



Principal: A. Maddox  
Vice Principal: S. Chamberlain

Admin. Assistant: T. Kormendi  
Superintendent: K. Edgar  
Trustees: Bill McKinnon, Barb Yeoman

## Welcome to the 2019-2020 school year at Roch Carrier!

To our returning families and our new families, Bienvenue! We are thrilled to begin the 2019 school year and are ready to support a vision of excellence and innovation. We believe that when a community of students, parents, and staff works collaboratively, that each student can reach their potential and become a successful learner and a caring citizen.

We are very excited to welcome many new students and staff members to our vibrant school. We have set Thursday, Oct 3th for our Community Open House and Home and School Association hosted BBQ and hope you can attend. We hope to meet as many families as possible that evening.

Our wonderful custodial staff has been working extremely hard during the summer months to get our school ready for September. The halls are now glistening and the classrooms are sparkling. We would like to extend a very large thank you to our custodial staff M. Nick Bozik, M. Wade Bain and M. Devon Brown for their outstanding efforts, as well as our teachers, EAs, and support staff for their efforts to ensure everything was ready for the first day.

The well-being of our students is of the highest concern. Completing all vital information and checks on the parent portal are extremely important to allow us to keep your child safe at school. Medical information needs to be communicated promptly, as well as the computer use agreement checked so that your child can proceed with Google classroom learning. These forms and others, can be found through the Parent Portal on the school website. Your support and cooperation with the above is most appreciated. More details about our Code of Conduct, Internet, Dress Code can be found in the Student Planners (a copy of the front pages from the planners can be found on our school website). These are wonderful organizational and communication tools funded partly by our Home and School Association, and we appreciate any \$2 donations to offset the remainder of the cost. Please set time aside time each evening to read and initial the planners.

At RCFI, we recognize that the partnership between home and school is essential. Please do not hesitate to phone or email the school to discuss any concerns or questions that you may have. Teachers may choose to send out electronic invitations out to join their classroom through BrightSpace or Google Classroom, a quick app to communicate throughout the year. We value your input and we appreciate your involvement. We look forward to meeting all families at Roch Carrier!

Sincerely, Mme Maddox and Mme Chamberlain

**School WEBSITE:** [www.tvdsb.ca/rochcarrier](http://www.tvdsb.ca/rochcarrier)

**Please take a few moments in the next few days to check out the information that is available there. Each page on the website allows viewers to subscribe. By subscribing, viewers will receive updates for any related event that is added to the site. This is also true for the calendar located on the school website.**



**Reminder:** Mme Haven's class is continuing with the collection of dried out markers, and Mme Flint's class is collecting pop tabs.

### **Volunteers**

We appreciate the many volunteers we have at Roch Carrier Public School. Volunteers enrich the experiences for our students. We will be asking volunteers who will be coming in regularly to work with students to provide a vulnerable screening and criminal reference check.

This is required to ensure your safety and the safety of our students. If you would like more information please stop by the office. **Offence Declaration forms can be found on the Parent Portal.**

### **Medication**

Our Board has a medication policy and all related forms are available through the Parent Portal. If it becomes necessary for your child to take prescription medicine at school, please inform the school. The forms require you to outline the details for the administration of the medication. This form must be completed and signed by a doctor before we can administer any medications.

The use of inhaler and EPI pens falls into this policy guideline. Please advise the school if your child requires the use of an inhaler while at school. We would be glad to support your child by keeping inhalers in the office and be present to assist your child as the need arises.

### **Allergies**

If your child is allergic to a substance, please contact the school with this information. A bulletin board in the staff room will alert all staff to severe allergies. Please send a recent photo; a description of symptoms and an outline of emergency procedures for severe allergies only. Please use the revised Individual Medical Emergency Plan form available through the Parent Portal.

**Anaphylactic Allergies at Roch:** We currently have students in the school who have life threatening allergies to **tree nuts and peanuts and dairy.**

### **NUT ALERT ZONE/PEANUT BUTTER**

**SUBSTITUTES/ALLERGY AWARE** Please note at RCFI we strive for a Nut Free Zone. Due to the severity of some allergic reactions, we ask that parents/guardian's refrain from sending in food that contains nuts to school. There have been a number of products introduced into the market that act as substitutes to peanut butter. For example, "Wowbutter", "Soybutter", "Peabutter" and "Sunflower Butter" or similar products are advertised as being 100% peanut and nut free peanut butter replacements. These products are said to look like, taste like, and smell just like peanut butter. The base ingredient in many of these alternatives are legumes such as peas or sunflower seeds. Some people with anaphylactic reactions to nuts and nut products are also allergic to all legumes (peas, lentils, nuts). This means that some students would be equally at risk for an anaphylactic reaction to these new products. Due to the severity of the Nut Allergy along with the difficulty placed on our staff of having to effectively determine if it is a proper substitute (also without legumes) we ask that parents refrain from sending such products in school lunches. Please inform the school office as soon as possible in the Fall regarding health/allergy concerns or any updates.

