



Rockwood Public School September 2022 Newsletter

157 Pasmore Street S. Rockwood, Ontario N0B 2K0 Ph: 519.856.9556

Principal: Reena Anand

Office Coordinator: Melinda Rice

<https://www.ugdsb.ca/rockwood/>

@RockwoodPS

Principal's Message

We hope everyone had a wonderful and enjoyable summer holiday! We are very excited to welcome back our Rockwood families and our new families. We look forward to welcoming back all of our students and staff to a more normal return to school! Welcome to our new teaching staff including Mrs. Tuckwell and returning teacher Ms. Armstrong-Cameron who are teaching grade 6 English, Mrs. Armstrong who is teaching gr 7 English and Mlle Closs and Mme Edwards who are teaching grade 7/8 FI . Welcome back to Ms. Smith who is teaching grade 4/ 5 and to Ms. Pitcher who is teaching grade 7/8 English. Welcome to Mrs. Smith, our new Child and Youth Counsellor on Mondays and Wednesdays.

Rockwood staff have been very busy preparing their classrooms to be welcoming, inclusive and engaging learning spaces for our students to have a fantastic school year. We appreciate their commitment to creating learning environments where our students will reach their full potential. **Tentative staffing** assignments for this school year are included in this newsletter. Please note that assignments can change due to reorganization.



Many thanks to the custodial team for their wonderful work over the summer to clean the school and get it ready for the school year. A special thank you to our outstanding Office Coordinator Melinda Rice for her hard work in getting us ready and organized for an exciting year ahead! A few reminders from the office: Encourage students to ride the bus as the kiss n ride is very congested. Walking to and from school is also great exercise. Please note the township will be installing new 'No Parking and No Stopping signage' at Rockwood Centennial Public School during school hours to ensure student safety. The OPP and township will be onsite for the first few weeks of school to support traffic flow.

The following forms must be returned to your classroom teacher. A signature package will be coming home the first week of school. Please keep all of these forms together and do not remove the staple:

- Freedom of Information Form (yellow)
- Student Verification Forms (updating your phone number, address, etc.)
- Walking trip form (blue)
- Concussion Code of Conduct & Informed Consent form (mauve)
- Technology agreement for *intermediate* students (gray)

Important Upcoming Dates:

- Sept 20 First School Council Meeting 6:00-7:15
- Sept 23 Terry Fox Walk/Run
- Sept 27 Open House (time and details to follow)
- Sept 28 Rowan' Law Day (Purple Shirt Day)
- Sept 30 Orange Shirt Day (in recognition of residential school children)
- Oct 4 Lifetouch Photo Day

Rockwood Centennial PS Staff List Sept 2022

KA	(0.9) T. Darling & K. Lush (ECE)
1A	L Ross Urwin
2\3A	D. McDougall
4A	L. Caverly
4/5B	(0.9) S. Smith
6A	(0.6) P. Armstrong-Cameron & (0.4) J. Tuckwell
6B	L. Benstead
6\7FI	M. Rafalowski
7\8FI	(0.6) E. Closs Day 3, 4 and Days 2, 5 afternoons (0.4) D. Edwards Day 1 full, 2, 5 mornings
7\8A	O. Pitcher LTO B. Tucker (Sept -Feb)
7B	K. Noel
7C	A. Armstrong
8B	D. Collier
8C	G. Betts
MID/SERT	A. Wells
Core French	C. Chaves/ D. Edwards

Music/Planning	A. McCabe
SERT	J. Clyde
Library/Primary Planning/FDK	V. Soper
Educational Assistants	K. Goetz and J. Zuccala
Child and Youth Counsellor	J. Smith
Office Coordinator	M. Rice
Head Custodian	K. Pettit
Principal	R. Anand

End of Day Procedures:

Please ensure your child knows their end of day plan for the first day (i.e., bus, pick-up, walking) and that specific plans for your child are communicated to the teacher on the first day of school with a note.

