



# Ross R. MacKay Public School

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Hillsburgh, ON N0B 1Z0

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

Principal: Ms. T. Armstrong  
Office Coordinator: Mrs. C. Eberhardt

September, 2018

## Principal's Message

We have had a very positive first month of school at RRM. Luckily, our enrolment remained fairly consistent with numbers submitted last February, so we did not have to reorganize classes. We currently have 82 students in our RRM family. Our staff and students feel settled in their classes and are teaching and learning productively.

Thanks to you as families for returning the many forms we send home in September, for paying for Agendas and signing up for School Cash Online if you had not already done so...we appreciate your support.

Our staff enjoyed a productive Professional Activity on Friday. The morning was spent on Student Centered Intervention Conversations...identifying student strengths, needs and necessary supports. Staff also spent time completing several mandatory online Health & Safety modules.

This past month, we have focussed on the Character Trait of **Respect**. The month of October will be all about **Responsibility**. 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 will also distribute 'gotchas' to students who demonstrate the ten traits we focus on over the year and can exchange for small prizes during the week of the assembly.

Thanks to all families who attended our Open House...it was a wonderful night for our school community and students were so excited to show-off their classrooms, have their families 'officially' meet the staff and share their learning so far.

We encourage you to visit our RRM School Website regularly for information updates - <http://www.ugdsb.ca/rossrmackay/>, and to follow us on our Twitter Account [@RossRMackayPS](#) or using the UGDSB App. Our School Council also 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)  
(519) 855-4957 x223

## What's Happening at the Local Library?

Hillsburgh Branch,  
Wellington County  
Library

T 519.855.4010

[EHillsburghlib@well](mailto:EHillsburghlib@wellington.ca)

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



**Share Your Library Stories** (All Ages) October is Canadian Library Month! Using our new Padcaster, stop by and make a video recording about what you love about your public library. October 1 – 20, during branch hours

**Story Time** (5 years and under) 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 and Wednesdays, October 2 - 17, 10:30 - 11:00 am

**Moon is Round** (0 - 12 months) This gentle eight-week programme, offered in cooperation with East Wellington Community Services, introduces new parents to the power of rhyme, song and movement during the everyday activities of caring for their child. Please register with EWCS at 519.833.9696 Tuesdays, October 2 - October 30, 1:30 pm - 2:30 pm

**Teen Café: Makerspace** (Teens and Pre-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, October 4 and 18, 6:30 - 7:30 pm

**Tech Talk** (Adults) Join the conversation! Bring your questions about computers, e-readers, or other mobile devices, and we will explore them

together. It can be as simple as how to turn your device on or as complicated as how a specific app works. Please register. Tuesdays, October 9 and 30, 6:30 - 7:30 pm

**Hooks and Needles** (Adults) Bring your own project and join others for an afternoon of knitting and crocheting. Please register. Wednesdays, October 10 and 24, 2:00 - 4:00 pm

**Breakout Box Challenge** (All Ages) A special Ontario Public Library Week Programme! Break out of boredom at the library! Work together to solve intriguing puzzles and unlock the Breakout Box. Can you do it before time runs out? Please register. Tuesday, October 16, 6:30 - 7:30 pm

**Trivia Challenge** (All Ages) Test your memory in a fun and interesting way! Bring your friends, bring your family, and join us for an informal round of trivia challenges. Please register. Wednesday, October 17, 6:45 - 7:45 pm

**Author Visit: Shelly Becker** (All Ages) Join 2018 Forest of Reading author Shelly Becker for an interactive presentation about her latest book, "Even Superheroes Make Mistakes". Please register. Friday, October 19, 1:30 pm

**Customer Appreciation Day** (All Ages)

Wellington County Library celebrates you and your love for the libraries! Drop in for light refreshments, fun activities, and enter your name into the draw for a gift card from a local business. Saturday, October 20, during branch hours

**Halloween Make and Take** (All Ages)

Get in the mood for trick or treating by making some creepy crafts at the library. There may even be a treat! Drop in. Saturday, October 27 - Wednesday, October 31, during branch hours



## School Council Corner:

The 2018-2019  
school year is off to

a great start! Thank you to the families that attended our Family Pizza Dinner at the Open House. It was nice to sit together and catch up after a busy summer and to visit classrooms and hear our new ideas and activities for the upcoming year with staff.

We would also like to thank Jeff Duncan, who is running for County Council, who donated \$250.00 to Parent Council this September. This money will directly impact our students as we are looking to continue our outdoor space renewal project.

