Ross R. MacKay
Public School

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Principal: *Ms. T. Armstrong*
Office Coordinator: *Mrs. E. Lantz*

December, 2016

Principal's Message

Thanks to all parents/guardians who spent time looking at Progress Reports that were sent home this month and for attending the interviews we offered to discuss your child's strengths, areas of needs and next steps. We hope that you have discussed learning skills/work habits and academic progress with your children. It is important to determine goals to work on over the next several weeks until First Term Reports are written and shared.

This past month, we have been focussing on the Character Trait of Compassion. We will be celebrating students who have exhibited exemplary compassion during the month of November at our Character Education Assembly on Friday, December 3 at 10:05. We will also be introducing the trait of focus for the month of December which is Honesty. All parents/guardians are welcome!

Speaking of Compassion, we would like to offer two opportunities for students to *'give instead of get'* during the month of December. We will be collecting food items for the Food Bank as well as hats, mittens and scarves to be donated to families in need . Donations will be given to East Wellington Community Services.

We are always looking for volunteers to help in our school. Right now, we are specifically looking for adults who may be able to help out in the Library, shelving books, organizing displays and Makerspace areas etc… If you are interested, please let Ms. Armstrong know.

As the holiday season approaches, we often find ourselves reflecting on how blessed we are to live in a peaceful country with so many riches that we often take for granted. We hope to see most families at our Holiday Concert on Thursday, December 22 (Dress Rehearsal at 9:15 AM and Evening Performance at 5:30 PM). Further information will be sent home about this event. We will also be looking for Craft Vendors for the day/evening on December 22 as well. If interested, keep a lookout for the flyer arriving soon in your child's backpack.

Remember to visit our Website & Twitter Account regularly to keep up with happenings at Ross R. MacKay. Also, the School Council has a Facebook page you can like and follow

As always, if you have questions, comments, suggestion or compliments, please let us know.

Enjoy the Holiday Season!

With warmth,

Ms. Tracy Armstrong

Junior Kindergarten registration for the 2017-18 school year begins on January 9, 2017. Children born in 2013 are eligible to begin Junior Kindergarten in September 2017.

Please note that the **registration process for the upcoming school year has changed**. This includes changes to the French Immersion registration and selection process. Information nights are currently underway at all of our JK French Immersion sites. For more information about this process or to find the time and date of our JK FI registration process information nights at a school near you, please visit www.ugdsb.on.ca/jkfi'

East Wellington Community Services
HELPING · SHARING · CONNECTING

"Ready Set Go" is BACK!!

RSG is a program designed for children who are enrolled to attend Junior Kindergarten at this school in September 2017.

This free program is ideal for all children but especially for those who are anxious about starting school or separating from their parents/guardians.

To register your child in the Ready Set Go program, **you must first register him/her for Junior Kindergarten** in the school they will attend and then you must call Angela Mathers at East Wellington Community, 519-833-9696 ext. 227. We anticipate the program will fill up quickly and space is limited.

Feedback Welcome on Draft Policies

UPPER GRAND DISTRICT SCHOOL BOARD

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are **Code of Conduct** Policy 213 and **Child Abuse and Protection** Policy 502 (submit feedback by January 13, 2017). You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy.

Wanted!!! Donations!

If you are doing any home cleaning...please think of ***Ross R Mackay*** if you are getting rid of the following items:

☐Magazines—both children/adult versions

☐gently used books

☐Games for Indoor Recess

☐Art, craft and building supplies for our Makerspace creations (including glue, duct tape, old phones & remote controls, tinker-toy, Lego, tape, cardboard rolls etc…)

☐Sports Equipment for Outdoor Recesses

☐gently used toys

Wanted! Emergency Employees!

There are times when we have absent employees and our regular systems of filling those roles do not provide an occasional employee. If you are interested and available to fill in during these situations, please call and speak with Ms. Armstrong. We would require a resume, references and up-to-date police check.

Due to the nature of these roles, we would usually only be able to let you know of the opportunity in the early morning.

The roles include:

Occasional Teachers (ideally we prefer qualified teachers but on occasion, we do have to use un-qualified)

Occasional Educational Assistants (again, we prefer qualified but sometimes are required to fill in with unqualified).

