

## **RCFI Weekly Memo to Families from Administration Nov 1 edition**

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

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

Principal: A. Maddox      Vice Principal: J. Moodie      Superintendent: D. Wright  
Admin. Assistant: T. Kormendi/A. Law      Trustees: Barb Yeoman, Graham Hart

### **News:**

As you will have likely heard by now, there was a lockdown at the school today. There was a situation involving the Woodstock Police Department near our property, as soon as we became aware of it, we cleared the school yard and remained inside the building until the all clear was given by WPD. Communication from TVDSB was sent via messenger earlier this evening.

This has been an exciting week with many changes to COVID protocols being released. Restrictions on volunteers in schools are slowly lifting. In order to be able to volunteer, you must have a Criminal Background check on file at the school (or signed yearly waiver), show proof of being fully vaccinated, and complete COVID attestation daily. If you are interested in volunteering at the school, please reach out to the office and with your availability.

We received the 'green light' to begin planning our hot lunch program. Our wonderful Home and School team is working on logistics, please stay tuned for further information that should be coming out soon!

We have also learned that we are eligible to book our Grade 8 Graduation photos. I have been in contact with LifeTouch and our new date is Wednesday, December 1, 2021

Wishing those families who celebrate Halloween a wonderful and spooky weekend. We ask that you please remember to limit the amount of candy that is sent to school in lunches next week, as well as reviewing the labels to ensure that any candy coming to school is free of allergens (i.e., all tree nuts) to ensure the safety of all students. Thank you for your assistance in this

### **School Council/HSA**

Our next School Council Meeting will be Thursday November 11 at 6:00, followed immediately by the Home and School Association Meeting via ZOOM. Join Zoom Meeting

<https://us06web.zoom.us/j/85488557281?pwd=REFqSmtTVzVZT2ZDdjRJMmh4VFduQT09>

Meeting ID: 854 8855 7281      Passcode: 332001

**Safe and Inclusive School Team (SISP):** One of our focus with our Safe and Inclusive School team is to focus on establishing strong relationships with all students and families to begin the school year. We have included an image from the TVDSB Safe Schools Monthly newsletter for you to explore.

## STRESS BEHAVIOUR...

Sometimes what students show us is really ALL they know

What might be going on

### Lived Experiences/ Mitigating Factors:

Lacks supportive relationships  
Bullied  
Marginalized  
Racism, discrimination  
Adverse childhood experiences  
Trauma  
Intergenerational trauma  
Inadequate housing  
Food insecurity  
Learning challenges  
Learning during a pandemic

### Feelings:

Unsafe to/from  
Scared  
Angry  
Disconnected  
Don't belong  
Embarrassed  
Not loved  
Incapable  
Misunderstood  
Hungry  
Tired  
Overstimulated

**Flight:**  
Avoiding  
Disengaged  
Daydreaming  
Non-attendance

**Freeze:**  
Unable to move/act  
Giving blank look  
Exhibiting Numbness

**Fight:**  
Aggression  
Defiance  
Difficulty concentrating

## Why it matters...

Knowing our learners and attuning to the motives behind their behaviour, can help staff support students to identify what they really need, and new ways of coping, that promote learning (Souers & Hall, 2016). Strong staff/student connections foster a sense of belonging, may buffer the stress response, and create supportive conditions for co-regulation.

Prefrontal Cortex: thinking, planning, ahead, solve problems, connect with others, learn

Under construction  
O-mid 20s

Amygdala

Brain Stem

### Stress Response:

Our brains are wired to survive. When we experience a threat, an alarm goes off, triggering the fight / flight / freeze response. This results in our thinking brain shutting down and our emotional (amygdala) and instinctual part of the brain taking over our mind and body. Once we have returned to a state of calm, our thinking brain is re-activated and we can engage in learning again.

"...stressed brains can't learn" (Souers & Hall, 2016, p.29).

Your devoted Administrators,  
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