



Ross R. MacKay Public School

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Principal: Ms. T. Armstrong

Office Coordinator: Mrs. C. Eberhardt

November, 2017

Principal's Message

Thanks to our School Council for a spook-tacular Halloween Dance last Thursday night. It was fun to see so many past and present students boogieing in their costumes.

We wanted to let you know about a few staffing changes at Ross R. MacKay. Mrs. Thompson was successful in obtaining an additional 0.4 Contract at Ponsonby which opened up the 0.2 Grade 3/4 position, when Mrs. Spencer is on her 0.2 leave. We welcome Mrs. Chambers to this Long Term Occasional Position on every Day 5. Mme. McKinnon was snapped up by the Peel Board for a contract French Immersion Position. . Mrs Chambers kindly filled in this French/Planning position while the job was posted. We welcome Mme. Bonney to this role beginning this week. Our open Educational Assistant (PM) job has still not been filled through Human Resources so Mrs. Corfield & Mrs. Jansa have been sharing this position for which we are very appreciative.

Our staff enjoyed a productive Professional Activity on Friday. Topics included 21st Century Learning, Equity, Healthy Schools School Improvement Planning & assessment in & using manipulatives in Math. Staff also spent time on assessment and evaluation tasks which will allow them to complete the Progress Reports that will arrive in your homes on Thurs. Nov. 16

This past month, we have focussed on the Character Trait of Responsibility. The month of November will be all about Compassion. We encourage you to talk to your children about what these words mean at

home, school and in the community. At the end of each month, we will have a Character Education Assembly to celebrate students who have displayed the trait we have been learning about as well as introduce the trait of the upcoming month. Staff also distribute 'gotchas' demonstrate the ten traits we focus on over the year and can exchange for small prize on the same day as the assembly.

We welcome parents/guardians to join us this month: at our Council Meeting on Nov. 1, to observe your child try the Ropes Course on Nov. 2/3 at our Character Ed. Assembly on Nov. 6, at our Remembrance Day Assembly on Nov. 10 and our Anti-Bullying Assembly on Nov. 16 and at our Interviews on Nov. 23/24.

We encourage you to visit our RRM School Website regularly for information updates - <http://www.ugdsb.ca/rossrmackay/>, to add the **School Messenger App** to your phone and to follow us on our Twitter Account **@RossRMackKayPS** . Our School Council invites you to follow their Facebook Page **Ross R. MacKay Public School - by School Council**

As parents/guardians, you are our partners in ensuring the success and happiness of your children. Please feel free to email, call or set up a meeting if you have questions, concerns, suggestions or compliments!

Yours in education,

Ms. Tracy Armstrong

tracy.armstrong@ugdsb.on.ca

(519) 855-4957 x223





Reading at Home

We appreciate our families that are supporting reading at home. Here are some tips

Authentic Reading:

Encourage your kids to read any book, magazine, journal, comic, etc...that is of interest to them. It is important to introduce your children to the idea that reading is a meaningful and fun act, something that can be more exciting than reverting to multimedia sources for entertainment and knowledge. Therefore, if your child likes a certain hobby, athlete, actor, sport, animal, television show, movie, etc., encourage them to find related reading material to read up on.

Shared Reading:

Invite your child to read along with you. Together, find a common book or series to read (depending on age and reading level, you can read along out loud with your child, or each have your own copies and read at your own pace). Keep a running record of what you have read and once you have finished reading, get together and discuss the book. It can make for a much more enjoyable and meaningful experience and relationship for both parent and child when you get together to discuss in a new and exciting environment. For example, go to a favourite restaurant or dessert place, go to a park on a nice day and have a picnic, make dinner together and discuss the book. Movies are also often available on the book, in which case why not watch the film after talking about it?

Book Club:

Encourage your child to start a book club with their friends. Then at the end of their reading, organize with parents to hold a get together at one child's house where the kids can share their reading in a fun and enjoyable environment. This is especially good when a movie or game is adapted from the book read, in which case kids can have a movie or game night.

