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# Rockwood Public School

## November 2022 Newsletter

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

@RockwoodPS

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### **Message from the Principal**

Time is passing by quickly and it's hard to believe that we are already approaching November! Progress Reports will be available online on November 17 to recognize student progress this term. Teachers may be reaching out in the upcoming days and weeks to any parents whose child they feel might report as progressing with difficulty on the Progress Report and discuss strategies to help the student achieve their full potential. Progressing with difficulty on the Progress Report means that the overall current assessment data (products, observations, conversations) falls below the provincial standard (the provincial standard is B- to B+) and that according to the teacher's professional judgment they believe the student could potentially not meet the provincial standard by the end of the first school term (beginning of February). All children learn at different rates and this is not cause for alarm. Progressing with difficulty on the Progress report does not necessarily mean your child is failing in a specific subject area. The Progress Report provides an opportunity for feedback, goal setting and timely interventions if needed. Your child's teacher will reach out to you if there is a concern. We will also be having Parent Teacher interviews in the evening on Nov 24th and PA Day Nov 25th.

Below are some important dates:

- Wednesday, Nov 2nd - Gr 8's visit Ross
- Monday, November 4th - Picture Retake Day
- November 6 -11 - Treaty Recognition Week
- Tuesday, November 8th - Social Media Presentation grades 6-8
- Tuesday, November 8th - Parent Social Media Presentation 6:00-7:15 in the gym
- Friday, November 11th - Remembrance Day service
- Monday, Nov 14th - World Diabetes Day
- Thursday, November 17th - Progress Reports will be available
- November 20-26 - Bullying Awareness & Prevention Week
- **Friday, November 25** - PA Day (parent-teacher conferences, more information to come)

**\*\* This and all past RCPS updates and newsletters are also posted on our school website here:**

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



## **Remembrance Day-Nov 11**

We have a busy month ahead with Remembrance Day assemblies. We will distribute poppies to all students. Parents who wish to donate may click the attached link [Donate to the Poppy Fund](#).

Students K-5 will be meeting in the gym at 9:00 for a Remembrance Day Assembly. Each Grade Level will be participating through songs, readings and music to remember what sacrifices have been made for us to live in a peaceful country. We will also have time to think about what we can do to keep peace. Parents are welcome to join us. The program will be about 35 minutes long. Thank you to Mrs. McDougall for organizing this assembly. Our Gr 6-8 students and staff will be going to the cenotaph for a ceremony to remember the fallen soldiers from the Rockwood and Eramosa area. Parents who want to go to the cenotaph at 10:50 am can meet us there. There will be members of the community there as well. Thank you to Mme. Chaves and Mme. Rafalowski for organizing students for this ceremony.



### **Twitter**

Stay up to date with what is happening in and around the school. Follow us on twitter @Rockwood\_PS

## **Progress Reports - November 17th**

Progress reports will be available on November 17th. The fall Progress Reports encourage early and ongoing communication between you and your child's teacher, and inform you how well your child is developing the learning skills, work habits, and academic skills we know are essential for success. The Progress Reports will report on academic subjects, such as language, math, social studies, science and technology, but instead of assigning a grade or mark, it will tell you how well your child is progressing: "very well", "well" or "with difficulty". The progress reports will highlight strengths and areas to improve, and will include comments from your child's teacher that are clear and meaningful. If you have questions about your child's progress after reading the report, please contact your child's teacher.

## **Parent-Teacher Interviews**

The evening of Thursday, November 24<sup>th</sup> and Friday, November 25<sup>th</sup> (PD Day-during the day) have been set aside for parent-teacher interviews. All interviews are being booked online and we will be doing interviews in person. Booking online makes it accessible for parents booking interviews for more than one child. The online system will [open Nov 17<sup>th</sup> at 9am](#) and closes Wednesday, November 23<sup>rd</sup> at 10 p.m. [RCPS Parent Teacher Interviews 2022](#)

Please follow the directions below to book an interview online with your child's teacher(s).

Interviews are a wonderful opportunity for parents, teachers and students to work collaboratively

to discuss, plan and set effective next steps for individual student achievement goals. If you are unable to attend the meeting during these times, please set up another time to meet with the teacher. Your child's OEN number (located on their progress report) is required to login to set up an interview, as well as their date of birth. See below for finding the 9 digit OEN:

Instructions for ONLINE booking: (available Nov 17<sup>th</sup> 9 a.m.)