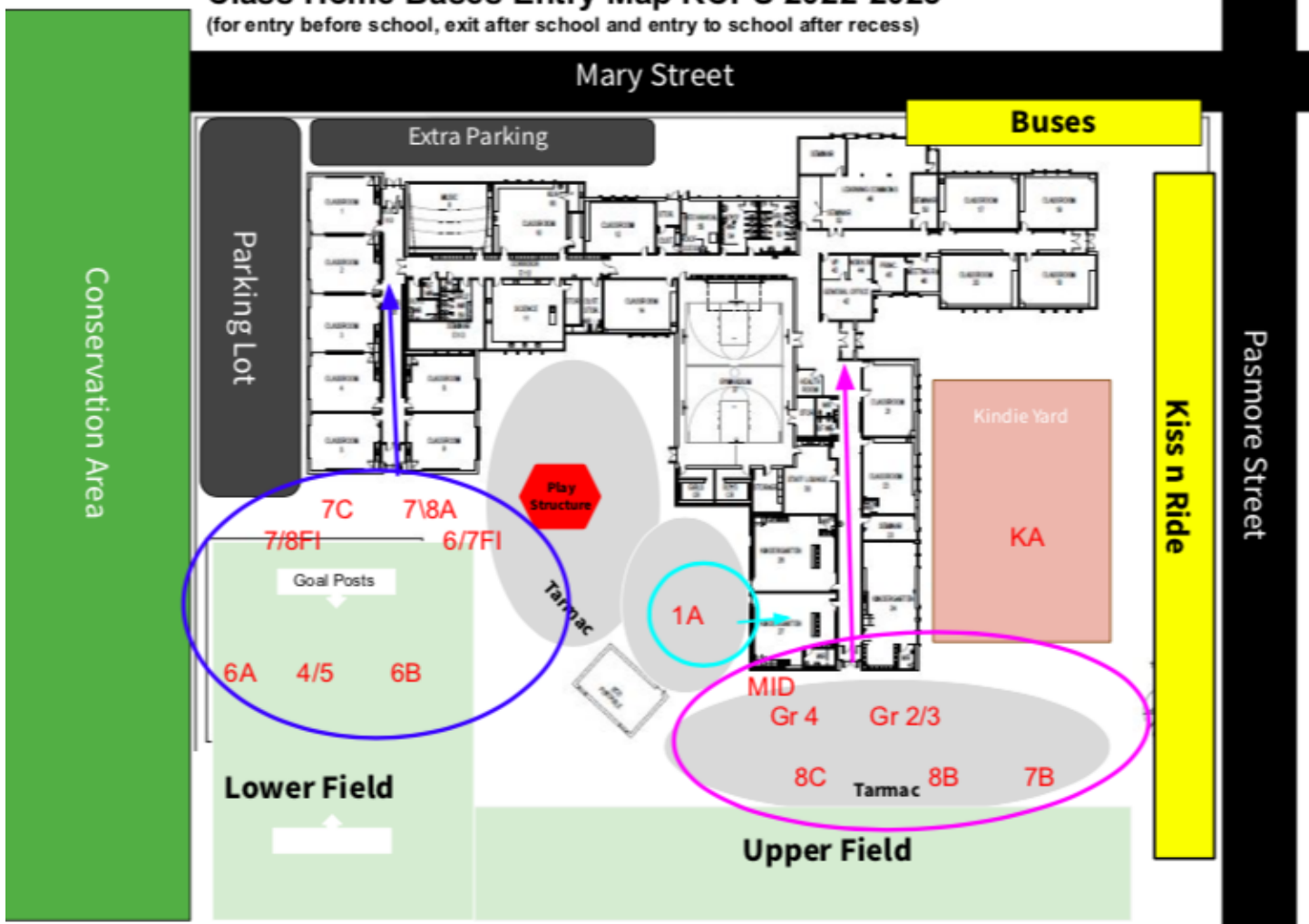
Please refer to dismissal times and pick up locations in the map and times below.

- 3:05 pm: Kindergarten
- 3:10 pm: Gr 1-8 students

See the map regarding entry line ups and areas for pick up.

Class Home Bases Entry Map RCPS 2022-2023

(for entry before school, exit after school and entry to school after recess)



The Ministry of Health and the Office of the Chief Medical Officer of Health have provided a new “School and Child Care” screening tool. It is recommended that students/children and visitors continue to self-screen for illness every day before attending school or child care using this updated August 31st Version 5.0 Screening Tool: [School and Child Care Screening Tool](#). Students/children and visitors who do not pass the screening should follow the advice provided upon completion of the screening tool.

