



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

November 2016

Principal's Message

Dear Parents & Guardians:

Our Staff has been engaged in a lot of Professional Development this year in preparation for our upcoming District Review Visit (which occurs approximately every 5 years). Sometimes this involves our staff being out of the classroom with students being taught by an Occasional Teacher. Sometimes this means that we will have special visitors in our school from our Board's Program Department who will be working alongside our staff in their classroom. The goal is always about improving our instruction and your children's learning.

We do our best to communicate all that is happening at Ross R. MacKay to families through various methods which include our website, school sign, monthly school newsletters, classroom communications, Agendas, emails and Twitter(@RossRMackayPS).

All parents & guardians are invited to attend our upcoming School Council Meeting being held on Wednesday, November 2 from 7:00 - 8:00 in our Library.

Be sure to keep checking backpacks for information and notices sent home. Shortly, you will be receiving an invite to attend our Parent/Guardian & Teacher Interviews which will be held on the afternoon/evening of Thursday, November 24 and during the day on Friday, November 25. Progress Reports will be sent home in backpacks on Thursday, November 17.

A reminder that LifeTouch Photography is coming this Thursday, November 4 for Individual Picture Re-takes. Smiles everyone!

We invite all families and members of the public to join our upcoming Remembrance Day Assembly which will be held at 10:45 on Friday, November 11 in our Gymnasium.

As always, please feel free to contact us at the school to share good news stories, questions, compliments or concerns.

With warmth,
Ms. Tracy Armstrong



Is Your Family Receiving Emails From RRM? If not...read this!

Upper Grand District School Board: Request for Consent: Canada's Anti-Spam Legislation (CASL) came into force on July 1, 2014. As a result, the Upper Grand District School Board, would like to ensure that we have your consent to receive newsletters, school and Board updates, announcements, event invitations, and other electronic messages which may contain advertising or promotions regarding school fundraisers, field trips, the sale of yearbooks, student pictures, uniforms, books, prom or dance tickets, or similar events and offers. **If you wish to receive the above communications from us, please visit our CASL registration website at: www.ugdsb.on.ca/CASL**

By registering your email on this webpage you will receive electronic communication from the school which may or may not contain commercial electronic messages as described above. **If consent is not provided, you will not receive electronic messages containing commercial content and may find it more difficult to be aware of the activities that take place in school, and which your child may have an interest in participating.** If you have any questions or if you wish to withdraw your consent at any time, please visit the same site and click on "Unsubscribe" to remove your name from our contact list. For additional information on Canada's Anti-Spam Legislation you may visit our board's website at www.ugdsb.on.ca.

Breakfast Club & Snack Program

We have several dedicated volunteers (Linda Campbell, Jacqueline Holm, Angie Jansa, Beth Corfield, Melanie Elliott, Tabitha Roberts & Paula Wall) who allow these valuable Programs to run at Ross R. MacKay. Tasks include applying for funding, buying the supplies, preparing the food, overseeing the program and keeping our Kitchen clean & tidy.

Any student may access these programs. However, we would kindly request that if your child does enjoy either The Breakfast Club and/or Snack Program and you do have the resources to make a donation that you do so. You can send in change for the Breakfast Program with your children or you could make a donation of cash or cheque. This will assist us in ensuring that the funding we receive is adequate to cover the families that may be struggling to make ends meet and whose children rely on this program.

Our Breakfast Club is offered from 8:25 - 8:55 every Monday, Wednesday and Friday in our Gym.

Our Snack Program is offered whenever a student has finished everything in their lunch bag and needs a little extra to stay fueled for learning. Sometimes we have students who want to visit the Program just because they like our choices better but this is not the intent of having this food available. If we feel this is the case, we will make a phone call home so that you are aware of the situation.



Get Your Flu Shot

The flu is a respiratory illness that spreads quickly from person to person. Common flu symptoms include fever, cough, sore throat, muscle pain, joint pain, and weakness.

The flu is more serious for the very young and elderly. They can get the flu from school-aged children who don't seem sick but may have a mild case. Get your free flu shot.

It protects everyone. Visit www.wdgpUBLICHEALTH.ca to find a flu clinic near you.

If you don't like needles, there is an alternative. FluMist is a nasal spray available for children and adults ages 2 to 59. **FluMist is not available at drop-in clinics** . Call 1-800-265-7293 to make an appointment.



What is on at the Public Library???

