



NEWSLETTER 6-1

Roch Carrier Elementary School

Sept. 9, 2010

Tel: 613- 254-8400 401 Stonehaven Drive, Kanata K2M 3B5 Fax: 613-254-9572



From the Principal...

Dear Parents and Guardians,

It is with great pleasure that we welcome you to a new school year. On behalf of the staff, I would like to extend a warm welcome to all of our existing and to our new students and families at Roch Carrier Elementary School. As the new Principal of RCES, I look forward to meeting all students, parents and community members and getting to know you. I had the chance to work with the fantastic staff of RCES in June and August as we spent time together planning this school year. Staff and I are looking forward to working with parents and the school community to once again challenge our youth in their learning.

The energy and excitement of a new school year is evident throughout our building! Our opening day went very smoothly thanks to many people. The teachers were ready to receive students and the support staff was well organized for parents and students.

I look forward to a successful year working together to enhance your child's education. Please drop by the office and say hello when you are in the building. I welcome the chance to meet you and I hope to see you soon! ☺

Mme Sioufi

2010-2011 RCES Staff

It is with great pride, that I present to you the staff for the 2010-2011 school year:

JK-Reg.	K. Smith
	S. Bannerman
SK-Reg.	R. Kruger-Kerwin
SK-EFI	C. Hole
	M. Marchand-Godwin
Grade 1-Reg.	M. Ridgeway
	J. Wood
Grade 1-EFI	A. Desforges
	E. Gravel
	L. Vezina
	M. Bercy
Grade 2-Reg.	K. Paunins
Grade 2-EFI	J. Lamarche
	S. Backstrom
	J. Greenland
	C. Toye
Grade 2/3 Reg.	S. Levy-Rick
Grade 3-EFI	M. Poirier

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Grade 3-EFI	T. Macdonald J. Pinard
Grade 3/4 Reg.	J. Saschenbrecker
Grade 4/5 Reg.	T. O'Shaughnessy
Grade 4&4/5-EFI	L. Prud'homme
Grade 4&4/5-ETFI	V. Harrison
Grade 5 Reg.	J. Allingham
Grade 5&5/6-EFI	K. Laviolette
Grade 5&5/6-ETFI	V. Carew
Grade 6 Reg.	F. Gasperetti
Grade 6-EFI	S. Riem
Core French	V. Meh S. Bruder
English to EFI	C. Hammond R. Kruger-Kerwin
SELC	L. Clayton C. Richardson S. Dillon
LST	J. Townsend (P. Bailey)
ESL	S. Dillon
Phys. Ed	L. Lindquist
Office staff	D. van Zijl V. Mitchell M. Afelskie L. Sitka
Ed. Assistants	M.J. Arpin W. Berry M. Lecompte
Library Tech.	R. Wafai J. Voelker
Custodial	R. Bent C. Graham
Vice- Principal	L. Clayton
Principal	K. Sioufi

A Few Changes From Last Year:

Starting on Thursday, September 9, we will begin signing O Canada outside at 8:30 am, before entering the building/portables. We believe that singing the whole school together O Canada, will bring an even bigger sense of school community to Roch Carrier ES.

We will also be having a warning bell 3 minutes before the actual time to remind students that it is time to finish their game and to proceed to their line up. At bell time, all students should be ready to enter the building/potables and begin their learning blocks.

Our school day will look like this:

8:27:	Warning bell
8:30:	Bell, O Canada
8:30 - 10:30	Learning Block
10:30 -10:50	Nutrition Break
10:50-11:10	Recess (warning bell at 11:07)
11:10 - 12:30	Learning Block
12:30 – 12:50	Nutrition Break
12:50-1:20	Recess (warning bell at 1:17)
1:20 - 3:00	Learning Block

School Re-organization

As of Thursday, September 9, we have 710 students registered. We have 38 less students than were projected (748). This may potentially impact our class groupings and may require us to re-assign some students. Any re-organization will occur after September 27, when we will receive our new allocation of classes from the Board. Please rest assured that you will be contacted should we have to make an adjustment to your child's class.