[School and Child Care Screening Tool](#)

Isolation requirements for most individuals include:

- Isolating until symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms) and no fever present.
- Asymptomatic individuals with a positive test result do not need to self-isolate unless symptoms develop. If symptoms develop, they should self-isolate immediately

[Management of Cases and Contacts of COVID-19 in Ontario](#)

Anyone who is feeling sick or has any new or worsening symptoms of illness, including those not listed in this screening tool, should stay home until their symptoms are improving for at least 24 hours (or 48 hours for nausea, vomiting, and/or diarrhea) and they do not have a fever, and seek assessment from their health care provider if needed.

[Downloadable versions](#) of the tool continue to be available for anyone who may require a paper copy.

Communication

Please refer to the Rockwood PS website <https://www.ugdsb.ca/rockwood> and UGDSB website for updated information available to students and families at [Upper Grand District School Board](#)

Sign Up for the Messenger App!!



Stay Connected to Your School

If you wish to receive communications from us, please visit our website at: <https://www.ugdsb.ca/Rockwood/> and subscribe to UGConnect and follow the instructions. The Upper Grand is using this method of parent communication. It is designed to streamline communication between schools and the communities they serve, the Upper Grand Mobile app provides parents with a simple interface and up to date information including news, calendars and social media feeds. As an environmentally friendly school, we continue to try to save trees by posting our newsletters electronically and sending them in the email blast and posting on the website. The Upper Grand Mobile App is available for free at either the Google Play Store or at iTunes. Use the search term "Upper Grand" to find the app. We encourage you to sign up for this app which will allow for improved communication from the school and Board at no cost. Staff will also ask for electronic communication.

Twitter

Rockwood PS is now on twitter-follow us for the latest information @Rockwood PS to get updates on school events and activities and to see the great learning!



The School Day

8:25	School Supervision begins
8:40-9:30	Period 1
9:30-10:20	Period 2
10:20 -10:40	Nutrition Break and Recess
10:45 -11:05	Nutrition Break and Recess
11:05-11:55	Period 3
11:55-12:45	Period 4
12:45 - 1:10	Nutrition Break and Recess
1:10 - 1:30	Nutrition Break and Recess
1:30-2:20	Period 5
2:20-3:10	Period 6
3:10	Dismissal / Students report to their bus line or walk home
3:10 -3:25	Buses pull out

Starting off on the right foot ...

Please ensure your child arrives at school on time so they don't miss important instructions and disrupt learning. We want to set students up for success by encouraging independence and having them walk to their class independently. This will help build good routines and start on the right path for success. Please also call in student illnesses, lates and absences at **519-856-9556 ext 100 (a message can be left 24/7)**. We are required to reach you by telephone if your child is absent so please update the school with any phone changes.

Agendas

Some classes in Grades 1-6 at Rockwood Centennial Public School will receive school agendas. The subsidized cost is \$5.00 this year and it can be purchased through school cash-online. Contributions help offset the cost and are greatly appreciated. The agenda serves as an excellent educational and organizational tool, allowing parents to monitor homework assignments, as well as communicate with teachers. Please review the important information located in the front of the agenda including the QR code and calendar.

Medical Concerns

If your child has a serious medical condition, please contact the child's teacher and the office. We need to be provided with up-to-date information and medication. UGDSB Policy 518: Students with Life-Threatening Medical Conditions, outlines the roles and responsibilities for all in the educational community to support students with possible life-threatening medical conditions. The prevalent medical conditions covered under this policy are Asthma, Anaphylaxis, Diabetes and Epilepsy/Seizure Disorders. If your child has one of these, or any other life-threatening medical conditions, please visit: www.ugdsb.ca/board/policy (and look for Policy 518) or contact the school as soon as possible. We will work with you to develop a Plan of Care to support your child. Parents should administer medication at home whenever possible. When oral medication is



administered by school personnel it will be kept in the office. Non-prescription oral medication as well as prescription medication requires the completion of an authorization form before medication can be administered. This form is available at the school office. The bus company also requires a copy of life-threatening forms.

