



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



Principal: Barb Bloom barb_bloom@kprdsb.ca
Superintendent: Steve Girardi steven_girardi@kprdsb.ca 705-742-9773
Trustees: Wayne Bonner wayne_bonner@kprdsb.ca Rose Kitney rose_kitney@kprdsb.ca
2017/18 School Council Chair: Melanie Foster

SEPTEMBER 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:

Hello and welcome to the start of a new school year at R.F. Downey! The hallways are sparkling, and the desks are shining, welcoming the return of our students. The teachers and staff have been working hard, getting ready to welcome your children into their new classes. A very special thank you to our custodians, **Randy** and **Brenda** whose hard work this summer has our school looking amazing. All students are asked to help keep our floors clean and keep themselves safe by making sure to have a pair of **indoor shoes** to wear while inside the school. Proper footwear is also **mandatory** in the gym.

We currently continue to accept and process new registrations. Good news – we are seemingly up in numbers in K-6! Please be patient with us as we work through any necessary classroom changes in an effort to keep our numbers within the ministry targets. We will not however be making any unnecessary changes to classroom placements. The classes that were set in June will remain where possible.

We anticipate that the traffic around the school will continue to be busy. As always, we encourage parents to walk their children to school or to car pool with neighbours to help alleviate some of the congestion around the school. There is a parking lot by the soccer fields behind the school, with a short walk up the pathway to the school yards. You can access these parking spaces off of Milroy Drive. Our school continues to try to make our pick-up/drop-off areas safer for children. Ultimately, it is the parents that can ensure student safety by parking in designated areas only, walking students on sidewalks only (not across parking areas), and being considerate of others trying to navigate the area. **Please be respectful towards school staff who are monitoring the parking areas to keep students safe!**

This year we will continue to post our newsletters on-line following this first edition. If this is not suitable and you need a paper copy, please contact the office and we will add you to our list. If you wish to receive it by direct email, please email me directly at barb_bloom@kprdsb.ca and I will add you to the contact list for newsletters. Thank you for supporting our efforts to go Green!

R.F. Downey is a busy, productive and positive place to be, and we encourage all parents to visit, get to know us, ask questions and get involved! Please do not hesitate to email me at the address above if you have any questions, comments, concerns or ideas!

Barb Bloom

September Open House

Mark the date in your calendar!! We are having our School Open House on Thursday, September 27th from 5:30 – 7:30 p.m. School Council will be providing a BBQ dinner which will be followed by a classroom visits. The school will then be open to visitors from 6:45-7:30 for a quick visit with staff and a look around to see how things have changed! This is a great chance to visit with members of our school community, enjoy some relaxed time with your children and meet the teachers. More information about buying tickets for the BBQ will be sent home shortly. Hope to see you there!

Student Verification Form

Please return no later than **Friday, September 14th, 2018**.

A student verification form will be sent home with each child. Please thoroughly check the information and return the form to the school, with any changes marked clearly (with red pen if possible). The information that you provide concerning emergency phone numbers and medical information is very important to your child's safety. If at any time, your information changes, please notify the school immediately. Thank you.

Indigenous Student Self-Identification

An information brochure will soon be sent home by our school describing the voluntary self-identification initiative for First Nation, Métis and Inuit students. Your Indigenous heritage is a vital part of who you are. By identifying your child or teen as a First Nation, Métis or Inuit student, this helps us build the best possible school programs for all students. The information you provide when you self-identify will be private and confidential.

You may choose to self-identify either by completing the form included on the brochure or on the Student Registration Verification Form which will be sent home in the coming weeks.

For more information, please contact Sheryl Mattson, Indigenous Education Consultant K-12 – Sheryl_mattson@kprdsb.ca

Attendance - Please Help Us!

If your child is going to be absent or late for school, please notify the school by:

a) sending a note to the teacher prior to the absence. This note may be delivered the same morning as the absence by a sibling or neighbour, but the teacher needs to receive it prior to 9:20 a.m.

b) phoning directly to the **Safe Arrival** line before 9:15 a.m. at **1-844-434-8119** .

If you do not call this line, once attendance is completed by staff, the system will call you automatically for a reason. It saves time if you call ahead! These notes/phone calls make our morning so much easier as it saves calling you to ensure that your child is safe. It also avoids you being called by the automatic Safe Arrival dispatch system!

SCHOOL HOURS REMINDER

Yard Supervision Begins	9:00 am (students should <u>not</u> be at school before 9:00 am)
Entry Bell	9:15 a.m.
Recess / Nutrition Break 1	10:55 - 11:35 a.m.
Recess / Nutrition Break 2	1:15-1:55 p.m.
Dismissal	3:35 p.m.

