



# Ross R. MacKay Public School

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Hillsburgh, ON N0B 1Z0

Website: <http://www.ugdsb.on.ca/rossrmackay>

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**Principal:** Ms. T. Armstrong

**Office Coordinator:** Mrs. C. Jardine (covering for Mrs. C. Eberhardt)

February, 2018

## Principal's Message

We hope that everyone is enjoying 2018 so far. We certainly seem to be experiencing a variety of weather. Thanks for sending your children prepared for whatever temperatures and conditions might arise.

Teachers are currently very busy working on writing Term One Report Cards. These documents will be sent home with your child on February 15. We appreciate the time you will take to carefully read through each report. Please engage in a conversation with your children about their learning, celebrating growth/effort/achievement and considering goals for Term Two. If you wish to discuss the report with your child's teachers, please contact the school to set up a mutually convenient time.

It was wonderful to see so many of our families in attendance at our Family Literacy Night on January 25. Kudos to our School Council as well as attending staff Mr. Robnik, Mrs. Lawson, Mrs. Kelso & Mrs. Manchester, for making the evening such a success. We love the link to curriculum and student achievement.

This past month, we have focused on the Character Trait of **Fairness/Equity**. The month of February will be all about Perseverance. Perseverance is also called GRIT and we have selected this character trait because as a staff we believe that students who demonstrate this trait are better learners

and citizens. We encourage you to talk to your children about what these words mean at home, school and in the community. We welcome parents/guardians to join us this month:

- Character Education Assembly on Thursday, February 1 at 1:50 PM.,
- School Council Meeting on Wed. Feb. 7:30 PM in the Library,
- Book Fair running from February 13 -16
- Special Guest Reading Event on February 15 from 9:15 – 9:45 AM.

School Clothing Orders (t-shirts, long-sleeve shirts, sweatshirts and zippered hoodies) were sent home in January. We've extended the deadline to February 12, 2018.

As always, we encourage you to visit our RRM School Website regularly for information and upcoming events at <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](mailto:tracy.armstrong@ugdsb.on.ca)

# Ross R. MacKay Reading Challenge!



**Monday, January 29th** is the kick-off of Ross R. MacKay's Reading Challenge!

For four weeks we will be celebrating books, reading and authors that fill our minds and

imaginations with incredible stories and information. Students and families will be invited to participate in special events and fundraising throughout the month to encourage reading and support our library.

Each student will be asked to set a reading goal for the challenge. The goal will be to read a specific amount of time each day or a total number of books over the four weeks. All students will be setting a goal. Throughout the four weeks, students are encouraged to read at school and at home. For every book that is read, or specific reading time goals met, students will be given a ballot for the book draw. To get students excited about the reading challenge, we will also be holding fun reading events throughout the four weeks. See below for more information.

**The more that you read,  
the more things you will know.  
The more that you learn,  
the more places you'll go.**  
-Dr. Seuss

## Special Events:

|  |   |
|--|---|
| Thurs. Jan. 25   | School Council Family Literacy Night 6:30-7:30pm  |
| Fri. Feb. 2nd<br>    | School Wide Drop Everything and Read Event at 10:15am   |
| Fri. Feb. 9th<br>    | Cuddle-up & Read - School wide pajama day and reading event.  |
| Tues. Feb. 13th to 16th  |  Scholastic Book Fair. More information to follow.   |
| Thurs. Feb. 15th   | Special Guest Reading - Each student may invite a special adult to come to school and read with them from 9:15 to 9:45.   |
| Fri. Feb. 23rd<br> | All Reading Sheets must be handed in today.<br>Guess Who Day? - Students may come to school dressed as their favourite book character. (Note: weapons and masks are not permitted, but creativity is a MUST!)<br>Wrap-Up Assembly at 2:45pm |

## An invite from our School Trustee Kathryn



**Cooper:** “The Upper Grand District School Board is in the process of creating a Long Term Accommodation Plan (LTAP). We recommend all parents and community members come out to a