Life Threatening Allergies

We have children in our school with potential life-threatening allergies (called anaphylaxis) to various foods and other materials. Anaphylaxis is a medical condition that can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students. Although this may not affect your child's class directly, we are letting you know so that you are aware that we aim to create an allergy safe environment at our school. If your child is in a classroom with an anaphylactic child, or your child has anaphylaxis, you will be informed by your classroom teacher. Our school has procedures in place for the prevention and management of anaphylactic reactions. If your child has health concerns of any kind, please ensure you inform the office to fill

out a form and your child's teacher and we will take the necessary health protection steps. Thank you for your understanding in ensuring an allergy-safe environment for all of our students.

Peanut & Nut Allergies

We have several students with life threatening allergic reactions to peanut butter and other nuts. The safety of all our students is very important to us. Please be aware that, due to legislation requiring every school to reduce risk of exposure of anaphylactic causative agents, we are restricting the presence of nuts at Rockwood P.S. Please **DO NOT send nut products** to school for snack or lunch with your child, this **includes** imitation nut products such as Wow butter. If touched, eaten or even inhaled, foods containing even small amounts of peanuts or nuts may be life threatening to those students with allergies. Please remind your child not to share food or drinks with other students.

Asthma Friendly Schools Policy

Asthma is a very common chronic lung disease that can make it hard to breathe. The Upper Grand District School Board has a policy to provide support for students with asthma. If your child has asthma, the policy requires an Asthma Management Plan (AMP) to be completed by parents, a child's doctor and the principal of the school. A copy of this plan is available on the Board's website under Policy 516. Parents are requested to complete the AMP and return it to the school as soon as possible at the beginning of the school year.

Smoke and Vape-Free Environment

The Upper Grand DSB provides a smoke and vape-free environment for its students, staff and others while on



Board property, in accordance with the Smoke-Free Ontario Act and Board policy 208. This policy refers to all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed, including e-cigarettes.

Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of the indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Parents will be informed using the school's usual forms of communication when smudging is going to occur in our school. Participation by staff and students is optional in a smudging ceremony. If you have any questions or concerns, please contact the principal.

Student Verification Form

Please return an updated Upper Grand District School Board Student Admission and Information form to the school as soon as possible. This is very important as we require accurate family contact information in case of illness or emergency. These forms will be sent out the first week of school.

Dear Rockwood Centennial families,

PANDAS

A student in our school has been diagnosed with a non-contagious medical condition known as **Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus-A (PANDAS)**, and requires our support to ensure we maintain a healthy, safe and inclusive environment for all children at school.

PANDAS is a form of autoimmune encephalitis, meaning a non-typical immune system response of swelling in the brain, following exposure to a very common bacteria in our surroundings. When children who suffer from PANDAS come into contact with Strep A bacteria, the immune system mistakenly launches an attack on a part of the brain responsible for controlling movement, emotion and cognition, resulting in a variety of serious and severe neurological symptoms that can strongly affect the child's learning ability, muscle movement and emotional and behavioral responses. More information about PANDAS can be found on pandasnetwork.org.

For this child, exposure to strep infections may trigger a debilitating and life-threatening illness, therefore, we kindly ask that if your child is being treated for a strep infection of any kind, or you suspect a strep infection, which can present as; *strep throat, impetigo, tonsillitis, pneumonia, peritonitis, scarlet fever, sinusitis and peri-anal strep*.

We ask that you keep your child home as you would for any illness and that you notify the school administration. This information will then be used to anonymously notify the PANDAS child's family that strep has been identified in the school so that they may take the appropriate precautions. Your child's medical information and identity will not be shared.

We thank you in advance for your cooperation in helping us maintain a safe, healthy, and inclusive environment for all our students. If you have any questions, please feel free to contact the school administration.

Reminder for parents/guardians: Student Accident Insurance

Parents and guardians are responsible for expenses related to student injuries on school premises or during school activities. Accidents can and do happen and the costs involved might 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.

A letter from the Upper Grand District School Board will be sent home with students containing information with respect to two Programs available for the purchase of Student Accident Insurance. The Insuremykids Program is offered through Old Republic Insurance Company of Canada and the Study Insured Program is underwritten by Certain Lloyd's Underwriters through AON Insurance.

Each program offers a variety of options, including family rates at affordable prices. The cost must be paid by the parent or guardian. Paper copies of the application are no longer available. Purchase is done directly on line or by contacting the Provider:

www.insuremykids.com or call toll free **1-800-463-5437**

www.studyinsuredstudentaccident.com or call toll free 1-833-560-0527.