**Photo Day** is Wednesday, Sept 18th

We will be using the 'new' green screen so there will be more choices for backgrounds. Please make sure to **not have your child wear green** as that will affect the final photo.

### **Head Lice (Pediculosis)**

Occasionally, there are incidences of head lice reported in the school. In order to prevent the spread of head lice, please speak to your child about precautions that they should take. If there is an incident in the classroom a letter will be sent home.



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### **Code Red Drill**

All Thames Valley schools are required to perform a lockdown drill in the fall and the spring. The lockdown drill will take place on **Thursday, September 19th**. This practice is necessary to help ensure that our students and staff will be able to quickly respond should it ever be necessary to “lock down” our school. In most circumstances, a lockdown would simply mean that the hallways, gymnasium, and washrooms would be cleared, classroom doors are locked and drapes drawn, door windows covered and lights off. A lockdown would only be declared if there was a potentially dangerous situation in the neighborhood, or in our school. Students will remain with their teacher until the police give the “all-clear”, or the school administration is satisfied that the problem has been rectified, and the school is safe.

The safety of our students in our number one priority. This drill will help us prepare for an emergency situation. However, as with a fire drill, it is most important that the children remain calm and feel safe. The lockdown drill will not be a simulation activity, but simply a few minutes where students remain with their teacher in their classroom, continue with their studies and then return to normal day once the “all clear” is given. We need your help to ensure that the children understand the purpose for such a drill, so we ask that you please help us prepare them. Help them to understand that if the police were dealing with a situation in our neighborhood, or if a stranger refused to leave our school, their teachers would keep them safe in their classrooms until the issue can be looked after. For our youngest children, it might be best to perform a lockdown drill at your home. They should understand that if the police were handling a dangerous situation on your street, you would keep them inside, lock the doors and keep everyone away from the windows.

Thank you for assisting us in preparing the children for these drills.

### **Message from Public Health – 5 ways to help children learn skills needed to cope with challenges and bounce back from disappointments**

1. Build an emotional connection with your child. – Tell and show your child that they are loved. Give hugs, smiles, high fives and cuddles. Eye contact and physical touch are important so put away your cell phone and spend quality time together.
2. Help them with their emotions. – Accept their feelings; everyone has their ups and downs. Talk to your child about emotions and how to recognize them. Teach them to accept their own feelings and not to judge or label feelings as good or bad. Teach them to be kind to themselves.
3. Teach your child ways to cope with stress. – Discuss how talking to family or friends you trust can help you feel better. Show your child how taking three deep breaths can help them to calm down. Discuss other relaxation activities like reading, singing, listening to music, exercise and spending time in nature, cuddling, laughing or joking, coloring or other forms of artwork can all be helpful ways of reducing stress.
4. Teach your child to problem-solve. –Talk about how to break down a problem into small steps. Handle one step at a time. What is the problem? Come up with solutions together. What are some pros and cons of different solutions?
5. It's okay to make mistakes – Teach your child to give themselves permission to make mistakes. Having love and compassion for themselves and others when mistakes are made, instead of judgment and criticism, is a much healthier and more positive way to deal with mistakes.
6. Help your child understand they have their own resiliency that they can draw on, and to see how their own conditioned thinking (I am not good enough.) robs them of being able to see their own resilience.



## RCFI Newsletter ~ September 2019

**MISSION:** TO IMPROVE OUR STUDENTS' ORAL PROFICIENCY IN FRENCH

**GOAL:** TO DEVELOP STUDENTS' UNDERSTANDING AND APPLICATION OF ADDITIVE REASONING

**Safe School Policy:** Please sign in at the office when you are volunteering at the school or if you are visiting. Office staff will give you an identification tag which will help communicate to our students and staff that you have signed in at the office. This is an important part of our safe school's policy. Thank you for your support

**Signing Students In and Out**

Please remember to visit the office to sign your child in or out of school. When being admitted, your child will receive an admit slip to give to the teacher. This way the teacher will know the student has been signed in at the office. If you need to pick up your child during the day, it is helpful to send a note or call the school ahead of time and we can have your child ready for pick up in the office so you can sign them out. We are also asking if your child is bussed regularly and they will not be taking the bus home at night, that you sign your child out at the office. We need to know who is on or not on the bus at all times, this is an important part of our safe school's policy. Thank you for your cooperation

**Parking Lot** -We are very excited for our new parking lot extension. We ask families if they are dropping off, to use the parking spaces, rather than blocking other cars in.