Trips to the Library or Book store:

It helps to encourage young readers by visiting local libraries, book stores, or magazine stores together. By helping your child become familiar and comfortable with reading and choosing what to read, they are more likely to want to continue this independently as they get older. Once a child has found an interest, either in genre, author, subject, or style, they are more likely to not feel overwhelmed by the library experience and become more willing to take it upon themselves to go.

Make Reading Widely Available:

It is helpful to have a variety of books or magazines on hand at home that children can simply pickup and read on a whim. It can be hard to stick to one text and thus, by having many short texts on hand, kids may be able to read more of a variety without feeling overwhelmed by the size of a single book in particular. Another good trick to get your child involved in reading is to subscribe to a fun magazine in their name. This is a small but fundamental part of eliciting interest, a feeling of individuality, and an importance in what they are reading and why.

UG2GO: A reminder that all students have access at school AND home to many reading resources as part of their UG2GO account. If you and your child have not explored this amazing link, we encourage you to do so.



Supporting Math Success at Home

Growth Mindset in Math:



Math

In general, a growth mindset is the belief that intelligence and ‘smartness’ can also be learned and that the brain grows from experience and effort. The opposite, a fixed mindset, is the idea that you are smart, or you are not. In math, that translates into “some people are good at math, and some are not.” Did you know that praising efforts rather than intelligence or results can impact your child’s ability to persevere in challenges?! The goal is to have children thrive on challenges and see failures, not as a sign of low intelligence, but as a learning opportunity. Brain research tells us that making mistakes actually wires more connections into the brain! When a person has a growth mindset, they accept challenges, see their efforts as worthwhile, and are open to learning from mistakes. Students with a growth mindset achieve at higher levels than those with fixed mindsets. How can you help? Some simple ways:

- Adding “yet” when they claim they are “not good at this” (Respond: “You are not good at this yet.”)
- Ask questions that focus on their effort and choices and get them to reflect on satisfaction of that effort (e.g. *What did you learn today? What mistake did you make that taught you something? What did you try hard at today?*)
- Model this yourself as you share about your day



Upper Grand DSB - Board Wide ‘Free to Achieve Day’: Nov. 7th 2017

Toonie Tuesday – Wear a Hat/Donate a Toonie.



Twice a year (November and May) students in the Upper Grand District School Board raise money for students through Upper Grand Learning Foundation’s *Free to Achieve* Fund.

On Tuesday, November 7 please donate \$2 to the **Upper Grand Learning Foundation’s *Free to Achieve Fund!***

www.uppergrandlearningfoundation.com

With your donation we can help students in our community with basic needs. 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.

Giving students opportunities they could only dream of!

The Upper Grand Learning Foundation believes in the potential of every student and the importance of their future. We support public education and school communities in their goal for success for each and every student. We believe that student learning can be further supported through partnerships, relationships and opportunities developed in collaboration and consultation with schools, business, government, and the greater community.

Wanted – Volunteers & Paid Positions



Volunteers are always a valuable resource in the school. We appreciate the many, many hours that parents and volunteers provide in order to support our students and to assist with the events that are

offered at the school. If you wish to volunteer on a regular basis, we ask that you connect with your child's teacher first. You will be asked to complete and sign a Volunteer & Confidentiality Form which we will keep on file. We also ask that all volunteers report to the office to sign in upon arrival, pick up a volunteer badge and to sign out when leaving the building.

This year, we are looking for specific volunteers who would be willing to come in for an hour per week to assist with our new Home Reading Cart and Library Organization. If interested, please email Ms. Armstrong

We are also always on the lookout for back-up **Nutrition Break Supervisors** (supervising both the eating and the outdoor activity time), **Emergency Occasional Teachers** (to teach classes if a regular Occasional Teacher is unavailable) and **Emergency Occasional Educational Assistants** (to fill in if a regular Occasional E.A. is unavailable). Please check in the office if you are interested and available for such paid positions. Qualifications for Emergency Staff are not necessary but an up-to-date police check and resume will be requested.



