



ROCK CITY ELEMENTARY SCHOOL

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Mrs. Eileen Jubinville, Principal
 Ms. Laura Read, Head Secretary
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Rock City Elementary Website Link - <http://rc.schools.sd68.bc.ca/>

Principal's Message

This has been a busy month at Rock City Elementary. Our Community Leadership team was inspired on Pink Shirt Day, on February 24th, and this year's #BEKIND theme. They have challenged our students to complete random acts of kindness for the rest of March. Their goal is to reach 150 acts of kindness (seeing how this year is Canada's 150th birthday).

We encourage all students to continue to "think" about how we treat each other - together we can all make a difference!

Please drop in to the school and see all the wonderful work the students are doing. A big thank you to our teachers, educational assistants, support staff, parents and school volunteers for their support of our students this year.

A reminder Spring Break is for 2 weeks, Monday March 20 to Friday March 31. I wish everyone a very enjoyable and relaxing Spring Break.

Sincerely,
Eileen Jubinville



Spirit Day: Green & Pajama Day

Our next spirit day will be on March 17th. It will be time to find something green to wear and/or pajamas for our "Green and Pajama" Spirit Day!



The Good, The Bad and The Ugly Of Parenting Sessions

The first session of the Good, the Bad, and the Ugly of Parenting on Thursday, March 2nd, from 5:30 to 7:30pm was a success. Parents were given an opportunity to speak openly and honestly about their experiences with parenting. After some great sharing and discussions, the night ended with a brainstorming session around future topics such as:

1. Establishing boundaries & positive discipline
2. Special needs info re: ADHD and Anxiety
3. Behaviour management & Building resiliency
4. How to communicate better with my child
5. Outside resource connections re: child care, couple counselling, child counselling
6. How to co-parent
7. Internet safety
8. How do I support my child with their academics?
9. Bullying

Look for notices and emails for future Good, Bad, and Ugly sessions designed around these topics. We have planned for the first Thursday of the month. (April 6th and May 4th)



WELCOME TO KINDERGARTEN



There will be an event for students (and their parents/guardians) starting Kindergarten in September 2017 on Wednesday, May 10 from 1-2:00pm in the gym. You do not need to preregister for this session.

Kindergarten E-Registration 2017-2018

Registration for Kindergarten for September 2017 continues to be open! Families are encouraged to register on line as soon as possible. <http://www.sd68.bc.ca>

Important Dates

Please check our school web calendar for important dates.

Paint Night (PAC)	Mar 16
Last Day before Spring Break	Mar 17
School Re-Opens	April 3
Good Friday (No School)	April 14
Easter Holiday (No School)	April 17
Gr 7 Parent Night @ Wellington	April 27
School Track & Field Meet	May 8
ProD (No School)	May 12
Victoria Day (No School)	May 22
Zone Track Meet	June 1
PAC Fun Fair	June 9
District Track Meet	June 8
Last Day of School	June 29

Mother's Day Baskets: Fundraiser

Our Grade 7s are holding a fundraiser in celebration of Mother's Day. Order forms went home last week and were due back in by Wednesday, March 15. Baskets will be ready for pickup on Wednesday, May 10th between 2 and 3pm in the back parking lot of the school.



Thanks in advance for supporting our Grade 7s and for recognizing all of our amazing Rock City mothers!

READY SET LEARN

Ready Set Learn is scheduled for 4 sessions (on Monday) from 12-1:30pm in our portable. The 4 sessions are Monday April 1 to Monday May 1 with no class on Monday April 17 (Easter Monday). **The session is designed for 3 and 4 year olds.** Ready, Set, Learn requires parent/guardian participation and attendance.



INTERNET SAFETY - KEEPING YOUR CHILD SAFE

Many parents are concerned about Internet safety for their children. The internet has many good points, but there are also dangers. What can Parents do to protect their children when they are online?

Use a Child Safe Browser

These browsers block websites with content not appropriate for children to view.

Observe Children When They Are Online

Parents should see what their children are viewing and be in the same room as them.

Limit Internet Usage

There are many reasons to limit the time your children spend on the internet. Spending too much time on the computer is not healthy.

Stay In Touch

Be informed of the latest online threats and know the dangers children may face. Educate your children and protect them from internet dangers. What should parents tell their children to do and not to do when using the internet?

Don't Give Away Personal Information

Parents should tell their children not to give out their telephone number, address or age online.

Don't Meet Up With Online "Friends"

Children should not meet up with anyone they have met online.

Don't Give Information About You

Any information children would not be comfortable with everyone knowing should not be shared online. If there is something they wouldn't share with their entire school, it should not be revealed online.

Don't Post Pictures of Yourself Online

Any pictures posted online have the potential to go anywhere and they can be manipulated.

Don't Tell People Your Plans

If people know where children will be and when, then they will easily be able to find them.

Don't Respond To Messages if Not Comfortable Doing So

If a child receives a message online, they should not respond unless they feel comfortable.

Allergies: Nut & Scent Sensitive School



A reminder that we have significant nut allergies and scent sensitivities at Rock City.

Please help us keep Rock City a healthy place for all learners by not sending food items that contain nuts and by trying to use scent free personal products on both students and adults.

Lunch Ideas with Veggies and Fruit

Most children don't get enough vegetables and fruit each day. School-age children need 5-8 servings of fruit and vegetables each day.

Support your child to eat more vegetables and fruit:

- Eat vegetables and fruit together with your children. Children learn by watching you.
- Involve children in buying and preparing vegetables and fruit.
- Try cut up veggies and fruit such as cucumber slices, cherry tomatoes, cauliflower, oranges, apple, pear or kiwi with salad dressing or yogurt for dipping.
- Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack.
- Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it.

A child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

Need fresh ideas?

Check out halfyourplate.ca



Bullying, Conflict or Mean Behaviour

In the months of February and March, our school focused on themes around bullying and being kind.

Our District Parent Advisory Council has produced a document on the issue of bullying which continues to be an important focus of our district as we strive to foster skills in our students to help them develop healthy relationships. <http://www.sd68.bc.ca/wp-content/uploads/DPAC-Brochure-anti-bullying3.pdf>

A key point made in the document is that "not all incidents of conflict are the result of bullying. Conflict between peers is a natural part of growing up."

For an incident to be considered a bullying incident, three indicators are usually present: (a) power imbalance, (b) intention to harm the other person, and (c) a repeated pattern of behaviour.

Please take a few minutes to read over the document. Having common language helps to better address and understand situations that involve our children.

Please note that we try to address all incidents of unhealthy social interactions at Rock City. We firmly believe it takes a community to raise a child and we are very appreciative of the great community we have!

Thanks for your support as we continue to guide our students through the situations of conflict that may come up during the school year.

