

Rickson Ridge P.S.—March 2016

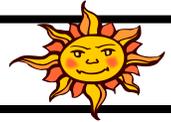
Rickson Ridge Newsletter

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"Where Children Come First"



MARCH 2016



Report cards have recently been sent home. The teachers have worked very hard to give you a clear representation of your child's accomplishments. Please review the report with your child and identify his/her strengths and make goals to help them focus between now and June. If you have concerns please don't hesitate to contact your child's teacher for clarification.

Don't forget that March break is from March 14th-18th this year. Enjoy the week with your family. The following week Friday March 25 and Monday March 28th the school will be closed for Good Friday and Easter Monday.

FOREST OF READING

The Forest of Reading Programs have returned to Rickson again! All students in kindergarten to grade 2 are participating in the Blue Spruce program during their weekly library periods. They will enjoy the 10 nominated Canadian picture books and will be voting for their favourite book in April.

Many junior and intermediate students have signed up to participate in the Silver Birch and Red Maple Programs respectively. They will be demonstrating their reading through blogging and other creative responses of their choice. They will vote for their favourite book in April and these students will then have the opportunity to enjoy a trip to the Forest of Reading Festival in Toronto.

For more information on the Forest of Reading go to the Ontario Library Association web site at www.accessola.org You can also have a look at our school blogs by going to our Ricky Wiki (www.rickson.wikispaces.com) and clicking on "Forest of Reading"

TOUCHING VIDEO

This term, students in grades 1, 3 and 5 will be educated in the prevention of child abuse.

This program called "Touching" is an Upper Grand District School Board directive in providing children with the knowledge and skills necessary for their safety and well being.

The program consists of a video with follow up activities to help students understand the concepts such as feelings, body awareness, touch, trust and problem solving. Class teachers will inform you of the dates that your child is receiving this presentation.

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CLIMATE SURVEY

During the week of Feb. 29 - March 4, students in grades 4-12 will be completing a School Climate Survey. The purpose of this survey is to determine whether or not our students feel that their school provides a safe and inclusive learning environment. The survey asks general questions about how the student is feeling at school, as well as specific questions about bullying. Staff and parents are also being asked to complete a climate survey about their school. Parents can use the following link to access the survey, or the survey can be accessed through our school website. https://uoguelph.eu.qualtrics.com/SE/?SID=SV_87VAOCZ4TdwN52Z

CASL

It is very important that we have your express permission to use your email and that you have the ability to unsubscribe. This falls under Canada's Anti-Spam legislation (CASL). By registering your email on the web page you will receive electronic communication from the school which may or may not contain commercial electronic messages such as fundraisers, field trips or similar events and offers. I encourage each of our families to go to our board web page www.ugsb.on.ca/CASL . Make sure you have given explicit consent for us to use your email address when we post messages to email such as the reminder about the school newsletter coming home.

DIGITAL SATURDAY

Digital Saturday takes place March 5th from 9:00 am to 12:30 pm at Westminster Woods Public School. The more families that attend this event the greater chance to gain technology for our students at Rickson Ridge.. For every 10 people that show up from our school they will give a free chromebook to our school. For more detailed information on this event see page 5.

RESILIENCE IN YOUR CHILD

Help Your Child to be More Resilient

Life can be stressful for both children and their parents. When children learn how to handle challenging situations in positive ways and to bounce back after a negative experience they become more resilient. Resilient people are happier, healthier and more successful in life. Children learn resiliency skills from the adults in their lives. Here are some ideas to help you to build resilience in your child:

1. **Build a caring and trusting relationship:** Listen to your child and talk about their day, share cuddles or hugs, play or do activities together.
2. **Think positively:** Each evening ask your child to share a positive thing that happened during their day. You could share something positive that happened in your day too!
3. **Gently challenge your child's negative thinking:** If your child has had a stressful experience, acknowledge their feelings and help your child see that experience as only one of many things that happened that day: "It sounds as if Max really hurt your feelings by not inviting you to play hockey. Did you play with him at another time? Did you play with some of your other friends?"
4. **Build confidence:** Allow your child to do things independently as often as possible; such as getting dressed, helping to make dinner, wrapping a birthday gift, helping with a chore. Only give guidance if absolutely necessary.
5. **Allow your child to feel that he or she has control over his or her life:** Allow your child to make age-appropriate decisions, such as what to wear, a choice of what to have in their lunch ("would you like a banana or yogurt?"), what book to read before bedtime, what movie to watch on the weekend.
6. **Model and practice calming:** When you are dealing with a difficult situation show your child how you calm yourself down. Practice calming with your child (deep breathing, counting to 10, going to a quiet place).
7. **Model coping:** When you have a problem, talk to your child about how you solved the problem calmly. What did you think about as you were solving your problem?
8. **Build your child's coping strategies:** Help your child think through a challenge. Help your child to know that the issue is just temporary and that he or she can solve the problem. Support your child in coming up with a solution.

In supporting your child in building resiliency skills you are developing a positive outlook that will last a lifetime. For more information on resiliency please go to the website below.

Source: Reaching In, Reaching out Website: <http://www.reachinginreachingout.com/resources-parents.htm>

DIGITAL SATURDAY

[UGDSB invites parents to learn about classroom technology at 'Digital Saturday](#)

The Upper Grand District School Board is hosting an open house featuring displays and workshops on how students are using technology to learn. "Digital Saturday" takes place on March 5, 2016, from 9 a.m. to 12:30 p.m. at Westminster Woods Public School in Guelph.

"In the last few years there has been exponential growth in the use of technological tools and resources in Upper Grand schools," said Brent McDonald, Superintendent of Education responsible for Information Technology. "Students don't stop using what they're learning as soon as the bell rings at the end of the day. A good number of these resources are available 24/7, so they're used at home and school."

A presentation on technology in the classroom to the board's Parent Involvement Committee was the inspiration for the idea of hosting a technology open house for all parents.

"We thought a Saturday morning would be the best time for both parents to come out and see what we're doing," said McDonald. "Students can come too."

Digital Saturday will be an opportunity to explore and learn about:

- New technologies in the classroom like Chromebooks, UGCloud
- Assistive technologies to support all learners including Kurzweil and Read&Write for Google
- Robotics and coding and virtual reality in the classroom demonstrations

Online digital resources for assisting student learning such as UG2GO, UGCloud and Homework Help

There will be lots of opportunities for interaction and co-learning. Older children (8 and up) may find the display tables and workshops informative and engaging.

We hope to see you there as partners in education!

Event details:

- **DATE:** Saturday March 5, 2016
 - **TIME:** 9 a.m. to 12:30 p.m. Open house closes at 12 p.m.
- LOCATION:** Westminster Woods Public School, 140 Goodwin Drive, Guelph