

# ROCH CARRIER

## Home & SCHOOL ASSOCIATION



## HELLO PARENTS!!!

Roch Carrier Home & School Association and School Council welcome you!!

We would like to take this opportunity to invite you to join us, to get involved and to share your ideas about how we can make Roch Carrier an even better experience for the kids and your family! This is also a great place to meet other parents in our community and discover what's happening at the school.

### Our ROLE as the RCFI HSA

To organize events/activities that enrich the whole school community, to involve our parents and to foster communication between the school and parents.

### Our RESPONSIBILITIES

- Identify and help meet the needs of the school, our students and our community
- Ensure effective communication between the staff, students and parents
- Provide programs and projects that involve members related to the needs of the school and community

#### What is the time commitment?

- Meetings are bi-monthly throughout the school year
- Each meeting is about 1-2 hours
- Attend in-person or virtually
- Childcare is available for meetings (provided by older students)

#### What do we talk about?

Planning special events, organizing of fundraisers, discussing and applying for grants for the school and how to use them, sharing about how to engage our community/parents more, discussing any concerns raised by parents, and more.

Some examples of what we have done for our school are...

- ✓ Outdoor climbers/playground
- ✓ TWO beautiful outdoor classrooms
- ✓ Fans for all the classrooms
- ✓ Water bottle refill station
- ✓ Photo mosaic display
- ✓ Author visits
- ✓ Friendship bench
- ✓ ...and so much more!

**CLICK HERE to learn more from the TVDSB website:** 



# Snack Program at RCFI



Our school kitchen provides nutritious snacks to all classes, 3-4 days each week. These snacks include fresh cut fruits and vegetables, apple sauce, granola bars and even homemade muffins (made in the school kitchen), all which need to be prepared and organized for each class.

The snack program is led by Janet, a parent within our school, and she plans the menu and gathers the groceries for our school kitchen.

Parent volunteers take turns coming into the school kitchen to prepare snacks and set them out for classes to pick up.

## SNACK PREP

- Preparing snacks occurs between 11:30am to 12:30pm OR 12:00pm to 1:00pm (whichever works better for your schedule).
- Snack bowls are expected to be out for class pick up before 1:00 p.m. that day.
- Approx. 45-60 minutes is needed depending on the snack.

## SNACK CLEAN UP

Clean up happens between 2:00 to 3:00 p.m. on snack days (it doesn't take the entire hour).

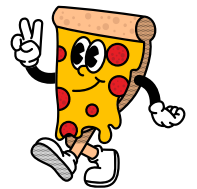
Parent volunteers are needed to retrieve the snack bowls from the carts (located in front of the office), put any leftovers in the fridge and wash the bowls for the next day.

Come in and help one day each week or one day per month: any help is appreciated!

## HOT LUNCH

Mondays, we have chicken and pasta options and Thursdays we have pizza. Both days are hosted by Domino's Pizza.

We would love to offer more hot lunch options from a variety of restaurants and in order to provide that, we need more parent volunteers.



**Please contact Mme A. Maddox (Principal)**   
**BY E-MAIL to learn more: [a.maddox@tvdsb.ca](mailto:a.maddox@tvdsb.ca)**

**Join our RCFI parent Facebook group**  
**[CLICK HERE for Facebook group](#)**



<https://www.facebook.com/groups/1137213979687651>

**Stay connected in WhatsApp [HERE](#)**  
<https://chat.whatsapp.com/FmL3n0lB3e4ANqug2HyAMP>



**Your participation can make a difference!**