



Ross R. MacKay Public School

35 Trafalgar Road, R.R.# 2
Hillsburgh, ON N0B 1Z0

Phone: (519) 855-4957
Fax: (519) 855-6901

Website: <http://www.ugdsb.on.ca/rossrmackay>

Principal: Ms. T. Armstrong

Office Coordinator: Mrs. E. Lantz

September, 2016

Principal's Message

To our many returning families, welcome back. We thank you for enthusiastically supporting school programs and initiatives as well as working so hard with your children at home, reinforcing foundational skills and character traits that will allow them to succeed in all areas related to school life.



A special welcome to our new families at RRM. We look forward to working with you and trust that you will enjoy our school community.

We thank our custodian Louise Neal and her assistant Paige who cleaned Ross R MacKay from top to bottom during the break. We thank them for their efforts both during the summer and every day for making our school shine.

Our teachers and educational assistants have also worked hard, organizing classrooms and planning program for the upcoming year. Many staff read professional material, completed courses or attended learning opportunities and are looking forward to implementing this ongoing learning during the school year.

As you will be aware, I am new to Ross R Mackay as well this year and am thrilled to have been placed here as Principal. I thought I would take this opportunity to introduce myself and share some information about myself as a person and as a professional.

I grew up on a farm north of Shelburne in a family filled with educators. After High School, I attended Brock University for the Concurrent Education Program (Child Studies/Education). Upon graduation, I was lucky enough to secure a long-term teaching position in May/June when I graduated in '91, followed by a contract position for that September. As a teacher, I have taught with the former Dufferin Board at Centennial Hylands (Grade 2), Credit Meadows (Grades 2, 3 4, 5 & 8), Laurelwoods (Grades 6, 7 & 8) as well as at Berri Primary School (Kindergarten /Grade 1) in South Australia when I took the opportunity to participate in a teaching exchange.

I moved into administration in 2003. My first placement was at Credit Meadows as a Vice-Principal for just over two years followed by another Vice-Principal position at Centennial Hylands for just under 2 years. I was then promoted to Principal of Princess Elizabeth where I was Principal for 5 years.

One of my passions is travel and I have been blessed to have enjoyed three

separate years during my career as an educator on deferred salary (self-funded) leaves during which I enjoyed extended travel. This past year, after having returned from travel, I was placed as Co-Principal at Princess Margaret.

I love children and am passionate about education. Each school community I have had the privilege of being part of offers up special experiences and opportunities.

My partner (a retired administrator) and I reside in Orangeville but also enjoy our cottage near Parry Sound. Interesting enough, my partner's mother, Majorie McDougall, was a teacher at RRM for almost two decades back in the '70s and '80s.

One of my other passions is gardening and the garden analogy best matches my philosophy of education. Each child has the potential to be a beautiful human being. Our job is to provide the right supports.

I always tell students that my job consists of two main things - LEARNING & SAFETY - and pretty much all of the facets of the administrative position fall under these two big umbrellas. This year, RRM has an allotment of 0.6 Principal which means I will also be balancing the role of Administrator with Special Education and Library roles.



As parents/guardians, you are our partners in ensuring the success and happiness of your children. Please feel free to email, call or set up a meeting if you have questions, concerns, suggestions or compliments!

Yours in education,
T. Armstrong

tracy.armstrong@ugdsb.on.ca
(519) 855-4957 x223

School Organizations

Schools have built class lists based on their tentative organizations. Changes may be necessary at Ross R MacKay in order that our Board remain compliant with Ministry parameters (see below). Any changes will be implemented by Monday, September 19th. Principals do NOT have the option of changing the school organization that is set by the District Staffing Committee of the Board. If changes are necessary and your children are affected, you will be notified as soon as possible.



