



NEWSLETTER 7-6

# Roch Carrier Elementary School

www.rochcarrieres.ocdsb.ca

February, 2012

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## From the Principal...

### ARC update:

Dear parents,  
 On Tuesday, January 31, there was a Board meeting where the Staff (Board planning department) presented to the OCDSB Trustees, their recommendations for the Kanata ARC. Previously, on December 15, the ARC, a group composed of parents, community members and Principals, presented their recommendations to the OCDSB Trustees.  
 The following is the recommendation presented by Staff on Tuesday:

School	Program	Notes
Bridlewood	JK-6 ENG/EFI, 4-6 MFI	7-8 directed to GC, add'n of EFI program MFI for Kanata South
Castlefrank	JK-3 ENG/EFI	add'n of EFI program, temporary grade config.
Glen Cairn	7-8 ENG/EFI/MFI/ G.ENG	closes for 2013, Annex to A.Y. Jackson
John Young	JK-6 ENG/EFI, 1-6 G. ENG	receives JK-6 from GC, boundary change
Katimavik *	4-8 ENG/EFI, 6-8 MFI	MFI to phase out, add'n of ENG program, temporary grade config.
Roch Carrier	JK-6 ENG/EFI	smaller EFI boundary
W.O. Mitchell	JK-6 ENG/EFI	7-8 directed to GC, boundary change
A.Y. Jackson	7-12	add'n of 7 and 8

\* Ultimate grade structure, under status quo, would be 4-8 MFI.

With this recommendation, Staff proposes that for the school year 2012-2013, all schools in Kanata North and South remain status quo. These proposed changes would take effect in September 2013.

The next step in the ARC process is for the OCDSB Trustees to hear Delegations with their comments or concerns about either of the proposed recommendations. Delegations for Kanata South are invited to present on Thursday, March 8 and if needed on Thursday, March 22.

.....**To teach and learn with curiosity, creativity and confidence**.....

Trustees will make their final decision at their meeting on Tuesday, April 24.

If you have any questions about the ARC, please do not hesitate to call me or even better, come by and see me, I will be happy to meet with you.

On another note, please take a moment to visit our new and improved website at:  
[www.rochcarrieres.ocdsb.ca](http://www.rochcarrieres.ocdsb.ca).

Sincerely,  
*Mme Sioafi* 😊

## From the Desk of Ms. Clayton:

Happy Groundhog Day! Canada's groundhogs predict an early Spring! We certainly have had an interesting weather mix so far this year. It will be interesting to see what is in store for us in the coming weeks.

As a follow up to our Report Cards going home on February 10<sup>th</sup>, we are inviting all parents to participate in Student-Led conferencing on February 15<sup>th</sup> throughout the day. It is an exciting learning experience for the students as they prepare, present, and discuss the contents of their portfolio. Each class will have an assigned **20 minute** time period for students to present to their parents. We have included some transition time in the schedule in order to facilitate class changes and parking for parents. Please plan to arrive at the beginning of the allotted time.

You are welcome to attend each scheduled conference if you have more than 1 child at the school. However, in order to avoid you having to make multiple visits to the school, we will gladly call down any siblings to present their portfolios to you in the library.

If you are unable to attend the Student-Led Conferences, we will have staff on hand to listen to your child's presentation. Your child will also be able to bring his/her portfolio home to present it to you.

This is a very exciting opportunity for the students. Children love having family come to the school so they can show off their learning and progress!

