



April 2016



235 Redstone Road
Richmond Hill, Ontario
L4S 2E2
(905)508-1073

Administrators' Message

Your children enjoy playing outside at recess.

With the snow, rain and the longer days, we begin to see the signs of spring. Now that we are experiencing weather changes, we need to be aware of the puddles and the mud in our schoolyard as the ground defrosts. Students must avoid the mud. When students enter their classroom, it is important to change into indoor shoes to avoid tracking mud inside. Please ensure your child has a pair of indoor shoes for this purpose. Also, students should have a change of clothes at school, especially an extra pair of socks, for the days when it is wet and puddles beckon and accidents occur.

Let's keep in touch

Please continue to work with your child(ren) to reflect upon their academic and learning skills achievement so far and develop goals for what they would like to accomplish for the remainder of this school year. An essential element to student success and learning is the home-school connection. Ongoing communication is one way in which families can help support their children's learning at home. This may take the form of regular agenda checks, reading at home, assistance with home-work and staying in touch with your children's teachers.

Punctuality

We have noticed a rise in the number of students who enter the school late in the mornings. It is important to teach our children early about punctuality. It is the responsibility of every parent to ensure that their children are in school on time. Students are supervised by staff at 8:55 a.m., entry bell rings at 9:05 a.m. and classes begin at 9:10 a.m. When students arrive late they must come to the office for an admit slip, as attendance has already been taken in the classroom. Consequently, they lose precious time in the hallways as they are getting ready to enter the classroom. The class is already in progress when the child enters and he/she has missed valuable learning time. As well, the instruction has to stop because the teacher will have to repeat directions and instructions which have already been relayed to the other students. Please be respectful of your child's classmates, teacher and the instructional time.

Wendy Thompson
Principal

Jean Rudman
Vice-Principal

School Website

www.redstone.ps.yrdsb.edu.on.ca

Superintendent: Rita Russo

905-884-4477

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Additional Elementary and Secondary P.A. Days

As a result of provincial labour negotiations, a P.A. Day has been added for all York Region District School Board elementary schools on Friday, **May 6, 2016** and secondary schools on Friday, **June 3, 2016**. You can see the full updated school year calendars on YRDSB's [website](http://www.yrdsb.edu.on.ca).

These additional P.A. Days are mandated by the Ministry of Education. On these dates, teachers will be taking part in professional development on provincial education priorities identified by the Ministry of Education.

Respect
Courage

Honesty
Initiative

Fairness

Perseverance
Optimism

How to respond to negative self-talk from your child

"I'm so dumb," your child mumbles at the kitchen table. He bangs his fist on the table and growls. He's working on a writing assignment. Writing does not come easy. Eraser smudges fill his page showing that he was not happy with his previous attempts. "You're not dumb, honey," you say soothingly. He crumples the paper and yells back, "Yes I am! I'm so stupid! I'm the worst!" You hang your head in your hands. Is he just being dramatic? Does he really think he's dumb?

When negative self-talk spews from your child's mouth, your knee-jerk reaction is to stop it. To give your child some reassurance or to convince them that their thinking is flawed. Unfortunately, their words may match their feelings. They do not feel "loveable" or "wonderful" (as you may suggest). They feel "dumb," "stupid," and "like the worst kid in the world". Instead of moving in to fix it, try these ideas to address the underlying feeling and their internal struggle.

- **Empathize:** Put yourself in their shoes and try to understand what they may be feeling. "That writing assignment's pretty challenging, eh?" or "Wow, sounds like you're feeling frustrated!" If you can't think of what to say, try a simple response like, "That's tough" or "Need a hug?"
- **Get curious:** Some kids have a hard time verbalizing the problem. When you start to explore the situation together, they may be able to understand what's really bugging them. "I wonder why this assignment is tripping you up today." or "Is it all writing assignments or this one in particular?"
- **Rewrite the script:** Once you've explored, you can work together to create some new phrases to try. Instead of "Writing is hard. I'm stupid," your child could say, "I'm working hard on writing" or "Making mistakes is part of learning." Or even, "Mom, I'm so frustrated with this assignment."

