



# REVIEW



**Nov. 15, 2024**

## Message From Administration

Hello Rouge Park Families,

On Monday we had a very moving Remembrance Day assembly. It was very special to have the entire school together to commemorate and honour this important day. We hope that Remembrance Day, and the stories it evokes for each of us, will continue to encourage us to work towards a future where kindness prevails, where humanity triumphs over hatred, and where the sacrifices of the past inspire a legacy of enduring peace. Please enjoy some photos of our assembly and artwork below.



We hope that you all had the chance to read and review the Progress Reports that were sent out this week for your child. As well, we hope that you found the parent-teacher interviews/conferences informative. We truly value the partnership with our families with our strong focus on student achievement and well-being. Please reach out to your child's teacher at any point, should you have questions, comments or concerns. Please know that student well-being is of utmost importance to all of us at Rouge Park P.S.

The Government of Ontario has designated the third week of November as [Bullying Awareness and Prevention Week](#). During the week of Monday, November 18 to Friday, November 22, 2024, we are encouraged to specifically and intentionally address bullying issues, promote healthy relationships and support a positive school climate where all members of the school community feel safe, included, accepted, and engaged in positive behaviours and interactions.

Thank you for all of your support and partnership! As always, reach out if you need us for anything. We are here to help.

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Lily Leung  
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## Upcoming Events:

Date	Day	What's Happening at School?
Nov. 18	1	<ul style="list-style-type: none"><li>• Bullying Awareness and Prevention Week</li><li>• Intermediate Girls Volleyball Areas (Bill Hogarth SS)</li><li>• Student Council Executive team meeting @ 9:50</li></ul>

		<ul style="list-style-type: none"> <li>• Cubing club @ 12:30 pm (first meeting for those who love to cube!)</li> <li>• Junior girls volleyball practice at 12:00 pm</li> <li>• Int. Girls Basketball tryouts @ 2:40</li> </ul>
Nov. 19	2	<ul style="list-style-type: none"> <li>• Breakfast club 7:30-7:55</li> <li>• Jr. boys volleyball practice @ 7:00 am</li> <li>• Reading for the love of it @ 12:00</li> <li>• Kids Kitchen for those who ordered</li> <li>• After school math/literacy club for those invited</li> </ul>
Nov. 20	3	<ul style="list-style-type: none"> <li>• Jr. girls volleyball practice @ 7:00 am</li> <li>• Snack Shack at morning recess</li> <li>• Beading Club @ 10:00 a.m.</li> <li>• Lunch Lady for those who ordered</li> <li>• Int. girls basketball tryouts @ 12:00</li> <li>• Jr. boys volleyball practice @ 2:40</li> </ul>
Nov. 21	4	<ul style="list-style-type: none"> <li>• Breakfast club 7:30-7:55</li> <li>• Jr. boys volleyball practice</li> <li>• Pizza day for those who ordered</li> <li>• Int. girls basketball tryouts at 2:40</li> </ul>
Nov. 22	5	<ul style="list-style-type: none"> <li>• Jr. girls volleyball practice @ 7:00 am</li> <li>• Int. girls basketball tryouts at 12:00 pm</li> <li>• Open volleyball (intermediate co-ed) @ 2:45</li> </ul>

## Mark your calendars:

### Upcoming Events:

**Dec. 3** - School Council Meeting @ 6:30  
**Dec. 12** - Kindergarten concert @ 1:00 pm  
**Dec. 12, 13** - Grade 2 trip to Milne  
**Dec. 16, 17** - Grade 4 trip to Milne  
**Dec. 18, 19** - Grade 7 trip to Milne  
**May 7-9** - Grade 8 Trip to Camp Pinecrest  
**June 24** - Grade 8 Graduation

### School Holidays

**Winter Break** - Dec. 23, 2024 to Jan. 3  
**Family Day** - Mon., Feb. 17  
**Mid-Winter Break** - March 10, to March 14  
**Good Friday** - April 18  
**Easter Monday** - April 21  
**Victoria Day** - Mon. May 19

### P.A. Days

Friday, January 17, 2025  
 Friday, January 31, 2025  
 Monday, June 9, 2025  
 Friday, June 27, 2025

## Safety:

Please drive slowly in the kiss n ride. Cars should be waiting in line, using the lane closest to the curb only. There are many cars driving too quickly up the inside lane, hoping to jump the line to drop off

their child. Patience is important for everyone's safety! Parking on a side street and having your child walk a short distance to school is an excellent alternative to using the kiss n ride.