Occasional Nutrition Break Supervisors (for supervision of both eating and outdoor times)

Occasional Bus Supervisor (for supervision of drop-off and pick-up during bus times).

Kids, Physical Activity & Sleep

From healthy body and brain development to the prevention of chronic diseases (such as hypertension and type 2 diabetes) and mental health issues, regular physical activity is associated with numerous positive health outcomes for children and youth. To experience the many benefits of physical activity, the Canadian Physical Activity Guidelines suggest that children aged 1 to 4 years accumulate 180 minutes of movement and activity throughout the day. The new 24-hour Movement Guidelines suggest that children and youth aged 5 to 17 years need to accumulate at least 60 minutes of moderate to vigorous physical activity each day.

This is an excellent article about physical activity and the connection to quality sleep.

https://www.participaction.com/en-ca/thought-leadership/report-card/2016

Guelph Storm Tickets

We have free family tickets to a variety of Guelph Storm Games, held between now and the end of the year. If you would like to obtain a set of these donated tickets, please let Ms. Armstrong know.

Wellington County Library

98B Trafalgar Road, Hillsburgh
(519) 855-4010

Community Board

Decorate a Gift Bag

All Ages

Drop by the library and pick up supplies to decorate a Gift Bag. Return your bag for display and your name will be entered into a draw! Age 3 → 12 years.

DATE: Thursday, December 1 → Friday, December 23

TIME: During open hours

'Twas the Night Before Christmas
Family Story Time
All Ages

Wear your pajamas and join us for some old-fashioned Christmas stories and milk and cookies. Please register.

DATE: Thursday, December 22
TIME: 6:30 p.m. → 7:30 p.m.

Movie Afternoon
All Ages

Come enjoy a holiday showing of the new movie, 'The BGF', based on the classic children's book by Roald Dahl. Rated PG. Please register.

DATE: Thursday, December 29
TIME: 2:00 p.m. → 4:00p.m.

Environmental Activities to help celebrate our planet

December 10th is Human Rights Day!

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

Celebrate Human Rights Day on December 10th!

"This year, Human Rights Day calls on everyone to stand up for someone's rights. It starts with each of us." Step forward and defend the rights of someone whose voice is not being heard. Demonstrate an understanding of equality, human dignity and justice. Consider and be respectful of the rights and opinions of others, especially if they are different from yours. Recognize that human rights include the right for all of us to have access to clean water, unpolluted air and healthy food.

"There is no action that is too small: wherever you are, you can make a difference. Together, let's take a stand for more humanity."

-- UN High Commissioner for Human Rights: Zeid Ra'ad Al Hussein"

http://www.un.org/en/events/humanrightsday/

Simple yet meaningful ways for your family to celebrate the rights and responsibilities that we all share as human beings!

- ***Learn about how children live in other parts of the world.*** *Look at pictures on the web and discuss how we are the same and how we are different.*
- ***Read the book: We Are All Born Free****: The Universal Declaration of Human Rights in Pictures by Amnesty International*
- ***Read the Ontario Environmental Bill of Rights****. Decide if there is a cause your family wants to support, or an Eco-justice action you want to take on.*
- ***Talk to someone you know who is from another country.*** *Where are they from? What was their life like there? What language did they speak? Did they go to school? What do they miss? What do they like about their new country?*
- ***Start a tradition of doing a family service project on Human Rights Day.*** *There are many opportunities to*

http://calendarholidays.xyz/holiday/168/human-rights-day.

volunteer, such as preparing and serving meals at a local homeless shelter or simply gathering enough to put together a bunch of care packages of simple needs and necessities. *https://humanrightswarrior.com*

"For the bigger picture we can (and should) do what we can to fight injustice. But on a smaller scale, in the day-to-day, practicing kindness can help

knit a web of compassion to give humanity a boost of resilience"

Children's Foundation of Guelph and Wellington

Food & Friends Program
Dufferin · Wellington · Guelph

Give a gift with special meaning. This year, instead of purchasing a gift, why not honour your teacher with a donation to the Children's Foundation's Food & Friends program? The Children's Foundation would be pleased to provide a tax receipt for donations over $20 and the individual(s) with a card to notify them that you have made the donation in honour of
519-833-9696