Important Forms

Attached to this newsletter is a Student Permission Form, which requires your signature for the following:

- Acceptable Use of Computers and Internet/Intranet Technology Agreement Form

WHAT AN AWSOME TEAM!!!

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- Media Permission Form
- Please return them completed **before September 17, 2010.**

If you require any of the following medical forms they are available at the school office:

- Severe and Life-Threatening Allergy Protocol Registration
- Emergency Use of Epi Pen Auto Injector Authorization
- Administration of Oral Medication Authorization
- Serious Medical Conditions Protocol Registration
- Diabetes Emergency Treatment Protocol Registration

If your child has a life-threatening allergy, it is necessary for you to fill out the pertinent forms and return them to the school **as soon as possible.** Thank you!

Meet the Staff BBQ

Meet the Staff and BBQ will take place on Thursday, September 23. All our students and their parents are invited to join us on that date. This is an opportunity for children to introduce their parents to their teacher(s) and for parents to tour the school, and find out more about programs and routines. This is not a time for interviews.

The schedule for the evening is as follows: Meet the staff from 3:30 to 4:30 pm.



BBQ 5:00 to 7:00 p.m.

A letter with more details about the BBQ will be sent home on Monday, September 13th.

Student Levy

In consultation with our school council, Roch Carrier Elementary School will be requesting a \$15.00 voluntary school levy per student to a maximum of \$30 per family, to subsidize the cost of student agendas, cultural events and consumable supplies for special classroom activities. The voluntary levy may be submitted at the start of the year. Please note that no student shall be denied an opportunity to fully participate in any activity for which the school levy is used for subsidy. For confidential assistance with any matter tied to

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school levy, please contact your child's classroom teacher or the principal.

Student Absences

The office staff is in at 8:00 a.m.

For your convenience in the reporting of your child's absence, the absence line number is **613-254-9256**. The answering machine is on 24 hours a day. We thank the many parents who call the school to let us know of their child's absence. Please provide us with information when your child is ill with flu like symptoms. We must track absences.

If **your** child will be leaving school early, please write a note in/or attached to your child's agenda.

In the event that you are picking up your child prior to the dismissal bell, please report to the office to sign the student out. Advance notice to the Office is much appreciated. Sufficient time is required to inform the teacher and the student, especially if the student is not to take a bus home.

A request please...

We have many students in our community with life threatening allergies to nuts. We ask that you not send any nut products or foods containing nut bi-products to school.



Phone Numbers in case Emergency



If an emergency situation arises and we need to close the school e.g. (power failure), or your child is injured or ill and needs to go home, it is critical that the office be able to reach you.

If you have changed your home or work number, or your child's emergency contacts over the summer months, please call the office with the new information as soon as possible so that we may update your child's record.

Your child's health and well-being are important to us.

Student Pick-up and Drop-off



Please keep these requests in mind when picking up or dropping off your children at school:

- please use the drop off area to the side of the school (large parking lot) when dropping off or picking up children
- during peak time, morning and afternoon, staff will open doors to vehicles and assist children.
- do not leave your car
- if you choose to park your vehicle in the lot, you must walk with your child through the parking lot...please use the crosswalk
- kindergarten children should be accompanied to the kinder duty teacher by the parent/guardian

Please consider using the Scissons Park lot when picking up or dropping off your children during morning or afternoon peak hour. This will help in reducing the volume of traffic on site.

Please refrain from making left turns onto Stonehaven from Roch Carrier E.S. during peak time...this would greatly assist us in keeping the flow of traffic in and out of the school more fluid.

Please remember not to let your car idle.

School Council



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Roch Carrier Elementary School has benefited from the support and advice of a dedicated group of parents – our School Council. This parent/staff advisory body meets on a monthly basis and is headed by a parent executive. If you would like to find out more about the mandate and how you can get involved, please consider joining us for our first meeting of the year on October 5th. Meetings are held in the library and run from 7:00 to 9:00 p.m.