- 1: Visit the following site: [www.ugdsb.ca/pti](http://www.ugdsb.ca/pti) from Google Chrome
- 2: Input student's OEN number (found at the top of the student's report card)
- 3: Input student's date of birth
- 4: From "Teacher List" choose "Show Details", then select a teacher.
5. Select "Show Appointment Schedule".
6. Select time and then choose "Book Appointment".
7. Repeat process for booking an appointment with another teacher.

*Interviews are 15 min each and we appreciate you respecting the timelines to be courteous to the next parent(s).*



## Outdoor Recess

It is getting chilly out and the snow will be here soon! Please remember to send indoor shoes and assist your child in wearing the **proper clothing** to school and label it. We have a lot of items in the lost and found. This includes a **warm jacket, hat, mitts and waterproof footwear**. Thanks for sending extra socks in your child's backpack just in case and extra clothes for our Kindergarten students! All students are expected to participate in outdoor recess. An active break to get some fresh air helps with concentration and success in the classroom.



## Inclement Weather and Transportation

When you hear the radio announcement, "All school taxis and buses in **Centre Wellington, Town of Erin and Town of Rockwood** will not be operating today". Your child's bus or taxi is cancelled and the school is open. Please go on <https://stwdsts.ca> and we are in the blue division 2.

Follow @STWDSTS for all updates on bus cancellations. During inclement weather, you can also listen to: Erin Radio 88.1 FM; 1460 AM CJOY; 106.1 Magic FM; Oldies 1090 AM; 99.1 FM CBC; 105.3 Kool FM; Newstalk 570AM; 96.7 FM CHYM; or, watch CKCO-TV. These stations will announce cancellations. Bus cancellations are also reported on the Board website after 6:30 a.m. at: [www.ugdsb.on.ca](http://www.ugdsb.on.ca)

## **Life-Threatening Allergies**

We have children in our school with potential life-threatening allergies to **nuts, tree nuts, sesame eggs and peanuts**. This is a medical condition called anaphylaxis that causes a severe reaction to foods or other materials, and can cause death within minutes. Although this may not affect your child's class directly, we are letting you know so that you may refrain from sending foods to school that contain these products. We aim to create an allergy-safe environment at Rockwood Centennial and reduce the risk of allergens. Our school has procedures in place for the prevention and management of anaphylactic reactions. If your child has health concerns of any kind, please tell your child's teacher or the office, and we will take necessary health protection steps. Thank you for your understanding in ensuring a safe environment for all of our students. Students are not to share their lunches or treats with other students unless the teacher has given permission.

## **School Drills**

In the interest of student safety, the Upper Grand District School Board has directed all schools to conduct 6 fire drills and a lockdown drill. Students have become accustomed to our different drills, including the lockdown drill. During our drill we strive to minimize anxiety by reassuring students that the activity is a "practice" situation and we are only practicing just like we do with fire drills and tornado drills. Detailed drill procedures have been developed in conjunction with our local police services and provided to all schools as part of our Emergency Procedures Manual. Every teacher has a copy of this manual and emergency procedures are reviewed throughout the year.

In a lockdown, students and staff are directed to secure areas where doors can be locked and the children can be kept out of sight, such as a classroom. If a student is not near their own classroom when a lockdown is initiated, they will be welcomed into the closest one. Please note that during a lockdown drill no one will be allowed to enter or leave the building, including visitors to the school. In the event of a real lockdown, only emergency responders (police etc.) will be allowed to enter the building and no one may leave their secure area until they receive an "all clear" from the authorities. Practicing these drills is just one more way that helps us continue to ensure the safety of our staff and students.

## **Surveillance Cameras**

There are cameras around the exterior and throughout the school hallways which act as deterrents to those thinking about damaging our school property as well as evidence in case we need to investigate any issues. You will notice there are stickers on our school doors indicating that there is video surveillance.

## **School Council**

Thank you to our dedicated parents for providing funds to support our school programs. School Council is a great way to be involved in the school community and make a positive contribution to

your child's education. School council has supported the purchase of library books in the amount of \$ 2,000 for our students and we look forward to using these great resources in our library and classrooms. Thank you to our Council for planning fundraisers to support programs. A reminder that subs can be ordered weekly by going onto [schoolcashionline.com](http://schoolcashionline.com) and then Lunch Lady.

