



Principal: A. Maddox

Admin. Assistant: T. Kormendi

Vice Principal: H. VandenBoomen

Superintendent: K. Edgar

Winter is here, it is time to bundle up!

WELCOME BACK MME KORMENDI, we are so excited to have you back in your rightful place. We would also like to thank Janet Durham for keeping things on track in the office these past few months. Your kindness, and dedication to the job are incredible! We cannot thank you enough.

Welcome to March! We thank you for your patience with bus cancellations and school closures, Mother Nature seems to be working overtime in our area. On days when transportation is cancelled regionally, secretaries are required to make contact with every family who's child's absence has not been reported. As such we ask that you kindly report your child's absence in the attendance system to reduce the number of phones for Tammy. We also wish to thank families for sending an extra change of clothes with your child as temperatures rise, and drop, and then rise again, dealing with wet and mud can result in little accidents.



As we continue to work on our achievement goals in numeracy, helping our students build number flexibility and operational sense. You can help too! Please support your child's learning by asking them questions, having them share what they are reading, encouraging them to problem solve for real life purposes or invite them to apply math skills while shopping or planning a trip. We are also committed to engaging our students in French conversations whenever possible, not just in the classroom but spontaneous, genuine discussions that help our students to apply their French knowledge in real settings. Our Francophonie Weeks will promote catching students speaking French indoors and outdoors with their friends where they can win Franco dollars for a chance to win a T-shirt. Our learning buddy learning times also support these French speaking opportunities. Our grade 4-8 students will be preparing and presenting French speeches March 5th. We will hear an array of topics from all classes, where judges will help choose the winners to represent us in Toronto. Bonne Chance.

Sincerely, Mme Maddox and Mme Boomen

Carnavale was challenge to schedule again this year due to weather. Student leaders from both Mme Corina's and Mme Beatty's classes are to be commended for their planning and organizing the event that took place on Feb 20th for students in Kindergarten through Gr 5/6. Thank you Home and School Association for the school wide hot chocolate and Bonhomme activity Feb 20th.

Our Primary Division (Gr 1-3/4) will have the opportunity to see the play is "**La Reine des Neiges**" (**The Snow Queen**), presented by the **Little Read Theatre Company** from Toronto on the afternoon of Friday March 1st. Staff and students would like to thank our Home and School Association for their generous support in providing this opportunity for our students.

Registration for the 2019/20 school year is now open and there is still space. Please register by March Break as it will help with our staffing decisions.

Staffing Updates:

M Robert is filling in with the Grade 8 class temporarily, and Mme Deller is covering the primary physical education and health classes. We thank them for their commitment to providing quality learning opportunities for our students.

Goodbye for now Mme Martin, we wish her all the best as she begins her maternity leave. The grade 3 class welcomes Mme Yu to Roch Carrier.



RCFI Newsletter ~ March 2019

MISSION: TO IMPROVE OUR STUDENTS' ORAL PROFICIENCY IN FRENCH
GOAL: TO DEVELOP STUDENTS' UNDERSTANDING AND APPLICATION OF ADDITIVE REASONING

Concours d'art Oratoire News

Every year at RCFI, students in Grades 4-8 prepare speeches to present in front of their classmates. Due to the numerous bus cancellation days/school closures the school wide competition will be **postponed until March 26th**. At that time, representatives from each class will be presenting their speeches in the gym in front of the Grade 4-8 students. We will have them judged by two judges, Mme Smith (a retired French teacher) and Mme Alyea (our teacher-librarian). One student from each division (Junior, Intermediate, Extended) will be selected to present their speech at the annual Canadian Parent for French Concours d'art Oratoire in Toronto. Good luck, Raptors!

Primary and Junior/Intermediate Choir

The Primary (Gr. 1-3) and Junior/Intermediate (Gr. 4-8) choirs will be participating in the Woodstock Rotary Festival of Music again this year. Both choirs have been working hard learning songs and look forward to presenting them for an audience and adjudicator on Thursday, April 4th at the Salvation Army Church in Woodstock. Specific times will be communicated closer to the date. There is usually a small fee for friends and family members who would like to go and watch. We would love your support!

Basketball

Congratulations to our Intermediate Girls Basketball team who had a successful season and year end tournament under the tutelage of Mme Talbot. The girls worked hard and developed individually and as a team throughout the season! Thanks Mme Talbot for coaching!

Congratulations also goes out to our Intermediate Boys Basketball team who won the Regional Finals on Tues, Feb 26 against a strong team from Algonquin. This is the second year in a row that the boys now qualify to compete in the TVDSB Championship tournament this upcoming weekend. Bonne Chance! Thanks to Mme Beatty and Coach Jack for all their hard work with the team.