Problem-solve together: Resist the urge to suggest a solution to the problem or lead them to an answer that seems right to you. [Work as a team.](#) Sometimes, there is no easy solution or quick fix because the answer is, "I have to keep practicing" or "I am working toward the goal."

Challenge thoughts and feelings: Feelings come and go, they do not define you. Your child may FEEL unloveable, but feeling something doesn't mean it's true. Someone can struggle and not be stupid. Talk about times when your child has overcome something difficult and felt confident or excited.

Keep your conversations brief, don't tackle all of this at once.

You're eager to help your child, but it's not always easy to accept positive, reassuring comments if you've been in a negative-thinking frame of mind. Expect some resistance at first. Especially if your child is not used to seeing things in a different light.

What else can you do?

Create an environment of support, encouragement and teach frustration tolerance using these tips:

Give Choices: Let your child have the option to make choices throughout the day, picking their outfit, afternoon snack, or where to do their homework. Give positive feedback for good choices and **watch your criticism!** If you give them a choice, keep your negative opinions to yourself.

Embrace Imperfection: Everyone makes mistakes – even you! Practice using light-hearted responses to mistakes, “Oops! The milk spilled! Let’s wipe it up!” Model healthy ways to handle frustration, [apologize after yelling](#), or acknowledge your part in a misunderstanding.

Focus on the Good: Instead of nit-picking or constantly focusing on things that need to be changed, fixed or cleaned, learn to let go. Building or [repairing relationship](#) may be more important than a tidy bedroom. Try to give 5 positive statements to every 1 negative statement.

Encourage Independence: Kids need parents to help them make good decisions or stay focused, but sometimes constant direction sends the message: “You can’t do it on your own.” Brainstorm or [problem-solve together](#), ask your child’s opinion or have him offer a solution.

Value Perseverance: Focus on the little steps that lead to success, overcoming an obstacle, or moving closer to a goal. Phrases such as, “You’re working really hard on that...” or “That took a lot of effort!” help your child see the benefit in the process rather than the prize at the end.

Teach Coping Skills: Expose your child to a variety of [coping and calming skills](#), work on [deep breathing](#) and create positive, helpful mantras. Practice these skills often so your child is prepared and knows how to handle frustrating situations and discouraging thoughts.

Seek support: If you have been working with your child for a while and still hear them struggling with negative self-talk, or if they threaten to harm themselves or others, it may be time to seek help from a local mental health provider. (If your child is suicidal, please get help immediately)
Looking up from your hands, you meet your child’s eyes.

“This is a frustrating assignment.”

“Yeah.” He replies.

“How can I help?” you ask.

Shrugging, he replies, “you could do it for me.”

You both laugh.

It doesn’t change the assignment, but at least you can talk about it without hearing the word “dumb.”

www.imperfectfamilies.com

School Cash Online

Step 1: Register

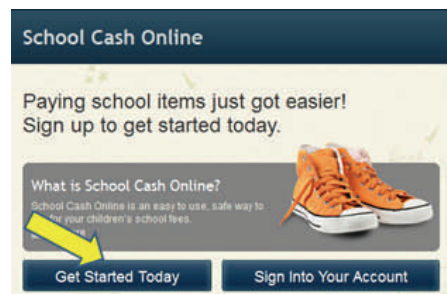
Click on the School Cash Online button on our school's website at <http://redstone.ps.yrdsb.ca/>

and select the **"Get Started Today"** button.

Complete each of the three Registration Steps

Step 2: Confirmation Email

A registration confirmation email will be automatically forwarded to you. Click on the link provided inside the email to confirm your email and School Cash Online account. The confirmation link will open the School Cash Online site prompting you to sign into your account. Use your email address and password just created with your account.