Here are a couple of programmes that we are offering at the Hillsburgh Branch, Wellington County Library that may be of interest

"Come Write In" at the Library! (All ages)

November is National Novel Writing Month and we're a "Come Write In" space! We're here to support you in your crazy, brave, and creative journey to 50 000 words in 30 days

with sugar, caffeine, and writing resources. Drop in: Mondays, November 7 and 21, 2:30 pm - 4:30 pm

Bibliocraft (Adult): Make something crafty out of recycled library materials. Samples on display in the library. Our November focus will be winter and Christmas. Please register. Thursday, November 24, 6:30 pm - 8:00 pm

PA DAY MOVIE: Be the first to see the DVD, Disney's PETE'S DRAGON, at our pre-release viewing. Rated G. Please register.

Friday November 25, 2:30pm - 4:00pm

Hillsburgh Branch, Wellington County Library

98B Trafalgar Road

Hillsburgh ON NOB 1T0

T 519.855.4010F 519.855.4873

E hillsburghlib@wellington.ca

W www.wellington.ca/library





Monthly Environmental Activities to help
celebrate our planet

NOVEMBER 25TH IS BUY NOTHING DAY!

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

Celebrate Buy Nothing Day on
November 25th!



Buy Nothing Day is an awareness day highlighting society's habit of buying too many things.

Founded by Vancouver artist Ted Dave, "The first Buy Nothing Day was organized in Canada in September 1992 as a day for society to examine the issue of over-consumption. In 1997, it was moved to 'Black Friday', which is one of the busiest shopping days in the United States."
<https://en.wikipedia.org>

**Repair, reduce, re-use, recycle - 4 R's
are best!**

"It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, allowing us to share better the surplus of stuff we already have, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle', could be the

basis of a new economic model."
<https://www.theguardian.com>

Some great ideas for your family on Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.
- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.

Either way, there's no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about."

<https://www.daysoftheyear.com/days/buy-nothing-day>

Talking About Mental Health November 2016 - Technology and

Video Games



Between checking text messages and playing the latest video game, how much time do you and your children/youth spend on technology?

"Technology is not really the problem, the lack of balance is," says Doriann Shapiro,

Social Worker, Problem Gambling Institute of Ontario (PGIO). "Because we are in a technological age, youth are often also using tech for writing and research. But when they are totaling over seven hours a day, finding balance between that is the challenge."

"Problem video gaming has harmful effects on an individual's social, occupational, family, school, and psychological functioning," says Lisa Pont, Social Worker, PGIO. "It can result in a loss of control, withdrawal, and escape from difficult feelings."

Here are some tips from Centre for Addiction and Mental Health (www.camh.ca) and Problem Gaming Institute of Ontario (www.problemgambling.ca) that can help:

1. Consider how you use technology. You are modelling behaviours for your children/youth.
2. Before giving your children/youth access to technology, talk to them about safe use. Communicate openly and honestly. Discuss possible effects and the dangers of using the Internet and social media.
3. Talk to your children/youth about how to integrate technology into their lives in ways that respect others. For example, some families have "no texting" rules during mealtimes and family events.
4. Be aware of your children's/youth's Internet activities and what they access. Create rules that both you and your child agree to, based on their age and past Internet use. You can also consider V-chip technology for the TV, which can block access to programs and channels,

and parental controls for smartphones and computers.

5. Spend time learning about the Internet and video games popular with youth. Participate with your children/youth in these activities. They are more likely to listen to you if they think you know what you're talking about.
6. Have your children/youth use a shared computer in an open area of your home where you can monitor what they're doing.
7. Help your children/youth lead balanced lives. Set limits around your children's/youth's use of technology. Encourage them to take part in "offline" activities such as sports, music, drama and in-person get-togethers with friends and family.
8. Help your children/youth set priorities. For example, doing homework comes before spending time texting or playing video games.
9. Remember that you own the equipment (e.g., computer, cell phone) your children/youth are using—or you've likely given them the money to buy it. If your children/youth are not using the technology in ways that you approve, you have the authority to cut off access or control their use in other ways (such as using a secret password to set the administrative rights on your home computer).
10. If you have seen signs that indicate your child/youth may be developing a problem from their technology use, (such as: increased time playing/online, avoiding other activities including other interests and school, sleep problems, poor hygiene,

less time with friends/family, lying about their gaming/internet use) talk with your child/youth about your concerns. You could also contact your family physician to get guidance and support for the whole family.

Homewood Community Addiction Services provides support for youth and families with gaming addictions: 519 836 5733.

Here are some useful resources.

Books:

- My Parents Aren't Noobs by [Michelle Nogueira](#) and Anthea Helps
- Sofa Boy by [Scott Langteau](#)
- Doug Unplugged (book and DVD) by Dan Yaccarino and Chris Patton

Websites:

www.problemgambling.ca

www.camh.ca

Have a mentally healthy November!

Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.

Follow me on Twitter @drlynnwoodford.



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>

Special Class Placement in UGDSB

Students who require special education programs and services receive support



through the classroom teacher and the special education resource teacher at their home schools.

However, in some circumstances, students can be referred to a special education class placement where focused instruction in the area of need is provided. These classes have smaller numbers and can provide targeted instruction to meet student needs. In elementary there are four specialized class placements for the following exceptionalities: Learning Disability, Mild Intellectual Disability/Language-based Learning Disability, Developmental Disability (Intellectual Disability), and Intellectually Gifted. Students need to have a diagnosis of an exceptionality before they can be eligible for class placement, and parents and the school team should feel like the placement would best meet the student's learning needs. Contact your school team if you would like to have more information on special class placement options.

The Upper Grand Learning Foundation

The Upper Grand Learning Foundation (UGLF) is a registered charity that raises money to help students in the Upper Grand District School Board access needs and activities both in school and outside, regardless of income.

For more information, ask your principal or visit the [UGLF website](http://www.uppergrandlearningfoundation.com) at www.uppergrandlearningfoundation.com



Winter Clothing for Students in Need

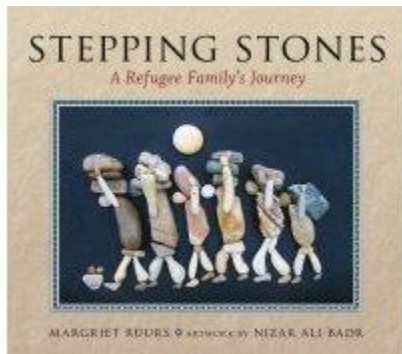
Students need warm coats, boots, hats and mitts during the winter months. Unfortunately many children in our schools do not have proper warm clothing for our frigid winter weather. Consider making a donation to the Upper Grand Learning Foundation **Free to Achieve Fund** that provides needed winter supplies for children who would otherwise go without. Tax receipts are provided for donations of \$20 or more. For more information visit the [UGLF website](http://www.uppergrandlearningfoundation.ca) at www.uppergrandlearningfoundation.ca

**Board Wide
Fundraising
Initiative for
Syrian Newcomers
in our Community**



We have been pleased to welcome almost 75 Syrian newcomer students into our Upper Grand schools since last January. We are hoping that you will consider helping us in a board wide fund raising initiative to raise funds to help Syrian newcomers settle into our schools and community. We have partnered with Orca Book Publishers to raise funds by selling their newly published book entitled, "Stepping Stones: A Refugee Family's Journey" by Margriet Ruurs through our school and board websites. For every book that is sold through our board or school websites, Orca will donate \$10 to our local settlement agencies to support Syrian

refugees.



This unique picture book was inspired by the stone artwork of Syrian artist Mizar Ali Badr, who was discovered by chance by Canadian children's author Margriet Ruurs. She was immediately captivated by the strong narrative quality of Mr. Badr's art, and, using many of Mr. Badr's already-created pieces, she set out to tell a story about the Syrian refugee crisis. Stepping Stones tells the story of Rama and her family, who are forced to flee their once peaceful village to escape the ravages of the civil war raging in their homeland. With only what they can carry on their backs, Rama and her family set out to walk to freedom. Mr. Badr's stunning stone images illustrate the story. This book is a dual-language (English and Arabic) edition.

To order this book, please visit your school's website or the board website and click on the buy button to place your order. Payment is made directly to Orca and the books are shipped directly to your address from their warehouse. Payment for the order will go through at the time of purchase and it will include shipping. Orca will keep track of how many books are sold in our board and will send us \$10 for every book sold, which will then be donated to a local resettlement agency.



For more information, please see the attached flyer or contact Bonnie Talbot at bonnie.talbot@ugdsb.on.ca or 519-824-4420.

What did you do at School today???

The following questions are taken from a Twitter Post from Edutopia www.edutopia.org



With slight wording modifications, these questions can work with children of all

ages:

1. Tell me about a moment today when you felt excited about what you were learning.
2. Tell me about a moment in class when you felt confused.
3. Think about what you learned and did in school today. What's something you'd like to know more about? What's a question you have that came from your learning today?
4. Were there any moments today when you felt worried? When you felt scared?

5. Were there any times today when you felt disrespected by anyone? Tell me about those moments.
6. Were there times today when you felt that one of your classmates demonstrated care for you?
7. Were there any moments today when you felt proud of yourself?
8. Tell me about a conversation you had with a classmate or friend that you enjoyed.
9. What was challenging about your day?
10. What do you appreciate about your day?
11. What did you learn about yourself today?
12. Is there anything that you'd like to talk about that I might be able to help you figure out?
13. Is there anything you're worried about?
14. What are you looking forward to tomorrow?
15. Is there a question you wish I'd ask you about your day?

