



Ross R. MacKay Public School

35 Trafalgar Road, R.R.# 2
Hillsburgh, ON N0B 1Z0

Phone: (519) 855-4957
Fax: (519) 855-6901

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

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

November , 2018

Principal's Message

Winter has graced us with her appearance a couple of times already. Thanks to families for ensuring your children are dressed for both recess and outdoor learning times with plenty of layers as well as indoor and outdoor footwear.

Gratitude goes to our School Council for hosting our spook-tacular Halloween Dance this Wednesday. It is going to be enjoyable to see students boogieing away in their costumes.

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. Compassion, or empathy, is 'caught, not taught'. The key is to demonstrate compassion and empathy ourselves as adults, showing we understand and care about our children's feelings and treating our family and people outside our family with kindness. It's also important to talk about our own emotions - not to overburden our kids, but to openly share about the range of normal feelings.

We'd also appreciate you as parents talking to your children about self-regulation and keeping small problems small as we have

noticed that a number of students have been struggling with both in the last while at RRM. Here's a great link to resources that can help with these discussions.

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

We welcome parents/guardians to join us this month for our Halloween Parade & Dance on October 31, at our Character Education Assembly on Nov. 1, at our Remembrance Day Assembly on Nov. 9 and during our Wellington Recycle Presentations on Nov. 22 and, of course, during our Interviews on Nov. 29/30.

We encourage you to use the UGDSB Messenger App, to visit our RRM School Website regularly <http://www.ugdsb.ca/rossrmackay/>, and to follow us on our Twitter Account [@RossRMackayPS](https://twitter.com/RossRMackayPS). Our School Council also invites you to follow their Facebook Page [Ross R. MacKay Public School - by School Council](https://www.facebook.com/RossR.MacKayPublicSchool)

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



What's Happening at the Local Library?

Hillsburgh Branch,
Wellington County
Library

T 519.855.4010

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



Please visit www.wellington.ca/Library for a complete list of upcoming programmes. All branches closed Sunday, November 11, 2018.

Hillsburgh Branch, T 519.855.4010

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. Please register.

Tuesdays, November 6 - 27, 10:30 - 11:00 am

Wednesdays, November 7 - 28, 10:30 - 11:00 am

Teen Café: Makerspace (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, November 1 and 15, 6:30 - 7:30 pm

Hook and Needles (Adults)

Bring your own project and join others for an afternoon of knitting and crocheting. Please register.

Wednesdays, November 14 and 28, 2:00 - 4:00 pm

PA Day Movie: Ant Man and the Wasp (All Ages)

Join us for a showing of "Ant Man and the Wasp", complete with popcorn! Rated G. Ages 8 and under must be accompanied by a caregiver. Please register.

Friday, November 2, 2:30 pm

Second Thursday Book Club (Adults)

Our evening Book Club takes place on the second Thursday of every month. Ask staff for details.

Thursday, November 8, 6:45 - 7:45 pm

Third Wednesday Book Club (Adults)

Our afternoon Book Club takes place on the third Wednesday of every month. Ask staff for details.

Wednesday, November 14, 2:00 - 3:00 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, November 17, 10:30 am - 12:00 pm

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 here! No experience necessary. All materials are provided. Please register.

Friday, November 23, 2:30 - 4:00 pm

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 cash on the day. Please register.

Friday, November 30, 10:00 am - 4:00 pm

Memoir Writing Workshop (Adults)

Join Nora Zylstra-Savage from Storylines for an introduction to memoir writing. Nora has over twenty years of inspiring and teaching others how to write their life stories. She brings humour, enthusiasm, and sensitivity to all her workshops. Please register.

Tuesday, November 6, 6:30 - 7:30 pm

Carnegie Café: Colour Me Calm (Adults)

Brighten up your day with the newest trend in quiet relaxation. Unwind and improve overall wellness by creating something beautiful. All materials provided.

Tuesday, November 13, 6:30 - 7:30 pm

HOMESTAY

Homestay is an integral part of the experience in studying abroad.

The Upper Grand District School Board - International Student Program welcomes students from around the world to study in ten of our secondary schools and works closely with various homestay service providers through the year.

We are very appreciative of the families who provide homestay for our students.

Due to increased interest in our secondary school programs (February and September intakes) one of our associates is currently looking to add more families to their roster. You can determine your preferences such as gender and length of homestay as we offer short term, semester and school year programs to international students.

Hosts do receive remuneration and support from placement companies such as CHN. For more information on becoming a homestay family in our communities please contact:

Canada Homestay Network (CHN)
<http://whyihost.canadahomestaynetwork.ca>
hostinfo@canadahomestaynetwork.ca 1-877-441-4443 ext. 2176



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 respectfully 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 or toonie so that we may make a donation to our local Legion who provided the poppies and stickers to RRM.

Happy Holidays!

