



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. Eberhardt

January, 2018

Principal's Message



We hope everyone enjoyed a relaxing and rejuvenating holiday break and wish all of our families a Happy New Year!

A heartfelt thank-you goes out to our School Community on behalf of East Wellington Community Services. 'Small but Mighty' Ross R. Mackay has extremely generous families. Our 'give instead of get' campaign during the month of December was a huge success. _____ items were collected for the Food & Toiletries Drive as well as whole box of mittens, scarves and hats. Students also earned a Holiday Light to display in the gym instead of gotchas this month and as a result, a donation of \$200.00 (including donations received on the Holiday concert night) was also given to EWCS.

It was wonderful to see almost all of our families in attendance at our Holiday Concert on December 20. We had many positive comments about the performances. Special thanks to our the staff and students for the time and energy spent in preparation.

Mrs. Donovan is continuing to fill the temporary V.P. position at Elora. Mrs. Chambers has been hired as a Long-term Occasional Teacher to cover Kindergarten until Mrs. Donovan returns.

This past month, we have focussed on the Character Trait of **Honesty**. The month of January will be all about **Fairness/Equity**. We encourage you to talk to your children about what these words mean at home, school and in the community.

Please help us reinforce our 'Hands & Feet to Ourselves/No Rough Play' and 'Snow stays on the Ground' expectations by speaking with your children about these requests. Some of

our students are struggling to understand that is not appropriate to push, hit, kick or throw things at others during outdoor play. We encourage students to report issues when they arise, rather than responding aggressively, which just escalate the problem. Our goal, as always is to ensure safety for all students in ours school. Thanks for your support.

We welcome parents/guardians to join us this month, at our Character Education Assembly on Wednesday, January 9 at 12:10 PM., or at our first School Council Meeting of 2018 at 6:30 PM on Jan. 16 in the Library.

As always, we encourage you to visit our RRM School Website regularly for information updates - <http://www.ugdsb.ca/rossrmackay/>, to add the **School Messenger App** to your phone and to follow us on our Twitter Account **@RossRMackayPS**. 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

(519) 855-4957 x223

♥ Welcome to Kindergarten

We're getting ready to welcome our newest group of little learners to the school! Kindergarten registration for the 2018-19 school year takes place from January 9 to 19, 2018. **New this year:** all Junior and Senior Kindergarten students new to the UGDSB must pre-register online. (SK students who attend a UGDSB school for JK do not need to pre-register online). Pre-registering online between Jan. 9-19 will save families time by allowing you to fill out important forms and documentation when it's convenient for you.

Once you've pre-registered online, parents/guardians must go into their child's home school before the Jan. 19th deadline, in order to drop off documentation and complete their registration. Please note that all parents hoping to register their child for JK French Immersion must complete their registration document verification by Jan. 19 at 4 p.m.

For more information on how to register and the JK French Immersion selection process, please visit www.ugdsb.ca/jkregistration.



“Ready Set Go”

Sadly, the Ready Set Go Program (RSG) that we designed for children entering Junior Kindergarten,

offered through East Wellington Community Services' Early Years Department will no longer be offered in the local schools.

Early Years Programs transitioned throughout 2018, now called EarlyON programs, and the new guidelines have been set in place and unfortunately, the RSG program does not meet those new guidelines.

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 are looking for 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.



must have been difficult/interesting”, “it sounds like you had fun”, “you must have felt disappointed/frustrated/angry”. Talk while having dinner together, preparing dinner, going out for a walk, at bedtime, on the way to school or while standing in the grocery line. Think of yourself as a partner in the conversation.

Student Absences

Thank you to all parents for taking the time to call the school when your child is absent, due to illness or other reason. This allows our Office Coordinator to focus on the needs of the students within the school rather than try to track down where a particular child is on that day. Please leave a clear message on the answering machine before 8:30 AM or if you call after this time, you can speak directly to our Office Coordinator. Thank you for your assistance.