Step 3: Find Student

NOTE: A STUDENT NUMBER IS REQUIRED

This step will connect your children to your account.

Enter the School Board Name

Enter the School Name

Enter Your Child's Student # and Last Name

Select **Continue**

On the next page confirm that you are related to the child, check in the Agree box and

select **Continue**

Your child has been added to your account

Step 4: View Items or Add Another Student

If you have more children, select **"Add Another Student"** option and repeat the steps above. 5 children can be added to one parent account.

If you do not wish to add additional children, select **"View Items For Students"** option. A listing of available items

NEED HELP?

If you require assistance, select the **GET HELP** option in the top right hand corner of the screen or contact School Cash Online – Parent Help Desk at 1-866-961-1803 or parenthelp@schoolcashonline.com.

To view a presentation about the program, go to <http://www.kevsoftware.com/movies/ParentRegEnglish/>.

Events and Celebrations



Join us for a Community Clean-up!

Did you know Redstone Public School has adopted a local stream?
Join Richmond Hill Friends of the Environment &
Ontario Streams for an early celebration of Earth Day.
Help us clean up Redstone's adopted site!

Sunday April 17, 2016 2-4PM
meet in the school parking lot

Rain or Shine! Please dress appropriately. All materials will be provided.
For more information: info@ontariostreams.on.ca



Bring the whole family!
#EarthDayCleanup



Get Involved!

A group of Redstone school families have formed an Environmental group called "Richmond Hill Friends of the Environment". The main objective of this group is to promote a love of nature, environment and community and also support Redstone Public School's 'green' initiatives. The group is partnering with the school in the "Adopt-A-Stream" program by Ontario Streams.

If you are interested in joining this local group, please contact Priya (rhfeinfo@gmail.com)

<https://www.facebook.com/RichmondHillFriendsOfTheEnvironment>

Fairness Fairness Award Recipients



Congratulations to the students recognized this past month for demonstrating fairness.

JK/SK— Felicia, Kingsley, Anderson, Owen, Melaina, Savanna, Abrielle, Michelle, Chloe
Grade 1— Hishrana, Andrew, Phoenix, Deen, Danbi
Grade 2— Thimeka, Samantha, Lakshman
Grade 3— Charley, Kaeshi, Janet Y, Amelia
Grade 4— Jasmine, Sarah J, Jeffrey
Grade 5— Tony Z
Grade 6— Janice K, Riona, Olivia
Grade 7— Tarra, Reny, Nicole
Grade 8— Soriya, Dennis Z

Board Policies and Procedures

Policies and procedures govern the operation of the Board and our school. To ensure they remain current, the Board reviews policies and procedures on a regular cycle. Seeking feedback from staff and community members, including parents/guardians, is an important part of the review process.

All policies available for comment are sent to school council chairs, and are posted on the [Board website](#) along with information about how to provide feedback. The policies currently available for comment include:

Student Accommodation Review (comments due by April 25)

Anaphylactic Reactions (comments due by August 25)

Respectful Workplace and Learning Environment (comments due by August 25)

Environmental Responsibility (comments due by January 2, 2017)

Appointment of Community Members to Board Committees (comments due by January 2, 2017)

To learn more, visit www.yrdsb.ca/aboutus/policy/.

Bicycle Safety

We are glad to see the weather shift to make it more enjoyable to ride your bike for fun as well as a great way to travel to and from school.

When bringing your bike to school, make sure you lock your bicycle to the bike racks.

Here are some safety tips:

1. Make sure your bicycle is safe.

2. Does it work properly? Check tires, brakes, etc.

Does it fit properly? You should be able to straddle the bike with both feet on the ground; a bike that is too big or too small is a safety hazard.

Does it have a bell, a light and reflectors?



2. Obey all signs, signals and rules of the road.

Know the signals for riding on the road (stop, turn right, turn left) and know how to shoulder check before turning.

