

# Russell Public School Newsletter

SEP 2018

Mhairi Rowland  
Principal



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Russell Public School

@RussellPSchool

**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 hours/day.**



## From the Principal's Desk



Welcome to the 2019-2020 school year! We are so happy to see our returning students and welcome many new families to our family! Our enrollment is climbing as our little Village continues to grow! We had a very smooth start up this year.

For those of you new to our community, allow me to introduce myself. This is my fourth year at Russell Public, and I am entering my 20<sup>th</sup> year with the Upper Canada District School Board. My husband, three children and I moved to Russell 25 years ago and have always been very involved in this school and our community. The tradition of being a small, caring community lives on in Russell and it is wonderful to see our new residents joining in on all the great activities and organizations our Village has to offer. We are so fortunate to have such a generous and giving parent population here at Russell Public. We have a dynamic Parent Council, a volunteer reading program, hot lunch program, healthy snacks, and many classroom volunteers. If it takes a village to raise a child, we certainly have the right village!

As the Leader for your school, my priority is your child(ren). It is my responsibility to make sure they are receiving the highest quality instruction and education in a culture which fosters curiosity, excitement and the joy of learning. Today's classrooms are changing and evolving. As adults, our students will live and work in a different world than we do today. We need to teach our students the skills and character traits they will need to become successful citizens! As a staff, we engage in regular professional development to help us stay current with the best educational practices to ensure your child's success!

I am also responsible to you as well, as you are your child's first and most important teacher! My door is always open, and my cell number and email are at the bottom of this message. While I recommend contacting your child's teacher first with any concerns, I am always available to meet with you at your convenience. I look forward to seeing you at our Open House!

Best Regards,  
Mhairi Rowland  
613-445-2190 (school)  
613-558-5259 (cell)  
Mhairi.rowland@ucdsb.on.ca



## WELCOME BACK DINNER, OPEN HOUSE AND SCHOLSTIC BOOK FAIR

We will be holding our annual Welcome Back Dinner, Open House and Scholastic Book Fair on Thursday, September 19, from 5:30 - 7:30. Families are welcome to come out, have some pizza and veggies (see attached order form) meet your child's teacher and tour their classrooms! You can also get a jump on your Christmas shopping at our Book Fair. **Thanks to Alana Spence and Jessica Aubrey for taking on the organization of the Book Fair! Volunteers are still needed for Thursday evening and Friday during the day.**

*If you are ordering food, please complete the online order form or send in your paper copy and exact change or cheque by Tuesday, September 17<sup>th</sup>.*

## VOLUNTEERS NEEDED



We love our volunteers! They help make Russell Public the best! The programs below require volunteers to run. If we don't get enough volunteers, then we can no longer offer the service! We recognize that many of you are not available during the day. We welcome other family members (grandparents, aunts, uncles etc.!) Please note: A Vulnerable Sector Check must be completed by all volunteers. There is no charge for this, please see Betty at the office for the form.

## HOT LUNCH

This program runs 4 days per week. Volunteers are needed to purchase supplies and make or serve the hot lunches. Commitment is at least two days per month from 10:30 - 12:15.

## HEALTHY SNACK

This program allows us to place healthy snacks in the class each day. Commitment is 1 day a week (usually Monday morning) for about an hour to fill the snack baskets and/or shopping and purchasing the healthy snacks.

## READING VOLUNTEERS

This program has volunteers read with students in a quiet 1:1 setting. This additional time reading strengthens skills and aids comprehension. Commitment is very flexible. Volunteers are welcome anytime during the school day!

## LOST AND FOUND



Every year we donate bags and bags of clothes to St. Mary's Clothing Closet. Despite many attempts to reunite clothing and owners, no one ever seems to recognize their clothes! This year we have signed up with Mabel's Labels. These are labels you can purchase to identify your child's belongings! Click on the link below for more information.

[Mabel's Labels](#)



## BELL TIMES AND SAFE ARRIVAL



Your child's safety is of paramount importance to us! Be advised that we DO NOT have supervision on the school yard until 8:55 or after 3:30. We ask that your child not arrive before or stay after these times.

Mrs. Bradley spends many hours following up with phone calls for students who are absent, and no one has called us to report the absence! Please remember to call our Safe Arrival Line (613-445-2190) 24/7 to report your child's absence.

### Bell Times

- 8:55 Buses unload, walkers arrive
- 9:05 Classes commence
- 11:35 Primary (Grade 1-3) Lunch  
Kindergarten Recess  
Junior Recess (grade 4-6)
- 11:55 Primary (Grade 1-3) Recess  
Kindergarten Lunch  
Junior Lunch (grade 4-6)
- 1:35 Recess for all grades
- 3:25 Dismissal

If you are picking your child up during the school day, please be mindful of our recess times. It is often difficult to track them down when they are outside for recess!

## AGENDAS



Agendas are a great organizational tool for your child. Unfortunately, the agenda company used by our school board this year doesn't seem to be very organized! Agenda delivery has been delayed across the Board. Your child will be getting his/her agenda soon!

## PARENT COUNCIL



Our first Parent Council meeting this week was a great success! It was so nice to see many new faces at the table. Attached is this year's council. Please feel free to join us anytime for meetings. It is a great opportunity to hear about and participate in ideas and programs that affect you child at school. Meetings will take place the first Thursday of every month at 6:30.



### Sweat, Step, Sleep and Sit

The Canadian 24-hour movement guidelines encourage children and youth to live an active lifestyle by balancing physical activities, sedentary behaviours and sleep in their daily routine. Here's what a healthy 24 hours should include:

**Sweat:** An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week.

**Step:** Several hours of a variety of structured and unstructured light physical activities.

**Sleep:** Uninterrupted 9 to 11 hours of sleep per night for those aged 5 to 13 years and 8 to 10 hours per night for those aged 14 to 17 years, with consistent bed and wake-up times.

**Sit:** No more than 2 hours per day of recreational screen time and limited sitting for extended periods.

For more information about the guidelines, visit [www.participaction.com](http://www.participaction.com) or contact the EOHU at 613-933-1375 or 1 800 267-7120.



### BUS DROP OFF AND PICKUP TIMES

Please do not attempt to leave the driveway during bus drop off and pick up times. This creates a safety issue as students and staff on duty are not expecting the movement of vehicles in and out of the driveway at this time. Your patience is greatly appreciated in adhering to this request.

Russell Public School will be participating in this year's Terry Fox School Run for cancer research. We are proud to continue the legacy of one of our country's greatest heroes. We hope you will join us and support this wonderful cause by donating to our Terry Fox School Run fundraising page at: <http://www.terryfox.ca/RussellPSRussell> Thank you!

The future of cancer research has never looked brighter!