Save the date

Ross R. MacKay Holiday Concert

Thursday, December 20

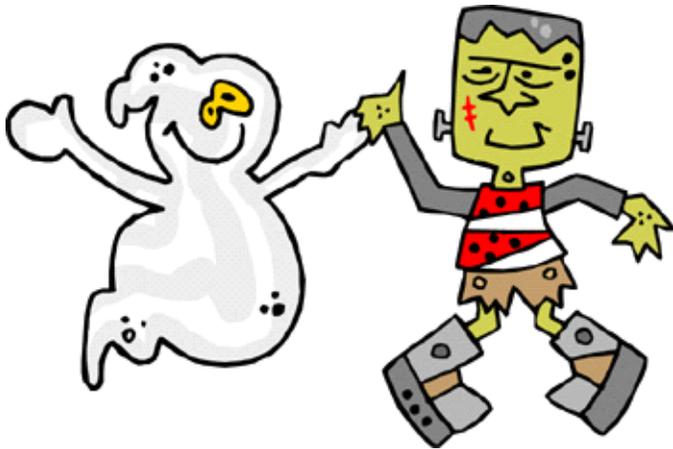
6:30 – 7:30 PM



School Council
Corner:

Hello Parents/Guardians!

Halloween is nearly here and there is lots of excitement in the halls. Our Halloween Dance this year will be full of fun, music and costumes. Students will have an opportunity to purchase treats at the snack bar, while they dance the afternoon away. We remind parents that Halloween pledge forms are due on Halloween and can be submitted to your child's classroom teacher.



We appreciate all the families that have participated in our new pizza lunch program. Our new ordering system allows parents and guardians to order hassle free for three months. If you have questions about your child's orders please continue to send them to RRMLunchandmilk@outlook.com.

Hot dog orders are ready to roll out in November. This new option to our lunch program gives parents and guardians another break from lunch making! Thank you for your support of Parent Council's new fundraising initiative.

Our next School Council meeting will be held on Wednesday, November 21st at 6:30 pm in the school's library. All are welcome to attend and we look forward to seeing you there.

Treaties Recognition Week - November 5 - 9, 2018

Ontario passed new legislation in 2016 to recognize the importance of treaties and to bring awareness to the treaty relationships between Indigenous and non-Indigenous people. The Ministry of Indigenous Relations and Reconciliation (MIRR) has proclaimed the first week of November each year as Treaties Recognition Week. This year, Treaties Recognition Week will take place from Nov. 5 – 9, 2018

The Upper Grand Board is proud to support Treaties Recognition Week and raise awareness of the histories, cultures, contributions and perspectives of First Nation, Métis and Inuit peoples in Canada. Across our district, schools will use many programs and initiatives to plan curriculum-linked learning activities that will help all students understand the true history of the First Nations in Canada – including residential schools.

The Truth and Reconciliation report is one of our Board's commitments to achieving equity and inclusion as part of the board's strategic plan, Plan for Student Success.

For more information on Treaties Recognition Week, visit www.ontario.ca/page/treaties





Information from Public Health

We're talking about weed – new cannabis information campaign launched!



Wellington-Dufferin-Guelph Public Health has launched a cannabis information campaign to provide youth and adults with information about the health effects of cannabis use, ways to reduce health risks, and links to local resources and support. This campaign features a series of short videos, including one for parents, which encourages parents to talk to their kids about cannabis. More information for parents can be found on our website: www.talkingaboutweed.ca.

Looking for more information? Check out these other parent resources:

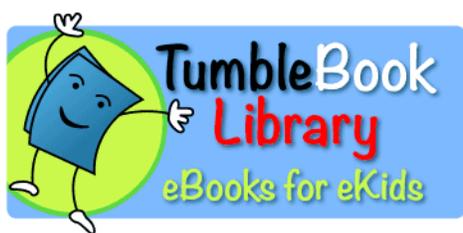
- Cannabis: What Parents/Guardians and Caregivers Need to Know (by School Mental Health Assist and Centre for Addiction and Mental Health): <https://smh-assist.ca/wp-content/uploads/PRINT-Cannabis-Information-Document-SMHA-CAMH-ENGLISH.pdf>
- Cannabis Talk Kit (by Drug Free Kids Canada): <https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf>

Our board has a wonderful resource for all of our students that can be accessed 24/7 from school or from home. It's called UG2GO and includes Learn360 (educational video streaming), Student Link (a site children use at school that gives them access to web sites that are kid friendly and relate directly to their current units of study), Tumblebooks (a site that has hundreds of books children can click on and have read to them), Overdrive (eBooks and audiobooks), and much more. When students are at home they can go to this URL:

<https://www.ugdsb.on.ca/ug2go>

They will be prompted to enter the same Windows username and password that they use at school to get onto the school network. Once they enter their Windows username/password they will enter the site and they can then click on any of the resources and be taken directly to the individual resource without the need for any additional passwords.

Please take a few minutes to explore the site with your child. It is an important tool that will aid students in their education, and may make your life easier when it comes to homework and projects. We are excited that students are able to access information from anywhere and at any time in this information age!