MINISTRY OF EDUCATION PARAMETERS

- Full Day Kindergarten Class Size
Average for the Board is 26 students
- 90% of the Board's primary classes with 20 or fewer students
- 10% of the Board's primary classes up to a maximum of 23 students
- Grade 3/4 classes have a cap of 23 students
- Junior/Intermediate Class Size
Average for the Board is 25.2 students to 1 teacher



RRM School Organization

Kindergarten-Mrs. Lawson
and Mrs. Kelso

Grade 1/2- Mr. Gaidies

Grade 2/3- Ms. Spencer

Grade 4/5 - Mrs. Donovan

Grade 5/6 - Mr. Robnik

Special Education - Mrs. Fry-Mallory* &
Ms. Armstrong*

Core French, Planning & Library Planning
Teacher - Mlle. Cook* (Long Term
Occasional filling in for Madame Pearce)

Library- Ms. Armstrong/Mlle. Cook

Educational Assistants-Mrs. Burt, Ms. Rees

Child & Youth Worker - Mr. Lyons*

Office Coordinator- Mrs. Lantz

Head Caretaker- Mrs. Neil

Principal- Ms. Armstrong

*new to RRM this year

Terry Fox Run

This charitable school fundraiser to support
cancer research is coming up on Thursday,

September 29. All

students will be
participating. We

are recommending
a donation of a

'Toonie for Terry'

as a voluntary donation. Families are more



than welcome to join us on this day.

Ross R. MacKay PS—Balanced School Day

8:25 a.m.	- Staff on duty
8:55 a.m.	- Entry Bell
8:55 - 10:35 (100 minutes)	- Instructional Block #1
10:35-10:55 (20 minutes)	- Nutrition Break #1
10:55-11:20 (25 minutes)	- Outside Time
11:20-1:00 (100 minutes)	- Instructional Block #2
1:00- 1:20 (20 minutes)	- Nutrition Break #2
1:20-1:45 (25 minutes)	- Outside Time
1:45-3:25 (100 minutes)	- Instructional Block #3
3:25-3:45	- Dismissal and Bus Loading



FCSSGW Opening Office in Fergus

Wellington County - Family Counselling and Support Services for Guelph-Wellington (FCSSGW) is pleased to announce that we are opening a satellite office location in Fergus on September 1, 2016. This location will expand FCSSGW's locations and increase our ability to serve residents in the Fergus-Elora area with greater ease.

The office will be located in the Centre Wellington Chamber of Commerce building at 400 Tower Street. Day and evening appointments will be available as well as groups and workshops. Information will be available on our website, www.familyserviceguelph.on.ca, in August. More information will be distributed via local physicians, pharmacists, schools, businesses and more as we move closer to the September 1st opening.

FCSSGW continues to be an integral part of the community, providing support services to a growing number of individuals, families, and children. We're proud to say that 96% of our clients surveyed feel that their ability to deal with their specific situations improved significantly which further reinforces that our services are beneficial and informative. FCSSGW is the premier provider of exceptional, yet affordable, services in the community. We are committed to strengthening individual, couple and family life, those dealing with physical, sexual and emotional abuse, trauma, helping people learn money management and strategies, supporting people with

developmental challenges and those caring for them, and more.

FCSSGW currently offer a walk-in counselling service at our main Guelph location: 109 Surrey Street East for those wishing to stop in and speak with a counsellor without making an appointment. This service is available Wednesdays between the hours of 1:00 p.m. to 7:00 p.m. We are also the only non profit provider of customized EAP (Employee Assistance Programs) in the area. Businesses in Guelph and Wellington County interested in providing exceptional counselling service benefits to their employees can contact Jacqueline Guigue-Glaspell for more information at 1-800-307-7078 ext. 52 or jaqcue@familyserviceguelph.on.ca

For more information, please contact:

Joanne Young Evans, Executive Director

Family Counselling and Support Services for
Guelph-Wellington

519.824.2431, ext. 22

519.400.1784 (mobile)



Family Counselling and
Support Services
FOR GUELPH-WELLINGTON

Walking or Riding

We have two transportation lists for our students - walkers or bus students. We expect all students from JK to Gr. 6 to be either a bus student or a walker and that this will be the situation for them all the time - unless otherwise informed by note or by phone from the parents. If a student is on the walker's list, they will not be allowed



to take the bus. If students are on the bus list, they will not be allowed to walk. This is very important for us to know in order to be sure of the attendance on our buses and to ensure the safety of our students.