Workshop on the LTAP Background document on Feb. 28<sup>th</sup> at Erin Public School. The LTAP Background document speaks to declining student populations in Erin and other parts of East Wellington. This is the first and formative step in the process. No recommendations have been provided by staff. This is your opportunity to shape education in the Town of Erin and East Wellington. We need your participation. Please be there. You can find more information here: <https://www.ugdsb.ca/board/planning/long-term-accommodation-plan/>”



### Information from Public Health

In Ontario, the *Immunization of School Pupils Act* requires that all students attending school be fully immunized or have a valid exemption on file. Public Health mailed notices to secondary students with incomplete records at the beginning of January. If you received a notice that your child’s record is incomplete, the deadline to update your child’s record with Public Health is April 6<sup>th</sup> at 4PM in order to avoid suspension on April 12<sup>th</sup>.

If your child requires a vaccine, Public Health will be holding a vaccination clinic at each high school. For clinic dates, visit:

[www.wdgppublichealth.ca/clinics-classes/high-school-vaccination-clinics](http://www.wdgppublichealth.ca/clinics-classes/high-school-vaccination-clinics).

To report vaccines received from your health care provider, please choose one of the following ways:

- Online: [www.immunizewdg.ca](http://www.immunizewdg.ca)
- Email: [vaccine.records@wdgppublichealth.ca](mailto:vaccine.records@wdgppublichealth.ca)
- Phone: 1-800-265-7293 ext. 4396
- Fax: 519-836-2986



## Resiliency Matters:

Resiliency is commonly thought of as the ability to ‘bounce back’ when faced with a challenge. It helps us to cope with our feelings so we can learn from an experience and move forward. For a child this could mean; having a disagreement with a friend, failing a test or not making a team.

Tips for [raising resilient children](#):

- **Build and maintain relationships.** Children need to feel that they belong and have people who support them.
- **Be a positive role model.** Children learn by watching.
- **Teach optimistic thinking.** Children with a positive outlook have more confidence and self-esteem.
- **Use positive discipline practices.** Help children learn and understand the impact of their behaviours, actions and choices. Set clear, reasonable limits. Tell and show what behaviour is expected (not just what children shouldn’t do) and use fair consequences.
- **Give children choices.** Helps build decision making skills.
- **Encourage creative problem solving.** Helps children think about alternate solutions.
- **Teach children how to be assertive.** Show children how to confidently and respectfully communicate their thoughts, feelings and needs to others in a way that is not hurtful.
- **Help your child identify and develop strengths.** Encourage them to try new things. Praise their efforts.
- **Help your child identify and name their feelings.** Learning to recognize and label their emotions is the first step in teaching ways to effectively express emotions.
- **Build parenting resiliency.** Ask for help. Read parenting books or attend parenting workshops.

## Drop the Worry Ball Parenting in the Age of Entitlement

with *Dr. Alex Russell*

Thursday, May 17, 2018, 7:00 p.m.

Westside Secondary School, 300 Alder Street

Free! Donations appreciated



Dufferin Parent Support Network is a network of parents and community agencies who provide education, resources, and support for parents of school-aged children.

DPSN is excited to share our first ever winter workshop schedule.

Report card time is coming... one of our workshops was designed for parents to help their children succeed at school. If you send a newsletter home with report cards, you may want to include information about this workshop for parents of students who are struggling. I'm including the details below for your convenience.

### ***How Was Your Child's Report Card?***

### ***Help Your Child Succeed at School***

Do your children hate homework or struggle in class? You can help them improve their grades and be more successful while increasing their confidence and self-esteem. This workshop will provide practical ways to learn how your child learns and provide strategies to help your child in an effective and enjoyable manner.

**When:** Wednesday, February 28 from 1:00 to 3:00 p.m.

**Where:** Orangeville Public Library, 1 Mill Street

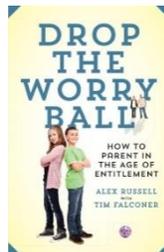
[www.dpsn.ca](http://www.dpsn.ca) [info@dpsn.ca](mailto:info@dpsn.ca)

## Want your children to be more resilient and independent?

Let them make mistakes and learn from them. Children learn through the experience on non-catastrophic, painful failure, and it is through the process of these failures that they mature into resilient, resourceful, and emotionally balanced individuals.