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 for details about upcoming ones.

Monthly environmental activities to help celebrate our planet

Friday November 23rd is BUY NOTHING Day!

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

Celebrate Buy Nothing Day on November 23rd!

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.

"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*- <https://www.telegraph.co.uk>

Repair, reduce, re-use, recycle – 4 R's are best!

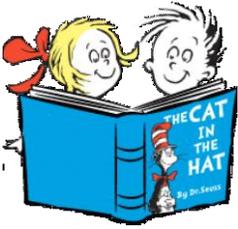
It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle' could be the new model. <https://www.theguardian.com>

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!



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 reading?

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 pick up 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.

Forest of Reading Program:



This year again, our School will be participating in the Forest of Reading Program. This program is Canada's largest recreational reading program where readers select the winners (as long as they have read or listened to five out of the ten book selections). The Blue Spruce selections are for Grade 1 and 2. Silver Birch Express selections are for Grade 3 and 4 and Grade 5 and 6 students enjoy Silver Birch Fiction and Non-Fiction choices.

We have ordered one copy of each book for our Library and to facilitate the program. However, many students like to purchase these books on their own so they don't have to wait for a copy. Please visit

www.accessola.com/Forest to see the 2019 choices as well as books nominees and winners from past years - as all are amazing reads.

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 – particularly fruit, granola bars, muffins or bagels) if you would like to support this worthy program in any way.



Talking About Mental Health November 2018 – Nature and Mental Health

Fall is here and so is that pre-winter chill! Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. Being outdoors is a simple way to add some much needed down time from screens. Adding some time in nature is having some much deserved peace and quiet in our busy lives. One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if we have it) to go outside and enjoy nature.

If you want your family:

- To be less stressed
- To be happier

- To be more resilient
- To feel better about themselves
- To have increased attention
- To have a better ability to learn

Then **GO OUTSIDE!** Take your kids outside! Enjoy and be part of nature.

Try this:

- *Go for a walk
- *Head for the woods – make a scavenger hunt
- *Go bird watching – make it a game to find the names of all birds you see
- *Go on a bug hunt
- *Watch the clouds float by
- *Make a game of identifying all the sounds you hear outside

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>

<http://www.wellington.ca/en/discover/trailsandforests.asp?hdcContent=>

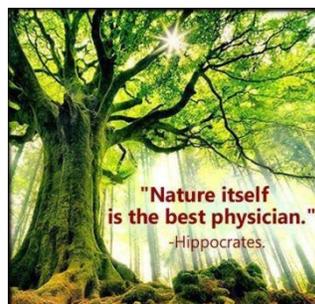
<https://www.grandriver.ca/en/grand-river-parks.aspx>

<http://headwaters.ca/experience/parks-conservation-areas/>

<https://www.uoguelph.ca/arboretum/>

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

*Follow me on Instagram
#upper_grand_mental_health*



CELEBRATE DIVERSITY

We'd love to celebrate customs, traditions and days of significance from all around the world! If you have a suggestion or idea, please contact your child's teacher or Ms. Armstrong . If you are willing to come in and share ideas with us, we would love to hear from you.

Days of Significance November 2018

Nov 1	All Saints Day Samhain Beltane	Christian Wicca/Pagan
Nov 2	All Souls Day Crowning of Emperor Haile Selassie I	Catholic Christian Rastafarian
Nov 5 - 9	Treaties Recognition Week	
Nov 7	Diwali Bandi Chhor Divas	Sikh, Jain, Hindu Sikh
Nov 8	New Year Vikram New Year	Jain Hindu
Nov 9	Birth of the Ba'b Buddha's Descent from Tushita Heaven	Baha' i Buddha, Tibetan
Nov 10	Birth of Baha U llah	Baha' i
Nov 11	Remembrance Day	Canadian Government
Nov 12	Gyana panchami	Jain
Nov 14	World Diabetes Day	World Health Organization
Nov 15	Nativity Fast Begins	Christian

Nov 16	Louis Riel Day	First Nations, Metis
Nov 17	Lokasha Jayanti	Jain
Nov 19	Maun Agiyaras (Ekadashi)	Jain
Nov 19-24	Bullying Awareness and Prevention Week	Ontario Government
Nov 20	Transgender Day of Remembrance Universal Children's Day	(LGBTQ+) United Nations
Nov 21	Mawlid an Nabi Presentation of the Virgin Mary	Islam Christianity Russian Orthodox
Nov 22	Birth of Guru Nanak	Sikh
Nov 23	Birthday of Guru Nanak Gurpurab	Sikh
Nov 24	Martyrdom of Guru Tegh Bahadur National Holodomor Memorial Day	Sikh Ukrainian Canadian Association
Nov 25	International Day for the Elimination of Violence Against Women	United Nations
Nov 26	Day of the Covenant	Baha' i
Nov 28	Ascension of Abdu'l-Baha	Baha' i



