



# Ross R. MacKay Public School

35 Trafalgar Road, R.R.# 2  
Hillsburgh, ON

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

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**Principal:** Ms. T. Armstrong

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

April, 2018

## Principal's Message

I'm certain I'm not the only one to be welcoming Spring with gradually warmer temperatures and longer hours of daylight. Thanks to families who are ensuring our students are dressed for the ever-changing early-spring weather with lots of layers. We also appreciate that you are providing indoor and outdoor shoes which allow our hallways and learning spaces to remain cleaner.

What an impressive turn-out we had from staff and families at the Long Term Accommodation Plan Workshop in early March at Erin Public School. We encourage all families to visit this website for further details and upcoming dates.

<https://www.ugdsb.ca/board/planning/long-term-accommodation-plan>

This past month, we have focused on the Character Trait of **Self-Regulation**. The month of April will be all about Cooperation/Collaboration. 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 Tuesday, April 3 at 9:45 AM
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- School Council Meeting on Wednesday, April 4 from 6:30 – 7:30 PM in the Library.
- Earth Week Activities – April 16 – 19
- School Council Event JUMP INTO MATH on Monday, April 30

With less than 90 students at our school, we are always struggling to make ends meet budget wise (as we are funded per student). Our Office is running a simple *Fresh From the Farm Fundraiser* which emphasizes fresh, locally grown vegetables. 40% of the proceeds come back to our school. We encourage each family to order at least one or two fresh-food bundles (\$15.00) in order to support this fundraiser. Forms are due back on lucky Friday, April 13<sup>th</sup>!

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)



## Talking About Mental Health – April 2018 Spring Clean Your Mental Health!

It's Spring! Flowers blooming, birds chirping, sun shining. There is nothing quite like it. Often we Spring Clean our homes – tuck winter away, clean out the cobwebs and get ready for summer. Spring is a time of renewal. Why not use this momentum for a mental health renewal?

### ***Let the sun shine in ...***

Try and 'spring clean' your emotional and mental spaces this month. Get rid of emotional debris that is no longer serving you. Here are some ideas to help get you started on your mental health Spring Clean. Focus on things that make you happy and give you a clear, fresh state of mind

**Start a Journal** Writing can help articulate your thoughts, clear your emotional space and help put things into perspective. Try having a family journal time where once a week everyone journals/records their thoughts and feelings. This can help clear your mind of clutter and also get things out of your mind and onto paper. Don't worry about punctuation or spelling – it's just for you.

**Be Aware of Your Thoughts** Sometimes we don't even notice the negative things we say to ourselves. Try to notice your thoughts and reframe thoughts into kindness. Instead of "We never have time to sit down as a family for dinner" try "When we sit down as a family for dinner it is such a

treat". We are careful of how we speak to others but often not so careful about how we speak to ourselves. Practice your own self compassion this month.

**Enhance Your Physical Health** Physical wellness is a big part of maintaining mental well-being.

Exercise, sleep and eating well all contribute to positive well-being. Try replacing soda or coffee with herbal tea. Try going for a nature walk or scavenger hunt with the family. Yoga, Pilates and mediation can also enhance both your emotional and physical well-being.

Remember, each day is fresh start – just like Spring. Have a great April!

Jenny Marino, Mental Health and Addictions Lead  
Upper Grand District School Board



### [Dufferin Parent Support Network.](#)

DPSN's mission is to encourage, educate and support parents of school-aged children by providing opportunities to build positive parenting skills and healthy community connections. They have a number of workshops each month that support parents/guardians. Below is just one example.

### **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**

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

## Wanted – Volunteers & Paid Positions

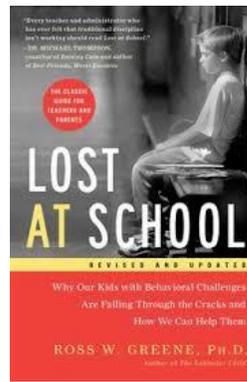


Volunteers are always a valuable resource in the school. We appreciate the many, many hours that parents and volunteers provide in order to support our students and to assist with the events that are

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.

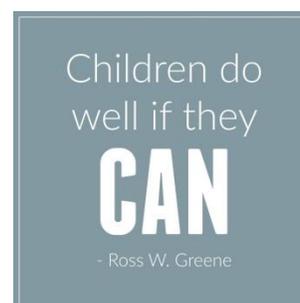


## Collaborative & Proactive Solutions

During the month of March, our entire staff engaged in Collaborative & Proactive Solutions Training at our school for 2 half days. CPS