Talking to Children

Hey, Mama! I have a really cool thing to tell you!



How many times have you asked your child what they did in school today and they said “nothing”? Do you feel that

most of the conversations you have with your children are just about telling them what to do? Many parents feel this way; life is busy.

Giving children opportunities to have conversations is really important for their growth and learning. What to do? Children often ask a lot of questions, especially young children. Parents answer those questions and the conversation often just ends. How do you keep the conversation going? Instead of answering the question what if next time you ask a question instead? Consider these questions: What do you think it is? What do you think about that? What interests you about that? What do you notice? How do you think that works? If you get a one word answer you might make a comment such as, “tell me more”, “I’d like to hear more about that” or ask another question.

Listening carefully is also important when talking to your child. Children respond positively if they know they have been heard and that you are interested in what they have to say. Use comments to encourage your child to keep talking: “Tell me more about that”, “that

Emergency Contact Numbers

Winter has certainly arrived, and along with this season comes unpredictable weather that can cause changes to transportation plans for parents and bus travel. Please ensure our school has updated phone numbers and emergency contact information. The school relies on accurate and updated information to ensure your child is both accounted for and safe.

Also, please remember to check the Wellington-Dufferin Student Transportation Services pages for up-to-date [Bus Cancellations Announcement](#) www.stwdsts.ca/. We will also post on our Twitter Feed which is also linked right to our school website page.





Council's Corner

Hello, parents!

December has been a busy month for School Council with our Christmas fundraiser in collaboration with Jess for You Cafe, hot dog lunches and pizza days.

We remind parents that squares can be picked up from Jess for You Cafe on Wednesday, December 19th from 3-6pm or on Friday, December 21st from 3-6pm for those families that participated in the fundraiser.

This event has been such a huge success for the school. So many families have participated in raising funds to support our students. Carly Brooks raised the most funds, a total of \$880, and was awarded a beautiful gift basket care of Jess for You Cafe. Congratulations, Carly and thanks again to all families for your support!

We would very much like to continue our hot dog day lunches in the New Year. We will require some parent volunteers in order to make that happen. Listed below are our tentative hot dog lunch dates. If you can volunteer an hour and a half on any of the dates, please contact rmlunchandmilk@outlook.com or sign up with one of our School Council members, like Ms. Armstrong or Rebecca Chalmers. We will also post a sign up sheet on our Parent Council board, right outside the office. We hope to have a few volunteers so we can continue this fun initiative.

Hot Dog Lunch Proposed Dates:

Feb 5, 19

March 5, 19

April 2, 16, 30

May 14, 28

We wish you all a very safe and Merry Christmas and we will see you all in the new year!

BRINGING HEALTHY FOOD TO HUNGRY MINDS

Snack Program Donations

We always welcome the donation of items for our Snack Program.



Top items we request are:

- *fresh or dried fruit
- *veggies
- *granola bars/animal crackers
- *bagels/cream cheese/jam
- *crackers
- *cheese (strings, slices or blocks)
- *yoghurt (cups or tubes)
- *raisins
- *cereal

Environmental activities to help
celebrate our planet



**JANUARY is the time to carry out
your resolutions!**

*“There will be more waste plastic in
the sea than fish by 2050”
Dame Ellen MacArthur*

**It’s a brand new year and the perfect
time for positive change. For
example, let’s end plastic pollution.**

Based on the daily news, it’s never been more critical to increase your environmental efforts. This year the *Earth Day Network* is calling to end plastic pollution. Imagine a future free from harmful plastic garbage! Single-use plastics are especially wasteful and many plastics are also not properly recycled and take up precious landfill space or pollute our oceans, killing marine life and washing up on pristine beaches. Plastic garbage ‘islands’ are appearing in seas and oceans all over the world. One of these - the Great Pacific garbage patch, is estimated to be the size of Alberta.

