



ROCKWOOD CENTENNIAL P. S.

MRS. L. DOERING, PRINCIPAL
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FEBRUARY 2017

FROM THE PRINCIPAL



Term 1 of 2017 is over and Report Cards and IEPs are on their way home February 16th. The Elementary Provincial Report Card is designed to ensure that all students in the public education system receive a standard report card based on the expectations of the Ontario Curriculum. Communication about your child's achievement is intended to encourage students to set further goals for their learning and to help parents/ guardians support learning at home. Please take time at home to review your child's report card with him/her. Asking questions such as, "What learning are you most proud of this term?", " and "What are your specific goals for improvement in mathematics? How can I help you at home?" will help to start a constructive conversation about the report card at home. Congratulations to all of our students on their hard

work this term. We have seen improvements from every student. If you have any questions about your child's progress, please contact a teacher or myself at anytime.

This month we will host several events at Rockwood Centennial P.S., including our Hip Hop dancing, Conservation trips, guest speaker about Mount Everest, intermediate basketball tournament, and junior volleyball tournament. Please be sure to refer to Rockwood Centennial's monthly calendar for further important dates.

L. Doering

KISS & RIDE ZONE



We have had a call from the OPP asking Parents and Cargivers to respect the Kiss and Ride Zone. Please remember to simply drop off you child(ren) and move along for others to do the same. At the end of the day, if you ar waiting for your child(ren), please do not idle in the Kiss and Ride Zone, keep moving by circling the block until your child(ren) is ready. If you need to park, please do so in the angled parking before entering the school.

SNOW ON THE PLAYGROUND

Due to fluctuating temperatures, our playground can be very icy. We do use sand and salt on the paved areas, but find that much of the play area can get covered in ice. Over the break it became a community skating rink. Please assist us by reminding children to stay off the ice as much as possible and by sending children to school wearing proper winter footwear.



FAMILY DAY HOLIDAY



The Upper Grand District School Board will be observing Family Day on Monday, February 20th and our school will be closed. We hope you enjoy the day with your family!

NUTRITION PROGRAM

Help to support our **Live Free Campaign** that supports our Food & Friends student nutrition program by sending a donation with your child on March 3, 2017. Every dollar raised at our school comes back to support our student nutrition program.



PRIMARY STRUCTURES CLUB



Primary Structures Club is about to start up again! Mrs. Ross-Urwin will be hosting the Structures Club in her classroom in February and will run until the March Break. All students in Grades 1-3 are welcome to join us to build, create and explore using a wide variety hands-on manipulatives. Listen to the morning announcements to hear the days and times for the upcoming Primary Structures Club!

FEBRUARY IS BLACK HISTORY MONTH

Every year Canadians are invited to take part in the festivities and events that honour the legacy of black Canadians, past and present, during Black History Month. Black History Month exists to remind us all of the rich contributions within our society from people of African and Caribbean decent, and of their ongoing struggle for equity and social justice. This is a time to celebrate the many achievements and contributions of black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation we know today. It is also an opportunity for the majority of Canadians to learn about the experiences of black Canadians in our society, and the vital role this community has played throughout our shared history.



LIBRARY NEWS

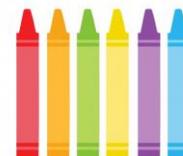


Many students are reading some great Canadian stories, courtesy of this year's Forest of Reading selections. Thanks, once again, to our wonderful parent council for providing the funding for this worthwhile program that puts great books in the hands of our student body. Have you checked out UG2GO recently? All your child needs to get on this site is their school username and password. You

will find the link right on our school webpage. There are really useful links on the site: homework assistance for Guelph Public Library members, audio and video book selections, and you can even search our library database. Next time your son or daughter is wanting to surf the web, direct them to UG2GO for some valuable time online.

COLOUR HOUSE

Weather permitting, we are getting set to embrace some fun in the snow at this year's Colour House Winter Carnival. The afternoon of Wednesday, February 8th will be filled with bracelet making, crazy carpeting, mini-stick hockey, sipping hot chocolate, snow sculptures, and an ice cube hunt. Please ensure that your child is layered and prepared to be outside for an afternoon of winter fun. We are looking for parent volunteers to help run our hot chocolate station on Feb. 8th. If you are interested, please email Mrs. Soper at: valerie.soper@ugdsb.on.ca



HIP HOP



Thank you to those of you who have sent in money for dance. If you have not, please do so. We believe that exposing our students to Hip Hop (Grades 1-8) and Ballroom (Grades 4-8) through qualified instructors is a valuable addition to our Arts program. We hope that you agree and we welcome you to come and watch our Hip Hop Showcase on Monday, March 6 at 11:05 am in our school gymnasium.

REPORT BULLYIN ONLINE TOOL



We take all incidents of bullying seriously. If your child is the victim of bullying or sees bullying behavior at school, please encourage him/her to speak with someone at school or use our board's online reporting tool. Report Bullying gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to the school principal for follow-up. You'll find the Report Bullying button on our school's website; <http://www.ugdsb.ca/rockwood/>



As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for Science. Science encourages problem solving skills, curiosity and questioning, creative and critical thinking, observational skills and reinforces both literacy and math skills....and it's FUN! Here are some ideas for fostering Scientific skills in your children.

