



# Rockwood Centennial P. S

## May/June 2023 Newsletter

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It's very hard to believe it is already May and the time is flying so we must be having fun! Let's hope for some nicer Spring weather soon. Thanks for all of the support of recent fundraisers. We are now looking at refreshing our games lines with funds raised for the outdoor tarmac area for recess. Some students have been consulted on what they are looking for. We will be refreshing all the game lines and adding some new activities for outdoor activity. Please note our upcoming Family Fun Fair to celebrate a return to a normal year and an opportunity to enjoy some fun activities in our school community with our very first Family Fun Fair Fundraiser! Funds raised will go toward our school resources and our playground. Congrats to our eco- team for qualifying for gold status for eco schools!

In this newsletter, there is some key information on how to support your child with mental health and our upcoming events including Anti Black Racism workshops, Empowerment Day, EQAO dates, Jump Rope for Heart, and our upcoming Fun Fair. Please provide your class theme basket item by May 19.



### Upcoming Events:

<b>Date</b>	<b>Event</b>
May 1	Gr 7 Immunizations/ Mental Health and Education Week Tickets for Fun Fair available on schoolcashonline.com
May 3	Gr 6-8 Choir Rehearsal for Empowerment Day
May 4	Gr 7-8 Empowerment Day plus gr 6-8 Choir
May 5	Online Overview virtual Mental Health workshop gr 6-8
May 9	Anti Racism Workshop for Parents 6:00-7:30
May 11	Anti Racism Workshop for Students gr 6-8, 1:30-3 :00 & Chess tournament
May 14	Mother's Day
May 15	Mock EQAO Practice Gr 6
May 17	Mock EQAO Practice Gr 3/ Gr 7 Abuse Prevention Presentation
May 19	Basket Raffle items due/ Jump Rope for Heart
May 22	Victoria Day Holiday
May 24-June 1	Gr 3 and 6 EQAO

June 1	Family Fun Fair 5-7pm
June 2	PA Day, no school for students
June 8/9	Gr 8 Trip Toronto
June 8	Junior Track and Field School
June 9	New JK student/parent orientation 9:00am library
June 14	Junior Track and Field City Meet -U of Guelph
June 18	Father's Day
June 19	New Student orientation (Harris Mill, Eramosa)
June 21	National Indigenous People's Day
June 22	Gr 8 Graduation
June 23	Gr 7 Trip Mansfield (return 5pm) parent pick up
June 28	Last Day of School
June 29	PA Day

## **Reminders ...**

Stay Informed!

- Use the UGDSB Messenger app to stay up to date with all the activities and events at Rockwood CPS. Please go to the app store and search Upper Grand District School Board. [SchoolMessenger App](#)
- Follow us on Twitter @Rockwood PS

## **Anti Racism Education Sessions**

Please see the attached poster for our Parent workshop on Anti-Black Racism on Tuesday, May 9<sup>th</sup> from 6:00-7:30 that will be held at Rockwood Centennial PS. Snacks will be provided by council. Please rsvp by filling out the following link <https://forms.gle/hqprToigtZa3c1Ai7> so we have an idea for numbers. We look forward to learning more together about this important topic. The parent workshop will provide you with information on how to support your children as they learn more about anti-racism. The student presentation will be held on May 11<sup>th</sup> in the afternoon for grades 6-8 students. [Anti black racism workshop.pdf](#)

## **Mental Health and Education Week-May 1-5**

This week is Mental Health and Education Week and UGDSB is celebrating with the theme "STRIVE Together! - Mental Health and Education Week 2023!" "STRIVE ensemble! Semaine de la santé mentale et de l'éducation.

- Stigma Reduction
- Truth
- Relationships
- Identity Affirming
- Vision
- Engagement

Thank you to grade 11 student, Jordan Chang, from Centennial CVI, for designing this year's Mental Health and Education Week logo. Jordan's creation was chosen as the logo that would incorporate this year's theme, and our celebrations of the interconnectedness of community and learning, together with our wellness and mental well-being work.