School Council Elections

The Lunch Lady

The Lunch Lady operates a weekly lunch service at the school every Friday, during the second nutrition break. ~Roch Carrier ES is one of many across the city receiving hot, nutritious lunches from this company. ~ All food is nut-free and options are available for other students with allergy concerns. ~The menu is extensive and varied featuring many different kid friendly meals from pastas, to salads, wraps and even sushi sometimes.~ Every few months a new menu is sent home from school with the most current menu options. ~Or view it online by signing up for an account at <https://order.lunchlady.ca>.

The first order form will be sent home shortly and will be due back to school on **Monday, September 13**.~ For those parents that have placed their orders online, the first Lunch Lady delivery day will be **Friday, September 17**.~ For those handing in paper order forms, the first Lunch Lady will begin the **week of Sept 20th**.

Community News

Canadian Red Cross

During the upcoming PD days, or on a weekend, consider taking a course with the Canadian Red Cross.

Babysitter Course

The Babysitting Course covers the responsibilities of a babysitter, safety tips for children of all ages, basic child care skills and what to do in case of an emergency (\$65.00)

All Babysitter courses run 8:30 – 4:30 at Red Cross, 340 Catherine St

Sunday September 26
 Saturday October 30
 Friday November 12
 Friday November 26
 Monday December 20
 Tuesday December 21
 Wednesday December 22

People Savers

A 4-level program developed by the Canadian Red Cross to teach safety awareness and first aid skills to elementary school-aged children.

PEOPLESAYER Level 1

for Children aged 5- 6 (\$10.00)

Saturday September 25 9:00 – 10:00 am
 Friday November 12 9:00 – 10:00 am
 Saturday December 4 1:30 – 2:30 pm
 Monday December 20 9:00 – 10:00 am
 Tuesday December 21 9:00 – 10:00 am

PEOPLESAYER Level 2

for Children aged 7-8 (\$15.00)

Saturday September 25 9:00 – 10:00 am
 Friday November 12 9:00 – 10:00 am
 Saturday December 4 1:30 – 3:30 pm
 Monday December 20 10:00 – 12:00noon

Tuesday December 21 10:00- 12:00 noon

PEOPLESAYER Level 3

for Children aged 8-10 (\$20.00)

Saturday September 25 Noon – 3:00pm
 Friday November 12 Noon – 3:00pm
 Saturday December 4 8:30 – 11:30 am
 Monday December 20 1:00 – 4:00 pm
 Tuesday December 21 1:00 – 4:00 pm

PEOPLESAYER Level 4

for Children aged 10-12 (\$25.00)

Saturday September 25 Noon – 4:00pm
 Friday November 12 Noon – 4:00pm
 Saturday December 4 8:30 – 12:30 pm
 Monday December 20 1:00 – 5:00 pm
 Tuesday December 21 1:00 – 5:00 pm

For a complete course description, students and parents can check out www.redcross.ca. Limited Spaces, register soon. For more information or to register, please call 613-560-7220 ext.249.

SEPTEMBER SAFETY TIP

Children are curious – and this curiosity often leads to injury. Parent can help protect their child by creating a safe environment.

Injuries are most likely to occur when:

- Children and parents are tired, usually before nap time, in the late afternoon, or before bed;
- Children are over active or rushed and are not allowed enough time to do things carefully;
- Parents are ill and unable to supervise their children with their usual patience and care;
- Parents are under emotional stress and their attention is distracted;
- Routine is disrupted;
- People other than usual care-givers are supervising the child.



One common injury is choking.

Causes of Choking

- Trying to swallow large pieces of food
- Eating while talking, walking, running, or playing

Preventing Choking

- Do not let young children move around with food in their hands or mouth. Constantly watch children when they are eating.
- Feed babies or young children appropriate soft foods in small pieces.
- Make sure there are no small objects nearby that babies or young children might put in their mouth.
- Keep young children away from balloons, which can burst into small pieces that can be easily inhaled.