We are happy to announce the 2018-2019 Parent Council:

Co-chairs – Beth Gregory and Rebecca Chalmers

Co-Treasurers – Rebecca Chalmers and Beth Gregory

Secretary: Iolanda Collins

Events Coordinator – Chris Collins

Shoppers – Shannon Grist & Gillian Denbok

Event Crew – Wendy McFadyen

Snack Program & Hot Lunch Coordinators – Angie Jansa and Beth Gregory

If you missed the nomination deadline but would still like to be a part of Parent Council this year, it is not too late! We are still looking for COMMUNICATION

COORDINATORS. This role does not require you to attend meetings and the jobs can be completed when you are free. Also, Parent Council will be meeting bi-monthly this year. Please let a member of Council know if you are interested or please email [RRMPC@myonlinemail.ca](mailto:RRMPC@myonlinemail.ca), if you are interested!

We have an exciting year planned for RRM's students, including a Halloween Costume Dance (all parents and guardians are welcome to join us!) and **NEW** Hot Dog Tuesday's Lunch Specials, starting in November. Something new to look forward to is hassle-free pizza lunch ordering. Details will be coming this week. Please remember to direct any of your questions and comments regarding Pizza Lunches to [rmlunchandmilk@outlook.com](mailto:rmlunchandmilk@outlook.com)

We are a very small school community and we appreciate all parents, guardians and staff support. We do, however, reserve the right to cancel events if we do not have enough volunteers. Every dollar that Parent Council makes goes directly back to our students to help offset the costs of field trips, provide learning resources, outfit our library and sports teams and make improvements to the school's outdoor space.

**School Council would like to send a HUGE thank you to Linda Campbell for her years of leadership and generosity towards the school community in her role as Chair of Parent Council. We feel so lucky to have shared these years with you!**

## Learning about residential schools on

### Orange Shirt

Day - Oct. 1  
at RRM

September 30 is  
Orange Shirt  
Day, a day for  
people to come



together in the spirit of reconciliation and  
to keep discussing openly all aspects of  
residential schools.

Orange Shirt Day originated in the spring of  
2013 as a response to Phyllis' story about  
when she had her shiny new orange shirt  
taken away on her first day at the St.  
Joseph Mission residential school.

September 30 was picked as Orange Shirt  
Day, as this is the time of year in which  
children were taken to residential schools.

According to event organizers, "Orange  
Shirt Day is also an opportunity for First  
Nations, local governments, schools and  
communities to come together in the spirit  
of reconciliation and hope for generations of  
children to come."

Since September 30 is a Sunday, our school  
will encourage students and staff to **wear  
orange shirts on October 1.**

For more information about Orange Shirt  
Day, please visit [www.orangeshirtday.org](http://www.orangeshirtday.org).



WDG Public  
Health is  
pleased to  
provide

elementary schools with up-to-date information  
on health topics for their monthly newsletters  
and announcements to parents. Please find  
below an insert you can include in your school  
newsletter and/or announcements if you wish.  
If you have any questions please contact us at  
1-800-265-7293 ext. 4111 or email  
[schoolhealth@wdgpublichealth.ca](mailto:schoolhealth@wdgpublichealth.ca)

### **Information from Public Health - Lunchbox Essentials!**

Are you getting back into the habit of packing  
school lunches? A balanced lunch includes a  
variety of foods to keep your child full and able  
to learn best. Try to include at least one food  
item from each of these 4 categories in your  
child's lunch every  
day.



- Vegetables**
- Fruit**
- Protein-rich  
Foods** (beans,

lentils, chickpeas, cheese, eggs, meat, fish,  
plain yogurt, plain milk)

- Whole Grains & Starchy Vegetables**  
(whole grain pasta or bread, potatoes, corn)

#### **Top 5 Tips:**

1. Keep peeled and cut veggies and fruit on  
hand in the fridge, ready to grab and go! Try  
to include a fruit or veggie at every meal  
and snack.
2. Involve your kids in planning and making  
school lunches. They're more likely to eat  
food they helped make and they build  
valuable life skills in the kitchen!
3. Save time and use your leftovers for school  
lunches.
4. Include a reusable water bottle every day.
5. Check out [UnlockFood.ca](http://UnlockFood.ca) for school lunch  
tips and recipes.

# STAY CONNECTED!

Download the Upper Grand DSB mobile app today



Download for iPhone  
on Apple App Store

Download for Android  
on Google Play



Board & School News

Stay informed and up to date with  
school board and school news



Events Calendar

Never miss an important date  
with school event calendars



Quick Links

Easy access to helpful links like  
transportation, social media and more

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

## Feedback welcome on draft board policies



The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is:

### Policy 503 – Safe School Policy

This Policy (Student Discipline, Bullying Prevention & Intervention, Suspension & Expulsion) is important to students, staff, parents and guardians, school councils and the school community because everyone plays a role in maintaining a positive school climate and ensuring a safe, inclusive, and accepting learning and working environment in our schools.