For today's active children, especially those who participate in field trips, co-curricular and other school activities outside the school day, Student Accident Insurance is valuable.



Be prepared for the unexpected

Protect your kids at home, school, or play

Contact Student Accident Insured today

and secure your family finances



Consent to Share Personal Information Form

Please read the Consent to Share Personal Information form that will be coming home. Please read the consent to share information. We often like to take pictures of students to share school success with the community on our website, twitter account or in the local paper. We require your consent for this to happen. Please return the consent form to your classroom teacher.

Ministry Class Size Limits

The **tentative** staffing assignments at this time are listed in this newsletter. Please be aware that the Ministry has stipulated specific parameters to promote smaller class sizes. We will be submitting our latest enrolment figures to the Board in early September and it is possible that the Board will make changes to class organizations in order to be compliant with the parameters. 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. See the info below from the Board.

Message from the Human Resources Department Re: School Organizations

Schools have built class lists based on their tentative organizations. Changes may be necessary at your child(ren)'s school in order that our Board remains compliant with Ministry parameters (see below). Any changes would 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 affect your child(ren), you will be informed by the school.

Ministry of Education Parameters

- Full Day Kindergarten Class Size Average for the Board is 26 students
- 90% of Full Day Kindergarten classes with 29 or fewer students
- 10% of Full Day Kindergarten classes with up to 32 students, under certain circumstances
- 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 24.5 students



Milk/Pizza/Food Programs

Our School Council is working on food programs as fundraisers. Pizza day will be on Thursdays and milk will also be available. Items can be ordered via schoolcashionline.com Please note you will be ordering pizza and milk for the full term Oct-Dec. Leftover pizza will not be saved. We are also looking into subs. Thank you to the School Council for organizing these great opportunities for students. If there are any financial concerns or constraints with ordering, please contact the school office and speak with the Principal.

Snack Program

The Nutrition Program will resume the daily snack bin program in early September. We are very excited to have healthy food options available for students every day. Our grab-and-go brown bag lunches will continue to be available as well. There will also be some fun and healthy special food days for all students throughout the school year.

A heartfelt thank you to Mrs. Brink, Mrs. Wells and her wonderful students for their work in making our snack program a success! Thank you to Mme Anand, Mrs. Rice, our dedicated lunch supervisors, and RCPS staff for helping ensure the program runs smoothly so that we can continue to feed hungry kids. Thank you to the Children's Foundation Food and Friends Program for supporting our program.

If you have questions about the program or if you would like to volunteer, please email Jenn Brink at rockwoodnutrition@gmail.com. Thank you RCPS families for your ongoing support of our program!

Rockwood School Council Information

Welcome Rockwood Parents!! We are looking forward to having our first council meeting on Tuesday, September 20th from 6-7:15 p.m. and elections. We encourage parents to attend to learn about how to improve and support the school. Council meets 5-6 times a year and we will have a balance of in person and virtual meetings. Welcome back to our Chair Bianca Chambers and Co-Chair Lisa Ripley, Secretary Cathy Keleher and Treasurer Jessica Jackson. For anyone interested in running for council, please contact Principal Anand at Reena.Anand@ugdsb.on.ca by Friday, Sept 16/22 to receive a form for a position. All parents are welcome to attend as members and to help support the school. We are looking for parents interested in joining council committees such as Fundraising, Fund Allocation and Food Programs. We are also looking for parents to help with food program distribution. Please email Bianca at biancawarkus@gmail.com if you are interested in helping out.

if you are available to help. Commitment would be 1-2 hours per month 12:30-1:30 on food days at the school. Food programs will be up and running in October.

School Cash On-Line Program

For safety and efficiency reasons, we want to eliminate cash and cheques coming into our school. School related expenses will be available for purchase online. Please take a few minutes to register so you can enjoy the convenience of shopping on-line.



Here's how to register:

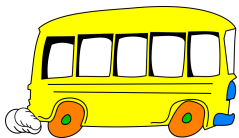
- Step 1: Go to ugdsb.schoolcashionline.com
- Step 2: Register by selecting : "Get started now" and follow the steps.
- Step 3: Respond to the confirmation email, select the 'click here' option and sign in and add each of your children to your household account.