Child cyclists must obey the same rules of the road as adult drivers: ride on the right side of the road, stop for stop signs and red lights, signal turns, and yield to traffic that has the right-of-way.

3. Always wear a helmet that fits properly.

The helmet should protect the forehead without slipping forwards or backwards; it should not move unless the scalp moves.

Redstone Movie Night!

Don't miss out on the fun inside



Thursday, April 28th, 6:30 pm

Parental supervision is required.

Food available for purchase at 6:00 pm

Pizza Slice	\$3.00
Bottled Water	\$1.00
Popcorn	\$1.50



The York Region District School Board **Summer Institute** is a program that offers academic, recreational and athletic programs and activities with intentional links to the Ontario Curriculum for children and youth entering Senior Kindergarten to Grade 8.

Programs are offered at in Richmond Hill, Markham, Stouffville, Newmarket, Woodbridge, Vaughan and Georgina from 9:00 am - 3:30 pm [Summer Institute Locations Map](#).

[YMCA Before and Aftercare Registration](#); programs available at all locations

Weekly Sessions July 4, 2016 to August 12, 2016

For registration information and to see what types of exciting programs are being offered this summer, please visit www.yrdsb.ca and select programs and services.

Aldergrove S.I.	150 Aldergrove Drive, Unionville
Armada S.I.	11 Coppard Ave., Markham
Crosby Heights S.I.	190 Neal Drive, Richmond Hill
Discovery S.I.	120 Discovery Trail, Maple
Lakeside S.I.	213 Shorecrest Road, Keswick
Lake Wilcox S.I.	80 Wildwood Ave., Richmond Hill
Maple Leaf S.I.	155 Longford Dr., Newmarket
Milliken Mills S.I. (located at Highgate PS)	35 Highgate Dr., Markham
Oscar Peterson S.I.	850 Hoover Park Drive, Stouffville
Sixteenth Avenue S.I.	400 Sixteenth Avenue, Richmond Hill
Unionville Meadows S.I.	355 South Unionville Ave., Markham
Woodbridge S.I.	60 Burwick Avenue, Woodbridge

[Summer Institute Programs Index](#)

For additional information please email performanceplus.si@yrdsb.ca or call 905-884-2046 ext. 241.

WORLD CLASSROOM

STUDENT PROGRAM



Join the many YRDSB students and families who have participated in the World Classroom Program since it began in 2005.

Since then local teachers, students and their families have had the opportunity to learn about another country and culture and made life-long friendships by hosting an international student in their schools and homes.

Host families receive \$250 per week to cover the cost of hosting a visiting student.

We are expecting students from China during October/November of next school year and are looking for:

- a 4-week commitment, (confirmed), boys and girls in grades 7 & 8
 - a 6-week commitment, (tentative), boys and girls in grades 7 & 8
- AND
- a 4-week commitment, (tentative), boys and girls in grades 5 & 6

To find out more call 905 884 2046 ext.237 or email homestay@yrdsb.ca

Bill Crothers Secondary School Presents...

The 2016

Return to Learn

Concussion Management Symposium

An informative evening about sport-related concussion management for parents, students, educators, and coaches.

Featuring a keynote presentation from...

Dr. Neilank Jha - Neurosurgeon and Concussion Expert

Concussion Management Today

additional presentations from...

Cherie Piper, Three-time Olympic Gold Medalist

Concussion Management in Elite Sport

Dr. Frances Flint - Sport Psychologist

Social and Emotional Considerations for Concussion Rehabilitation

Dr. Sari Kraft & Stefanie Moser, Athletic Therapist

Clinical Management of Concussion : From Family Medicine to Athletic Therapy

Rebecca Green - YRDSB Superintendent

Concussion Management Protocol in Our Schools

April 11, 2016 at 7:00 PM

Bill Crothers Secondary School

44 Main Street | Unionville, ON

Admission is FREE, but space is limited.

[Click here to register!](#)