### Student-Led Conference Schedule (February 15, 2012):

- 8:30-9:00: - Luc Prud'homme (Gym A)  
                   - Virginia Harrison (Gym B)  
                   - Louise Cesario (Stage)
- 9:00-9:30: - Matthew Ridgeway (Gym A)  
                   - Katharine Paunins (Gym B)  
                   - Judy Wood (Stage)
- 9:30-10:00: - Jennifer Lamarche (Gym A)  
                   - Colleen Scott (Gym B)  
                   - Lyne Vezina (Stage)
- 10:00-10:30: - Valerie Carew (Gym A)  
                   - Kathy Laviolette (Gym B)
- 11:15-11:45: - Samantha Riem (Gym A)  
                   - Monica Poirier (Gym B)  
                   - Eliza Gravel (Stage)
- 11:45-12:15: - Jessica Greenland (Gym A)  
                   - Tamara MacDonald (Gym B)  
                   - Anne Desforges (Stage)
- 12:15-12:45: - Tracy O'Shaughnessy (Gym A)  
                   - Sue Levy Rick (Gym B)  
                   - Magalie Bercy (Stage)
- 2:00-2:30: - Fiona Gasperetti (Gym A)  
                   - Jennifer Allingham (Gym B)
- 2:30-3:00: - Sarah Backstrom (Gym A)  
                   - Connie Toye (Gym B)

Sincerely,

*Ms. Clayton*

### From Mrs. Levy-Rick's class:

Mrs. Levy-Rick's students have time traveled back to the 1800's. Here is one pioneer student's letter...

January 23, 1855

Dear Uncle Lloyd,

*When I took my first step on this new land I knew I would be safe here. I smelled the fresh pine scent in the air. First we met these Aboriginal people. The Aboriginal people taught us to use safe trails otherwise we would get sliced and diced by a bear! They speak their own language that I don't understand. If Aboriginal people weren't here, we would have been dead before day three! The Aboriginal people taught my mother how to preserve meat over a fire for long trips. Then they taught my father how to make traps and weapons and they taught him safe trails. Later that night my family glanced at a beautiful full moon. Suddenly, we heard twigs and leaves crunching. It was a wolf! It slowly approached me but luckily before I was going to be dinner three arrows killed the wolf! If it weren't for the Aboriginal people I would have been devoured. I hope you can come to this new land really soon!*

Sincerely,

Fraser



### Spelling Bee

On January 24th, Roch Carrier Elementary School held its 6th annual CanWest CanSpell National Spelling Bee competition. Twenty nine spellers from grades 4-6 participated in this event. The spellers were from Mrs. Allingham's class: Zach and Mehr; Ms Carew's class: Colin, Abby, Laura, Megan, Kanika, and Annabelle; Mrs. Gasperetti's class: Noushin, Rylan and Brook; Mrs. Harrison's class: David, Amanda, Carter and Hannah; Mme Laviolette's class: Sam, Lamiya and Devon; Ms O'Shaughnessy's class: Andy, Olivia, Maiya and Anisha; M. Prud'homme's class: Lucy, Trumann, Olivia, and Mauna and Mme Riem's class: Cassidy, Tia and Shkula. They spelled many difficult words such as *manifestation*, *schooner*, *syringe* and *fajitas*. David Hao from Mrs. Harrison's class eventually won the event after a grueling 7 rounds. David could potentially go on to the Regional Finals on March 4<sup>th</sup>. Check out [www.canspell.com](http://www.canspell.com) on February 17<sup>th</sup> and click on "Ottawa" to view if he made it to the next round. Congratulations, David!

.....To teach and learn with curiosity, creativity and confidence.....

**French Week!** February 13<sup>th</sup> – February 17<sup>th</sup>

The French Club at Roch Carrier has been busy planning and organizing activities to promote French culture at Roch. Junior students have organized a week of activities including a “Le Café Vert et Blanc” where students can pre-order traditional French food and a door decorating contest (classes will be challenged to pick a French speaking country and decorate their classroom doors with symbols that represent that country. The winning class will receive a French book for their classroom libraries).

- Monday February 13<sup>th</sup> – traditional French Canadian songs and dances in the gym at second recess;
- Tuesday February 14<sup>th</sup> – Primary French Café at first recess (please see attached food order form);
- Wednesday February 15<sup>th</sup> – Junior French Café at first recess (please see attached food order form);
- Thursday February 16<sup>th</sup> – French movie in the Library over the recess time;
- Friday February 17<sup>th</sup> – door decorating contest!

We are looking forward to a great week!

The Junior French Club.