Learn to:

- Stop doing all the worrying—and let your kids do some.
- Embrace failing (team tryouts, tests) as part of learning and not something parents have done wrong.
- Resist social pressures to over-parent.
- Build relationships with teachers and outside authorities.
- Understand parent-child dynamics—and how children learn to get parents to do too much for them.



### ***Dr. Alex Russell***

Dr. Alex Russell is a clinical psychologist who lives and works in Toronto. He provides assessments and

psychotherapy to children and adults, in addition to consulting with schools, teachers and psychologists.

Dr. Russell has addressed many parent and counsellor groups over the years. He is intimately familiar with the culture of the school system and the relationship that parents, teachers and counsellors share with regard to the children we are raising.

## 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 welcome 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.

## **Indoor Footwear:**



Please ensure your child has an indoor pair of shoes to wear at school. The halls can be wet and slippery during this time of year and we request students wear shoes at all times while in school in case there is a need for an emergency exit. Thanks for your support.



## **Local Library Hillsburgh Branch**

98B Trafalgar Rd. Hillsburgh, ON

519.855.4010

[www.wellington.ca/library](http://www.wellington.ca/library)

### **2018 Winter Reading Olympics (All Ages)**

During the month of February complete Winter Olympic-themed reading challenges to win a bronze, silver or gold medal!

February 1 - 28, during branch hours

### **Teen Maker Space (Teens)**

Don't miss the chance to explore upcycling, new tech toys, and a variety of other hands-on projects. For preteens and teens. Please register.

Thursdays, February 1 and 15, 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.

Tuesday, February 6 - 27, 10:30 - 11:00 am

Wednesday, February 7 - 28, 10:30 - 11:00 am

### **Carnegie Café: Art for Beginners (Adults)**

Thinking of trying a paint night, but feeling a little shy? Join us for an acrylic painting session and test your talent! No experience necessary. Materials supplied. Please register.

Friday, February 16, 2:30 - 4:00 pm



### Council's Corner

We would like to extend a huge thank you to all parents and students who

attended our **Family Literacy Night** last week. We received a grant to increase parent engagement in the school and we thought it would be nice to offer a free, fun learning experience! Special thank you to Mrs. Lawson, Mrs. Kelso and Mr. Robnik for running the games and to Mrs. Manchester and Ms. Armstrong for entertaining the kids during story time.

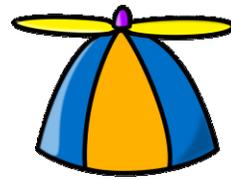
Our next event is going to be even bigger and better! Thanks to our PRO Grant approval, we are bringing in **Jump2Math** to host our next free event. **Jump2Math** is a kinesthetic, multi-sensory approach to teaching math. It incorporates physical movement and learning using some very cool floor mat games. Life-size math board games, giant manipulatives and colourful activity mats will transform our school gym into an active learning experience for parents, students and teachers! Please save the date for this exciting new event: **Monday, April 30 from 6 to 8 pm.** More information to follow.

We are hard at work planning our next fundraiser which will bring much needed revenue into the school. As we get closer to Spring and our field trip season, the funds we raise help to offset the cost of bus transportation, which makes school trips more economical for all families. We are a small school and every dollar counts so we appreciate your support. Our next fundraiser will revolve around Easter and volunteers are always needed. If you have a suggestion for a fundraiser or have some time during the day to help with an in-school event, please contact Beth or Linda.

Remember....."**Volunteers are paid in six figures... S-M-I-L-E-S**" ~ Gayla LeMaire



### WHAT? - LIVE FREE – HATS FOR HUNGER DAY!!!



### WHEN?

Friday, March 3

**WHY?** Live Free Day is a day which brings awareness to childhood hunger in Canada and raises funds & collects donations for Nutrition Programs in our schools.