## Parent Resources

Our library has a number of valuable parent resources to check out. Feel free to browse them the next time you are in the school. The books are stored in a green bin on my desk. If you would like to sign a book out, just leave me a note with your child's name and the barcode from the book you are borrowing (sticker on the front).

Thanks,  
Mrs. Soper

## Daylight Saving Time Ends



On Sunday November 6th we return to Standard Time. Remember to turn your clocks back that morning and enjoy an extra hour of sleep!

## Safe and Inclusive Schools/Anti- Bullying Campaigns



As part of our Safe and Inclusive Schools/Anti- bullying campaigns, we continue to educate students about: what bullying is, respectful and responsible behaviour, appropriate ways to deal with conflict, and demonstrating kindness through words and actions. Rockwood Centennial's Safe Equitable and Inclusive School Plan is posted on our website.

This year, Bullying Awareness and Prevention Week (BAPW) is November 20-26, 2022. Let's get ready! BAPW provides a rich opportunity for our school community to:

- Promote initiatives and priorities
- Support students to take leadership related to prevention and allyship
- Raise awareness about where students can report bullying
- Engage and provide resources to parents / guardians
- Create "whole school" awareness about cyber bullying

## **What can be done to stop bullying?**

Some important strategies to stop bullying are:

- providing good supervision for children
- providing effective consequences to bullies
- Using positive communication between teachers and parents
- providing all children opportunities to develop good interpersonal skills
- creating a social context which is supportive and inclusive, in which aggressive, bully behaviour is not tolerated



Students need to report issues to teachers or supervisors so that follow-up can happen. If you are hearing about concerns, please inform your child's teacher in order for follow-up to occur.

## **What Can Parents Do if Their Children are Being Bullied?**

1. Ask the child directly. Often children do not wish to tell their parents due to shame and/or fear that bullies will retaliate if they tell. Look for signs such as: fear of going to school, increased illness, lack of friends and increased fearfulness.
2. Understand the difference between conflict, unkind behaviour and bullying and help your child learn how to deal with conflict.
2. Work with the school immediately to make sure your child is feeling safe and that monitoring at school is going on. If the bullying is happening on the way to and from school or on the bus, inform the school. If your child is timid, and lacks friends, try to arrange for your child to participate in positive social groups which meet his or her interests. Developing your child's skills and confidence in the context of a positive social group can be very helpful.

## **What to do if Your Child is Aggressive or Bullies Others?**

Take the problem seriously. Children and youth who bully others often get into serious trouble in later life, and may receive criminal convictions. They may have continuing trouble in their relationships with others. Here are some things you can do to turn the situation around.

1. Talk to your child, talk to his/her teachers or administrator. Keep in mind that a bully may often try to deny or minimize his or her behaviour.
2. Make it clear to your child that you will not tolerate this kind of behaviour, and discuss with your child the negative impact bullying has on the victims. Do not accept explanations that "it was all in fun."
3. Increase your supervision of your child's activities and whereabouts, and who they are associating with. Spend time with your child, and set reasonable rules for their activities.

4. Cooperate with the school in modifying your child's aggressive behaviour. Frequent communication with teachers and/or administrators is important to find out how your child is doing in changing his or her behaviour.
5. Praise the efforts your child makes toward non- violent and responsible behaviour, as well as for following home and school rules. Keep praising any efforts the child makes.
6. If your child is viewing violent television shows, including cartoons, and is playing violent video games, this will increase violent and aggressive behaviour. Change family and child's viewing and play patterns to nonviolent ones. Make sure that your child is not seeing violence or fighting between members of his or her family. Modelling of aggressive behaviour at home can lead to violence by the child against others at school and in later life.
7. Seek help from the classroom teacher, school social worker, or children's mental health centre in the community if you would like support in working with your child.

## **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>

## **Clubs and Activities**

We have many fun and engaging clubs happening at RCPS! We have a variety of sports offered including soccer and soon volleyball! We also have a variety of Music clubs offered by Mrs McCabe. Our primary students are enjoying craft club by Ms. Cutrone! Mrs. Benstead will be starting Junior intramural volleyball the 3rd week of November. Ms. Anand will also be leading a student voice club to hear from Intermediate students on how we can improve our school.

