



# Ross R. MacKay Public School

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

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

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

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

March, 2020

## Principal's Message

Thanks to ALL families who supported us at the Book Fair. We sold over \$1000.00 in books and items which means we receive almost \$200.00 in NEW books for the Library.

We recognize that the current labour unrest is difficult for families. A reminder that for on-going provincial labour updates affecting the school system, please visit [www.ugdsb.ca/labour](http://www.ugdsb.ca/labour). Updates will be posted as information becomes available.

The inconsistency in schedules is also making it challenging for many of our students. We are doing our best to support them at school. We would also appreciate if you would talk to them about the importance of staying focussed and on task when at school. Our staff is ensuring that the most important concepts are being taught on the days that students are in the building.

It's that time of year when temperatures are all over the thermometer. Please ensure your children are prepared with adequate layers and indoor shoes (to avoid tracking the inevitable spring mud into our hallways).

This past month, we have focused on the Character Trait of **Perseverance**. The month of February will be all about **Self-regulation**. We encourage you to talk to your children about what these words mean at home, school and in the community.

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 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

## Self-Regulation

Self regulation is a term that we hear a great deal in schools



today. Self regulation is the ability to tolerate sensations, situations, and distress and form appropriate responses. Simply stated, it is the ability to control emotions, thinking, behaviour, and motor actions in different situations. In children, self-regulation matures just like other developmental processes. Children get older and learn to think before they act. Being aware of our own physical well-being and changes in how we are feeling is one of the reasons behind introducing Zones of Regulation as well as yoga & meditation in our classrooms.

It makes sense that children who are able to respond appropriately in different situations tend to have more success in many areas of life, both academically and socially. Where our thinking has shifted over the last few years is in understanding that self-regulation can be explicitly taught and fostered in children, helping them to feel better equipped and capable when faced with everyday challenges.

How can you help your child develop self-regulation? Here are some suggested activities, mostly taken from an article written by Ida Rose Florez.

- Start early—children develop the foundation skills for self-regulation from birth to 5 years old
- Model proper behaviours—this allows children to observe how to choose an appropriate response in different situations
- Provide hints and cues by verbally and/or physically pointing out important aspects of an academic or physical activity
- Provide verbal or physical cues to help children such as “let’s stay calm” or allowing a child to go to a quiet area to relax
- Look for times when adult support can be withdrawn so that children can learn to be independent in their responses
- Play games that require start and stop skills such as: Red Light-Green Light, Freeze Dance, Simon Says, etc.
- Dance activities where the child needs to move to the rhythm
- Play any games that require turn-taking. Children learn that it’s OK to lose
- When involved in an activity, talk with your child about how they feel doing that activity, and praise your child’s development of a skill, not just an award

For other resources on self-regulation:

<http://www.zonesofregulation.com/index.html>

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

<https://www.kidsmatter.edu.au/>

“Children acquire the **ABILITY**  
to **SELF-REGULATE**  
by first being **REGULATED** .”  
~Stuart Shanker

## 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 Home Reading Program 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.



Dufferin  
Parent  
Support

Network is a network of parents and community agencies who provide education, resources, and support for parents of school-aged children. Check out what they offer by visiting the following website or emailing them directly. <https://www.dpsn.ca/> or [www.dpsn.ca\\_info@dpsn.ca](mailto:www.dpsn.ca_info@dpsn.ca)

### **Stay Healthy This School Year!**

Colds and influenza spread easily from person to person. These germs can spread quickly when someone coughs or sneezes directly on another person, or when germs land on hard surfaces like door knobs, desks, keyboards and then are touched by someone else. These germs can then enter the body through the eyes, nose or mouth.



The most important thing you can do to keep from getting sick and stop the spread of germs is wash your hands! Wash with soap and warm running water for at least 15 seconds (or try singing "row row row your boat"). If your hands are not visibly dirty you can use alcohol-based hand rub "hand sanitizer" for 15 seconds. Also, get your flu shot, cover coughs and sneezes and stay home if you are sick. Teach your kids to do the same!