### HOW CAN YOU PARTICIPATE?

There are 2 ways you can participate at Ross R MacKay this year:

1. You can choose to LIVE FREE from something you may take for granted on Friday, March 2. Examples include giving up candy, playing video games, eating dessert, using your computer etc...
2. You can bring in a Toonie & a food donation for the Breakfast Club and Snack Program (crackers, granola bars, cereal, fruit etc...). All money raised will go to support our food program.

If you make a donation in this way, you will get your name on a PAPER HAT that we will put up in the front hall AND you will get to wear any kind of hat you wish on Live Free Day - Friday, March 4!

**For more information, please visit**

<http://www.livefreewdg.ca/>



**Thanks for your continued support!**



*Make the Earth better by wearing a sweater*

## **Celebrate International Sweater Day on February 2nd!**

Sweater Day is a fun way to learn about the importance of saving energy and to inspire you to use less heat all winter. Heating accounts for 80% of residential energy use in Canada. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that's equivalent to taking nearly 700,000 cars off the road!

[http://www.wwf.ca/events/sweater\\_day/](http://www.wwf.ca/events/sweater_day/)

National Sweater Day is about thinking differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada.

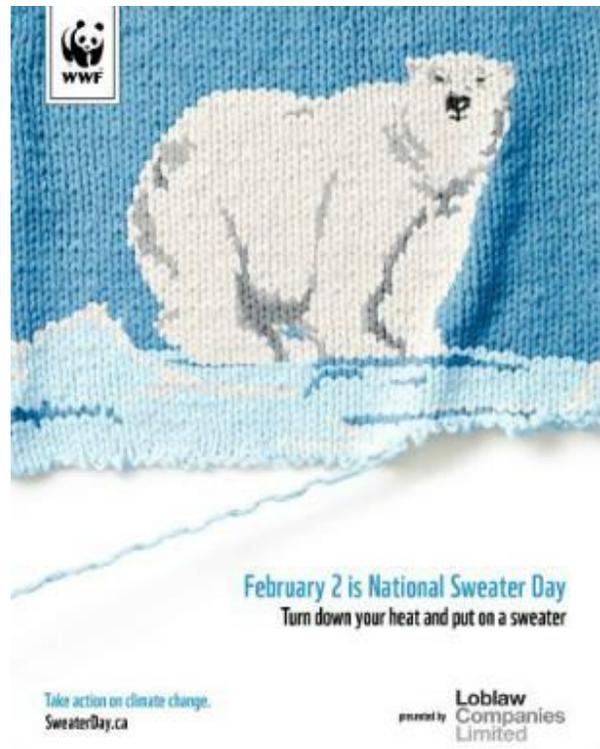
[assets.wwf.ca/downloads/nsd\\_2017\\_en\\_school\\_toolkit.pdf](assets.wwf.ca/downloads/nsd_2017_en_school_toolkit.pdf)

### **Ideas for your family to celebrate Sweater Day!**

- Turn down your thermostat and wear a sweater!
- Ask your children to brainstorm with you about ways to save energy at home. Make a pledge to implement as many as you can.
- Research the differences between climate and weather. Ask your child to characterize some different climate types (polar, tropical, coastal, etc.).

- Read a children's book on conservation such as: *Why Should I Save Energy?* by Jen Green. Encourage lots of discussion and questions.
- Valentine's Day is just around the corner - use recycled materials to create your cards this year!

For more ideas and fun things to do on International Sweater Day, please take a look at this pdf supplied by WWF  
[assets.wwf.ca/downloads/nsd\\_2017\\_en\\_school\\_toolkit.pdf](assets.wwf.ca/downloads/nsd_2017_en_school_toolkit.pdf)





## FEBRUARY 7<sup>TH</sup> IS WINTER WALK DAY!

Lots of UGDSB schools participated in Walk to School Day in October. Did you know that there is also a walk to school day in February? Let's keep the momentum going! February 7<sup>th</sup> is Winter Walk Day across Canada. It's the perfect opportunity for parents and kids to get outside together and stretch those legs! Walk to school or at school for daily physical activity, a healthier environment, safer streets, making friends and...having fun! Walking helps kids get those 60 minutes of daily physical activity they need. It's also a great cure for those winter blues and helps students concentrate better in class.