Thank you for supporting the Student Parliament efforts to raise money for the **TVDSB Caring Fund**. Together, we raised over \$160 for the Fund, which sees money put aside for emergency student needs.

Grade 8 Grad Update

Save the Date Tuesday, June 25th, 2019
Due to changes at Cowan Park over the summer of 2018, we have had to relocate our event. This year we will be hosting our Grade 8 Graduation Ceremony and Reception at Woodstock Collegiate Institute.

As we move into second term, we thought families might be interested to know what some of the awards will be: English, French, Extended French, History, Geography, Visual Art, Music, Mathematics, Science, Male Athlete, Female Athlete just to name a few.

Date of Parent Meeting Tuesday, March 26th @ 4:30pm

Habitat for Humanity – Meaning of Home Contest

Grades 4, 5 and 6 students across Canada were invited to submit a poem or essay explaining what home means to them. It's a way for students to engage with their community, and it teaches youth the importance of safe, affordable housing. An added bonus: each entry results in a \$10 donation to a local Habitat!

The Grade 5 class participated in the contest and raised \$160 for our local Habitat for Humanity organization. Here's a sample of the writing they did –

Home is:

Home is where I am me.

Home is where I am safe.

Home is where I make memories.

Home is where arguments and fights happen.

Home is where happiness is.

Home is where laughter is.

Home is where I might cry.

Home is where my loving family is.

I am free at home.

I can goof around at home.

I can do ANYTHING at home.

Home is where I am me.

By Mahnoor Ahmed, Grade 5 Student



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OXFORD COUNTY'S ALL DRESSED UP EVENT

From: Oxford OPP and Woodstock Police Service

Oxford OPP is once again doing their prom dress initiative for the females in Oxford County to assist them with the expensive task of shopping and preparing for upcoming graduation ceremonies. We have recognized the costs associated with these events, whether it be Grade 8 graduation or high school prom, and have found a way to help graduates with an event we call All Dressed Up. We have hundreds of new and gently used formal dresses as well as shoes, purses and accessories that have been donated to us to pass on to girls who might find themselves in need of shopping assistance.

Girls who would like to be a part of this initiative are invited to register for the event on Thursday, March 21st, 2019 at the Ingersoll Senior Centre at 250 Ingersoll St S in Ingersoll between 4pm-830pm to choose a dress and accessories for their graduation. All dresses will be fitted by seamstresses and cleaned if necessary before being given to the girls.

The best part is that everything is FREE! If you think that a graduate in your house would benefit from this event, please email us at alldressedupoxford@gmail.com to REGISTER to set up a time for that day.

Thank you

PC Michelle Murphy and PC Stacey Culbert – Oxford OPP and Cst Nikki Vanleeuwen – Woodstock Police Service

Extracurriculars:

Coming Soon~

Badminton (Mme Nixon, Mme Havens and Mme Rexer) tryouts before March Break for students in Grades 7&8. Season will run after March Break.

In Progress~

GAUSS Math Contest practices are being held by Mme Alyea and her helpers.

STEM meets every Friday and Monday at lunchtime in the Learning Commons with Mme Rexer and Mme Nixon and our volunteer Engineer, Mr. Richard Eves. This club is for students in Grade 5-8 and runs until the spring.

Gymnastics - this team of Primary, Junior and Intermediate students, practice at lunch hour with Mme Johnson and Mme Flint. They will be performing for the school on Wednesday, March 27th.

The **Floor Hockey Team** had a short but terrific season the grade 5 and 6 student athletes worked well to develop their skills together. They demonstrated excellent sportsmanship and positive attitudes during each practice and game. Congratulations to all members of the team on a job well done! Bravo!

Pokemon Club organized by M. Duplain. Gr1 students on Wednesdays, Gr 2 students on Thursday, and Gr3+ students on Fridays, always at 2:25pm...this club will run until March Break

J/I Dance and Primary Dance teams are both in full swing in preparation for the Dance Festival hosted at the board office on April 12th.

Scrabble Club meets every Monday at lunch time in Mme Mackenzie's portable. This club is for Grades 4-8 and runs until March Break.

IMPORTANT DATES:

Mar 1 Primary Presentation "La Reine de Neiges"

Mar 8 Dance a thon

11-15 March Break

Mar 26 Speech Competition

Mar 27 Gymnastics Team Performance

Mar 28 Grad Photos (K2 & Gr 8)

Apr 5 - P.D. Day

Apr 12 Dance Festival

Apr 19-22 Easter Weekend

June 25- Grade 8 Graduation Ceremony

Want to be in the
loop? Follow us:
[@RochCarrierFIPS](https://twitter.com/RochCarrierFIPS)





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Did You Know? On Tuesday, March 20, the International Francophonie Day is celebrated by over 220 million francophone speakers around the world!