Winter safety: Advice for parents and kids

Winter is a great season for outdoor activities, such as sledding and skating. Cold weather, ice, and snow can be fun but also dangerous for children. The following tips will help parents and children enjoy winter activities safely. Check out this website for additional safety tips.

http://www.caringforkids.cps.ca/handouts/winter_safety

Council Corner – December 2016

The **Ross R. MacKay** School Council is a group of parents, school administrator and school staff who are dedicated to ensuring that the children attending our school get the most out of their education and time at RRM. Each RRM parent brings their own set of unique skills and experiences and we encourage everyone to would like to volunteer their time to help us run events during the day or evening to add their name to the "I Want to Volunteer" list on our School Council bulletin board.

Our next event will be in conjunction with the teachers and students as we get together to celebrate the holidays with the annual ***Christmas Concert***. This wonderful event will be held the evening of Thursday, December 22 so please make sure to save the date! Further details will follow with a flyer in your school mail bag, a post on Facebook and Twitter and posters around the school.

Did you know that RRM's School Council hosts a Facebook site? It's an easy way to get reminders about school events. If you haven't already done so, connect with us at **https://www.facebook.com/RossRMacKayPS/**

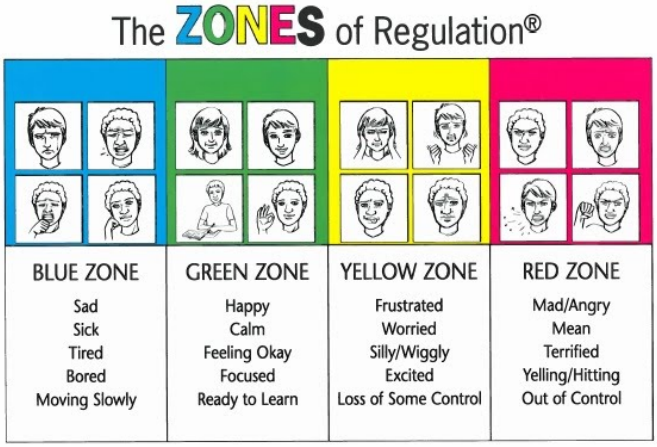
Our events team is hard at work planning fundraising events for January through June. Our intent is to make the costs for our fundraisers minimal so we don't overwhelm

families however the fundraising that we do is really important for our students. Without the additional funds that we bring in, we can't help to ensure that our students get all the experiences and materials that they deserve. If you have any suggestions for fundraisers or are in a position to donate any items for raffle prizes at our Christmas event, please contact me directly via email lcampbell961@gmail.com or feel free to text me at 416-873-8506.

Our fundraising thermometer is now on our School Council bulletin board. Watch our progress as we work toward our goal of $5000.00 for the school year!

Zones of Regulation

At RRM, our students are learning about the ***Zones of Regulation*** as part of learning about self-regulation. The ability to be calmly focused and alert can be difficult for many children, as well as adults. The ability may change in different situations and stages in life. Generally, speaking, calming the body and mind is necessary before challenges or conflict can be successfully handled.



What are The Zones of Regulation?

The Zones is a systematic, cognitive behavior approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete zones. The Zones curriculum provides strategies to teach students to become more aware of, and independent in controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts.

By addressing underlying deficits in emotional and sensory regulation, executive functions, and social cognition, the curriculum is designed to help move students toward independent regulation. The Zones of Regulation incorporates Social Thinking® (www.socialthinking.com) concepts and numerous visuals to teach students to identify their feelings/level of alertness, understand how their behavior impacts those around them, and learn what tools they can use to manage their feelings and states.

The Four Zones: Our Feelings & States Determine Our Zone

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behavior, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, one has some control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings, such as when one feels sad, tired, sick, or bored.

The Zones can be compared to traffic signs. When given a green light or in the Green Zone, one is "good to go". A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light or stop sign

means stop, and when one is the Red Zone, this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize. All of the zones are expected at one time or another, but the curriculum focuses on teaching students how to manage their Zone based on the environment and people around them. For example, when playing on the playground or in an active/competitive game, no one would think twice about one being in the Yellow Zone but that would not be same in the library.