Tips for Asking Questions

How and when we ask these questions makes a big difference in the information we receive from our kids. First, you don't want to ask all of these questions on the same day. You might ask one or two. After a while, you'll figure out which ones elicit the most meaningful responses. You'll want to ask during a time when you have the ability to focus so that your child feels they have your full attention. With some child—and in some

households—dinner and driving in the car are optimal times for these conversations.

Important changes to Junior



Kindergarten French Immersion registration and selection process

The Junior Kindergarten registration process for the upcoming 2017-18 school year has changed, including changes to how students register and are selected for the UGDSB French Immersion program. Every UGDSB school that offers French Immersion at the JK level will have a cap on the number of students who can enrol in FI, starting Sept. 2017. JK is the only access point to FI as of Sept. 2017. Parents and guardians must register their children in FI between Jan. 9 and Jan. 26, 2016 for their application to be considered 'on-time.' Please note that registration will take place in person, and that registration is NOT prioritized on a first-come, first-serve basis. For more information on JK registration and the FI registration and selection process, please visit www.ugdsb.on.ca/jkfi.

ONLINE PAYMENTS NOW AVAILABLE:

For safety and efficiency reasons, we request that families register and pay for school related expenses online. Please visit



ugdsb.schoolcashonline.com. Register by selecting "Get Started Now" and following the steps. Respond to the confirmation email, select the 'click here' option, sign in and add each of your children to your household account.

Character Education **(Respect, Responsibility,** **Compassion, Honesty & Fairness**

This week, we will be having our second Character Education Assembly. At this assembly, we will be recognizing students who demonstrated exemplary RESPONSIBILITY during the month of October. We will also be introducing our Character Trait of focus for the month of November - COMPASSION.

We would love for you to discuss this trait at home with your children as well. Compassion involves empathy, consideration, appreciation and the understanding of the feelings, thoughts and actions of others. It involves:

- Practicing random acts of kindness
- Sharing & giving to others
- Understanding the impact we have on our natural environment
- Understanding & considering other points of view
- Actively listening to feelings & thoughts

- Showing social responsibility/caring
- Being willing to forgive
- Noticing and helping others

Remembrance Day

We will be celebrating Remembrance Day on November 11 and invite all families and interested members of the Public to our Assembly which will begin at 11:45AM in our Gymnasium.

The Legion has kindly dropped off regular poppies that will be available by donation beginning on Monday, November 7 (we suggest at least 0.25cents).

All students will be given a poppy sticker on November 11 before attending the ceremony. We would also encourage students to dress semi-formally on this solemn date.



School Council Corner

On behalf of School Council, I would like to thank all the parents who helped to make our Open House a success. It was wonderful to see such a large turn-out! Our Halloween Creepy Café was also extremely well received and we look forward to serving all the little ghosts and goblins a 'spooktacular' lunch! Special thanks go to Tabitha Roberts, Paula Wall, Jacqueline Holm, Angie Jansa, Chris Collins and Cherie Jardine for helping me organize and run this fun event for the kids.

We held our first Council Meeting of the school year on October 5. During this meeting we discussed our roles as Council members, received important updates on school happenings from Ms. Armstrong and Mrs. Lawson and set our fundraising goal for this school year. The funds we raise through our efforts helps the school in many ways; we offset the cost of bus trips, we financially support learning programs such as Scientists in the School, we help offset the cost of the Graduation ceremony and we provide valuable school resources for learning and sports. We have set a fundraising goal of \$5000.00 for this school year and every little bit helps. In the coming days we will be posting a fundraising thermometer on our bulletin board so that parents can keep track of our progress.

Have you seen our Ross R MacKay Spirit Wear? You may have noticed our wonderful navy or pink toques with the Hawk logo on the playground or noticed a student in our Ross R MacKay t-shirts? We will be selling more Spirit Wear at all upcoming school events. If there is an item you are particularly interested in, please contact me directly at lcampbell961@gmail.com and if we have enough interest, a Spirit Wear catalogue will be put together!

Please remember that School Council meetings are held on the first Wednesday of each month, from 7 pm to 8 pm in the School Library. All parents are welcome to attend our meetings to see what we do and how decisions are made. Positive feedback and fresh ideas are always welcome!

Thank you for your continued support.

Linda Campbell
School Council Chair



The Kindergarten - Grade 6 winners of the Halloween Art Contest! Say "Candy" everyone!!!