R. F. DOWNEY STAFF - 2018/2019

Principal:	Ms. Barb Bloom	
Secretary:	Mrs. Munro (replacement to be hired)	
Kindergarten:	Mrs. Gutoskie & Mrs. Potter	Planning Teacher: Mrs. Noriega
Kindergarten:	Ms. Jones & Mrs. Janzen	Resource Teacher: Mrs. Moore
Grade 1:	Mrs. Burns	Librarian: TBD (Ms. Strain on leave)
Grade 1/2:	Mrs. Orbell	Core French/Arts: Mme Parsons
Grade 2/3:	Mrs. Jarvis (Mr. Hall)	Custodians: Mr. Gibbs, Ms. Ireland
Grade 3:	Mrs. Geen	
Grade 5	Ms. Johnston	
Grade 3/4:	Mrs. McCrossan	
Grade 4/5	Mr. Carter	
Grade 5/6:	Mr. Bent	
Grade 6:	Ms. LeVasseur	

Support Staff: **CYW** – Kathy Wollny, Jami Martindale
EA – Lori O'Rourke, Cheryl Bulmer, Susan Davies, KariAnn Favron
Michelle Bagshaw, Lauren McCormick, Shawna Goode, TBD

The **School Code of Conduct** - was developed by staff, students and parents. An abridged version of the code is at the beginning of the agendas. A complete copy of the Code of Conduct is available on the R.F. Downey school website. It outlines expectations for staff, students and parents as well as **progressive discipline** steps used with students. Please be sure to review the section at the front of the agenda with your child to discuss school expectations.

Health and Physical Education Curriculum

We wanted to provide an update on the Health and Physical Education Curriculum for the coming school year.

As you know, the government has announced a broad public consultation on this issue.

While this consultation is underway, the Ministry of Education has re-issued the 2010 Health and Physical Education Curriculum for elementary students. Secondary students will continue to receive the curriculum broadly revised and introduced in 2015.

We know that our teachers and school support staff are well-trained professionals who will continue to be committed to supporting the well-being and healthy development of students.

We are also obligated by legislation to follow the provincially approved curriculum. Our teachers are highly professional and will teach the curriculum in a developmental and age appropriate manner as they have always done.

As with any question you may have about anything related to your child's learning, the best place to start is with their classroom teacher. These conversations can strengthen positive relationships between parents and teachers, and resolve concerns at the level closest to the issue.

More information is also available on our board's website at: www.kprschoools.ca

Parent Conference

FREE KPR Parent Conference October 20

Mental Health, Math & Modern Learning is the theme for this year's Parent Conference, taking place Saturday, October 20 at Bowmanville High School. New this year are workshops that parents and guardians will be able to attend together with their children or teens. Keynote speaker **Dr. Greg Wells** will start the morning conference with a presentation titled *The Ripple Effect: Sleep, Think, Eat and Move Better*. As always, the conference also will offer a choice of practical workshops, child minding, refreshments and take-home resources – all at no charge. Stay tuned for more information and registration details later in September at www.kprschoools.ca

Calendar – check Edsby.

Sleep Better, Eat Better, Move Better, Think Better

This year at RFD, we are continuing to focus on Well-Being! We are working to help students understand that the better we treat ourselves, the better we can learn. Dr. Greg Wells (<http://drgregwells.com/>) has published a book called *The Ripple Effect* which reminds us that each good choice that we make about physical activity, getting enough sleep, and eating well, has a direct

HOW MUCH SLEEP DO YOU REALLY NEED?	
Age	Sleep Needs
Newborns (0-2 months)	12 to 18 hours
Infants (3-11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17 years)	8.5 to 9.25 hours
Adults	7 to 9 hours

effect on our ability to think well and to learn! We will be reminding students to practice STEM – **S**leep better, **T**hink better, **E**at better, **M**ove better! To this end, each class will participate in a scheduled 15-minute walk each day with their class. You can help us at home by helping your child to get enough sleep and to make healthy eating choices. We encourage you not to send sugary snack to school. Research tells us that foods high in sugar impede our ability to focus on our learning. Research also tells us that children at least 5

to 6 full cycles of 90 minute sleep which includes REM in each cycle. When we get the right amount of sleep, we wake up naturally and feel ready to start our day! Dr. Wells encourages us all to make a 1% change in our lives that will have a positive impact. 1% is 15 minutes of your day. Here at RFD we are making our 1% matter by implementing our daily walks! Please join us in making changes for the better by encouraging your child to embrace STEM.



SCHOOL COUNCIL



School Council Fall Fundraiser

This year R.F. Downey will be participating in "Fresh from the Farm". Information and order forms will be home soon! This is a great opportunity to support our school, as well as local farmers, with products that we use anyways!

Our annual elections are on Monday, September 24th. Everyone is welcome! The School Council usually meets the 2nd Monday of every month at 6:30 p.m. in the library. The School Council will be sending out regular updates throughout the year. Below, you will find a nomination form for School Council. If you are interested in being a member please complete the form and send it to the school by September 14th.

R. F. DOWNEY SCHOOL COUNCIL ANNUAL ELECTION

Our School Council works as a team to promote and support the development of R. F. Downey Public School, as a safe, open, caring, rich learning environment for our children. We are an advisory body to school administration, and interconnect with the community in which our children grow, live and learn.

ANNUAL ELECTION MEETING BEGINS AT 6:30 P.M. ON MONDAY, SEPT. 24th

PLEASE FILL OUT THE BALLOT AND RETURN TO THE SCHOOL OFFICE BY FRIDAY, SEPTEMBER 14th

We invite you to join the school council and be a part of setting goals to enhance our children's learning experience and support school staff and administration.

I, _____ am interested in putting my name up for election for the R. F. Downey School Council for the 2018-2019 school year.

Child/ren currently attending RF Downey: _____

My particular area of interest is: _____

I am interested in running for the position of:

- Secretary
- Treasurer
- Chair – or Co-Chair