Intermediate volleyball intramurals will be in full swing this month. Students may also choose to try out for the school team. The tournament will take place in December. Mrs. Soper and Mrs. Caverly will be coaching Grade 7 and 8 volleyball. Our junior students will be responsible for picking up the recycling bins from their assigned location, delivering the recycling to the large bins, and returning the empty recycling bin. The club will run once a week for the whole school year. Thank you to Ms. Caverly for helping with our recycling program.

The following clubs are running right now at recess! Ask your child what they are involved in and encourage them to get involved!

- Junior Intramurals
- Intermediate Intramurals
- Referee for sports at lunch and volunteering for sports
- just finished-Cross Country Team and Intermediate Soccer
- Drumming Club
- Girls Group
- Podcasting Club
- Grade 8 Band
- Grade 7 Band
- coming soon Grade 6 Band
- Eco School Club
- Recycling Team
- Math Club
- Grade 1-5 Choir
- Grade 6-8 Choir
- Spirit Squad and Student Voice Club

**CONGRATULATIONS** to the *Grade 6-8 Choir* for singing at the *Guelph Storm*! The Storm won 6-3, and the school sang very well and represented our community proudly. ~Mrs. McCabe





**RCPS sings the National Anthem at the Guelph Storm, October 28, 2022.**

**This year, we have purchased many resources including the following:**

- **Spark Reading licenses-\$1000**
- **New desks for students-Junior \$7,000**
- **Online reading resources for Social Studies \$1,000**

**Reading at home daily with your children is an important way to build literacy skills and encourage a love of reading! Here are some tips on building a reader at home! See the resource below for more information.**

# BUILDING A Reader At HOME

## Explore Books!

Give your child an opportunity to explore books. **Visiting a library or bookstore** gives your child a chance to find topics and books that interest them.

## Read, Read, Read!

Make sure to read for at least **30 minutes per day!** Students can read independently, aloud to an adult, or back and forth with a partner.

## Ask Questions!

- Predictions
- Characters
- Main Idea
- Problem
- Solution
- Retell Story
- Genre
- Moral

## Make it Fun!

**Reading shouldn't be a chore.**

Intentionally read with your child/discuss books but also research topics and do book activities together.

## Be an example!

Children learn by example, so **let your child see you read** whether it be a book, newspaper, cookbook, etc.

## Pick Good Fit Books!

A book that is a **good match for your child** should meet the following requirements:

- Purpose for reading
  - Interest
- Can they understand what they are reading?  
Can they retell the story?
- Do they know most of the words?

## For Beginning Readers:

- Point out and read words in natural settings – stores, streets, etc.
  - Memorize sight words
  - Visualize the story in your head
- Ask questions before, during, and after **Don't immediately tell an unknown word to your student.** Instead, ask them to:
  - Sound out the word
  - Break the word into parts
- Try a different vowel sound (long/short)
  - Use illustrations for clues
- Skip the word, re-read sentence, and go back – what word would make sense?

## For Advanced Readers:

- Notice interesting, new vocabulary words, and make it a challenge to use them in conversation
  - Read with expression
- Explore non-fiction books and their text features (diagrams, table of content, etc.) along with other genres as well
- Compare and contrast books
- Discuss connections to literature
- Think of new titles for books
- Explore multiple books from the same author

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## World Kindness Day–Nov 14

Nov. 14 is our first Twitter Takeover day of the year, this time celebrating World Kindness Day (which is on Nov. 13, 2022). We want to use that day to demonstrate kindness in the halls, classes and throughout our school and community. Please brainstorm ideas at home and we will also be talking about what it means to be kind every day and how it impacts others. A special snack treat will be provided for students. Recognition of acts of kindness will also be shared.



## **World Diabetes Day–Nov 14** [About WDD | World Diabetes Day](#)

World Diabetes Day (WDD) was created in 1991 by the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of the United Nations Resolution. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922 in London, Ontario. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight. Please join us in recognizing world diabetes day by wearing blue on **Monday November 14th**.

## **Cyber Awareness**

Even with cyber powers, cyberheroes also need to take care of their personal well-being by knowing to rest, pause and when to limit the use of digital technology and the internet. Knowing how to moderate our own use of digital technology is something we should all learn to do and teach our children.