## **Empowerment Day: May 4<sup>th</sup>**

Empowerment Day was originally created in 2015 by students from Drayton Heights PS. You can see stories about the event on the board website:

<https://www.ugdsb.ca/blog/thousands-of-upper-grand-students-to-come-together-for-empowerment-day/>

It is an annual event that brings together 5000 students from across the school board, to gather at the Sleeman Centre, Guelph, ON, to hear from powerful guest speakers. Our students in grades 7 and 8 will be attending Empowerment Day and have an opportunity to hear from a variety of speakers including Orlando Bowen, Spencer West, Choir, Choir, Choir and Clara Hughes.

Orlando Bowen is a motivational speaker who inspires teamwork and advocates for anti-black racism. Spencer West is an activist for ableism as well as LGBTQ+ rights. He will help us consider how digital spaces can be used for positive change and what we can do to support others. Choir! Choir! Choir! are two musicians that have inspired many into crowd sing-a-longs. Both have promoted the idea of inclusivity while having fun participating in activities that may push us out of our comfort zone. Clara Hughes is a mental health activist who shares her inspirational story and journey as well as her addiction to winning and the impact it has had on her.

## **RCPS Grade 6-8 Choir Opens UGDSB Empowerment Day 2023! May 4th**

We are thrilled and honoured to have been asked to open up this year's 2023 UGDSB Empowerment Day. The RCPS Grade 6-8 Choir will warm up the stage for Choir! Choir! Choir! and sing for 5000 students! Way to go and congratulations to Mrs. McCabe and Mme Rafalowski on their leadership with our band and choir performances winning us Gold at Kiwanis! This will be another opportunity to showcase our students' amazing skills! They practice at the Sleeman Center on May 3rd also.

## **Mental Health workshop May 5th**

We have a virtual Mental health workshop provided by YouthSpeak scheduled for Friday, May 5<sup>th</sup> from 1:40-2:40 for Grades 6-8. The topic is Online Overdrive. Thanks to Ms. Soper for organizing this event and for applying and receiving a grant toward this presentation.

This one-hour assembly will provide students with a deeper look into the impact that online use may have on their mental health and overall well-being. Youth Speakers sharing their personal stories of how online use affected their self-esteem, choices, social groups, and self-concept. Students will leave with a greater understanding of the choices they are making online and how to interact and use technology in a healthier way.

### **EQAO Gr 3&6 May 24-June 1st**

Students in grades 3 and 6 will be writing EQAO from May 24-June 1st with a make-up day on Monday June 5th for any absent students. We are currently looking for a few parents to help with scribing which is recording student ideas. There is scribe training provided and you would be requested to help support students who need assistance. Please have students at school on time for writing EQAO and avoid any absences if possible to ensure they have the best opportunity for success.

### **RCPS Family Fun Fair fundraiser-Thursday, June 1 (5 -7:00 p.m.)**

Fun Fair tickets are now available on School Cash Online on May 1st. This family oriented evening will take place on Thursday June 1st, from 5-7pm with games, prizes, food and drink including a student organized bake sale, raffle baskets and a silent auction. There will be a cost of \$5 for a games card via school cash online, or \$8 at the door. This will give students access to all of our games (geared to all ages at RCPS) and a prize for completing them! You can also purchase raffle tickets for our class baskets at a cost of \$1 each. Game cards and raffle tickets will be available to pick up on June 1st at the school by student last name. [RCPS Fun Fair.png](#) Please bring cash with you for the bake sale, additional tickets and the wheel of unfortunate events for staff ... more details to follow. New JK students and students coming next year from Harris Mill and Eramosa are also invited with their families. This is a Rockwood PS event and not open to the whole community as we want to keep our attendance numbers manageable. Thanks to Bianca Chambers, Cathy Keleher and parents for helping to organize this event with the Principal. Please email Bianca Chambers [biancawarkus@gmail.com](mailto:biancawarkus@gmail.com) if you would like to help.