You are invited to review the draft documents and submit online feedback at [www.ugdsb.ca/board/policy](http://www.ugdsb.ca/board/policy). **The deadline for public input is October 25, 2018** 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.

We take ALL incidents of bullying seriously. If your child is the victim of bullying or sees bullying behaviour at school, please encourage them to speak with someone at school or use our board's online reporting system 'REPORT BULLYING' which gives students and parents/guardians 24/7 access for reporting bullying. You don't have to identify yourself – just your school-and your message gets sent directly to the school principal for follow-up.

*Report Bullying*  
ONLINE TOOL

You will find the Report Bullying button on our school's website.

## Dufferin PARENT Support NETWORK

Dufferin Parent Support Network is a network of parents and community agencies who provide education, resources, and support for parents of school-aged children. They offer a wide-range of workshops for families and parents/guardians. Please visit [www.dpsn.ca](http://www.dpsn.ca) for details about upcoming ones.



Both as citizens of Canada and of the digital world, we have rights and responsibilities.

### How can you help your child be a responsible digital citizen?

- \*Get to know and learn how to use the services and Web sites your child uses.
- \*Teach your child to keep their usernames and passwords private.
- \*Teach your child when, where, and how to use digital communication methods. And be sure to lead by example.
- \*Teach your child that he / she needs to ask permission before taking and / or posting photos and audio / video recordings .
- \*Reinforce with your child that some material online belongs to others and cannot be used without permission and without giving credit.
- \*Help your child understand that once sent, digital messages can never be erased– they need to consider long-term consequences
- \*Try to get to know your child’s “online friends”
- \*Encourage your students to think critically by considering multiple sources of information and the reliability of these sources.



### Student Responsibilities as Digital Citizens

Students need to:

- \*adhere to school rules and acceptable use policies related to the use of personal devices

\*protect their privacy by password protecting their personal devices and by keeping all passwords private

\*show respect when working with others

\*follow guidelines to help keep them safe when communicating electronically

\*ask permission and give credit to authors when they want to use their work

\*evaluate online resources for accuracy, reliability, currency, comprehensiveness, trustworthiness security, etc.

\*use technology at the right times and in the right places

\*bring their device to school and class each day, ensure it is fully charged each night and can connect to the Internet

### Number Talks in Math

Upper Grand students are doing well with basic math knowledge and skills. We see this from EQAO data, from PRIME diagnostic assessments, and from observations and conversations with students. However, our students are struggling with number fluency and flexibility. They often have a single strategy or procedure to solve a problem and when that one doesn't work in a particular situation, they are out of luck. Our students also struggle to judge the reasonableness of their solutions. We want our students to demonstrate **accuracy, flexibility, and efficiency** in math and Number Talks can support the development of all three. The goal behind



Number Talks is to fill students' toolboxes with multiple strategies (fluency) and for them to get better at communicating their mathematical thinking. It has been stressed in face-to-face PD sessions that we have to

provide students with opportunities to independently practice the documentation of their own thinking. Once a week, instead of conducting a number talk, students may answer a similar question on GOOS (Good on One Side paper or a whiteboard).



**October is International Walk to School (IWALK) Month.**

*Students around the world are walking & wheeling to school. Join the movement!*

UGDSB is celebrating Walk to School or

Walk at School Day on Wednesday, October 3<sup>rd</sup>, 2018.



@OntarioAST

#Active2School



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

## Join us on October 3 for International Walk to School and Walk at School Day!

In October we celebrate “active travel” by encouraging students to walk or bike between home and school, or to actively travel as much as they can in their local environments.

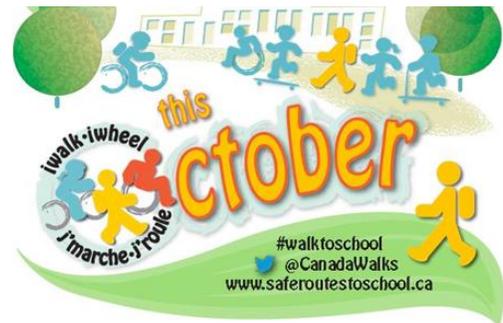
*“In the ParticipACTION Active Healthy Kids Canada Report Card, the overall grade for children remains at a D- for the third year in a row. Overall, only 9% of 5-17 year olds are getting the 60 minutes of heart-pumping activity they need each day. And sadly, only 24% of 5-17 year olds are walking/wheeling/rolling to school. Our tendency to constantly watch over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health.”*

## 4 ways that walking, biking or rolling can benefit kids

by Katherine Martinko

- **Outside activity is known to improve academic performance.** Children that have had some outside time in the morning arrive brighter and more alert for their first morning class.
- **Walking gives children good life experience.** It’s an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.
- **Walking gets children outdoors –** and, according to Richard Louv, who wrote about Nature Deficit Disorder, kids certainly aren’t spending enough time outside these days. Find opportunities for your child to get outside and get moving by walking, biking, skipping, or rolling too!
- **Walking/biking/rolling provides daily exercise for children.** Obesity rates have skyrocketed in North America, so incorporating physical activity into a child’s daily routine is a good place to start fighting it.