## Council's Corner

Council would like to recognize the generosity of Wendy McFadyen who donated her half of the 50/50 draw back to the School after the Holiday Concert!! We apologize for the delay, but Wendy, please know that we really appreciate your kindness.

Our first Candy Gram fundraiser was well received by students and we would like to thank all the parents who supported our efforts financially. A huge shout-out goes to Renee Arsenault who painstakingly researched dairy and egg free candies, purchase all the supplies and made up the wonderful candy bags and sticks. The amount of effort she put in was amazing and her fellow Council members are so appreciative!

With any new fundraiser, there is a learning curve as we work out the bugs the first time! We would like to thank parents and staff as we figured out the best way to hold a fundraiser of this type. Everything gets smoother with a little practice.

We have a lot of Candy Bags and Candy Sticks left over from Valentine's Day and we will be selling these to the students prior to March Break. These will be cash sales, so please watch our Facebook page for dates and reduced-price points so we can cover our costs.

We recently purchased a sensory path set for our school. A sensory path is a colorful, creative and playful way for kids to build sensory pathways, connections in the brain that are responsible for sight, touch, sound etc. A sensory path is also a great way for kids to develop motor skills like balance, hand-eye coordination, and spatial awareness, and is normally made with stickers that can be stuck to any surface. The stickers will go on

the floors and walls in the hallways and we are looking for volunteers who could spare a few hours to do the application during March Break. Previous experience with industrial vinyl application would be helpful!! Please email me if you can help, or let Ms. Armstrong know.

Council is always concerned about spending your money the right way. If you have any suggestions for school improvements or purchases that would benefit all the students, please feel free to email me at [lcampbell@innovativeresponse.ca](mailto:lcampbell@innovativeresponse.ca) and I will include them in our next Council meeting.



## 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

## Local Library - Hillsburgh Branch

98B Trafalgar Rd. Hillsburgh, ON  
519.855.4010

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

### Hillsburgh Branch, T 519.855.4010



#### Earth Hour Make-and-Take (All Ages)

Come in and make a pinwheel in the children's area this month in recognition of Earth Hour. Drop in.

March 2 –31, 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. Please register.

**Cancelled March 17 and 18.**

Tuesdays, March 3 – April 14, 10:30 - 11:30 am

Wednesdays, March 4 – April 15, 10:30 - 11:30 am

#### Teen Cafe (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, March 5, 6:30 - 7:30 pm

#### In Stitches: Open Sewing (Adults)

Bring your own project to complete in-branch using our sewing machines. Materials not supplied. Please register.

Saturdays, March 7 - 28, 10:00 am - 2:00 pm

#### Hooks And Needles (Adults)

Bring your own project and join others for an afternoon of knitting and crocheting. Drop in.

Wednesday, March 11, 2:00 - 4:00 pm

#### March Break Movie: Frozen 2 (All Ages)

Join us for a screening of the recently released Frozen 2. Rated G; running time 97 minutes.

Please register.

Monday, March 16, 2:30 - 4:30 pm

#### Telling Tales (Grades JK - 2)

If you love stories like we do, you'll know how much fun it is to play with ideas in words and pictures. Join us to tell your tale! Today were meshing fairy tale classics with STEM activities. Please register.

Tuesday, March 17, 10:30 - 11:30 am

#### Telling Tales (5 years and under)

If you love stories like we do, you'll know how much fun it is to play with ideas in words and pictures. Join us to tell your tale! Today were experimenting with different ways of telling stories. Please register.

Wednesday, March 18, 10:30 - 11:30 am

#### The Science Of Now (Grades 1 - 6)

Invent, experiment, test or construct. Let's use STEM to discover something new! Your challenge will be to invent a roller coaster. Please register.

Thursday, March 19, 10:30 - 11:30 am

#### Party Safari (All Ages)

Join us for a fun-filled hour packed with creatures of all kinds, from the ones that crawl to the ones that glide. It's sure to be a party! Please register.

Friday, March 20, 10:30 - 11:30 am

#### Crafting A Path (Grades 1 - 6)

Let your imagination guide you on a journey to the past, present, or future! Our project today will be friendly monster stuffies!