## **Lates and Traffic**

We have many students who are arriving 5 minutes late to school each morning. While we understand that Rouge Park has an early start time, it is really important to teach our children that being on time is important. Late arrivals cause disruption to classes that are already in progress. The kiss n ride is much more congested the closer it gets to 8:10 a.m. which causes traffic and safety concerns. We see an increase in impatient driving which puts everyone at risk. If you access the kiss n ride between 7:55 and 8:05, you will likely have a much more enjoyable drop off experience. Thank you for your help!

## **Book Fair**

Thank you to everyone who supported this year's book fair. The money raised will go towards purchasing new books for our library and new learning materials for our classrooms. We would also like to thank Ms. Russell and our student volunteers for helping with sales all week long!



## **YRDSB Multi-Year Strategic Plan**

Recently, York Region District School Board launched its new Multi-Year Strategic Plan. Developed by the Board of Trustees and based on feedback from staff, students and community, it lays out three priorities:

- Student Achievement
- Health and Well-Being
- Human Rights and Inclusive Education

The plan aims to build unity while helping students to achieve excellence by promoting and supporting high expectations for all, building healthy environments and positive relationships and learning and growing together while affirming our diverse identities.

This plan will guide the collective work of the board for the next 4-5 years and we look forward to sharing its success with you in the coming months.

To learn more about the Multi-Year Strategic Plan please visit [www.yrdsb.ca/MYSP](http://www.yrdsb.ca/MYSP)

## **Prayer Spaces:**

We have multiple spaces in the school available for students and staff who wish to pray during the day. Please let your child's teacher know if they need help finding and accessing a prayer room.

## **Dressing for the Weather:**

Please help your children remember to dress for the weather. Students spend 15 minutes outside at morning recess and 30 minutes outside at lunch. Our school yard is windy and it gets very cold. Your help to ensure they are prepared for cold weather each morning is greatly appreciated.

## **Donations to Rouge Park:**

This year many of our students have benefited from the generous donations of others in our community. We have had families donate to pizza day, the snack program, school clothing, our grad trip and more. Oftentimes these donations are life-changing for our students as they allow them to fully participate in

everything we have to offer. Thank you to everyone who has so generously donated to our school. If you are able, we are currently asking for donations to support all of the above initiatives. Donations can be made by clicking on the Donate button on School Cash Online or by sending a cheque made out to Rouge Park Public School.

## Allergies:

We have a number of students and staff in our school who have life-threatening food allergies. If some of these students or staff smell or come into contact with certain foods, they may go into "anaphylactic shock" - a potentially life-threatening condition. Medication must be administered by injection within minutes to those individuals in order to keep them safe. **To ensure the health and safety of all of our students, please ensure you do not send any nut products or replacement nut products (e.g. pea butter) to school.** If you have been informed of other life-threatening allergies in your child's class (e.g. shellfish), please make sure you do not send these foods to school with your child. We ask that all parents help to keep our school community safe. For more information please read our [Anaphylactic Reactions policy and procedure](#).



## FlipGive

**Our School Council is fundraising with FlipGive and would love your support!**

It's simple:

1. Download the FlipGive app from the Play Store or App Store
2. Create an account
3. Join the Rouge Park Raptors using this team code: 9P7Q9Z
4. Purchase gift cards to everyday vendors like Tim Hortons, Wal-Mart, GAP, Swiss Chalet, etc and earn up to 10% cash back for the school!

Gift cards can be stored in the app, emailed to yourself or a friend, or transferred to your Apple Wallet.

Join the Rouge Park Raptors now and earn a bonus \$5 for the school the first time you shop!

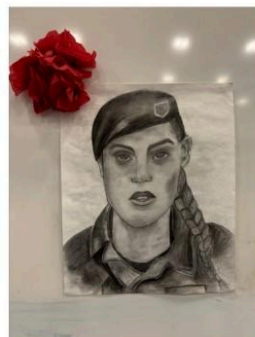
## School Council:

Our next meeting will take place on Tuesday, December 3rd from 6:30-7:30 pm. All are welcome to attend.