*School staff cannot make changes to students riding buses. Parents must contact the bus company directly to make changes Denny`s (519) 833-9117.

No exceptions will be permitted. Please keep in mind that student safety is our number one priority.

Our school day begins at 8:55 am. A staff member is on duty beginning at 8:25 am. We ask that you not send your child, or drop your child off at school prior to 8:25 am as there is no supervision.

Just a reminder that our entrance to the parking lot will be blocked off from 8:25 am to 8:55 am in order to ensure safety in the parking lot. If you are dropping off

your child, please do so at the sidewalk. They will then proceed to their appropriate yard. No students should be entering the front doors of the school in the morning, unless attending Breakfast Club or they have prearranged permission.

-

At the end of the day, the driveway will once again be blocked off from 3:25 pm to 4:00 pm to ensure student safety. Bus students will leave the school through their assigned exit doors when their bus is called. All students who are walking home or being picked up will leave through their assigned exit doors. Parents may meet their child at these doors.



***Students who arrive late, or visitors to our building must go to the office upon arrival. Thank you for helping to keep our students safe!**

Transportation Website

All information regarding bussing can be found on the transportation website at www.stwdsts.ca



Service de transport de
Wellington – Dufferin
Student Transportation Services



Agendas

The use of agendas helps to promote student organization, improves study skills, and facilitates home and school communication.

We greatly appreciate your support in helping to defray the \$5.00 cost of the agenda. We encourage you to read the agenda and sign it with your child regularly. Please send the money to your child's teacher or pay via cashnet. Thank you.

Visitors to Ross R. MacKay

To ensure the safety of our students, we ask that all visitors check into the office with Mrs. Lantz. Throughout the school day, all other doors to the school are locked in order to better control access to our building.

Should you wish to meet with your child's teacher, we ask that you please arrange a mutually convenient time. If you are picking up your child at the end of the day, please wait for the 3:25 pm dismissal bell outside at your child's exit door. This will enable us to get students to their proper bus and dismissal locations with reduced congestion in the hallways.

Thank you for your support and understanding with this safety routine.



Life Threatening Allergies

Please do not send products with nuts/nut products to school. We have students at Ross who are allergic to these food items. They can experience anaphylactic shock by coming into contact with small particles or residue from these food products.

As a result, please be aware that there may be restrictions in your child's class to protect a student with such an allergy.

Please do not send nut products to school.

* Parents/Guardians of a student with potentially life threatening allergies or those with a life threatening condition are asked to inform the school by contacting the office so we can establish a Life Threatening Management Plan.

Wanted - Volunteers & Paid Positions



Volunteers are always a valuable resource in the school. We appreciate the many, many hours that parents and volunteers provide in order to support our students and to assist with the events that are offered at the school. If you wish to volunteer on a regular basis, we ask that you connect with your

child's teacher first. You will be asked to complete and sign a Volunteer & Confidentiality Form which we will keep on file. We also ask that all volunteers report to the office to sign in upon arrival, pick up a volunteer badge and to sign out when leaving the building.

We are also always on the lookout for back-up Nutrition Break Supervisors (supervising both the eating and the outdoor activity time), Emergency Occasional Teachers (to teach classes if a regular Occasional Teacher is unavailable) and Emergency Occasional Educational Assistants (to fill in if a regular Occasional E.A. is unavailable). Please check in the office if you are interested and available for such paid positions. Qualifications for Emergency Staff are not necessary but an up-to-date police check and resume will be requested.



FSLAC September 2016 Newsletter Isert

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.

Feedback welcome on draft policies and protocols



The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are Public Concerns #215 (closing Sept. 27) and the Police / School Board Protocol for the Investigation of School-Related Occurrences (closing Sept. 30). You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy.



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 feelings 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!

Talking About Mental Health Sept 2016 - Keeping Your Cool as You Head Back to School

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.

1. 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"

2. 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.

3. 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.

4. 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/>

The Benefits of Making Mistakes

As the new school year begins, there is one quote that educators wish all students would consider as 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. "

 **Monthly Environmental Activities to help celebrate our planet**

SEPTEMBER 21ST IS NATIONAL TREE DAY!