<https://www.nationalgeographic.org/encyclopedia/great-pacific-garbage-patch/>

**Tips on how to reduce single-use
plastics:**

- Extend your use of cloth shopping bags beyond the grocery store. Use them at all other retail stores too. (You can carry purse-sized, reusable folded bags.)

- Avoid buying over-packaged food. The choice is yours. Do you need to buy the carrots that are shrink wrapped on a Styrofoam tray, or can you buy a bundle that is tied together with a simple twist tie?
- Let the restaurants you frequent know that you would them to join the growing movement to ban the use of straws. Restaurants, organizations, institutions and schools worldwide have gotten rid of plastic straws or implemented a 'serve-straws-upon-request' policy.
- Tap water is best. Bottled water can deplete our precious groundwater resources and produce unnecessary greenhouse gas emissions through the production and transport of plastic bottles. Carry a reusable water bottle instead.
- Lug a travel mug to your local coffee shop. (The plastic lining makes coffee cups unrecyclable, and they all end up in the garbage and in our overflowing landfills.)
- Write letters to the government asking them to fix a problem that you are concerned about such as: mandating the reduction of plastic packaging, banning Styrofoam, or promoting research for recyclable coffee cups, etc.



PLASTIC FREE

www.wuft.org



Understand Numbers with Your Child

Research tells us that in mathematics,

higher achieving students have a strong flexibility and understanding of the relationship between numbers. In classrooms, educators are working with students to build skills with understanding and connections, to help develop their sense of number as well as learning and remembering facts. This helps students when problem solving

Think about knowing $4 + 7 = 11$ simply as a memorized fact.
Now think about knowing that $4 + 7 = 11$ because it is a $3 + 7$ and 1 more (linked to knowing that 10 is an important number).

The understanding of this relationship can help a student to think flexibly about $64 + 27$.
In the same way, it can be thought about as $60 + 20 +$ the 10 (that was made by the understanding of $4 + 7$) and 1 more = 91

As a parent, you can support your child in thinking flexibly about how numbers are related:

- What other numbers or facts is this connected to?
Example: $6 + 7 = ?$ This is like the double I know of $6 + 6$ and then 1 more.
- What do you know that might help you get there?
Example: $7 \times 4 = ?$ I remember that $5 \times 4 = 20$, so then I have to add on two more 4's, which is 8, to get 28.
- What is another way that you can know that?
Example: $4 \times 25 = ?$ I can think about money and know that 4 quarters is \$1.00, so $4 \times 25 = 100$



READING ALOUD: You are NEVER too old.

The benefits of reading aloud to your children are many, from bonding with your children to helping them strengthen skills in writing, listening, creativity, and more. According to Scholastic's 6th edition [Kids and Family Reading Report](#), the frequency of children being read aloud to at home drops sharply after age 5, again after age 8, and again after age 11 -- and 87% of children aged 6-11 told us they want their parents to continue reading aloud to them. Try these resources to keep your reading bond strong with your kids.



Borrow online at the Hillsburgh Library: Check out an eBook or eAudiobook and enjoy it on your smartphone, tablet, or dedicated

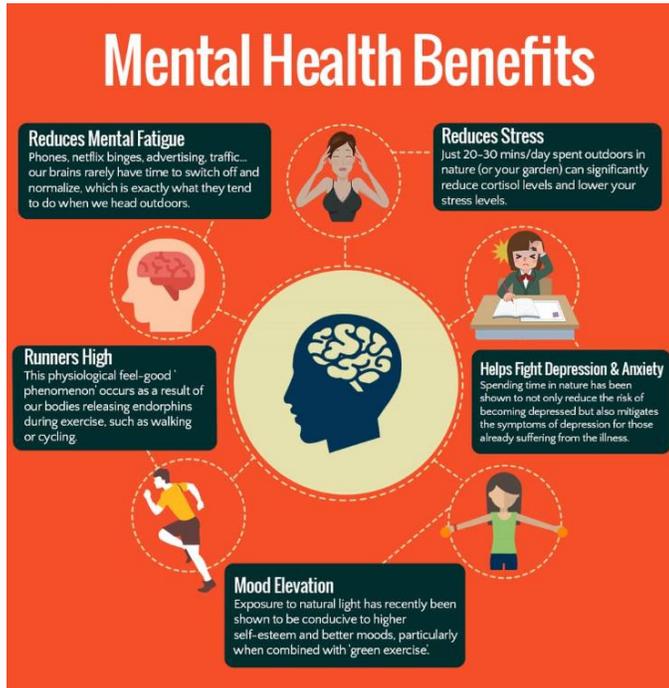
eReader. All you need is your library card number and PIN.

