

## February House Assembly



Thank you to everyone who came by today for our Family House Assembly. It was a great day, showcasing the Character Trait of Fairness, as well as, Black History Month profiles, mental health initiatives, as well as a performance by Mrs. Hafner's class.

## REPORT CARDS

### LEARNING SKILLS AND WORK HABITS IN GRADES 1 TO 12

Learning Skills and Work Habits	Sample Behaviours
Responsibility	<p>The student:</p> <ul style="list-style-type: none"> <li>fulfils responsibilities and commitments within the learning environment;</li> <li>completes and submits class work, homework, and assignments according to agreed-upon timelines;</li> <li>takes responsibility for and manages own behaviour.</li> </ul>
Organization	<p>The student:</p> <ul style="list-style-type: none"> <li>devises and follows a plan and process for completing work and tasks;</li> <li>establishes priorities and manages time to complete tasks and achieve goals;</li> <li>identifies, gathers, evaluates, and uses information, technology, and resources to complete tasks.</li> </ul>
Independent Work	<p>The student:</p> <ul style="list-style-type: none"> <li>independently monitors, assesses, and revises plans to complete tasks and meet goals;</li> <li>uses class time appropriately to complete tasks;</li> <li>follows instructions with minimal supervision.</li> </ul>
Collaboration	<p>The student:</p> <ul style="list-style-type: none"> <li>accepts various roles and an equitable share of work in a group;</li> <li>responds positively to the ideas, opinions, values, and traditions of others;</li> <li>builds healthy peer-to-peer relationships through personal and media-assisted interactions;</li> <li>works with others to resolve conflicts and build consensus to achieve group goals;</li> <li>shares information, resources, and expertise and promotes critical thinking to solve problems and make decisions.</li> </ul>
Initiative	<p>The student:</p> <ul style="list-style-type: none"> <li>looks for and acts on new ideas and opportunities for learning;</li> <li>demonstrates the capacity for innovation and a willingness to take risks;</li> <li>demonstrates curiosity and interest in learning;</li> <li>approaches new tasks with a positive attitude;</li> <li>recognizes and advocates appropriately for the rights of self and others.</li> </ul>
Self-regulation	<p>The student:</p> <ul style="list-style-type: none"> <li>sets own individual goals and monitors progress towards achieving them;</li> <li>seeks clarification or assistance when needed;</li> <li>assesses and reflects critically on own strengths, needs, and interests;</li> <li>identifies learning opportunities, choices, and strategies to meet personal needs and achieve goals;</li> <li>perseveres and makes an effort when responding to challenges.</li> </ul>

**Report cards will be distributed to students next week. Please make sure to review these important documents with your child. The first page of the grade 1-8 report card is connected to the learning skills for each student. These are important factors to consider as they enable academic achievement and social/ emotional growth for children.**

**Reports come home next week.**

# Promoting and Supporting Student Well-Being in Ontario

Fact Sheet for Parents

Spring 2017

**Well-being** is fundamental to overall student success. Students are better able to learn when they feel safe and welcome at school, and have the tools and the motivation to make healthy, active choices, whenever they can. Children and students who have strong relationships and a positive sense of self are most likely to reach their full potential and thrive.

These four areas of work help to promote student well-being, which is a key goal for the ministry:

- **Equity and Inclusive Education** involves identifying and removing discriminatory biases and barriers in the system to support student achievement and well-being by demonstrating respect for our diverse identities and strengths.
- **Safe and Accepting Schools** set out expectations for all school boards to provide safe, inclusive and accepting learning environments that support the achievement and well-being of every student. These expectations include addressing and preventing bullying and creating a positive school climate.
- **Healthy Schools** are key to establishing the learning conditions necessary to help students reach their full potential. With these conditions in place, students are more likely to adopt healthy, active habits and continue with them throughout their lives.
- The **Mental Health** strategy involves helping school boards develop and implement mental health and addiction strategies and working with staff to support positive mental health for all students, including supporting those with mental health needs or addictions.



Richmond Rose has a very active Well-being team, comprised of staff, parents, and students who work together to organize meaningful events and initiatives throughout the school. Such things as our current *Random Acts of Kindness* campaign is one such initiative that was organized through the Well-being team.



February marks the celebration of Black History Month across Canada. Throughout the month, Richmond Rose staff and students will be celebrating the many important contributions of Black Canadians to our country and the world as a whole. On February 7<sup>th</sup>, as part of our monthly House Assembly, we will be recognizing many of these exceptional Canadians, and learning about how their culture and accomplishments contribute to Canadian society.

A display marking this celebration is up outside of the library, and many books celebrating important voices and stories of African Heritage are available for students to select and read.

We encourage families to extend the learning about this important celebration by having conversations at home about what is being learned in school.

# Black History Month

## Famous Canadians of African Descent

Niagara Falls, Ont. was the birthplace of **Nathaniel Dett** (1882-1943), a composer, conductor, and pianist. His education included an MA from the Eastman School of Music, and time at Harvard. Mr. Dett's compositions continue to be performed, most notably by the Nathaniel Dett Chorale, a professional chamber choir devoted to performing Afro-centric music.



## SAVE THE DATE

Check out the google calendar on our website for more information....

- **Feb 14<sup>th</sup> – Reports go home**
- **Feb 19<sup>th</sup> – Family Day**
- **Feb 21<sup>st</sup> – MADD Canada Presentation**
- **Feb 22<sup>nd</sup> – Graduation Photo's Grade 8 Students**

### **Richmond Rose – TOUCHSTONE**

**At Richmond Rose, we take responsibility for our work, words and actions.**

**We put in our best efforts, enjoy our successes, and learn from our mistakes.**

**We embrace each other's differences and care for each other's feelings.**

**We think before we speak and use words that are appropriate for school.**

**Our community is a safe community; a place where we treat people with kindness, respect and dignity.**

**No one is afraid at our school.**

**At Richmond Rose, we are free to succeed!**



## Information for parents to help prevent the spread of illness in your child's school

The school your child attends is currently experiencing an increase in absenteeism. The school is working with York Region Public Health to stop the spread of illness from person to person, but there is much that you can do at home.

You play a big role in ensuring that the germ(s) that are causing the illness in your child's school are not passed onto family members and potentially other students that attend the school.

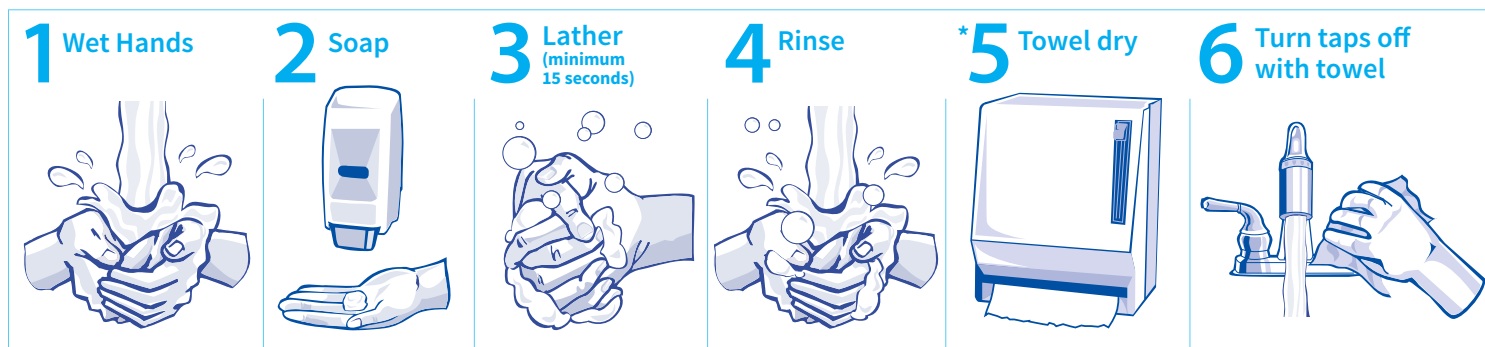
Following some important infection prevention and control practices, such as proper hand hygiene and proper cleaning and disinfecting at home will help to protect your family and prevent further spread at school.

### Proper Handwashing is the most effective way to prevent the spread of illness.

Hands should be washed:

- **before** serving food or eating
- **after** coming home from public places such as school or the walk-in clinic
- **after** interacting with anyone who is ill
- **after** using the washroom
- **after** coughing, sneezing, or blowing nose
- **after** cleaning up body fluids such as vomit and feces

Wash hands frequently for at least 15 seconds using the six-step method.



\*It is recommended to use paper towels if a family member is sick with vomiting and/or diarrhea. If a cloth towel is used to dry hands, ensure it is changed regularly (e.g., three to four times a day) to prevent spread of illness.

### Proper use of Hand Sanitizer

- If your family uses hand sanitizer when handwashing facilities are not available, it is recommended that it contains 60 to 90 per cent of alcohol.
- Hand sanitizer is not effective on hands that are visibly soiled.
- When using hand sanitizer, apply enough to wet entire hands and rub solution until completely dry.
- Carefully follow the manufacturer's directions for proper use and storage of product.

# Cleaning and Disinfecting

In addition to practicing good hand hygiene, it is important to properly clean and disinfect surfaces to prevent the spread of illness in your home.

## Cleaning comes first

- Cleaning is the physical removal of visible dirt and organic matter.
- There are three steps to the cleaning process: **wash, rinse, and dry**.
- **Wash** with soap, water and friction, **Rinse** with water, and **Dry** by air or with a clean towel.
- All three steps must be done properly, prior to disinfecting.

## Disinfecting is the second step

- Disinfecting is a process that destroys most micro-organisms that can cause diseases.
- Disinfectants are chemicals used for the process of disinfecting. To work properly, disinfectants must be applied to a clean surface, at the proper strength/concentration for the required contact time.
- Always follow the manufacturer's directions. These will provide information on proper mixing directions and required contact time.
- Look for "disinfect", "disinfection" or "kills viruses and bacteria" claims on the product label.