Wanted!!! Donations!

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

- Magazines—both children & adult versions (we would especially like Chirp, Chick-a-dee & Owl)
- gently used books, especially early readers for our Home Reading Cart
 - gently used Yoga Mats
 - empty coffee cans
- Games for Indoor Recess & Sports Equipment for Outdoor Recess
 - Small prizes for our Gotchas
- Broken toys (students are encouraged to create new hybrids from the various pieces)
- Art, craft and building supplies for our Makerspace creations (including glue, duct tape, old phones & remote controls, tinker-toy, Lego, tape, cardboard rolls etc...)





Council's Corner

Council was very pleased to receive two

grants to increase Parent/Guardian involvement at RRM. We will be focusing on two Parent/Guardian & Child workshops dealing with literacy and numeracy. Both evening events will be FREE for Ross R. MacKay families and will provide a fun and interactive opportunity to help your child with reading and math. Watch for further details.

The School Holiday Concert will be held on Thursday, December 14 from 6:30 – 8:00. Council is excited to participate in the event with our staff. To fundraise, we will be offering popcorn and hot chocolate sales along with a 50/50 draw. We may even have a surprise jolly visitor.

Our next Council Meeting is on Wednesday, November 1 from 6:30 – 8:00 PM in the Library. We encourage all parents/guardians to join us as always but in particular those that have questions or concerns about bussing or the safety of walking to school as Trevor, Favretto, the Upper Grand DSB's School Traffic Management Coordinator, will be joining us to explain the Safe Walk to School Assessment and Map completed last spring.

From all of us on Council, have a Safe & Happy Halloween.

Cutest
Costume:
Sammy Grist
(Zombie-baby)



Best &
Scariest
Costume: Both
from the
Kirkpatrick
Family
(Elizabeth &
Alex): Medusa
& 'Headless'



A reminder that we are not offering a Breakfast Club Program this year. However, our **SNACK** program is now in full-swing! All food that we serve in our student nutrition program must meet the nutritional guidelines set out by the Ministry of Children and Youth Services. You see, we truly are bringing healthy food to hungry minds! If you have any questions or concerns about our student nutrition program, or would like to contribute in some way, please contact us at Ross R. MacKay.

Parent/Guardian Opportunity

The Upper Grand DSB's Parent Involvement Committee is pleased to announce our first Parent Event of the year. PIC is hosting Dr. Laura Markham, on Wednesday, Nov. 8th at Centennial CVI and on Thursday, Nov 9th at Westside SS from 6:15 – 8:45 pm. The title of the session is: "How to get your child cooperating without yelling, threats or punishment"

The link below will take you to the PIC website and information on registration which is located on the main page of the website. There is a flyer attached as well for your use. Please encourage and invite your parent community to attend this free event.



Tired of battling with your child? Wish you knew how to get your child cooperating without yelling and threats? Wondering how to help your child become more self-disciplined?

Dr. Laura Markham, founding editor of AhaParenting.com to the rescue, with practical everyday strategies to help you raise a self-disciplined child who WANTS to cooperate!



Dr. Laura says that earning her PhD in clinical psychology at Columbia University was just the beginning of her education as a psychologist. The mother of a teenager and a young adult, says it was becoming a mother that convinced her that parents need more support. Her aspiration is to change the world, one child at a time, by supporting parents.

She assists parents in transforming their relationships with their children. Dr. Markham includes a long question & answer session with every presentation, so her sessions are customized to fit each audience's unique needs. She guarantees that you'll leave energized and inspired, with a plan to create lasting change in your home.

JOIN US FOR THE OPPORTUNITY TO LEARN:

- Your secret weapon to get your child cooperating.
- Why Yelling, Threats and Punishment actually create more misbehaviour.
- How children develop self-discipline.
- The most important parenting habit to create good behavior.
- Strategies to handle your own strong emotions so you can help your child.