<https://www.wellington.ca/en/discover/lib-onlineresources.aspx>

<http://www.scholastic.com/parents/resources/book-list/adventure-fantasy/when-your-child-isnt-ready-harry-potter>

<https://thereisabookforthat.com/book-recommendations/top-ten-read-alouds/>

Talking About Mental Health January 2019 – Getting Outdoors



Did you know that taking a 20 minute walk can boost your memory and brain power? Getting outside reduces stress, improves sleep and creates feelings of liveliness and energy. Even in the cold weather it is important to find time to get outdoors - even if just for brief amounts of time.

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.

One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all

can take 5 minutes (or more if have it) to go outside and enjoy nature.

Go for a walk or a ski or a skate or a run. Head into the woods. Go bird-watching. Follow tracks in the snow. Watch the sunrise or the sunset. Watch the clouds drift by. Visit a river or lake or pond. Listen for all the sounds of nature. Take in the smells. Notice all the colours and textures. Notice the light as the days get longer.

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

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

<http://www.wellington.ca/en/discover/trailsandfo-rests.asp?hdnContent=>

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

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

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

Have a mentally healthy 2019

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

Follow me on Instagram #ugdsb_mental_health



We take ALL incidents of bullying seriously. If your child is the

victim of bullying or sees bullying behaviour at school, please encourage him/her to speak with someone at school or use our boards' online reporting tool. REPORT BULLYing gives students and parents 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. You will find the Report Bullying button on our school's website.

EQUITY & INCLUSION

Let's celebrate and/or acknowledge customs, traditions and days of significance from all around the world!

If you have a suggestion or idea, please contact your child's teacher, Mr. Hussain or Mrs Woytko. If you are willing to come in and share ideas with us, we would love to hear from you.

Days of Significance January 2019

Jan 1	New Year's Day Gantan-sai New Year	Canadian Government Buddhism/Shinto
Jan 5	Mehergan (1st Full Moon in 2019) Prakash Twelfth Night	Zoroastrian Sikhism Christianity
Jan 6	Feast of the Epiphany /Dia de los Reyes	Christianity Eastern Orthodox and Western
Jan 7	Fest of the Nativity/Orthodox Christmas Ethiopian Orthodox Christmas	Christianity Eastern Orthodox Rastafarian
Jan 13	Baptism of Jesus Birthday of Guru Gobind Singh Maghi Punjabi Lohri	Christianity Sikhism Sikhism Hinduism (Punjabi)
Jan 14	New Year (on the Gregorian Calendar)	Christianity Eastern Orthodox
Jan 15	Makara Sankranti	Hinduism
Jan 14-17	Thai Pongal (January 14 Main Festival)	Hinduism/Tamil

Jan 17	Pasha Putrada Ekadashi	Hinduism
Jan 20	World Religik on Day	Baha'i
Jan 21	Feast of the Wedding of Cana at Galilee Mahayana New Year Martin Luther King Jr. Day	Christianity Ethiopian Orthodox Buddhism USA Federal Holiday
Jan 21-25	No Name Calling Week	Gay, Lesbian & Straight Education Network (GLSEN)
Jan 27	International Day of Commemoration in Memory of the Victims of the holocaust St. Sava Devine Service	United Nations Christianity Serbian Orthodox

IT inclusion difference
equity BEGINS fairness
diversity WITH
awareness change YOU
civility social justice