It is vital to teach our children to respect and take care of the environment.

Celebrate National Tree Day on September 21st 2016!

"National Tree Day will serve as a celebration for all Canadians to appreciate the great benefits that trees provide us - clean air, wildlife habitat, reducing energy demand and connecting with nature."

<http://www.nationaltreeday.ca/>

"Children today spend less time outdoors than any generation in human history." <http://getbackoutside.ca/>

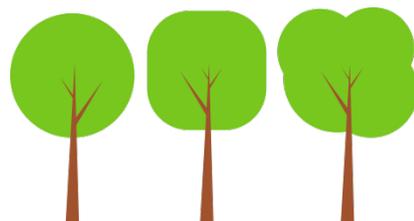
"For children, studies show that time outdoors, especially unstructured time in more natural settings, can increase curiosity, creativity and problem solving ability. It also improves their physical fitness and coordination." <http://30x30.davidsuzuki.org/>

Some great activities for your family to do on Tree Day, or any day!

- Read a book on trees: *The Lorax*, by Dr. Seuss; *The Giving Tree* by Shel Silverstein; *What Good Is a Tree* by Larry Dane Brimner; *The Great Kapok Tree* by Lynne Cherry
- Learn the names of the trees in your backyard or neighbourhood
- Do tree art – e.g., a leaf collage, or leaf/bark pencil rubbing art, or tree photography
- Create a tree book: "adopt" a favourite tree, name it and throughout the year record and examine its characteristics and the changes that it goes through.
- Organize a Tree Walk game - Look for trees that are: the tallest, oldest, has the widest trunk, has the largest leaf, is the most prickly, etc.
- Research all the great forest hiking trails in your area and pick one to try out.
- Hold a Tree Day birthday party with your family, friends, neighbours or community! Serve tree-shaped foods! (*Find lots of ideas on Pinterest.*)

For more ideas:

- ✓ Join the **30x30 Nature Challenge**: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Find out more at <http://30x30.davidsuzuki.org/>
- ✓ Do a Google search: "What to do on a nature walk" or "Arbour Day activities"





Student Absences & Pick Ups

Please call the office (before 8:55) if your child is going to be absent from school. Voice mail is available 24 hours a day. When calling, let us know:

- The name of your child;
- Your child's class and teacher; and,
- The reason for the absence.

If students are being picked up during the day, parents will need to come to the office to sign out their child.

If you are picking up your child at the end of the day, and your child would normally take the school bus home, please inform the office before 2:15 so that we can update bus lists and ensure student safety. Please make sure to inform the office (not just the teacher) of pick-ups as we need to account for all students on bus lists.

Playground Safety

Rest assured that our playgrounds are fully supervised. Nonetheless, accidents do happen. To minimize risk, discuss the following precautions with your child:

- Tie back long hair;
- Zip up jackets;
- Remove drawstrings on hoods and jackets;
- Wear a neckwarmer, rather than a scarf, in cold weather;
- Do not tie skipping ropes to slides and

climbers;

- Do not throw stones or other objects on the playground;
- Do not play tag on or around climbing equipment; and,

Respect the rights of others



Appropriate Clothing

Weather can be unpredictable in September. Unless there is heavy rain, extreme cold or an electrical storm, students go outside for recess. All children should come to school with a sweater or jacket in case the weather becomes unseasonably cold.



Two sets of footwear are also requested—one for indoor use and the other to wear

outside. Running shoes are the safest choice for footwear. For safety reasons, flip flops and shoes without backs are strongly discouraged.

Labeling Clothes/Belongings

Please use a permanent marker or label to identify your child's clothing/belongings. This will help keep the number of items in the "lost and found" bin to a minimum. And, it will make it easier for your child to get ready to go outside during breaks and to go home at the end of the day.

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	6 Welcome Back!!!	7	8 	9 School Spirit Assembly 11:20 Wear school colours (blue & white)
12	13	14	15	16
19	20	21	22	23 Spirit Day / Blue Jays Day
26	27  School Picture Day OPEN HOUSE 5:30 - 7:30 PM	28	29 Terry Fox Run 	30 Professional Activity Day No school for students