Clothing and Footwear

Dress for the weather forecast. Unless there is heavy rain, or extreme weather conditions, students will be outside. Students should also bring sweaters/jackets for occasions when the weather becomes unseasonably cold. The school dress code can be found in your child's agenda and on our website. Running shoes are the safest choices for footwear, and are a requirement for participation in Physical Education classes. Flip flops and other unsupportive shoes may limit the activities in which your child can participate. Please remember to label everything. We will be having increased outdoor learning so please dress for the weather! We encourage Kindergarten and Grade 1 students to come with a change of clothing in a labeled bag in case of accidents.

School Buses

Thank you to our bus drivers for keeping our children safe and for communicating well with the staff regarding safety issues and student behaviour on the buses. Please review the Bus Safety Rules with your child:



- Be at your bus stop at least 5 minutes early
- Stay seated while the bus is in motion and stay in your designated seat
- Do not use inappropriate language and use an indoor voice
- Follow the directions of the driver
- At dismissal go directly to the bus area and sit in your line until your bus is called
- Please be on time if you are meeting your child at the bus stop

Student Transportation Services

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

This site is designed to help you to find bus information and to answer common transportation questions. For students in SK and up please visit our student login website: www.findmybus.ca for all busing information. Sign up for email notifications for all delays/cancellations during the school year. Follow us on Twitter @STWDSTS. If your child will not be riding the bus for the school year please call 519-824-4119.

Attendance & Safe Arrival Program

Please call the office before 8:30 am if your child is going to be absent or late. The voice mail can take your messages 24 hours a day. Please supply us with the student name(s), class(es) and reason(s) for absence/lateness. The Ministry's Safe Arrival Program mandates that we call parents of absent students if we have not been informed, by a parent, of the reason for the absence.

- If we cannot reach you at home or at work, we will attempt to call your emergency contact person.
- Late students must wait outside the front doors until a staff member arrives. Parents must contact the office. The doors will be locked due to Covid protocol.
- If you drive your child to school, please remember to park on the road closest to the school (not in the bus area or staff parking lot).
- Supervision begins at 8:25 am. Please do not drop your child off prior to this time and we encourage drop offs as close to the bell as possible at 8:40.

Board Policy on Safe Arrival reads: It is the responsibility of parents to:

- provide current telephone contacts such as: home phone number, work number of both parents, number of caregiver, number of safe arrival contact, and emergency contact numbers on the student admission form;
- update the information during the school year and inform teachers of changes;
- communicate with the school, prior to the start of school in the morning or afternoon, when the child will be absent or late for any reason;
- provide written permission for their child to leave the school during the day; and
- inform the school when their child will be returning after an absence of more than 1 day.

Safe Departure

- If it is necessary for a child to leave early, or to leave for a period during the day for an appointment, a note must be sent to the teacher.
- All arrangements must be made ahead of time. Also, please send written authorization if your child is going to be picked up, otherwise, it is our practice to send the child home as per usual arrangements. Under **urgent circumstances**, a telephone call may be made to the office before 12 p.m.
- We appreciate your efforts to make all foreseen arrangements ahead of time with your child and/or accompanied with a note.
- Children will be dismissed by classroom teachers.
- Your support to ensure a safe and seamless transition during such a busy time of day is appreciated.

Talking About Mental Health – Heading Back to School

Hope that you had a wonderful summer! Transitioning back into school as summer ends can be exciting but also can be stressful for some children and families. As the children and youth head back to school, here are a few suggestions on how to make this a mentally healthy school year for all.

1. Take care of your body as mental and physical health are linked. Make sure to get enough sleep, drink water, and eat well.
2. Talk to your child/ren: What do they like and enjoy about school? What are they looking forward to this year? Have children name one thing they are looking forward to and one thing they are not looking forward to as much.
3. Identify strengths and challenges: Have them name 2 things they are good at in school and two things that they think might be more difficult. Strategize some ways to deal with challenges. At the end of the day reflect any strategies used and encourage them to try new strategies to build their coping tool kit and resiliency.
4. Problem solve with your child/ren: Provide your child opportunities to make their own decisions and to come up with solutions for their concerns. Remember to keep your expectations realistic and age appropriate.
5. Remain calm, and show your child trust, support and love when they are feeling stressed, anxious and worried.

Have a wonderful and mentally healthy school year! Staff will be spending time on mental health education in September to support a positive return to school and successful start up.