Thank you to our amazing parents Bianca, Becky, Steve, Kali, Daniela and Karen who have volunteered many hours to support our Sub and Pizza Days this year! We couldn't have done it without you so un grand MERCI BEAUCOUP! Thank you to parents for supporting these programs as they also raise money for our school.



## **Class Raffle Baskets**

We are also requesting that families please send in an item related to their class theme basket for their class raffle basket by May 19th. See the attached themes and we appreciate any support that can be provided. [Gift Theme Baskets-Fun Fair.pdf](#). These baskets will be raffled at our Fun Fair on June 1st!

**Auction items: We have over 40 items already donated! Thank you RCPS! We are still accepting donations such as gift cards, donations for services, new items that you may not need etc. This is a great way to showcase and advertise your business at our silent auction. It's going to be a lot of fun!**

## **Extra Curricular programs**

**The Junior Track and Field meet is scheduled for June 8, with a rain date of June 9. The City Track and Field date for Juniors is June 14th held at the University of Guelph.**

### **Intermediate Extra Curriculars**

**Mme. Chaves has been busy getting our chess players ready for their tournament on May 11<sup>th</sup> at Credit Meadows Public School. Thank you to Mme. Chaves for preparing our chess students.**

**Our Intermediate badminton team has been busy training for the upcoming tournament on May 17 at Centre Wellington District High School. Ms. Pitcher and Mrs. Soper are enjoying coaching the team. Thank you to them both for offering such a great opportunity for our students and for training them with practices after school.**

**The Intermediate City Track & Field date is scheduled for June 8. We recognize that this is the same date as our Grade 8 trip to Toronto, but some of our Grade 7s will get to move on to this competition.**

**The Intermediate Gauss Mathematics club is a way to practice questions related to the Gauss math contests. These contests are put out by the University of Waterloo every year to students around the world in Grades 7 to 12. Rather than testing content, as curriculums differ, the contest problems test logical thinking and mathematical problem solving. This club is made up of a small group of Intermediates that has been meeting once per week since the fall to prepare for the contest. This year, the contest runs on Wednesday, May 17 and we have about 20 students participating, with some non-club members as well. The students writing the test will write it at school on that day. The test will be supervised by Mrs. Betts and they will have one hour to complete 25 multiple choice questions. Thanks to Mrs. Betts for offering this opportunity.**

**Congratulations to our Choir and Band - both won GOLD at Kiwanis. The Band has also qualified for Music Kiwanis Provincial Competition, this coming June. The band will submit a virtual recording and compete in Provincials in June. The Band will be performing at Ross Music and Arts Night on May 18th at 7pm. Please come out and join us for this amazing evening of music and also to hear our GOLDen Band. Thank you to Mrs. McCabe and Mme Rafalowski for their leadership with these clubs and preparing our students for success!**

**We also have Art creators club, yearbook club, Math club, student voice club, Music programs for all students and many more programs for our students to enjoy thanks to our incredible staff for all their dedication and time to offer these amazing opportunities and experiences for our students.**



## **Mental Health Website**

The UGDSB Parent Website for student mental health and well-being is active!! The new website is: [www.ugdsb.ca/mhugparents](http://www.ugdsb.ca/mhugparents)

We are very excited about this website as it will provide valuable information and resources for parents as we collaborate in supporting the mental health and well-being of students at Upper Grand.

- **UGDSB Core Beliefs**

- The connection between mental well-being and student achievement supports every student's academic and personal success
- Well-being and positive mental health is a shared responsibility between students, staff, families and community
- Students will benefit from a collaborative and shared pathway of care
- A culture of caring and connectedness fosters positive student growth and achievement
- A safe, inclusive and equitable learning environment will enhance student success

There are child and youth counsellors in every elementary school as well as some secondary schools. Elementary schools also have access to counselling and attendance support. In addition to these in-school supports, every school has a psychology and mental health consultant. The mental health staff work in partnership with special education, speech & language and administrators to support students and their families. Our mental health staff can also support connections to community agencies and referrals to treatment as needed. If you have a question about what is available in your school please contact your child's teacher or School Administrator.