As parents/guardians, you can help use strategies to calm their body mind by modelling what works for you. For example, when frustrated about being stuck in traffic, you may use self-talk and listening to music to help calm the situation. You may say, “This traffic is terrible and I am feeling very frustrated. I know that I can’t do anything about the traffic so I am just going to tell myself to relax, this will pass, I can turn on some of my favourite tunes!”

Does your child struggle to calm their body and mind in order to cope with challenges or solve problems???

Strategies that may work for your child as calming or focusing strategies include: exercise (e.g., a short run), reading, listening to music, talking to someone, counting to 20, getting a drink, taking a break, meditation or deep relaxation.

Bullying & Conflict Resolution

We take all incidents of bullying seriously. If your child is the victim of bullying or sees bullying behaviour at school, please encourage your child to speak with someone at school or use our board’s online reporting too. REPORT BULLYING gives students and parents 24/7 access for reporting bullying. You don’t have to identify yourself – just your school – and your message gets sent directly to Ms. Armstrong for follow-up. You’ll find the Report Bullying button on our school’s website.

Report Bullying
ONLINE TOOL

Conflict vs. Bullying:

Is conflict the same as bullying? People may sometimes confuse conflict with bullying but they are different. Conflict occurs between two or more people who have a disagreement, a difference of opinion or different views. Conflict between students does not always mean it’s bullying. Children learn at a young age to understand that others can have a different perspective than their own, but developing the ability to gain perspective takes time and the process continues into early adulthood (and sometimes beyond). In conflict, each person feels comfortable expressing his or her views, and there is no power imbalance. Each person feels able to state their viewpoint. How people deal with conflict can make it positive or negative. Conflict becomes negative when an individual behaves aggressively by saying or doing hurtful things. Then the conflict is an aggressive interaction. Conflict only becomes bullying when it is repeated over and over again and there is a power imbalance.
Over time, a pattern of behaviour may emerge where the person who behaves aggressively in the conflict may continue or even make it worse. The person who is the recipient of the aggressive conflict may feel less and less able to express their view and feel more and more powerless. That is when negative conflict may turn into bullying. School staff will respond to bullying and conflict differently. For example, in the case of a conflict, a school staff member may try to have the students come together to tell their side of the story and help them resolve the situation together. In the case of bullying, a principal will implement progressive discipline, which may lead to suspension.

School Emergency Response Training & Annual Drills

We wanted to provide all parents/guardians with some information regarding emergency drills that we will be conducting this school year. At **Ross R MacKay,** the safety and well-being of our students is our highest priority. Although we hope that an incident that requires response from emergency personnel will never occur in our school, we must be prepared to respond quickly and effectively in case it does. Each year our school must conduct drills to ensure staff and students are prepared in the event of a real emergency. While our school has been conducting fire drills, lockdown drills and tornado drills for the last several years, beginning this school year, we are now also required to conduct a bomb threat drill.

The protocol requires the following number of drills in each school year:

- Three (3) fire drills in the fall and three (3) fire drills in the spring
- Two (2) lockdown drills
- One (1) tornado
- One (1) bomb threat drill

For each of these drills, there is an education component to explain why they are necessary. All drills are conducted in a manner that is sensitive to the needs of our students.

If you have any questions, please do not hesitate to contact the school office.

Discover the Awesome Tools that Students Can Access in the Read & Write Toolbar

Every student in the Upper Grand District School Board has access to a handful of incredible tools via an app called **Read & Write** that can help them with reading, comprehension, written expression, & gathering research. Read & Write is attached to student accounts, so students need to be logged into Chrome to use this feature.

Check it out! … Supports on the toolbar include;

Word Prediction

Quick access to dictionary tools

Having text read out loud in English or in French

A tracking tool that provides a focus when reading

The ability to turn your speech to text

Highlight and collect text, & build vocabulary lists

Changes to Voice, Speed & Language can be made easily in Settings

Read & Write tools are powerful for **ALL kids**, but they make a huge difference for those with **learning disabilities.** These tools allow students to read independently, comprehend more of what they are reading, and demonstrate their understanding; allowing them to work smarter, not harder.