



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)

March, 2018

Principal's Message

We would like to say a heartfelt thank-you to Cherie Jardine for filling in for Connie Eberhardt over the past few months. We have greatly appreciated her initiative, her organization and her positive demeanour. Mrs. Eberhardt continues to be off on a leave so we have interviewed eligible candidates to fill in her position more permanently. Mrs. Esther Schletz has been hired and will be joining the RRM Family after March Break (with two days of overlap with Cherie). Esther is currently working 0.6 at two Guelph Schools.

Thanks to all families for your support of our recent Scholastic Book Fair and the related Literary events (Special Guest Reading, Reading Challenge, Cozy Up & Read and Guess Who?? Day). With your purchases, we surpassed our net sales goal of \$1500. This amount means that we get approximately \$1000.00 in bonuses & rewards. WOW!!!

This past month, we have focused on the Character Trait of **Perseverance**. The month of March will be all about **Self-regulation** 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 at our:

- Character Education Assembly on Thursday, March 1 at 9:15 AM
- School Council Meeting on Wed. March 7 at 6:30 PM in the Library,
- Easter Eggstravaganza on Thurs. March 29

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

Self-Regulation

Self regulation is a term that we hear a great deal in schools today. Self regulation is the ability to tolerate sensations, situations, and distress and form appropriate responses. Simply stated, it is the ability to control emotions, thinking, behaviour, and motor actions in different situations. In children, self-regulation matures just like other developmental processes. Children get older and learn to think before they act. Being aware of our own physical well-being and changes in how we are feeling is one of the reasons behind introducing Zones of Regulation as well as yoga & meditation in our classrooms.

It makes sense that children who are able to respond appropriately in different situations tend to have more success in many areas of life, both academically and socially. Where our thinking has shifted over the last few years is in understanding that self-regulation can be explicitly taught and fostered in children, helping them to feel better equipped and capable when faced with everyday challenges.

How can you help your child develop self-regulation? Here are some suggested activities, mostly taken from an article written by Ida Rose Florez.

- Start early—children develop the foundation skills for self-regulation from birth to 5 years old
- Model proper behaviours—this allows children to observe how to choose an appropriate response in different situations

- Provide hints and cues by verbally and/or physically pointing out important aspects of an academic or physical activity
- Provide verbal or physical cues to help children such as “let’s stay calm” or allowing a child to go to a quiet area to relax
- Look for times when adult support can be withdrawn so that children can learn to be independent in their responses
- Play games that require start and stop skills such as: Red Light-Green Light, Freeze Dance, Simon Says, etc.
- Dance activities where the child needs to move to the rhythm
- Play any games that require turn-taking. Children learn that it’s OK to lose
- When involved in an activity, talk with your child about how they feel doing that activity, and praise your child’s development of a skill, not just an award

For other resources on self-regulation:

<https://self-reg.ca/>

<https://www.kidsmatter.edu.au/>



Helping Children Feel Good About Their Bodies



Healthy bodies come in a variety of shapes and sizes. However, media messages however portray a very narrow view of beauty and masculinity. These messages can cause children to be dissatisfied with their bodies.

Puberty can be an especially difficult time. Some children struggle with their self-esteem because their bodies go through many changes. These changes, along with a natural desire to feel accepted, make it easy for children to compare themselves with others.

Try these [tips](#) to help children feel good about their body:

- Help your child understand that healthy bodies come in a variety of shapes and sizes and that there is no perfect body shape.
- Let your child know that weight gain during puberty is normal.
- Focus on your child's strengths and abilities.
- Be aware of the non-verbal and verbal messages you send about the appearance of yourself and others. Be a positive role model!
- Discuss how media stereotypes and messages are unrealistic and are created to sell products.
- Encourage healthy eating and physical activity for the entire family.
- Compliment your child for the healthy choices they make.

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.

This Earth Hour, help shine a light on climate change. Switch off your light and switch on your social power!

Join the global Movement! Celebrate Earth Hour on March 24th at 8:30pm.



Earth Hour's mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd.

Ideas for your family to do for Earth Hour!

A simple event can be just turning off all non-essential lights on March 24th from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- prepare a candle lit dinner
- talk to your neighbours, or invite people over
- stargaze, or go camping in your backyard
- play board games, or charades
- host a concert, or a sing-a-long
- create or join your own community event
- have an Earth Hour every month!

The possibilities are endless!

PLEASE COMPLETE THE



UPPER GRAND DISTRICT SCHOOL BOARD

CLIMATE SURVEY FOR PARENTS

- This is an anonymous survey that is completed every two years
- Allows the School and Board the opportunity to assess the perceptions of safety from students, staff, and parents
- The data is then used to make informed planning decisions and to determine the effectiveness of programs
- The survey will take about 5 minutes to complete

Survey Closes

Survey link closes on March 9th

This Survey is available from our School

Website:

Parent survey direct link:

https://uoguelph.eu.qualtrics.com/jfe/form/SV_9NxSF6jZm5l11Hv

Here is a link to a video you can view which further explains the purpose of our

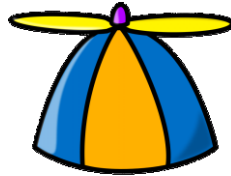
survey. <https://www.wevideo.com/view/1066200581>



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

WHEN? Friday, March 2

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 2!

For more information, please visit

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



Council's Corner

COMING UP!!!

School Council Meeting

Wed. March 7

6:30 – 7:30 PM

Easter Eggstravaganza

Thurs. March 29

Watch for information sheet in your child's backpack

SAVE THE DATE!!!

Ross R. MacKay

Jump into Math Family Night

Monday, April 30

6:30 – 8:30 PM

Information will be sent home!

Local Library - Hillsburgh Branch

98B Trafalgar Rd. Hillsburgh, ON

519.855.4010

www.wellington.ca/library



March Break Movie (All Ages)

Join us for a new release movie. Please register.

Monday, March 12, 2:30 - 4:30 pm

Super Structures (Grades 1 - 6)

Enter a world of fun as you build with simple materials. How tall can you go!? Please register.

Tuesday, March 13, 10:30 - 11:30 am

Red Cross Babysitting Course (Teens)

This course offers basic first aid and caregiving skills for youth 11 - 15 years old. Participants learn how to provide care for children of all ages and how to prevent and respond to emergencies, including: managing difficult behaviour, baby care, and the business of babysitting. Presented by Emergency Health Services. Cost \$60.00 on the day. Please register.

Wednesday, March 14, 10:00 am - 4:00 pm

Create with Paint (Grades 1 - 6)

Swirl! Dab! Drip! Whatever your technique, join us to make masterpieces with paint.

Thursday, March 15, 10:30 - 11:30 am

Textile Art (Grades 1 - 6)

Fabric, yarn, felt and more! We provide the materials - you provide the imagination. Please register.

Thursday, March 15, 3:30 - 4:30 pm

Party Safari (All Ages)

From hedgehogs to snakes, lizards to spiders and turtles to birds, take an interactive safari around the world! Remember, 'scaly isn't scary'. Please register.

Friday, March 16, 2:30 - 3:30 pm

PAWS 4 Stories (All Ages)

Readers are encouraged to build new skills and gain confidence by reading aloud to a certified Therapy dog. Offered in partnership with St. John Ambulance. Please register.

Saturday, March 17, 10:00 am - 12:00 pm

Reading is important
because, if you can read,
you can learn anything
about everything and
everything about
anything.

- Tomie dePaola