Sincerely,
 Gillian Baker
gillian.baker@redcross.ca

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Community Services Coordinator
 Canadian Red Cross Society
 Ph: 613 560-7220

Health Habits for Learning



Consider the following family routine tips:

- **Healthy eating.** Prepare healthy meals. Try to include at least 3 or 4 food groups each meal from Canada’s Food Guide. A growing brain will work at its best with good fuel.
- **Regular exercise.** Activities and sports can focus thinking and let out stress. 90 minutes of exercise is suggested each day.
- **Sleep.** A growing body needs nine to eleven hours of sleep each night.
- **Hygiene.** Daily baths or showers will reduce body odour.
- **Health check-up.** Bring your child for a yearly health check-up. Ask for your child’s hearing and vision to be tested. Be sure your child’s vaccines are up to date.
- **Dental care.** Bring your child for a yearly dental check-up. Brush teeth two times a day for two minutes.

For more information go to ottawa.ca/health or call Ottawa Public Health at 613-580-6744.

MedicAlert’s No Child Without Program is at Our School

The *No Child Without* program offers a free MedicAlert membership to students who attend our school and are between the ages of 4 up to their 14th birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a MedicAlert membership through this program. MedicAlert is your child’s voice in an emergency,

MedicAlert membership;

- Gives emergency first responders immediate access to a your child’s medical information on their MedicAlert bracelet or necklet

- Enables first responders to quickly obtain up to date medical information by means of the child’s Electronic Health Record through the **24 Hour Emergency Hotline.**
- Communicates with the parent or emergency contact upon activation of the **Hotline**
- Allows free updates of the child’s medical record as needed

MedicAlert identification can alert school staff, friends, coaches and others about your child’s medical condition should an emergency occur.

For further information come to the office for a brochure or go to www.nochildout.ca.

To register your child you will need a *No Child Without* brochure from the office.

If your child is already part of the *No Child Without* program and there have been changes to their medical condition, medications or emergency contact information, call MedicAlert at 1-866-679-3220 Ext 1 to update your child’s file.

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Dates to Remember

Sept. 8: Welcome assembly at 9:00 am

Sept. 16: Terry Fox Assembly; Primary classes in the AM and Junior classes in the PM

Sept. 21: Entertainment Book assembly in PM

Sept. 23: Meet the Staff BBQ

Sept. 24: Terry Fox run/walk

Oct. 1: Picture Day

Oct. 5: World Teacher’s Day

Oct. 5: First School Council meeting in the library at 7:00 pm. All parents are welcome!!!

Oct. 11: Thanksgiving, no school for students

Oct. 29: Spirit Day: Orange and Black
Pumpkin Walk

Nov. 4: Student Progress Report sent home

Nov. 5: Picture retake day

Nov. 11: Remembrance Day Assembly @ 11:30

Nov. 17: School Council meeting at 7:00 pm in the library. All parents are welcome!

Nov. 25: Spirit Day: TBD

Nov. 26: PD Day, Ministry Day, Implementing the School Improvement Plan, no school for students

Dec. 9: AM Holiday Showcase
PM Grade 1 EFI show

Dec. 14: Flea Market

Dec. 15: Candygram sale

Dec. 17: Spirit Day, TBD

Dec 20-Jan 2: Winter Break, no school for students

E-Mail Addresses

In order to make communication between school and home more efficient, we would like to ask you to provide us with your e-mail address. Could you please provide us with your e-mail address and send it back to us with your child by September 14th, 2010. Thank You! ☺

Please cut along the line and send this portion back to your child’s teacher by Sept. 14th, 2010.



PLEASE PRINT CLEARLY, THANK YOU ☺

Student Name:

Grade : _____

Homeroom Teacher: _____

Parent/Guardian e-mail address:

Parent/Guardian e-mail address:

THANK YOU!!!

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