As a parent you can help your child learn about walking or riding to school safely:

- Be a good role model. Demonstrate road safety rules with your child (e.g. looking both ways when crossing the street).
- Plan a walking or riding route. Assess potential hazards with your child. Encourage your child to stick to the route.
- Remind your child about personal safety. Point out the houses of people you know where they can go for help if needed.
- Adopt a buddy system. Walk with a "walking buddy" – a sibling or a friend.
- Ask that electronics like iPods and cellphones be put in their bag while walking to school. Pedestrian safety is compromised by texting, earphones and cellphone conversation.
- Talk about the rules of the road and [pedestrian safety](#).

At Ross R. MacKay, we will also be doing a WALK AT SCHOOL DAY as we know many of our students ride the bus to school so WALK TO SCHOOL DAY is difficult. Our Walk will be held on Feb. 7 from 2:30 – 3:00 PM

Visit [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca) for more information and resources on active school travel.



## 10 Things You Can Do to Raise a Reader

1. **Read from day one.** Start a reading routine in those very first days with a newborn. Even very young babies respond to the warmth of a lap and the soothing sound of a book being read aloud.
2. **Share books every day.** Read with your child every day, even after he becomes an independent reader.
3. **Reread favorites.** Most children love to hear their favorite stories over and over again. Rereading books provides an opportunity to hear or see something that may have been missed the first time, and provides another chance to hear a favorite part.
4. **Send positive messages about the joys of literacy.** Your own interest and excitement about books will be contagious!
5. **Visit the library early and often.** Public libraries are great resources for books, helpful advice about authors and illustrators, story times, and more. Make visiting the library part of your family's routine.
6. **Find the reading and writing in everyday things.** Take the time to show your child ways that adults use reading and writing every day. Grocery lists, notes to the teacher, maps, and cooking all involve important reading and writing skills.
7. **Give your reader something to think and talk about.** There are many different types of books available to readers. Vary the types of books you check out from the library, and seek out new subjects that give you and your reader something to think and talk about.
8. **Talk, talk, talk.** A child's vocabulary grows through rich conversations with others. No matter your child's age, narrate what you're doing, talk in full sentences, and sprinkle your conversations with interesting words.
9. **Know your stuff.** Parents don't need to be reading specialists, but it is important to understand the basics about learning to read.
10. **Speak up if something doesn't feel right.** Parents are often the first ones to recognize a problem. If you have concerns about your child's development, speak with your child's teacher and your pediatrician. It's never too early to check in.

## Engaging Your Child in Science at Home!

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for Science. Science encourages problem solving skills, curiosity and questioning, creative and critical thinking, observational skills and reinforces both literacy and math skills...and it's FUN! Here are some ideas for fostering Scientific skills in your children.



### Six Tips to foster

#### Scientific Thinking at Home

**1 See science everywhere.** Parents can take opportunities to ask "What would happen if ...?" questions or present brainteasers to encourage children to be curious and seek out answers. Children need to know that science isn't just a subject, but it is a way of understanding the world around us.

**2 Lead family discussions on science-related topics.** Dinnertime might be an ideal time for your family to have discussions about news stories that are science based, like space shuttle missions, severe weather conditions, or new medical breakthroughs. Over time, children will develop a better understanding of science and how it affects many facets of our lives. Movies and TV shows with science-related storylines are also great topics for discussion.

**3 Encourage girls and boys equally.** Many girls are left out of challenging activities simply because of their gender. Be aware that both girls and boys need to be encouraged and exposed to a variety of subjects at a very early age.

**4 Do science together.** Children, especially elementary-age children, learn better by investigating and experimenting. Simple investigations done together in the home can bolster what your child is learning in the classroom. Check with your child's teacher on what your child is currently learning in class and what activities you can explore at home.

**5 Connect science with a family vacation.** Family vacations are a great way to explore science. It could be a hiking trip where you explore nature or a discussion on tides during a beach vacation.

### **6 Show excitement for Science!**

Reference:

"NSTA Science Matters: Tips for Busy Parents - National Science ...."

<http://www.nsta.org/sciencematters/tips.aspx>.

