

Russell Public School Newsletter

February-March 2014
Volume 1, Issue 6

Stacey McCready
Principal



14 Mill Street
Russell, ON., K4R 1E1

Phone:
613-445-2190

Fax:
1-855-484-6073

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<http://russell.ucdsb.on.ca>

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Russell Public School



@RussellPSchool

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From the Principal's Desk

Dear Parents and Supporters of Russell Public School,

Thank you to all the parents who helped make our 3rd Annual Spaghetti Dinner & Dance a success! Families enjoyed a delicious dinner and danced the night away to some great tunes!

Our buses were cancelled on Valentine's Day but that didn't stop us from celebrating! We simply rescheduled our activities for after Family Day weekend. As part of our Healthy School initiative, each class did 15 minutes of laps (running, skipping, walking, etc.) in the gym. For each lap that a student completed, they were awarded a sticker. Students proudly wore their stickers on a "heart" necklace to show off how many laps they completed. Students were also treated to a Valentine's healthy snack after completing their exercise. Thank you to our Healthy Snack volunteers for providing our students with nutritious snacks on a weekly basis!

We are excited to announce that we have our first ever hockey team! Our team is being coached by M. Leblond and is made up of grade 5 & 6 students. Students have been attending early morning practices at the Russell Arena and will be participating in an upcoming tournament.

As always, if you have any questions or concerns, please do not hesitate to contact me.

Sincerely,

Stacey McCready

Looking Ahead to Next Year....

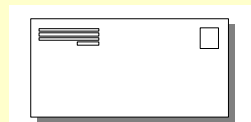
The Upper Canada District School Board (UCDSB) has prepared the draft school calendar for 2014-2015. Parents and members of our school community are invited to review the draft included on the final page of the newsletter and provide their feedback to the Board.

Comments can be directed to David Coombs, Superintendent of School Effectiveness - School Operations, c/o Berva Rice, e-mail berva.rice@ucdsb.on.ca, phone 613-258-9393 ext 1.

All comments/responses are requested by March 19, 2014. Thank you.

Let's Stay in Touch!

We've got lots of tools to keep RPS families in the know (agendas and communication books, the RPS website, class web pages, Facebook and Twitter updates, and of course our monthly newsletter). Families are encouraged to use these tools to stay connected to what's happening at school.



If you have comments on the newsletter or content related to a school event or activity to share please send it to newsletter.rps@gmail.com.

*"If you dream
and you allow
yourself to
dream you can
do anything."*

~Clara Hughes,
Canadian Olympian

What's Happening at RPS...

National Sweater Day - February 6th was National Sweater Day, an annual event organized by World Wildlife Fund Canada. On National Sweater Day, WWF asks Canadians to turn down thermostats by two degrees Celsius at home, at school, and at work to highlight the role that energy conservation plays in preventing climate change. RPS joined in, and since our school building was a little chillier our staff and students wore their coziest sweaters to support the cause. We also sold hot chocolate and popcorn and raised \$330 towards sponsoring an animal with WWF. Thank you!

Think Conservation! - We have a very active ECO-club that is being led by Mrs. Miller. Their first initiative was to introduce the Energy Pig. The Energy Pig works like "hot potato" and no classes want to receive the pig. If a class leaves their lights on while not in the room, they will receive the Energy Pig. The ECO-club has also put up little reminders above every light switch to turn off the lights.

**The Council Corner**

What's Happening at the Council Table? Discussions are underway to finalize council's funding projects for this year, and to review fundraising projects on deck for next year. We've also started planning for our Spring activities, including a St. Albert's Cheese fundraiser, the used book sale and the 2nd annual talent show
Want to join us? Everyone is welcome at our monthly meetings held in the RPS Library at 6:45 p.m. on the first Monday of the month. The Next meeting will be held March 3rd.

Can't make it on Mondays? No problem, you can check out minutes from council meetings on the RPS website in the About Us section under School Council.

KINDERGARTEN REGISTRATION FOR SEPTEMBER 2014

Ready, Set, Learn! Kindergarten Registration at Russell Public School is now open, and will continue throughout the spring. If you have a child who will be 4 or 5 by December 31st, 2014 it's time to register.