LOCATION & EVENT DETAILS

Wednesday November 8, 2017
at Centennial Collegiate Vocational Institute
289 College Ave W, Guelph, ON N1G 1S9

Thursday November 9, 2017
at Westside Secondary school
300 Alder St, Orangeville, ON L9W 5A2

6:15pm: Information booths & light refreshments
6:45pm - 8:45pm: Presentation followed by an opportunity to ask Questions

This is a FREE Event - but registration is required. Access your tickets by going to www.ugdsb.ca/pic/ or contact your UGDSB Principal.

BROUGHT TO YOU BY
UPPER GRAND DISTRICT SCHOOL BOARD'S PARENT INVOLVEMENT COMMITTEE
and ONTARIO MINISTRY OF EDUCATION

Information from Public Health

Think about the last movie your kids watched...



You likely checked the rating to make sure it was age-appropriate. Movie ratings consider violence, coarse language, and sexual and disturbing content, but they leave out something that is very important to kids' health – **smoking**.

Research has shown that the more kids see smoking in movies, the more likely they are to start smoking. Smoking in films give children and youth the impression that smoking is okay and that they should do it too.

What can parents do?

- Talk to your kids about the realities of smoking.
- Talk to other parents about the issue of smoking in movies.
- Check www.smokefreemovies.ca/now-playing/ or <https://tutd.ucsf.edu/>. These websites review movies to tell you which ones have smoking in them.
- Sign the e-petition to support an 18A rating for all movies with smoking in them:
www.smokefreemovies.ca/petition/

Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies.

Currently under review is **Policy 310 - Display of Flags**. You are invited to review the draft documents and submit online feedback at www.ugdsb.ca/board/policy. **The deadline for public input is November 30, 2017 at 4 p.m. EST.** Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.

**Hillsburgh Branch, Wellington
County Library**
98B Trafalgar Rd. Hillsburgh
519.855.4010
www.wellington.ca/library



International Games Week (All Ages)
Think you've got game? Join us for this annual celebration of games, play, libraries and learning.

Thursday, November 2, 6:30 - 7:30 pm

Story Time (All Ages)

Our Story Times are created to help your child get ready for reading. Share stories, songs, rhymes, and activities aimed at developing your child's early literacy skills. Parents and caregivers are encouraged to participate. Ask staff for details. Please register.

Tuesdays, November 14 - December 19, 10:30 - 11:00 am, or Wednesdays, November 15 - December 20, 10:30 - 11:00 am

PA Day Movie Afternoon (All Ages)

Join us at the library for the hilarious "The Emoji Movie". Running time 1 hour 26 minutes; rated G. Please register.

Friday, November 24, 2:30 - 4:00 pm

3D Printer Certification Course (All Ages)

Interested in using our 3D printer? Register for this one hour course and get your certification. You will then be able to reserve the printer and create! Children 13 and under must be accompanied by an adult. Please register.

Thursday, November 30, 6:45 - 7:45 pm



Vote for your favourite TD Canadian Children's Literature Award nominee for a chance to win!

The CBC Books [Fan Choice Contest](#) is back! Readers between the ages of five and 12 have until Nov. 19, 2017 to [vote for their favourite book](#) from among the nominees for the 2017 [TD Canadian Children's Literature Award](#). The winner will be randomly selected from everyone who votes and will receive a visit to their school by a nominated author, copies of that author's book for the entire class, a \$2,000 donation to their school library and \$500 spending money. [The rules and regulations are here](#). The [\\$30,000 TD Canadian Children's Literature Award](#), the largest prize for children's literature in Canada, is awarded annually to the best Canadian book of the year for readers up to the age of 12.

The finalists are:

- [A Day of Signs and Wonders](#) by Kit Pearson
- [The Skeleton Tree](#) by Iain Lawrence
- [Tokyo Digs a Garden](#) by Jon-Erik Lappano, illustrated by Kellen Hatanaka
- [The Tragic Tale of the Great Auk](#) by Jan Thornhill
- [When We Were Alone](#) by David Alexander Robertson, illustrated by Julie Flett

Talking About Mental Health November 2017 – Talking to Your Child/Youth about Tragic Events



When a tragic event occurs, children and youth will hear about these events through media, peers or other sources. These are difficult topics to talk about and your response will shape your child/youth's core beliefs.