is a non-punitive, non-adversarial, trauma-informed model of care that Dr. Ross Greene originated and describes in his various books, including *The Explosive Child*, *Lost at School*, *Lost & Found*, and *Raising Human Beings*. The model is based on the premise that challenging behaviour occurs when the expectations being placed on a kid exceed the kid's capacity to respond adaptively, and that some kids are lacking the *skills* to handle certain demands and expectations. So the emphasis of the model isn't on kids' *challenging behavior*, which is – whether it's whining, pouting, sulking, withdrawing, crying, screaming, swearing, hitting, spitting, biting, or worse – just the manner in which they are expressing the fact that there are expectations they're having difficulty meeting. Nor does the model focus on psychiatric diagnoses, which are simply categories of challenging behaviors. Rather, the model focuses on identifying the *skills* the kid is lacking and the *expectations* he or she is having difficulty meeting (in the CPS model, those unmet expectations are referred to as *unsolved problems*). Then the goal is to help kids and caregivers solve those problems rather than trying to modify kids' behavior through application of rewards and punishments. Interested? Check out this website for more information or talk to one of our staff.

<https://www.livesinthebalance.org/>





### Council's Corner:

Spring is a busy time for School Council and you will start to see more communication from us

regarding upcoming events. We are trying to limit our costs by promoting our events on our Facebook page and within the student's Agendas, along with in-school posters.

Anything that has a fee attached will be available for purchase through School Cash online, so the reminders will keep coming.

Our Easter Eggstravaganza took place on

Thursday, March 29! The Easter Bunny

hopped into RRM to visit every class and provide students with a little treat while

Council's Beth, Chris and Rebecca were hard at

work flipping pancakes for our students. A big

thank you to all parents who purchased our

special hot lunch (pancakes, fresh fruit kebab

and milk). Your support is both needed and

appreciated.

Council is really excited about our next Family

Engagement Night. On Monday, April 30 from

6 pm until 8 pm we will be transforming our

school gym into a fun and engaging math

playground! Bring the kids out to experience

**Jump2math!** A kinesthetic, multi-sensory

approach to teaching math that incorporates

physical exercise with games! No kid is left

sitting and parents can join in the fun. This

event is free and a great way to spend time

with your family while supporting learning.

Council will have a Snack Bar open during the

event (cash sales only) to provide drinks and

snacks for all our Jumpers. For further

details about the program, please visit

[www.jump2math.ca](http://www.jump2math.ca).

May 10 is Arts Night at RRM and Mme. Bonney is hard at work organizing a great event for students and families! Council will be helping by adding a family dinner option. Check our Facebook page and watch your mailbags for more information about this event - and leave the cooking to us!

We were very fortunate to receive the financial support of the Let's Get Hillsburgh Growing Committee this past month. Council was provided with a \$500.00 donation to be used toward our fundraising goals! We are so grateful for the support from our community and we hope to use these funds to repaint the playground with fun and colourful new games! We feel this will give the kids more to do at recess and help to beautify our school grounds, which enhances the community.

As always, a big thank you to our awesome Council members, Beth, Chris and Rebecca! Also sending huge appreciation to Angie Jansa who is handling our classroom snack program. All these events take time and dedication and I'm thankful to be part of such a wonderful team of people.

More events will follow as we need to raise dollars to support our Grade 6 grads and end of year field trips. Please continue to support what you can as every dollar counts in a school community as small as ours.

Happy Easter from all of us!

-submitted by Linda Campbell,  
School Council Co-chair



# CELEBRATE DIVERSITY

Celebrating customs and traditions from all around the world is what we love to do!

If you would like to help us celebrate these events or have a day of significance to add. We welcome any suggestions, it would be great to hear from you!

## DAYS OF SIGNIFICANCE



*Thank you to all who contributed to the Help Kids Live Free from Hunger campaign. Our school raised almost \$100.00 to help purchase*

The Ministry of Education has designated the week of May 1 to May 7 as Education Week – a time to “celebrate our accomplishments and reflect on new and exciting challenges ahead.” In the Upper Grand District School Board, this week has been extended from mid-April to mid-May to allow schools the flexibility to plan events and activities to encourage the participation of as many parents, staff, students and community members as possible. This year’s theme is “Open Doors to Learning/Ouvrons les portes à l’apprentissage

On Monday May 10th, from 5:30 – 8:30 PM, we invite you to help us celebrate Education Week by attending our first annual Arts Night!

Students have been hard at work creating artwork that will be on display and we invite you to walk our "gallery" to see what they have created. In addition to the Gallery Walk, students and their families and invited guests can join us in the gymnasium for a pasta dinner. For \$5 per person, dinner will include pasta, garlic bread, and dessert. Finally, we will cap off the evening with a student led talent show!

It is going to be a fun-filled night at Ross R. MacKay and we hope you will join us in celebrating all the talented young artists of our school as well as Education Week. Mark your calendars for May 10th!