**Extra Curriculars coming soon:**

Cross Country Running - Gr 3-8  
Intermediate Coed Soccer and Volleyball (Boys Team and Girls Team) - Gr 7-8

**Supporting Students with Prevalent Medical / Health Conditions in Schools**

To ensure children with potentially life-threatening medical conditions remain safe while attending school, TVDSB requests Parents/Guardians update the necessary medical information on the Parent Portal so that an Individual Plan of Care (IPOC) for the student can be reviewed by the school's administration. Medical conditions considered potentially life-threatening may include:

1. Asthma
2. Anaphylaxis
3. Epilepsy
4. Type 1 Diabetes
5. Any other potentially life-threatening condition that could result in a medical incident\* (discuss with your school administrator)

**Personal Electronics at School**

RCFI reminds students that the school is not responsible for lost or stolen electronics. Students are not permitted to use their telephone, iPod or game system during the instructional school day unless it is for instructional purposes and supervised by a teacher. Electronics can be in a safe location, but turned off. No texts should be sent or received, as this interrupts the learning day. Please do not try to connect with your child during instructional times by text or phone call. In case of emergency call the school directly and we will page your child for you. This may be revisited in November when new guidelines from the Government are expected to be released.

**SAVE THE DATES~ other dates are listed on our RCFI School Website [www.tvdsb.ca/rochcarrier](http://www.tvdsb.ca/rochcarrier)**

Roch Carrier will be supporting the **Terry Fox Run** on September 26. More information to follow.

**P.D. Day** on Friday September 27th

**Orange Shirt Day** Mon September 30th

**Roch Carrier Day/Meet the Teacher** Thurs Oct 3

**Office Changes**

Mme Kormendi and the main office have been relocated to the left of the front entrance. Mme Maddox's office is in Mme Kormendi's former space, and Mme Chamberlain's office did not change.



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Parents/Guardians can provide important information about their child's life-threatening or prevalent medical condition by logging into the TVDSB Parent Portal and clicking on the following tab: Student Medical Information. Once an Individual Plan of Care is submitted, the school administrator will then review the information. Parents/Guardians may be contacted for further information if required. New for 2019-2020 – Parents/Guardians now have the opportunity to complete Individual Plans of Care online and submit them electronically to the student's school.

Parents/Guardians who cannot access the Parent Portal on the Internet should contact the school office. Please note that Parents/Guardians are expected to be active participants in supporting the management of the student's prevalent medical condition(s) while the student is in school. It is the responsibility of Parents/Guardians to inform the school of such conditions to ensure the student's safety at school.

\*A medical incident is a circumstance that requires an immediate response and monitoring, since the incident may progress to an emergency requiring contact with Emergency Medical Services – 911.

### **Final Reminders:**

Information about the **Milk Program** will be coming mid-September. We are working through some logistics with the addition of CashOnline as a payment method.

**Stream of Dreams** fish installment will be mid-late September now that our parking lot extension is complete, and the fence adjustments have been made. If you are interested/available to assist us in the mounting of the fish we painted in the spring to the fence. Please let us know at the office and we will pass along your contact information to the staff members who are organizing it.



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# ROCH CARRIER Home & SCHOOL ASSOCIATION



**NEW!**  
2019 T-SHIRT  
DESIGN!

## Spiritwear Available!

[WWW.RCFI.HOTLUNCHES.NET](http://WWW.RCFI.HOTLUNCHES.NET)



Save the date!

**THURS OCT 3**

Meet the Teacher  
BBQ & Great  
Pumpkin Sale

## OUR FIRST RCHSA MEETING!

Wednesday September 11 at 6:30pm in Library

\*Both School Council AND Home & School

*Get involved! You won't regret it!*

**REGISTER AGAIN THIS YEAR!**

*Don't forget to sign up for the latest greatest in hot lunches!!*

**WWW.RCFI.HOTLUNCHES.NET**

*REGISTER TODAY! Hot Lunches start in October!*



[sc-rochcarrier@tvpic.ca](mailto:sc-rochcarrier@tvpic.ca)



Roch Carrier French Immersion School – Woodstock

AND...

Parents

Our parent community on  
Facebook!

**RCFI Parents**