**Please scroll down for flyers and pictures**



# Remembrance Day Assembly



# BUILDING HEALTHY KIDS



## Supporting healthy, confident kids and teens!

Resiliency is not just about surviving tough times; it's about thriving despite them. Resilient kids and teens are better equipped to manage stress, build healthy relationships, and succeed academically and socially. Resilience comes from supportive relationships, emotional awareness, competence, and realistic optimism.

Help kids bounce back from stress by giving them tools to manage stress in different environments. These tools might include strategies such as breathing, visualization or listening to music. Try a variety of activities, and practice strategies together as a family to see what works best for you and your child.

You can also encourage optimistic thinking by listening to your child and respecting and confirming their experiences. Foster positive interactions and support and help them to make connections – encourage your child to talk to others. Parents, caregivers, coaches and teachers all have a role to play in building a child's resilience and confidence. Everyone can contribute to a child or teens resiliency by believing in them and encouraging them to try new things and achieve their goals.

Don't forget it is also important to build your own resiliency – taking care of you helps you support others. Your self-care can help improve your energy, focus, ability to cope with challenges and you will be a role model for your children. Practice self-care by staying active, getting enough sleep, keeping connected with friends and family, taking time to pause and reflect and treating yourself with compassion and gentleness. You may want to try journalling, mindfulness, practicing gratitude and kindness or listening to music. Find what works for you.

Building positive relationships with children is important for them to grow up healthy and confident. York Region Public Health is here to support you with information and resources. If you would like more information on how you can help build healthy kids and teens visit [york.ca/HealthyKids](https://york.ca/HealthyKids).

### Public Health

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/HealthyKids](https://york.ca/HealthyKids)



# WELCOME TO THE LUNCH LADY

We are proud to be serving

Rouge Park PS

Meals will be delivered every  
Wednesday starting Wed Sept 11.  
Submit your order by Tuesday 8am for  
Wednesday order



Ready to place your first order?  
Visit [order.thelunchlady.ca](http://order.thelunchlady.ca) to get started!



Special Food needs?  
Make sure to email us  
before you order.



Reduce single use plastics.  
Bring your own cutlery  
from home.



Sick child?  
It happens. Email us before 8am  
to receive a credit.

**Have questions? Missed Cut Off? We are here to help:**

**Contact Marlyn**

**[marlyn@thelunchlady.ca](mailto:marlyn@thelunchlady.ca) / 905-470-2598**



Proud to be serving lunches every **TUESDAY @**  
**ROUGE PARK P.S.**

Lunch service begins on Tuesday, September 17th



Kids Kitchen is prepared and ready to assist with  
the safe and healthy implementation of your  
school's hot lunch program



**SAFETY  
FIRST**



**NUT FREE  
ALLERGY  
AWARE**



**GRAB & GO**



**VEGETARIAN,  
GLUTEN FREE &  
ALLERGY OPTIONS**

### SAMPLE MENU

#### Entrees

Macaroni & Cheese  
Beef Soft Taco  
Bean Soft Taco  
Pancakes with Turkey  
Sausage  
Pasta with Meat  
Sauce (GF)  
Pasta with Tomato  
Sauce (GF)  
Tuna Salad Sandwich  
on a Kaiser  
Chicken Fingers with  
Rice (GF)  
Beef Burger (H)  
Chicken Burger (H)  
Veggie Burger

#### Side Items

Chicken Fingers  
(2 pcs) (GF)  
Baked Potato with  
Sour Cream  
Garden Salad with  
Ranch Dressing  
Steamed Veggies  
Edamame (shelled)  
Cucumber Slices  
Veggies & Dip  
Perogies (4 pcs)  
Garlic Bread  
2% or Chocolate Milk  
Various Fruit Juices  
(100% juice)

#### Snacks & Desserts

Fresh Apple  
Fresh Pear  
Fresh Orange Wedges  
Diced Fruit  
Yogurt Cup  
Chocolate Chip Cookie  
Kettle Popcorn  
Fresh Fruit of the Season  
Fudgy Brownie  
Banana or Carrot Muffin

(GF) Gluten-friendly also available

(H) Halal also available

Not all options are available in all  
locations. Please check online to see  
the options at your school.