Tips for talking to children/youth about tragedies: You know your child/youth best, and you'll have a good idea of how much information your child/youth is ready to hear. Consider these tips as a guideline:

Don't allow young children to watch the news: Watching news footage can be very disturbing to young children so it's important to keep off when they're around.

Keep your message simple: Say something like, "That person decided to hurt other people." For young children, this may be all the information they need. Older children are likely to ask more questions. Stick to the simple facts. It's OK to say you don't know all the answers.

Focus on the steps that are being taken to keep people safe: Talk about how police officers, government officials, and other first responders are helping. Spend more time

talking about the good work people are doing, rather than the horrific event. This can help reduce your child/youth's anxiety about safety.

Empower your kids to become helpers. Discuss how they can take positive action in the wake of a tragic event. Volunteering in the community and donating allowance money can go a long way toward helping children/youth see that they can always take steps to make the world a little better. Children/youth who feel like they have a little bit of control are less likely to feel helpless in the wake of a tragic event.

Send a healthy message to your child: No matter how many conversations you hold or how much you decide to share, keep the message the same, bad things happen but there are good people out there helping and we're strong enough to get through it.

Remembrance Day Assembly – November 10

We invite all family members to attend our Remembrance Day Assembly that will be held on Friday, November 10th at 10:45 AM in our gym.

We would ask that students dress appropriately on the day of our assembly...perhaps wearing black, red and white. Poppies and poppy stickers will be distributed – we would ask all students to contribute a loonie to toonie so that we may make a donation to our local Legion who provided the poppies and stickers.



Environmental activities to help celebrate our planet

November 24th is BUY NOTHING Day!

Don't buy, give. "No one has ever become poor by giving", Anne Frank



Celebrate Buy Nothing Day on November 24th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things. It is a day for society to examine the issue of over-consumption and is held on 'Black Friday', which is one of the busiest shopping days in the United States.

<https://en.wikipedia.org>

"We are also consuming and trashing clothing at a far higher rate than our planet can handle. Today's trends are tomorrow's trash. The only solution is to reduce our levels of consumption." *Dr Kirsten Brodde of Greenpeace Germany-*

Brodde of Greenpeace Germany-

<https://www.telegraph.co.uk>

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, from furniture to tools, cars, fridges, clothes and

food. 'Repair, reduce, re-use, recycle' could be the new 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>

Reduce, Reuse, Recycle at RMM:

Through STAPLES, we now recycle pens, highlighters, markers and caps at RRM. Please send in from home instead of just adding to the TRASH.

RECYCLE USED WRITING INSTRUMENTS!

Every year, countless used writing instruments end up in dumpsters and landfills across Canada. We are working with TerraCycle® and Staples to put an end to this enormous loss of resources.

The Staples Recycling Program allows us to recycle these writing instruments and prevent them from ending up in landfills.

And not only are you helping the environment, but the writing instruments you recycle with us have the potential to earn funding. For every writing instrument recycled, \$0.02 will be donated to Earth Day Canada.



STAPLES 

Thanks to the Hillsburgh Gardening Club for their donation!

We had a generous donation of this new red maple tree. What a lovely gesture from a local community organization.



Save the date

Ross R. MacKay Holiday Concert

Thursday, December 14th

6:30 - 8:00 PM

Happy
Holidays!

Grade Six Fundraiser:

Vendor Tables on Holiday Concert Day

\$25.00 per table

OPEN for sales 6:30 – 8:00

Bus Snacks for Students:



Many of our students are accessing our Snack Program at the end of the day while they are waiting for their bus. We would really appreciate, where possible, that families send along a bus snack specifically for that time (a piece of fruit, granola bar etc...) so that our snack program funding is not depleted too quickly. You are also welcome to make a donation (money or food items) if you would like to support this worthy program.