Friday, March 20, 2:00 - 3:00 pm

#### Baby Time (0-12 months)

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

Tuesday, March 24 – April 28, 1:30 - 2:15 pm

#### Toddler Time (1-3 years)

Come explore the alphabet with us! Share stories, songs, rhymes and activities aimed at developing your child's early literacy skills. Drop in.

Thursday, March 26 – April 30, 10:30 - 11:30 am

#### Last Thursday Book Club (Adults)

This Book Club takes place on the last Thursday evening of every month. Please register.

Thursday, March 26, 6:30 - 7:30 pm

## LET'S TALK (NOT TEXT) ABOUT SCREEN TIME

Are screens the new smoking? Parents and students are invited to learn more about the many impacts of screens on our lives and how we might foster a healthier relationship with them. Come and join us Thursday, April 23 from 6:00p.m. to 9:00 p.m. at the John F. Ross CVI - E.L. Fox Auditorium, 21 Meyer Drive, Guelph. Admission is free, but tickets do need to be secured in advance by visiting <https://screenagersbyugdsb.eventcombo.com>.

This free event will present two documentary films (SCREENAGERS: Growing Up in the Digital Age and Screenagers and NEXT CHAPTER: Uncovering Skills for Stress Resilience) followed by a discussion moderated by Sylvie Smith, an addictions counselor at Homewood Health Centre.

### ABOUT THE SCREENAGERS FILMS:

Physician and filmmaker Delaney Ruston was compelled to make a movie when she found herself constantly struggling with her two kids about screen time. Ruston felt guilty and confused, not sure what limits were best, especially around mobile phones, social media, gaming, and how to monitor online homework. Hearing repeatedly how other parents were equally overwhelmed, she realized this is one of the biggest, unexplored parenting issues of our time.



SCREENAGERS: Growing up in the Digital Age (2016) was the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions to help youth and their families find their way in a world with instant access to screen time. In Next Chapter: Uncovering Skills for Stress Resilience (2019, 69 minutes), the filmmaker finds herself at a loss on how to help her own teens as they struggle with their emotional well-being. She sets out to understand these challenges in the context of our current screen-filled society. In particular she explores the issue of how as parents and educators we can empower teens to overcome challenges and build emotional agility, communication savvy, and stress resilience.

Here are some other great links about how to get your kids OFF technology and BACK INTO Nature.



### [10 Ways to Introduce Your Kids to Hiking](#)

- [How to Get Your Kids Off Their iPads and Into Nature](#)
- [The Happy Camper: Camping With Kids—A How-To Guide](#)
- [Parents, Get Your Kids Outside and Exploring With These Adventure Challenges](#)
- [Mom in the Outdoors: Raising Your Kids to Be Outdoor Adventurers](#)
- [Want to Get Your Kids Outside on More Outdoor Adventures?](#)

**ENVIRONMENTAL ACTIVITIES TO  
HELP CELEBRATE OUR PLANET**

**March 28<sup>th</sup> is Earth Hour!**



*It is vital to teach our children to respect and take care of the environment.*

We will be recognizing EARTH HOUR at school during the day but we encourage you as a family to also recognize in the evening at home.

**Join the global Movement! Celebrate Earth Hour on March 28<sup>th</sup> at 8:30pm.**

Earth Hour's mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

*"Earth Hour was famously started as a lights-off event in Sydney, Australia in 2007. Since then it has grown to engage more than 172 countries and territories worldwide."*

*Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd."*

Click [here](#) to see a short video clip of Earth Hour's story around the world and click [here](#) for the Earth Hour 2020 official video

**Ideas for your family to do for Earth Hour!**

Earth Hour belongs to you. Celebrate your commitment to the planet with your friends, family, community or at work - in your own way.

A simple event can be just turning off all non-essential lights on March 25<sup>th</sup> from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- *prepare a candle lit dinner,*
- *talk to your neighbours, or invite people over*
- *stargaze, or go camping in your backyard*
- *play board games, or charades*
- *host a concert, or a sing-a-long*
- *create or join your own community event*
- *have an Earth Hour every month*

The possibilities are endless!

Quotes and information taken from:

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