At Roch Carrier we would like to celebrate our belonging to the Francophone culture by a couple of events. *Starting on Monday, March 18 until Friday March 29:*

Students are encouraged to wear clothes with French logos, slogans or symbols. Students can create their own French clothing, for example by designing their own (appropriate) message in French and taping it over their shirt. Have fun and be creative! Each time students wear their French attire, they will earn a "Franco-dollar" which will be entered in a draw.

Students can also earn a "Franco-dollar" when they are getting caught speaking French outside of their classroom, for example at recess, in the hallway or on the bus.

Here are some suggestions on how we can extend our celebration of French outside of school: borrow more books in French from our library, speak French with your siblings at home, switch your TV or radio station to French, browse some websites in French, listen to French music!

Thank you for your participation and support!

Vive le français!

Mme Hughes et la classe de 6^e année

1 FRANCO-DOLLAR
JE PARLE EN FRANÇAIS

NOM : _____

Professeur : _____

Lester B. Pearson Summer Arts Camp

1 week session OR 2 week session

Register Early!

We Offer:

- Children's Theatre • Dance • Drama • Music
- Musical Theatre • Visual Arts • Photography

All sessions taught by qualified teachers

www.tvdsb.ca/pearson



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Coming Soon! We will be offering an online option for funds coming in to RCFI. Details will be coming home, we hope this provides a much more secure payment option for our families.

Missing the print calendar? Check out our website and you can "subscribe" the the RCFI calendar and have it email you directly:

<http://rochcarrier.tvdsb.ca/en/index.aspx>

select "Calendar"; and choose "Subscribe" on the top right corner.

Roch Carrier French Immersion Public School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	1 Easter Day Schools are closed	2
3 Suzanne Club STEM Club M	4	5	6 Gymnastics Primary Campus	7 Habitat Floral Sketchy	8 Easter STEM Club M	9
10 March Break	11 March Break	12 March Break	13 March Break	14 March Break	15 March Break	16

ROCH CARRIER

Home & SCHOOL ASSOCIATION



Next **RCHSA Meeting** Mon Apr 8 @ 6:30 pm

*** ALL ARE WELCOME! ***

*Childcare Available!



DANCE-A-THON

MARCH 8, 2019

GLOW ITEMS AND YUMMY TREATS* AVAILABLE!

***MILK AND PEANUT FREE!**

PLEASE RETURN pledges Wednesday March 6!

Any parents wanting to volunteer?
Please contact: Sharon at
sawizard2002@yahoo.ca



SUPERHERO THEME!



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

WWW.RCFI.HOTLUNCHES.NET

sc-rochcarrier@tvpic.ca

Stacey Vries - President of Roch Carrier Home & School Association & Chair of RCFI School Council



Roch Carrier French Immersion School – Woodstock

AND...



Our parent community on
Facebook!

RCFI Parents

Home Connections in Mathematics: March 2019

Home Time Math is Bonding Time

We know time at home is precious after the school day is over. Inserting purposeful math activities while going about your daily routines provide children with the understanding that math is a useful skill and that you value education. Also, this time together allows you to learn about the math skills your child knows and is learning at school. Research shows that strong parental involvement improves student achievement in school. Here are a few suggestions of activities you might try.

Grab some cheese and crackers (or other snack combos) and make patterns with them. Be creative! For example:



We can ask, "We've made three copies of the same pattern (repeated pattern of the core). How many pieces of food is that altogether?" "How many pieces of food would you need if we were to make 6 copies of the same pattern?"

Through this activity, children learn that patterns can be represented in a variety of ways and that this particular example highlights multiplication.

Using the same snacks from the activity above, you can help students build understanding of fractions. For example, you can ask, "What is the ratio of cheese to crackers?" and "To keep the same ratio, how many pieces of cheese will I have if I quadruple the number of crackers?"

Now, grab a pie (or a round cookie) and let's have some fun with circles!



Using a piece of string, get your child to measure the circumference of the pie. Do the same with the diameter. Divide the measure of the circumference by the diameter and what they'll get is π (pi)! Learn more about this ratio here:

<https://www.youtube.com/watch?v=ZNiRzZ66YN0>

Now, that you've had a healthy snack why not move with math? Below are some engaging ways you and your family can be active in math!

