

# Rolling Hills Public School

## Newsletter

September, 2015

Principal: Sheila Shauf

Director: Larry Hope

Trustee: Karen Round



This month's Character Goal is Goal Setting.



### \*\*Important\*\*

Please contact the main office at 705-277-9515 if any of your personal information has changed. E.g. phone number, address, emergency contacts.

## Follow Us on Twitter! @RollingHillsPS

### Follow us on Twitter!

Stay up to date with what's happening at RHPS by following us on Twitter. We'll be tweeting event reminders, good news stories and interesting facts about life here in The Hills. Stay in the loop!

### Snacks & Lunch

It can be a long time for our stomachs until it's lunchtime. Students are able to snack during our first recess. This snack is taken with them outside for recess so please pack something easily portable ☺

### Daily Schedule

For 2015/2016 school year, RHPS has made a few changes to our daily schedule

Time	Event
9:10	Classes Begin
9:10 – 11:10	Learning Block 1
11:10 – 11:30	Recess
11:30 – 1:10	Learning Block 2
1:10 – 1:30	Lunch Break
1:30 – 2:10	Recess
2:10 – 3:30	Learning Block 3
3:30	End of the Day Break

### Newsletters

This year we will be continuing to send information on an as needed basis as well as a monthly calendar. We send these via email, twitter and post them on our school website. If your email address has changed over the summer, please let us know.

## Too Little Sleep Can Look Like ADHD in the Classroom

Make sure your child has the best chance of learning by ensuring they are getting all the sleep they require.

Recent studies have shown that sleep-deprived students have extreme difficulties paying attention and can miss out on the learning in their classroom.

For more information, check out <http://www.sleepforkids.org/html/sheet.html>

## At what time should your child go to bed?

Age	Wake-up time						
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
	Sleeping time						
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
8	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM

**\*\*Please Note\*\***

- ◆ Buses do not unload and supervision does not begin at school until **8:55 a.m.**
- ◆ The final bell of the day is **3:30 p.m.**
- ◆ Buses will leave school property at **3:40 p.m.**

**SAFETY  
FIRST**

In order to be prepared in the event of emergency we will have at least 6 fire drills and 3 Lockdown drills over the course of the 2015/2016 school year.

The first Fire Drill will be held Thursday, September 10, 2015.

The first Lockdown drill will be held Thursday, September 10, 2015 @ 9:45 a.m..

**Terry Fox Run**

Keep your eyes open for more information about this year's Terry Fox Run. It is being held on Wednesday, September 30<sup>th</sup>.

**Changes to Electives Programming**

We have spent time evaluating our Electives program from last year and are making some changes in order to counter some of the challenges that we identified.

During the third learning block of the day, intermediate students will spend a six week block enrolled in their core subjects of science, music, art and phys ed. Grade 6 students will be learning with their home room teachers during this block. Next there will be a four week block of electives which Grade 6, 7 and 8 will be enrolled in. Electives choices will be made during the last two weeks of September for the first session.

We will alternate these blocks for the rest of the school year – six week core subject block, then four week elective block.

Thank you for your support of the elective programs. It has been overwhelming and we are very thankful to you for your enthusiasm and support.

**Items being sent home this week**

You should receive the following papers and/or items this week.

- Registration Form (Gr. 4 only)
- School Home Communication Consent Form (Gr. 4 only)
- Student Information Verification (gr. 5 – 8)
- School Year Calendar
- Rolling Hills School Handbook
- Bring Your Own Device Agreement Form
- Physical Education -Elements of Risk
- Student Accident Insurance Letter

**Please return the forms to be signed as soon as possible.**

**Thank you!**

**School Council**

Being involved in the RHPS School Council can be an enriching and rewarding way to contribute to the school community. This is an advisory body comprised of parents and members of the community that is an important voice in determining the culture of our school.

Elections for the new Council take place within the first 30 days of the school year. If you would like to declare your candidacy, there are candidate declaration forms available at the main office. Please return them to the school no later than 4:00 p.m. on Monday, September 21st.

If there are 10 or fewer parent/guardian declaration forms received, all candidates will be acclaimed at 4:00 p.m. on September 21st. If there are more than 10, a process will be put into place to conduct a campaign, share candidate profiles and hold an election.

## School Routine Reminders

### Safe Arrival

Please call the school (or send a note in advance) when you know your child will be absent or late to school. The school will call home (and other emergency contacts if needed) of those students we have not heard from. Your note or phone call saves our secretary from having to make unnecessary safe arrival calls.

### Student Drop Offs

There is **no supervision before 8:55 a.m.** so please do not drop your students off until after 8:55 a.m.

**If you wish to escort your child to class, please go to the main office, sign in and pick up a visitors badge before entering the rest of the school.**

We encourage independence in our students and would ask parents to make every effort to help their children develop this skill by allowing them to walk to their class on their own.

### Visitors and Volunteers

Please sign in at the main office and wear a visitor's badge while you are at RHPS.

Volunteers are vital to the school experience. Volunteers make a student's experience richer and more vibrant. There are many opportunities to volunteer here at RHPS. Some of the opportunities are:

- Classroom help
- Field trip chaperone
- Reading Buddies
- Hot Lunch Volunteers
- Healthy Snack
- And many more...

**All volunteers must submit a police record check (PRC) to the main office.**

Once you have a PRC on file you have only to fill out an annual offence declaration each year. Please see the main office here at RHPS for forms and information.

### Medication

The school is unable to administer medication unless it is a prescription authorized by a doctor

Parents of students requiring prescription medication during the day must sign a release form, which needs to be signed by the prescribing physician. Parents must deliver the medication to the school in its original container.

At no time will the office provide Advil or Tylenol for students unless authorized by a parent.

### Buses

School Board policy allows students to travel **one bus route only** to and from school. Please do not make a request for a change to a different bus to accommodate such things such as appointments, visiting friends, etc.

Bus drivers are not authorized to make changes in pick up or drop off locations. This must be done through the Board transportation department. <http://rhp.tldsb.on.ca>

**Students will lose the privilege of riding the bus if they are unable to abide by the rules.**

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