**Toonie Tuesday**



The Education Foundation's Toonie Tuesday is on February 14 this year. This is a great day for students and staff to show their "big hearts" and helping hands for students in need. Students and staff are invited to bring a Loonie or a Toonie to school as a gift for the Education Foundation. In return, the Foundation will ensure that no student goes without.

Over the years, the Education Foundation has helped many students, even from Roch. We are very grateful for their support. The foundation has always been there for our students when we have asked for their help.

**Movie Night**



On Thursday, February 16<sup>th</sup>, Roch Carrier families are invited to a special showing of **Dolphin Tale**. The show will begin at 6:30 pm in the school gym. Feel free to wear your comfy PJ's and bring your favorite teddy bear. All children must be accompanied by an adult.

Refreshments will be available for purchase.

Recommended donation is \$10.00 per family.

All proceeds support ongoing fundraising efforts for the **Free the Children Foundation**.

Many thanks from the students in Mrs. Paunins', Mrs. Levy-Rick's, and Mrs. Cesario's classes.

**Dental Screening for Grades JK, SK, 1 and 2**



Every year, the Ottawa Public Health Department conducts mandatory dental health screenings in our schools for grades Junior Kindergarten through grade 2. This year, the screening at Roch Carrier will take place March 6-8.

Lucy Charbonneau, registered dental hygienist from Ottawa Public Health, will provide a dental screening using a tongue depressor and non-latex gloves on **March 6, 7, 8, 2012**. Only children identified as having dental needs will bring home a form. Follow-up school visits by the dental hygienist for individual children may be done. This does not replace regular dental visits with your family dentist. This is offered in accordance with the Ontario Ministry of Health Promotion and Sport, Mandatory Health Programs under the Health Protection and Promotion Act. Personal Health Information is collected under the authority of the Health Protection and Promotion Act and will be used for the purpose of dental assessment, treatment and oral hygiene instruction, and for statistical purposes. Questions concerning the collection and use of this information should be directed to the Program Manager, 400-1580 Merivale Rd., Ottawa, ON, tel.: 613-580-6744 ext 23511.

## National Sweater Day

The Environmental Education Steering Committee has invited our school to participate in National Sweater Day. Please mark your calendars

for **February 9th, 2012**. Turn down your heat and turn up your sweater! We are calling on all students to participate in National Sweater Day to help us reduce our ecological footprint by turning down their thermostats and wearing a fun sweater to symbolize their commitment to the environment.



## School Council NEWS



Our next council meeting will be held on **Wednesday, Feb. 8<sup>th</sup>**, at 7pm in the RCES library. Hope to see you there.

The first **cake walk** of 2012 will be held on February 14, 2012. Please watch for details in your child's backpack.

### Spring Fundraiser: Stay tuned...

Parents, do you have electronic waste such as old TVs, cameras, computers etc.? While you are planning that spring clean-up, make a plan to support our spring fundraiser by giving them to us. More details will follow at a later date.

### FOOD PROGRAMS

New milk and pizza/subs orders started on **Feb 1<sup>st</sup>, 2012**. The new order forms have been sent home already – don't forget to check your child's back pack. If you have not received your order forms please check the Council's website to download. If you have missed the deadline, please contact the coordinator [c\\_dummitt@hotmail.com](mailto:c_dummitt@hotmail.com)

Not at the school every day but want to stay connected? You can! Please check out the Council's website <http://www.rochcouncil.ca/index.html>

OR  
visit our Facebook page

<https://www.facebook.com/pages/Roch-Carrier-School-Council/150201855030124>

## Community News



The next Bridlewood Community Association Meeting will be held on Tuesday, February 21 at 7:30 pm in the Bill Morgan Room of the Eva James Community Centre. Along with committee reports and Councillor Hubley's update, we will have 2 presentations by City Staff:

1. Kevin Jones, Planner, Parks and Rec - To discuss new signage ideas for Deevy Pines
2. Philippe Landry, Public Works, Manager Traffic Management and Operational Support - To discuss Roundabout at Stonehaven and Steeplechase/Bridgestone

All residents are welcome to attend.