Turn on music and make shapes with your bodies. Encourage your child to make different poses, some symmetrical and some asymmetrical. Things to talk about while you dance, "Can you make your body symmetrical to mine?"



How about a round of "Simon Says" referencing different shapes, angles, and directions? Say, "Simon says make a 90 degree angle with your arms" or "Simon Says turn counter clockwise 270°."

Here's a game that involves finding a treasure. One person hides a small object in a room and then provides instructions using positional language to give simple directions (e.g., in, on, around, right, left.). Or, "X" marks the spot. The person has to draw a simple map of the room to provide directions to the hidden object.

Enjoy your time doing math with your family. Keep it light and make it fun!

These links offer some other suggestions.

<https://talkingmathwithkids.com/>

<http://mathpickle.com/games/>

Nutrition Month – Unlock the Potential of Food to Bring Us Together



March is Nutrition Month! This year's theme is about Unlocking the Potential of Food. Food can fuel us, prevent disease, open up opportunities for discovery of new flavours and experiences, and bring us together around the table.

Sharing meals with family and friends is well worth the effort! There are benefits for the entire family:

- Children who eat meals with their family have healthier diets (including eating more fruits and veggies) and do better in school.
- Teens who share family meals get better grades and are less likely to use drugs, alcohol or smoke.
- Adults who eat with others eat more fruits and veggies, drink less pop, and eat less fast food.

The benefits of family meals are greatest when the family has time to talk and share information about their day, so remember to switch off the TV and consider starting a “no phones at the table” policy to focus on enjoying each other’s company.

Having family meals together doesn’t have to just include dinner. If evenings are hectic, try sharing breakfast or have brunch together on the weekend. If you are on the go in the evening to sports or programs, pack up your meal to go as well. Every meal counts!

Dietitians are passionate about the potential of food to enhance lives and improve health. We will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice. To speak to a Registered Dietitian over the phone for free, contact Telehealth Ontario at 1-866-797-0000.

Adapted from the Dietitians of Canada's Nutrition Month campaign materials. Find more information about Nutrition Month at www.NutritionMonth2019.ca.

Vaping and E-Cigarette Use

Vaping has very quickly become a prevalent issue among youth and young adults, posing various health risks. Although we are learning more and more every day, vaping and e-cigarette devices are relatively new, so there is limited research surrounding the long-term effects of these products. There is a lot of misinformation circulating about vaping and e-cigarettes, so we just wanted to *clear the air!*

What are E-Cigarettes/Vapes?

These are battery-powered devices that contain a flavored chemical compound or “e-juice” that is turned into a vapour and inhaled. These devices take on a variety of shapes and sizes, often resembling common everyday objects such as pens, USB flash drives, and lipstick tubes.

What is contained in the E-Juice?

The main ingredient found in the juice is **Propylene Glycol**; a chemical also used to de-ice planes, in fog machines and in plastics. They also contain **Vegetable Glycerin** that is found in soaps and shampoos, **water** and **flavoring**. The various components that make up the flavoring can also be damaging to the lungs. Most often, the E-juice contains the highly addictive chemical found in cigarettes; **nicotine**. Studies have also shown that metals from the heating coils can end up in the vapour that is inhaled.

What are JUUL's?

JUUL is a specific brand of e-cigarette. Their product is discreetly designed to resemble a USB drive. JUUL's use pods to contain their e-juice; all of which contain nicotine. There is a low-nicotine dose available, but due to lack of demand the high-nicotine pods are primarily in stock and sold. These pods contain higher doses of nicotine than other e-cigarette products; with one pod containing roughly the same amount of nicotine as one pack of cigarettes that could promote nicotine reliance after very short-term use.



Well at least they're not cigarettes.... right?

It's true that e-cigarettes/vapes contain less carcinogenic (cancer-causing) chemicals than traditional cigarettes; however, the use of e-cigarettes greatly increases the chance of switching to combustible cigarettes in youth and young adults who do not currently smoke. Although fewer in quantity, the carcinogens and chemicals that *are* present still create notable health risks to the individual and to those exposed to the second-hand vapour.

What are the effects of vaping?

Due to their developing brains, youth are highly sensitive to the effects of nicotine which could result in addiction, altered memory capacity, reduced concentration, reduced impulse control and behavioral problems. Lung damage can also occur as a result of vaping. The chemical, diacetyl, found in the flavoring can lead to “popcorn lung”, characterized by damage to the small airways in the lungs.

- If you don't smoke, don't start vaping!-

For more information on vaping and e-cigarettes visit:

<https://www.interiorhealth.ca/sites/Partners/TobaccoResources/Documents/Vaping%20and%20Youth.pdf>