**Ensure surfaces that are frequently touched, such as door handles, light switches and faucets, along with toilet seats and washrooms are routinely cleaned and disinfected.**

## Take precautions to protect yourself when Cleaning Up Vomit and Diarrhea

- To reduce the risk of spreading illness, it is important to use personal protective equipment (PPE) such as rubber/disposable gloves, an apron and a mask when cleaning up vomit and diarrhea.
- Consider purchasing PPE if you do not already have it at home.
- Soak up the vomit/diarrhea with paper towels and discard the contents into a garbage bag.
- Clean area with soap and water. Rinse the soap off and then dry the area.
- Disinfect the area with a disinfectant for the recommended contact time.
- Wipe up excess disinfectant after the contact time has been achieved and discard paper towel.
- Discard any used, disposable PPE into the garbage.
- Wash hands properly with soap and water.
- If the PPE is reusable equipment such as rubber gloves and cloth aprons, ensure they are properly cleaned and disinfected or properly laundered after use.
- Always wash hands after the clean-up.

**It is important to teach your child about infection prevention and control practices, such as proper hand hygiene and the appropriate way to sneeze and cough into sleeve or a tissue, so they can help to stop the spread of illness.**

**If your child is ill, please keep them at home.**

For more information on infection prevention and control, visit [york.ca/infectionprevention](https://york.ca/infectionprevention)



**1-800-361-5653**  
**TTY: 1-866-512-6228**

York Region Health Connection

**Community and Health Services**  
Public Health

**york.ca**

## Increased Absenteeism Due to Illness in York Region Schools

York Region Public Health has noticed an increase in school absenteeism due to illness. When York Region Public Health receives reports of increased absenteeism, we support the affected schools by providing infection prevention and control measures as well as monitoring of absences in collaboration with the school.

Many viruses are active at this time of year in the community, including enteric viruses (like norovirus) and respiratory viruses (like influenza, commonly known as the flu.) Preventative measures can help reduce the spread of illness in the community.

### Norovirus

The most common symptoms of norovirus illness are nausea, vomiting, diarrhea, and stomach cramps. The illness often begins suddenly, about 24 to 48 hours after exposure, and the infected person may become very sick with frequent vomiting and/or diarrhea. In general, children experience more vomiting than adults.

#### To lower the spread of norovirus within our communities:

- Anyone experiencing symptoms should continue to stay home for at least 48 hours after symptoms stop
- Thoroughly wash hands with soap and water, especially after using the toilet or changing diapers and before preparing, handling and eating food
- Remove and wash clothes and linens that may be contaminated with vomit or feces
- Keep sick individuals out of areas where food is being handled or prepared
- Anyone who is sick should not handle or prepare food for at least 48 hours after symptoms stop
- Take precautions to protect yourself when cleaning up vomit and diarrhea, refer to: [Information for Parents](#)

### Influenza

Norovirus is not related to influenza, or “the flu”. The flu is a respiratory illness caused by the influenza virus which commonly starts circulating during the late fall and continues into spring.

Symptoms of the flu may include:

- sudden onset of headache
- chills
- cough
- sore throat
- runny nose
- fever
- loss of appetite
- muscle aches
- fatigue

Nausea, vomiting and diarrhea may also occur in children. Most people recover from the flu within a week to 10 days. People aged 65 years or older, pregnant women and individuals with chronic health conditions may be at greater risk of becoming ill and developing severe health problems such as pneumonia.



## Young children and influenza

Children under five years of age, especially those younger than two years of age, are at high risk of flu-related complications. These complications include pneumonia, encephalopathy (inflammation of the brain), ear infections, sinus infections and worsening of medical problems like asthma or heart disease. In rare cases, flu complications can lead to death.

## How to protect against the flu

**1. Get vaccinated** – The flu vaccine is the best way to protect against flu. Studies show the flu vaccine can prevent 70 to 90 per cent of illness in healthy adults and children. York Region Public Health recommends everyone six months and older get the flu shot. It's not too late to get vaccinated.

Flu shots are available at:

- Physicians' offices, for people six months of age and older
- Pharmacies, for people five years of age and older
- York Region Public Health clinics, for people three years of age and older

Visit [ontario.ca/flu](https://ontario.ca/flu) to find where you can get the flu shot. For more information about flu vaccines contact York Region Health Connection at 1-800-361-5653.

## 2. How can you reduce the chances of getting the flu?

- Keep sick children home from school or child care
- Wash your hands often and thoroughly with soap and warm water. If soap and water are unavailable, use an alcohol-based hand sanitizer. Choose an alcohol-based hand sanitizer that contains between 60% and 90% alcohol
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue out immediately
- Avoid touching your eyes, nose and mouth
- Avoid people who are ill and stay home when you are sick
- Keep common surfaces and items clean and disinfected. To learn more about preventing spread of illness in school and home, visit [york.ca/infectionprevention](https://york.ca/infectionprevention)

## How does the flu spread?

The flu spreads through the air from coughing and sneezing. It also spreads through direct contact with surfaces, door knobs, unwashed hands, or objects such as toys and eating utensils that have been contaminated by the influenza virus.

A person with flu may be able to infect other people one day before symptoms develop and up to seven days after becoming sick.

For more information, visit [york.ca/flu](https://york.ca/flu)

