



Ross R. MacKay Public School

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

Principal: Ms. T. Armstrong
Office Coordinator: B. Gerrits

October, 2019

Principal's Message:

Due to the Staffing Process this September, we have had several changes affecting our staff. Again, we express gratitude to our families for your understanding and flexibility as well as for supporting your children in adapting to these transitions.

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

Responsibility
Perseverance
Collaboration
Honesty
Fairness
Compassion
Citizenship
Self-regulation
Courage
Respect

as well as introduce the trait of the upcoming month. Staff 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. Please be sure to keep up with what is happening at school by signing up to receive emails and following us on our social media accounts (details on next page).



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

News & Information from RRM

We want to ensure that you are receiving news and information from our School.

1. We invite you to sign up to receive regular email blasts from RRM. Please visit our school website

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

At the bottom of the page, please

click on the link



and

fill in your

information.

2. We encourage you to follow us on our Twitter Account [@RossRMackayPS](#)
3. **Our School Council invites you to follow their Facebook Page [Ross R. MacKay Public School - by School Council](#)**
4. Upper Grand DSB has a parent communication tool for your smart phone. Designed to streamline communication between schools and the communities they serve, the Upper Grand Mobile app provides parents with a simple interface with up-to-date information including news, calendars and social media feeds. The **Upper Grand Mobile App** is available today for free at either the Google Play Store or at iTunes. Use the search term "Upper Grand" to find the app

Terry Fox Run

Thanks to all families who donated to the Terry Fox Run. We raised almost \$400.00.



Creating a Culture of Privacy

IT IS THE RESPONSIBILITY OF EVERYONE TO PROTECT STUDENTS' PERSONAL AND CONFIDENTIAL INFORMATION

All parents, guardian, and visitors to the school are reminded that the privacy of all our students must be maintained at all times. We are ultimately responsible for the safety and security of our students and the security and confidentiality of our students' personal information, including first and last names, images and any other identifying information.

- Only take pictures or video of your **own child(ren)**.
- Only post pictures or video of your **own child(ren)** on social media.
- Only share pictures or video of your **own child(ren)** with other people.
- Only preview **your child(ren)'s** work.
- Only discuss **your child(ren)** with the appropriate staff.

Thank you for being respectful of the privacy rights of our students.



Activities to help celebrate our planet

 **OCT 2nd IS
INTERNATIONAL WALK
TO SCHOOL DAY!**

*A walk outdoors is good for our
hearts and minds!*

Participate in International Walk to School Day on October 2nd 2019!

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.” <http://www.saferoutestoschool.ca/>



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!**

Wanted - Volunteers & Paid Positions

Message from Public Health

Debunking myths about vaping

E-cigarettes, also known as e-cigs, e-hookahs, vapes, vape pens, mods and tank systems, are battery operated devices that change a liquid chemical (e-juice) into an aerosol that can be inhaled. Knowing the facts about the risks of vaping can be tricky as the e-cigarette industry is new and growing rapidly.

To help, Public Health has developed an e-cigarette fact sheet to answer frequently asked questions like: What is an e-cigarette? How common are they? Are they safe? Can they help you quit smoking?

Know the facts about vaping and start a conversation with your child about the risks. Visit Public Health's website to access the fact sheet and more vaping-related material www.wdgpulichealth.ca/schools/curriculum-resources/substance-use-addictions-related-behaviours.



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.

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.

**Do you know what's
in E-Juice?
No one does.**

**Vaping can be addictive.
It's not just harmless water vapour.**



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

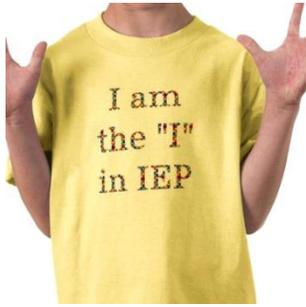


Number Talks is to fill students' toolboxes with multiple strategies (fluency) and for them to get better at communicating their mathematical thinking. It has been stressed in face-to-face PD sessions that we have to

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).

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/>



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.

School Council Corner:



Thank you to all parents/guardians who attended the annual Open House/Meet the Teacher event and participated in our first fundraiser. All families who purchased a pizza on the night of the Open House jump started our fundraising efforts for the school year!

We are very pleased to see some new parents get involved with Parent Council this year and we thank everyone who submitted a nomination form. We are happy to report that we have active nominations for all positions and we look forward to making our Council official during our first meeting on Wednesday, October 2. Once everyone is in place, we will send out names, titles and contact information for Council.

As always, our mandate is to work with the students and staff to bring in much needed dollars, organize fun activities and offset costs to parents as much as possible. A little goes a long way at our school so any way that your family can support our fundraising efforts is greatly appreciated by all.

Please like our Facebook page [Ross R. MacKay Public School - by School Council](#) to keep updated on Parent Council events and progress. We also maintain and update the bulletin board in front of the office with all our events and happenings.

Life Threatening Allergies:

A reminder that we have several students with life-threatening medical conditions at Ross R. MacKay. We ask that you please respect our guidelines to support student safety.



- NO Pineapple

- NO Whole Eggs



- NO Peanuts and Tree Nuts



IF students bring food items with DAIRY PRODUCTS, students need to ensure they wash their hands carefully to avoid cross-contamination for our student with a contact allergy to Milk.





Please visit www.wellington.ca/Library for a complete list of upcoming programmes. All branches closed on Monday, October 24, 2109.

Hillsburgh Branch, T 519. 519.855.4010

Story Time (5 years and under)

Our Story Times are designed 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, October 1, 8, 15, 10:30 - 11:00 am

Wednesdays, October 2, 9, 16, 10:30 - 11:00 am

Teen Café (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.

Thursday, October 3, 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 9 and 23, 2:00 - 4:00 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 for an appointment.

Wednesday, October 9, 6:30 - 7:30 pm

Baby Time (0-12 months)

Introduce your baby to the library and a love of books through finger plays, songs, rhymes and stories. Caregivers actively participate. Please register.

Tuesdays, October 15, 22, 29, 1:30 - 2:15 pm

Carnegie Café: Artful Suncatchers (Adults)

Join us for a relaxing afternoon creating simple, elegant sun-catchers from colouring pages. No experience necessary. Materials supplied. Please register.

Friday, October 18, 1:00 - 2:30 pm

Food For Fines (All Ages)

Do you have fines on your library card? We’re offering some fine forgiveness in exchange for a donation to the local food bank! For every item you bring in, we’ll take \$2.00 off your existing library fine. Drop in.

Sunday, October 20 – Saturday, October 26, during branch hours

Book Bingo (5 years and under)

Join our scavenger hunt and search for spooky books to get a BINGO! Drop in.

Monday, October 21 to Saturday October 26, during branch hours

Learn the Library Scavenger Hunt (Grades 1 - 3)

Read the clues, search the library, learn new things and earn a prize with our exciting scavenger hunt. Drop in.

Monday, October 21 to Saturday October 26, during branch hours

Master Our New Online Catalogue (All Ages)

Be one of the first to see and use our new, intuitive online catalogue! Browse our collection, learn about the new features and discover your next great read! New catalogue coming November 2019. Please register.

Wednesday, October 23, 6:30 - 7:30 pm

In Stitches: Fabric Baskets (Adults)

Learn to thread and operate a sewing machine, then create a simple fabric basket. Machines are also available for in-branch use. Please register.

Thursday, October 24, 6:30 - 7:30 pm

Patron Appreciation Day (All Ages)

Wellington County Library celebrates you and your love for the libraries! Drop in for light refreshments, fun activities and to enter your name into a prize draw.

Saturday, October 26, during branch hours