April		Faith
1	Easter Sunday	Christianity
2	Easter Monday	Christianity
2	World Autism Day	
7	World Health Day	
11	International Day of Pink	
12	Yom HaShoah	Judaism
13	Vaisakhi (Sikhism)	Sikhism
21	First day of Ridvan	Baha'i
22	Earth Day	United Nations
24	Armenian Genocide Memorial Day	
27	International Day of Silence	
28	National Day of Mourning	
29	Ninth Day of Ridvan	Baha'i

*food and supplies for our Food & Friends student nutrition*

*program.* <http://www.childrensfoundation.org/downloads/positioning-statement.jpg>

Environmental activities to help  
celebrate our planet



**April 22nd is Earth Day!**

*“Look deep into nature, and then  
you will understand everything  
better.” - Albert Einstein*

## Celebrate Earth Day on April 22nd!

Founded in 1990, Earth Day Canada inspires people of all ages across the country to connect with nature and build resilient communities as well as foster an intrinsically motivated, enduring commitment to stewardship and conservation.

<https://earthday.ca/about/>

## Earth Day 2018 Theme: End Plastic Pollution

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. Earth Day 2018 is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics. <https://earthday.org>

## Ideas for your family to celebrate Earth Day:

- **Get involved with Earth Day 2018's Theme**  
<https://www.earthday.org/yourjourney2018/>  
Download your Plastic Pollution Primer to learn more about this problem and act to help **End Plastic Pollution!**

- **Spend a day outside.** In the garden with your family, plant vegetables, trees or native flowers and attract native animals and pollinators. Or join a local community event to help clean your neighbourhood or restore local plant life.
- **Make commitments to cut down on your energy usage as well as waste.** Turn lights off, power down electrical devices, turn down your thermostat and only do full loads of laundry and dishes. Always bring cloth bags when shopping, refuse to buy over packaged products, and lug a mug instead of using non-recyclable coffee cups.
- **Learn more about the environment and the effects of global warming.** Encourage awareness and promote the Reduce, Reuse and Recycle way of life.



Remember that every day is Earth Day! Don't restrict yourself to just one day a year. Make environmental actions and caring about the planet a habit - on Earth Day and every day.

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## Plastic Bag Grab challenge: April 16 - 20, 2018

The Plastic Bag Grab challenge is a waste reduction program for elementary schools across Canada that engages schools and students on the 3Rs hierarchy: reduce, reuse, and recycle. For two years, the challenge has encouraged students to collect as many single-use plastic bags from their homes and communities as they can for recycling. Now in its third year, the program will focus on **reduce** and **reuse** – the most important step in the 3Rs hierarchy. As such, the challenge will reward schools that encourage and promote ideas and solutions that result in reducing how many bags are used and wasted in their communities.



## **RRM EARTH WEEK** **REMINDERS!**

**April 16<sup>th</sup>—19<sup>th</sup> 2018**

### **Monday April 16<sup>th</sup>**—Earth Colours Spirit Day!

Help kick off Earth Week by wearing as many blues, greens and browns as you can to celebrate our great planet. There are prizes for the best dressed student voted by their class.

### **Tuesday April 17<sup>th</sup>**—Litter less lunch day!

Have students bring a snack and lunch that is completely litter-free. Try using containers for snacks and reusable drinking bottles instead of juice boxes or cans. Also, weather permitting, we will have an “Earth Walk” at 12:30 P.M. along the Elora Cataract Trail to enjoy nature and clean up garbage along the way. All classes are welcome to join.

**Wednesday April 18<sup>th</sup>**—Bake Sale at first **AND** second snack time. Bring your loonies and toonies to purchase yummy treats and support the greening of our school gardens. Food donations for the bake sale are welcomed by all Ross R. students.

**Thursday April 19<sup>th</sup>**—Celebrate the wonderful things trees do for us by watching “***The Lorax***” (2012) in the Gym at 1:45 P.M. Students



will take home their very own tree to help keep our planet green!



## **Math & Picture Books**

Reading to your child is both a wonderful way to spend time together and also an effective way to engage your child in conversation. Students of ALL ages love stories and love to talk about stories. “Literature provided students with opportunities to make connections with their own lives, provides a context to think and practise mathematics, and enriches students’ view of the world of mathematics.’. *A guide to Effective Instruction in Mathematics, Kindergarten to Grade 6.*

Listed below are just a few titles to begin the conversation about math at home. These picture books are connected to several math strands of the Ontario mathematics curriculum from your child’s report card.

- Caps for Sale, by Esphyr Slobodkina (Number Sense and Patterning)
- The Doorbell Rang, by Pat Hutchins (Number Sense)
- Count to 10 with a Mouse, by Margaret Wise Brown (Number Sense)
- Is a Blue Whale the Biggest Thing There IS? by Robert Wells (Number Sense and Measurement)
- Actual Size, by Steve Jenkins ( Measurement)
- One Grain of Rice, by Demi (Number Sense and Multiplication and Division)
- Grandfather Tang’s Story, by Ann Tompert (Geometry)
- Stone Soup, by Heather Forest (Data