**Encourage your children to get outside and get active!**



[Click here](#)

for more information on Active & Safe Routes to School. <http://www.saferoutestoschool.ca/>

## Emergency Safety Drills at RRM

We wanted to provide you with some information regarding emergency drills that we will be conducting this school year.



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.

The following number of drills is required each school year:

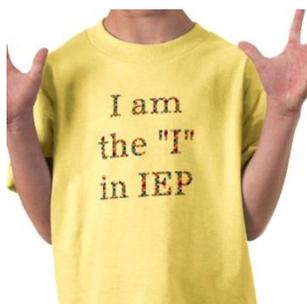
- Three (3) fire drills in the fall and three (3) fire drills in the spring
- Two (2) lockdown drills
- One (1) tornado drill
- One (1) bomb threat drill

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.

## Individual Education Plans (IEPs)

Individual Education Plans, or IEPs, are developed by schools when assessments show that a student needs special education programming and/or services. The development of the IEP



should be a collaborative process that includes parents and the student (if possible). During the development phase, schools are required to seek feedback through consultation with parents. This is your opportunity to discuss and share information with the classroom teacher and/or special education teacher regarding your child's education. If your child had an IEP last year, you will see a copy of this working document come home within the first 30 school days.

When the IEP is sent home, you will also receive a booklet titled, **Parents' Guide to the Individual Education Plan**. This booklet is a resource to help parents understand how an IEP is developed, what is included in an IEP, and how an IEP supports your child. It also includes definitions and explanations to help parents understand some of the language that is part of an IEP, such as accommodations and modifications.

One more item that will accompany your child's IEP this year is a **Parent/Guardian IEP Questionnaire**. We want to know your ideas about your child's Individual Education Plan (IEP). Your ideas will be used to help us improve the IEP processes in our schools, and help us provide parents/guardians with the special education information they are looking for. Please take a few moments to share your ideas and return the questionnaire to the school office. If you need any help with completing this questionnaire, your child's classroom or special education teacher can assist you.

There are many resources found on the UGDSB website to support parents/guardians as they learn about Special Education.

<https://www.ugdsb.ca/programs/special-education/support-documents-for-parents-guardians/>

SPECIAL EDUCATION  
Parent Resources



## Talking About Mental Health October 2018- Building Resilience

Resilience is our ability to recover from difficulties and adapt to change; to be able to function as well or better after a challenge. Resilience is an important part of good mental health. We all can develop resilience, and we can help our children and youth develop it as well. The following tips are taken from Resilience Guide for Parents and Teachers, by the American Psychological Association. For more information see:

<http://www.apa.org/helpcenter/resilience.aspx>



Tips for building resilience:

### **Make connections**

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends.

### **Help your child/youth by having them help others**

Children and youth who may feel helpless can be empowered by helping others. Engage your child/youth in age-appropriate volunteer work, or ask for assistance yourself with some task that they can master. At school, brainstorm with children about ways they can help others.

### **Maintain a daily routine**

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child/youth to develop their own routines.

### **Take a break**

While it is important to stick to routines, endlessly worrying can be counter-

productive. Build regular breaks into school and home routines.

### **Teach your child/youth self-care**

Make yourself a good example, and teach your child/youth the importance of making time to eat properly, exercise and rest.

Make sure your child/youth has time to have fun.

### **Move toward goals**

Teach your child/youth to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child/youth on what they have been able to do rather than on what they haven't done, and can help build resilience.

### **Nurture a positive self-view**

Help your child/youth remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future challenges.

### **Keep things in perspective and maintain a hopeful outlook**

Even when your child/youth is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook allows your child/youth to see the good things in life and keep going even in the hardest times.

### **Look for opportunities for self-discovery**

Tough times are often the times when children/youth learn the most about themselves. Discuss with your child/youth what they learned after facing a tough situation.

### **Accept that change is part of living**

Change often can be scary for children and youth. Help your child see that change is part of life and new goals can replace other goals.

Have a mentally healthy day!

*Jenny Marino is the Mental Health Lead for Upper Grand District School Board*

*Follow me on instagram: ugdsb\_mental\_health*