It's Easy as 1, 2, 3! Contact the school office to request a registration package by mail or go to www.ucdsb.on.ca and click on the Full Time Kindergarten link to register on line. Please note a birth certificate and up to date immunization record are required to register your child at school.

Eager to Learn More? Join us on Wednesday February 12th at 6:30 pm for our Kindergarten information evening.

A, B, C, D - RPS is the Place to Be! Please spread the word to your friends and neighbours with children of age to start kindergarten, they can call the school office for further information at 613-445-2190.

Reminder for information on school bus cancellations you can!

- ✦ Call Student Transportation of Eastern Ontario (STEO) 1-866-629-0629 for a pre-recorded message - cancellations will be recorded by 6.15 am.
- ✦ Access the Website at www.steo.ca and click on the Delay or Cancellation feature.
- ✦ Listen to local radio stations, cancellations will be broadcasted starting at 6.15 am.



Unless otherwise announced, the school will remain open for students and staff.

If the snow day falls on a hot dog or pizza day, the hot lunch program will be cancelled. Students need to bring their own lunch.

Contact Information for Russell Public School

Telephone: 613-445-2190
Fax: 1-855-484-6073

Absence Line:
613-445-2190, press 1.

It is important that you call the absence line if your child is away or late for school. Messages can be left 24 hrs/day.



When students stay home to enjoy the snow, don't forget to let us know!

The school board has recently revised the procedures for reporting absences on snow days when buses are cancelled.

We would ask that parents of students who usually walk or are dropped off to school please call the Absence Line, on snow days at 613-445-2190, so we can account for the safety of students who have decided not to attend school.

Think Fresh! Enter the EOHU's *Think Fresh!* Contest for a Chance to Win! Think your family knows the score when it comes to healthy eating? Put your skills to the test and you could win a prize that keeps on giving! Starting March 1st, visit www.eohu.ca and enter the Eastern Ontario Health Unit's (EOHU) *Think Fresh!* contest. The contest is simple. Answer 10 true or false questions and you could be the winner of a Green Food Box - for three months! Each Green Food Box is packed with fresh fruits and veggies and comes with a newsletter featuring delicious recipes and helpful tips. The Think Fresh contest runs from March 1st to the 31st and the winner's name will be announced in early April.

~ A message from the Eastern Ontario Health Unit

Did you know that it's important to clean out your medicine cabinet....

By keeping unused, unwanted or expired medication in your home, you risk:

- ❖ children or even animals being poisoned if they find and swallow medication
- ❖ your kids or their friends taking them to get "high"
- ❖ a home break-in by thieves looking to get their hands on medication.

By flushing, pouring or throwing medication in the trash, you risk:

- ❖ contaminating the water
- ❖ harming wildlife
- ❖ allowing medication to be scavenged and illegally sold.

There is a safer way to get rid of your medication

Return it to its originating pharmacy or, if you live in Cornwall, drop it off at your nearest Medi Drop box. Through a partnership with the Cornwall Community Police Service and the Eastern Ontario Health Unit, four Medi Drop boxes have been placed throughout the City of Cornwall.

For details, visit www.MediDrop.ca.

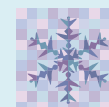
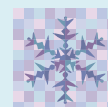
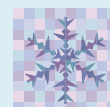
~ A message from the Eastern Ontario Health Unit

Bundle Up!

Winter weather is here - please remember to dress students warmly on wintery days as they may have outdoor recess in temperatures of up to minus twenty (- 20) including wind chill.

Any colder and outdoor activities are limited or cancelled.

Spare mitts and hats tucked in a backpack are a good idea too!





FEBRUARY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Parent Council Meeting @ 6:45pm	4	5	6 National Sweater Day	7 Spaghetti Dinner and Dance 5pm-8.30 pm	8
9	10	11	12 Report Cards Jr Kindergarten Information Evening 6.30 pm	13	14  Valentine's Day	15
16	17 Family Day Holiday	18 <i>Assembly today</i> <i>Technology Info-Night</i> Good Luck to our Basketball Team! Tournament Today	19 <i>The power of positive parenting</i> 6:00 - 7:30 pm	20	21	22
23	24	25	26	27	28	

MARCH 2014

						1
2	3 Parent Council Meeting @ 6:45pm	4	5 Raising confident, competent children 6:00 - 7:30 pm Good Luck to our Hockey Team! Tournament Today	6	7 PD DAY	8
9	10	11	12	13	14	15
MARCH BREAK						
16	17  St. Patrick's Day	18	19 Raising resilient children 6:00 - 7:30 pm	20	21	22
23	24	25	26	27	28	

Looking Ahead ...

