



**R.F. DOWNEY PUBLIC SCHOOL**  
1221 NEPTUNE STREET, PETERBOROUGH ON  
705 742-7201



Principal: Barb Beath [barb\\_beath@kprdsb.ca](mailto:barb_beath@kprdsb.ca)  
Superintendent: Steven Girardi [steven\\_girardi@kprdsb.ca](mailto:steven_girardi@kprdsb.ca)  
Secretary: Arlene Munro – [arlene\\_e\\_munro@kprdsb.ca](mailto:arlene_e_munro@kprdsb.ca)  
Trustees: Wayne Bonner [wayne\\_bonner@kprdsb.ca](mailto:wayne_bonner@kprdsb.ca) Rose Kitney [rose\\_kitney@kprdsb.ca](mailto:rose_kitney@kprdsb.ca)  
School Council Chair: Melanie Foster [melaniejsfoster@gmail.com](mailto:melaniejsfoster@gmail.com)  
Twitter: @RFDPS  
Facebook: <https://www.facebook.com/RFDowney>  
Web site: <http://rfdowney.kprdsb.ca/>

### **APRIL 2018 NEWSLETTER**

Seek the best in ourselves and others  
Participate in all aspects of our education  
Pursue excellence and be the best that we can be

#### **Principal's Message**



**Welcome to April!** March certainly went out like a lion and we are proud to say that we were ready for the challenge at R.F. Downey as we continue to consolidate our learning and challenge ourselves to be the best that we can be! We are getting ready to show our community that Team R.F. Downey is united and can take on any challenge! To that end, we challenge everyone to pay-it-forward at least once every day! Do something nice for someone with zero expectation of having the favour returned! It is guaranteed to bring smiles! As a school we are continuing to work on remembering to THINK before we speak or act: Is it True? Is it Helpful? Is it Inspiring? Is it Necessary? Is it Kind? We also strive to follow two very simple rules: BE where you are supposed to be. DO what you are supposed to be doing. We wish everyone continued success in 2018 and look forward to our continued collaboration towards helping every child succeed. Please continue to contact us with any concerns or feedback, we are happy to hear from you! As always, safety and belonging are a priority for us and we welcome your input.

**Barb**



#### **School Council Update:**

We had no March council meeting. Our next School Council meeting is on Monday, April 9 at 6:30 in the school library. Remember - there is no commitment involved to sit in on a council meeting, but you will find out about upcoming events and fundraisers that we are planning to promote student well-being and success.

**R. F. Downey would like to present**  
Our second annual  
**DANCE-A-THON**  
**Friday April 13<sup>th</sup>, 2018**

We are having a Dance-a-thon to raise money for an electronic school sign. Eliana Ross hosted our kick-off assembly on March 26<sup>th</sup> and students brought home envelopes the same week, and are encouraged ask friends and family to sponsor them to dance. It can be any amount. Here's the fun part, the prizes that can be won IF your child raises the most money!!

#### **KINDERGARTEN**

1<sup>st</sup> Battery operated ATV  
2<sup>nd</sup> Tent playground  
3<sup>rd</sup> Scooter

#### **PRIMARY**

1<sup>ST</sup> Electric Scooter  
2<sup>nd</sup> Pedal Go-cart  
3<sup>rd</sup> Karaoke Machine

#### **JUNIOR**

1<sup>ST</sup> Hoverboard  
2<sup>nd</sup> Limo Lunch  
3<sup>rd</sup> Floating Island

. If you are interested in volunteering the day of the Dance-a-thon, please contact Eliana Ross at [Eliana.ross@hotmail.com](mailto:Eliana.ross@hotmail.com). If you have any issues or concerns about Parent Council, please contact Melanie Foster at [melaniejsfoster@gmail.com](mailto:melaniejsfoster@gmail.com).

Sincerely,  
*Melanie Foster*

#### **Kindergarten Registration 2018/19**

Registration is taking place **NOW** for full day Junior and Senior Kindergarten programs starting in September 2018. **Registration information is critical in determining the number of teachers needed at each school. If registration happens late, there may be delays in getting the right number of teachers at our school.** This can result in a larger class initially for your child, or your child may have a different teacher after the first week if classes must be reorganized. We want to make sure everything is in place to help your child succeed in and enjoy Kindergarten!

#### **HOW DO I REGISTER?**

Please contact the school for a registration package (705-742-7201 or find a form on line at [http://www.kprschools.ca/en/our\\_schools/findaschool/schoolregistration.html](http://www.kprschools.ca/en/our_schools/findaschool/schoolregistration.html).

#### **WHAT DO I NEED TO REGISTER?**

Please try to bring:

- ✓ birth certificate or other proof of age
- ✓ proof of address
- ✓ current immunization information

\*\*\*PLEASE NOTE: Registration can now also be done on line at:  
<https://schoolregistration.kprdsb.ca/VIA/Account/LogOn>  
If you register on line, you still need to bring your paperwork into the school

#### **Outdoor Clothing**

Parents are reminded that the weather is unpredictable. Students should now be bringing coats, hats, mittens, boots and snow pants with them each day. I would also urge you to put an extra pair of pants and socks in a plastic baggie in the bottom of your child's knapsack, and remember...**always** put your child's name on their items. If we find labeled clothing in the Lost and Found – it gets returned to its owner!

#### **Please note**

Supervision does not begin until 9:00 a.m.. Students should not be on at school before this time unless they are in the before-school program.

## **Lost and Found**

As usual, our lost and found is extremely full this year. Please be sure to *label all winter clothing* that comes to school with your child, so that we can ensure that they take home the same clothing that they arrived with.

**Car Free Wednesdays** - The icy, snowy weather may have set in, but we're still going car-free at R.F. Downey! Why? When we choose to walk or take the school bus to school, we reduce harmful vehicle emissions that contribute to climate change. As well, school zones often have poor air quality, due to congestion of cars and engines left idling. Let's try to reduce the number of cars around our school zone. By making that small commitment, we are helping to create a cleaner world for all of us to share.

## **What Can Parents Do to Support Their Own Mental Wellness?**

Raising children can be one of the most rewarding and enjoyable adventures in life. But there may be parenting challenges that are stressful, such as trying to get everyone to their sports games on time. Being able to cope with normal stresses of daily living is part of mental wellness.

Parents need to remember to take care of themselves so that they can take care of their children:

- Make time for yourself and things you enjoy
- Take care of your own health (get enough sleep, eat healthy, exercise)
- Recognize your emotions and symptoms of stress
- Talk about your feelings
- Reach out for support
- Develop good relationships

For more information, visit Canadian Mental Health Association and contact your local health unit.

## **Getting Out the Door On Time**

Ah, the morning chaos of a household waking up: cleaning, dressing, eating, and racing out the door. A lack of sleep, or having to create last minute lunches can be stressful. The key is organization – and it starts with you! Be realistic about how much time you need to get ready in the morning. Time constraints create added stress for the entire family.

### **Key Steps**

- Get yourself ready first, before your child. Go to bed at a reasonable hour so you wake up rested and ready for the day.
- Plan ahead: pack lunches, find the mittens, and pick clothes the night before.
- Keep the television off! Electronics and TV can be very disruptive first thing in the morning. If there is extra time, let them use it to read, chat, or help out.
- Be clear and realistic about what your child can do. Praising them when they do something well encourages them to do it again and gain new skills.

With these steps you can help avoid morning meltdowns - for you, and your child!