### **Strategies:**

- Knowing how healthy is your relationship with technology (digital wellness quiz) Avoiding excessive use of digital technologies
- Being mindful of the effects of social media use on us and others
- Knowing the effects of sleep deprivation from using technology late into the night
- Being kind online and blocking hurtful behaviour

## **Social Media Presentations -Nov 8-see attached flyer**

Given that social media is a big part of our world and we have many students on social media, it is important to learn how to use it appropriately. We have planned a student and parent workshop on **November 8th**.

Student presentation- Social Media expert Chris Vollum does a few exercises to guide students through programs and apps and how they can integrate their self-described priorities into their devices, social media, and their choices.

With parents, Chris will share what their kids learned and how they can use that to support their children with the same important online choices. A strong aspect of the parent session is to go through features via iPhone and social media accounts of the common apps; Snapchat, TikTok, Instagram and Discord. This builds confidence with parents to open accounts of their own and become skilled with these apps, which in turn serves to begin relevant conversations with their kids. Thank you to the school council for sharing the cost of these educational presentations.

# Digital Intelligence & Well-Being

*~ parent learning series ~*



**TikTok**



**Snapchat**



**Instagram**



**Discord**

Welcome, Rockwood families, to our Social Media presentation. Join us for an evening of meaningful learning on how to support your kids as they tackle online stress, anxiety and well-being related to the content they consume, create and share.

You will walk away with more confidence and skills, plus easy-to-implement strategies to support your kids, online, as you learn;

- How to Inspire Intention & Purpose
- App Privacy and Custom Settings
- Demo of Tiktok, Snapchat & Discord
- Launching Meaningful Conversations

**~ Date: November 8, 2022 ~**

**~ Time: 6pm ~**

**~ Location: School Gym ~**

**~ with Chris Vollum ~**

International workshops

Presented to more than  
700,000 students throughout  
Canada and the United States



Recognized educator on  
Twitter, Instagram, Discord,  
Snapchat, Facebook, TikTok

## UGDSB Threat/Risk Assessment and Suicide Protocol Notification

Dear Parents/Guardians,

The Upper Grand District School Board is committed to providing safe learning environments for all students, staff, school visitors, and community members. When a student behaves inappropriately, principals use progressive discipline to help a student take responsibility for their actions, change their behaviour, and learn from their mistakes. When safety is threatened by the potentially violent or dangerous behaviour of a student, which places either the student or others at risk, school staff follow specific protocols for the protection of all. It is important that you and your child(ren) are aware of these protocols as, in times of imminent risk, they will be followed and might include, a) the immediate involvement of emergency services or supports and, b) sharing of private information. Community Violence Threat Risk Assessment Protocol (VTRA): This is a community-wide protocol that details the steps by which school staff quickly respond to threatening incidents such as: possession of a weapon or replica, bomb threat or plan, verbal, written, or electronic (internet) threats to injure or kill oneself or others, or other threats of violence. The first step involves gathering the principal/vice principal, social worker, psychological consultant and/or child and youth counsellor and police to assess the immediate threat. If the situation is deemed one of imminent risk, the superintendent is informed and community agencies that are part of the VTRA protocol, such as local mental health organizations, are consulted. The VTRA Protocol (P11) can be found via this link:

27TU<http://www.ugdsb.ca/board/policy/violence-threat-assessment-protocol/U27T>

Suicide Prevention, Intervention and Postvention Protocol: This protocol details the steps by which school staff respond to a student at risk of suicide. The protocol details steps for responding quickly, sensitively, and effectively to ensure the student's safety. The steps include having a trained staff member interview the student and taking the necessary steps to ensure safety and arrange appropriate support for the student. The Suicide Intervention and Postvention Protocol (P12) can be found via this link:

27T<https://www.ugdsb.ca/board/policy/suicide-prevention-intervention-and-postvention-protocol/27T>

Contact with parents and or guardians: Parents and guardians play a vital role in maintaining the safety and well-being of their children. When a student is involved in a VTRA or a suicide risk or threat, every effort will be made to contact parents/guardians unless circumstances prevent us from doing so. If parents/guardians cannot be reached, or if they choose not to provide consent but a safety risk still exists, the processes outlined in the VTRA Protocol or Suicide Intervention and Postvention Protocol will still be followed. As always, student safety is our first priority. If you have any questions regarding the Upper Grand District School Board's Community Violence Threat Risk Assessment Protocol or Suicide Intervention and Postvention Protocol, please contact the Superintendent of Education for your school at 519-822-4420.

Peter Sovran Director of Education & Secretary-Treasurer