Friday April 18, 2014
Monday April 21, 2104

Good Friday
Easter Monday

Triple P Seminars

Children (3-11)

The “positive parenting program” is an effective, positive and practical approach that emphasizes the positive aspects of child education. “Triple P” is based on strong nurturing relationships, good communication and positive attention to help children develop their potential. It involves creating a loving, supportive and predictable family environment.

The program offers easy-to-follow suggestions for small changes that make big differences to parents, children and families. It is proven to be very successful in developing good attitudes and behaviours.

ENGLISH SEMINARS:

Russell Public School, 14 Mill Street in Russell, Ontario

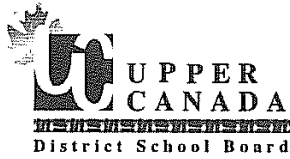
- 1- *The power of positive parenting (February 19, 2014, from 6:00 pm to 7:30 pm)*
- 2- *Raising confident, competent children (March 5, 2014 from 6:00 pm to 7:30 pm)*
- 3- *Raising resilient children (March 19, 2014 from 6:00 pm to 7:30 pm)*

THE SEMINARS ARE FREE.

INFORMATION: Cathy Bourgon, 1 800 675-6168, extension 4541

ValorisPR.ca





225 Central Avenue West
Postal Bag Service 1120
Brockville, Ontario K6V 5X1
613-342-0371
or 1-800-267-7131
www.ucdsb.on.ca

**SCHOOL YEAR CALENDAR
2014-2015
Draft**

SEPTEMBER 2014				
M	T	W	T	F
1	2	3	4	5
H				
8	9	10	11	12
				PA
15	16	17	18	19
22	23	24	25	26
29	30			

OCTOBER 2014				
M	T	W	T	F
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H				
20	21	22	23	24
				PA
27	28	29	30	31

NOVEMBER 2014				
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24	25	26	27	28

DECEMBER 2014				
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15	16	17	18	19
22	23	24	25	26
H	H	H	H	H
29	30	31		
H	H	H		

JANUARY 2015				
M	T	W	T	F
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			H	H
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12	13	14	15	16
19	20	21	22	23
				E
26	27	28	29	30
E	E	E	E	PA

FEBRUARY 2015				
M	T	W	T	F
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16	17	18	19	20
H				
23	24	25	26	27

MARCH 2015				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
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23	24	25	26	27
30	31			

APRIL 2015				
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				H
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27	28	29	30	

MAY 2015				
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18	19	20	21	22
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25	26	27	28	29
				PA

JUNE 2015				
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			E	E
22	23	24	25	26
E	E	E	PA	PA
29	30			

JULY 2015				
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		H		
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20	21	22	23	24
27	28	29	30	31

AUGUST 2015				
M	T	W	T	F
3	4	5	6	7
H				
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

Instructional Days:
First Day of School: September 2, 2014
Last Day of School: June 26, 2015
Last Day of School for Students: June 24, 2015

Secondary:
Sem. 1: Sep 2 – Jan 29 (97 days, incl. exams)
Sem. 2: Jan 30 – June 26 (97 days, incl. exams)

Examination Days: Sem. 1: Jan 23 – Jan 29, 2015 (5 days)
Sem. 2: June 18 – June 24, 2015 (5 days)

Christmas Break:
December 22, 2014 to January 2, 2015

March Break:
March 16 to 20, 2015

Statutory Holidays:
September 1, 2014 - Labour Day
October 13, 2014 - Thanksgiving
February 16, 2015 - Family Day
April 3, 2015 - Good Friday
April 6, 2015 - Easter Monday
May 18, 2015 - Victoria Day

Designated on calendar as 'H'

Professional Activity (PA) Days:
Designated on calendar as 'PA'

September 12, 2014
October 24, 2014
January 30, 2015
May 29, 2015
June 25, 2015
June 26, 2015

Board Approval:

Ministry Approval: