Grade 7 and 8 students competed at the Intermediate Cross Country Meet held in the Rockwood Conservation Area. It was a beautiful day and our Rockwood runners did well in the meet. Thank you to Mrs. Kirkpatrick and Mrs. Caverly for training our runners and to Mrs. Soper for convening the meet.

COLOUR HOUSE

On November 23rd, in support of Anti-bullying Awareness, we will all wear pink and STOMP out Bullying with a game of Balloon Stomp. Students will be awarded points for their Colour House for wearing pink.



LIBRARY

Book Fair is arriving at Rockwood Centennial and you do not want to miss out on the sales! Beginning the evening of November 24th and ending November 30th, the hours of the fair will be:

- Thursday, November 24: 3:10 - 7:00 p.m., Friday
- November 25 (PA DAY): 8:30 am - 3:30 pm
- Monday, November 28: 1st Nutrition Break, 2nd Nutrition Break
- Tuesday, November 29: 1st Nutrition Break
- Wednesday, November 30: 2nd Nutrition Break



GRADE 8 OTTAWA TRIP MEETING

Do you have a child in Grade 8 this year? If so, you will want to make sure that you come to the Ottawa Trip Meeting being held in our library on Thursday, December 1st at 5:30 p.m. Please join us to hear about the details of this exciting year-end trip! The trip is scheduled for June 21-23, 2017

BASKETBALL FOR YOUTH

Entering its 10th season, the **All-Starz Basketball Program** offers a fun-filled developmental program for boys and girls, ages 7-13. It is held on Thursday evenings at Rockwood Centennial P.S. The Junior Session (ages 7-9) from 6:00 – 7:30 pm, followed by the Senior Session (ages 10-13) from 7:30 – 9:00pm. The program starts on October 13, 2016 and runs until March 30, 2017. For further details, please contact Coach Nick at 519-856-4491.