6 Tips to foster Scientific Thinking at Home

1-See science everywhere. Parents can take opportunities to ask "What would happen if ...?" questions or present brainteasers to encourage children to be curious and seek out answers. Children need to know that science isn't just a subject, but it is a way of understanding the world around us.

2-Lead family discussions on science-related topics. Dinnertime might be an ideal time for your family to have discussions about news stories that are science based, like space shuttle missions, severe weather conditions, or new medical breakthroughs. Over time, children will develop a better understanding of science and how it affects many facets of our lives. Movies and TV shows with science-related storylines are also great topics for discussion.

3-Encourage girls and boys equally. Many girls are left out of challenging activities simply because of their gender. Be aware that both girls and boys need to be encouraged and exposed to a variety of subjects at a very early age.

4-Do science together. Children, especially elementary-age children, learn better by investigating and experimenting. Simple investigations done together in the home can bolster what your child is learning in the classroom. Check with your child's teacher on what your child is currently learning in class and what activities you can explore at home.

5-Connect science with a family vacation. Family vacations are a great way to explore science. It could be a hiking trip where you explore nature or a discussion on tides during a beach vacation.

6-Show excitement for Science!

Reference: "NSTA Science Matters: Tips for Busy Parents - National Science"
<http://www.nsta.org/sciencematters/tips.aspx>.

MONTHLY ENVIRONMENTAL ACTIVITIES TO HELP CELEBRATE OUR PLANET

February 2nd is National Sweater Day! *It is vital to teach our children to respect and care of the environment*



Celebrate International Sweater Day on February 2nd!

"National Sweater Day is a fun way to learn about the importance of saving energy and to inspire you to use less heat all winter. Heating accounts for 80% of residential energy use in Canada and is a significant source of emissions. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that's equivalent to shutting down a 600 megawatt coal-fired power station or taking nearly 700,000 cars off the road!" http://www.wwf.ca/events/sweater_day/

"National Sweater Day is about valuing energy. It's a chance to think differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely, not wastefully. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada." --
World Wildlife Fund Canada

Ideas for your family to celebrate Sweater Day!

- Turn down your thermostat and wear a sweater!
- Ask your children to brainstorm with you about ways to save energy at home. Make a pledge to implement as many as you can.
- Research the differences between climate and weather. Ask your child to characterize some different climate types (polar, tropical, coastal, etc.).
- Read a children's book on conservation such as: *Why Should I Save Energy?* by Jen Green. Encourage lots of discussion and questions.
- Valentine's Day is just around the corner - use recycled materials to create your cards this year!

TALKING ABOUT MENTAL HEALTH – TESTS AND STRESS

Taking tests is stressful for most students. However, there are lots of ways that your child and youth (and you!) can decrease the stress related to tests.



Anticipate stress and be ready for it.

Practice relaxing activities every day so during stressful times you already know how to cope.

Eat well

Learning and remembering takes a lot of energy. Keep healthy snacks close by so you can refuel easily with what your body needs to feel good and think clearly.

Sleep

During sleep, our brains make connections and consolidate our learning. Research has shown that during sleep, our brain cleans out toxins to allow for more learning to occur the next day.

Drink lots of water

Hydration is very important for good brain function. Cut down on caffeine, which contributes to the stress response and to poor sleep.

Move

Activity increases energy, stimulates brain growth and increases mood. Take regular active breaks; even 5 minutes of walking outdoors can make a difference.

Pause and relax

Take time to relax. Do some deep breathing. Listen to music. Meditate. Go outside. Write in a journal. Do some stretches. Go for a walk. Draw or doodle. <http://youth.anxietybc.com/relaxation> has some great examples of how to relax.

Connect

Talk to your friends. Talk to your parent or a caring adult about how you are feeling. At school, you can talk to your teacher, principal or CYC for support.

Laugh!

Laughter is a great release and allows our brains to recharge and reset.

*Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.
Follow me on Twitter @drlynnwoodford.*

WELLINGTON COUNTY LIBRARY - ROCKWOOD BRANCH

Events for Families and School-Age Children, February 2017

Bedtime Stories (All Ages); Wear your PJs and snuggle up to our quiet evening story time for families. Parents and caregivers are encouraged to participate. Drop in. Mondays, February 6, 13 and 27, 6:30 - 7:30pm



Page Turners Book Club (Grades K- 6); Read together and come discuss at this parent-child book club. Please register by calling 519.856.4851. Tuesday, February 14, 6:30 - 7:15 pm

Paws 4 Stories (Grades K- 6); This reading programme is designed to help kids practice reading fluency with a certified dog and handler in a relaxed and fun atmosphere. Offered in partnership with St. John's Ambulance. Please register by calling 519.856.4851. Saturday, February 25, 10:00 - 12:00 pm

MUSKOKA LANGUAGE INTERNATIONAL INC

In 2017, MLI have several international programs coming to our school board and are in need of host families. We are looking for host families to host a group of Japanese high school female students from March 2 – 7th. Please contact Nikki at 519-994-2656. Thank you for your help!