Spring Sports Registration is available on line from February 1 – February 29, 2012 at [www.bridlewood.ca](http://www.bridlewood.ca). There will be one in-person registration on Monday, February 6<sup>th</sup> from 6:30 – 8:00 pm at St. Anne School. Volunteers, especially coaches, are required to run this program, please contact Laura at [springsports@bridlewood.ca](mailto:springsports@bridlewood.ca) for more information.

Annual Family Memberships are now on sale for only \$10 on our website at [www.bridlewood.ca](http://www.bridlewood.ca). Show your support for the Bridlewood Community Association, give us a stronger voice when dealing with the City and Developers on local issues, join us for our Annual Member and Volunteer Appreciation BBQ, get regular updates on what is happening in Bridlewood and be able to register your children for Spring Sports – just by becoming a member. Please contact Margaret at [pres@bridlewood.ca](mailto:pres@bridlewood.ca) for more information.

Join us on our 9 outdoor rinks to celebrate Hockey Day in Ottawa on Saturday, February 11 – watch our website for more information.

.....To teach and learn with curiosity, creativity and confidence.....



**SLEEP**

Sleep is a basic need for everyone. Getting a good night sleep is vital for kids. It is needed to help them develop well and perform their best. Kids 5-12 years need 10-12 hours per night. Many kids are getting less than this. Signs that a child may not be getting enough sleep are:



- Short attention span
- Yawning
- Drowsy
- Hyper-active
- Cranky

Most kids will resist bedtime but parents should be firm. Here is what parents can do to help kids sleep longer and better:

- Have dinner and after school activities early in the evening.
- No screens in the bedroom. This includes TV, computers, phones and games.
- Bedrooms should be cool (less than 24C).
- House should be quiet.
- Have the same bedtime routine every night (bath, reading before bed or quiet time, lights out).

Parents can be great role models and get a good night's sleep too.

If you need more information, please call the Ottawa Public Health at 613-580-6744.

**RESILIENCE IN KIDS**

Resilience is being able to bounce back from problems or adapt to change. It allows you to cope when things are not going well. It helps you manage life events in a healthy way.



To build resilience:

- Reach out to people who can help you.

- Deal with feelings as they occur so they do not overwhelm you.
- Use skills to help you solve problems.
- Keep a hopeful outlook.

To help kids build resilience parents can:

- Talk with them during meals.
- Help them with homework.
- Ask them how they are feeling.
- Be positive.
- Remind them of their good qualities.
- Take time to notice the things they enjoy.

For more information contact Ottawa Public Health at 613-580-6744 or [ottawa.ca/health](http://ottawa.ca/health).

**Dates to Remember**

- Feb. 8 School Council Meeting @7:00 pm
- Feb. 9 Winter Walk to School Day
- Feb. 9 National Sweater Day
- Feb. 10 Report Cards go home
- Feb. 14 Toonie Tuesday
- Feb. 14 Cake Walk
- Feb. 14 Spirit Day: Hearts, pink, purple, red and White
- Feb. 15 Student-Led Conferences (grades 1-6)
- Feb. 16 Grade 1 EFI field trip to Museum of Civilization
- Feb. 16 Movie Night: " Dolphin Tale"
- Feb. 16 Grades 4-6 French Immersion Public Speaking in library 8:30-10:30
- Feb. 17 PA Day. No School for students
- Feb. 20 Family Day. No School.
- Feb. 23 Senators practice at Scotiabank Place (Allingham, O'Shaughnessy and Toy)
- Feb. 28 Field Trip to Museum of Science and Technology (Lavolette grade 5 EFI)
- Mar. 2 Junior Olympics
- Mar. 6-8 Dental Screening for JK – grade 2.
- Mar. 7 School Council Meeting at 7:00 pm
- Mar. 8 Movie Night

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Mar. 9 Spirit Day: Beach Day

Mar. 12-16 March Break: No School

Mar. 23 Field Trip to Museum of Science and Technology (Ridgeway, Wood, Levy-Rick)

Mar. 27 Field Trip to Museum of Civilization (Laviolette grade 5 and 5/6)