### DELIVERING GOOD, REAL FOOD TO KIDS AT SCHOOL

Our commitment is to  
provide nutritious, delicious,  
"home-cooked" meals with  
simple ingredients that you'd  
find in your own kitchen.

### SPECIAL DIETARY NEEDS?

No problem! We're here for  
you. Speak with us on how  
we can accommodate your  
child.

### ORDER ONLINE

Visit [www.kidskitchen.ca](http://www.kidskitchen.ca) to  
see your school's menu,  
specials and for fast,  
secure, online ordering.



**SEE YOUR SCHOOL'S  
MENU ONLINE**

**Need Help with your order?**

**905-944-0210 (M to F 8:30am-2pm) or email us:  
[information@kidskitchen.ca](mailto:information@kidskitchen.ca)**







Proud to be serving lunch at  
**ROUGE PARK P.S.**  
Service Day: Tuesday

YOUR SCHOOL MENU INCLUDES FUNDRAISING FOR YOUR SCHOOL

## Entrees

Beef burger	\$6.25
Buttery Pasta	\$6.75
Chicken Burger (H)	\$6.75
Chicken Fingers with rice pilaf (GF) (H)	\$8.00
Chicken Vegetable Stir-fry with steamed basmati rice (H)	\$8.25
Grilled Cheese sandwich on whole wheat bread	\$6.50
Grilled Cheese & Turkey sandwich	\$7.50
Macaroni & Cheese	\$7.25
Meatballs with mashed potatoes, gravy & corn (H)	\$8.25
Pancakes (2pcs) with Turkey sausage (2pcs) & syrup	\$8.25
Pasta with meat sauce (GF)	\$7.75
Pasta with tomato sauce (GF)	\$6.75
Turkey Burger on a whole wheat bun	\$6.75
Veggie (w/ tofu) Stir-fry with steamed basmati rice	\$7.75
Veggie balls with mashed potatoes, gravy & corn	\$8.25
Veggie burger	\$6.75

NEW

UPDATED

NEW

UPDATED

## Complete Meals

BLT (turkey bacon, lettuce & tomato) with Fruit	\$8.25
Chicken caesar wrap with Fruit (H)	\$8.25
Tuna salad sandwich with Fruit	\$8.25
Chicken fried rice with Fruit (H)	\$7.00
Tofu fried rice with Fruit	\$7.00

NEW

## Snacks & Desserts

Banana muffin (SFTE)	\$1.95
Carrot muffin (gluten-friendly) (SFTE)	\$1.95
Chocolate chip cookie (SFTE)	\$1.50
Diced fruit	\$2.50
Fruit of the day	\$1.75
Fudgy Brownie (SFTE)	\$1.75
Popcorn	\$2.15
Yogurt cup	\$1.75

## Side Items

Baked potato with sour cream	\$2.50
Chicken fingers only (2pcs) (GF) (H)	\$5.00
Corn niblets	\$1.85
Cucumber slices	\$1.75
Edamame (cold, shelled)	\$2.35
Garden salad with italian dressing	\$3.35
Garlic bread	\$1.85
Pancakes (2pcs) with syrup	\$4.85
Perogies (4pcs) with sour cream	\$4.55
Steamed Rice	\$2.50
Veggies & dip (ranch)	\$2.75

## Drinks

2% Milk	\$1.75
Chocolate Milk	\$2.00
Various fruit juices (100% juice)	\$1.75

Apple juice; Apple grape; Fruit punch; Strawberry banana orange

## Condiments

Butter	\$0.50
Cheddar Cheese slice	\$1.00
Extra Syrup	\$0.35
Mayonnaise	\$0.55
Parmesan cheese	\$0.55
Pickles	\$0.50
Plum sauce	\$0.50
Ketchup, Relish, Mustard	Comp.

Rice pilaf = with peas & carrots

(GF) Gluten-friendly also available. See prices online.

(H) Halal options also available. See prices online.

(SFTE) Sweets from the Earth Premium Baked Good.

Prepared in our inspected, commercial nut-free facility. We follow all Public Health Guidelines & Safety Protocols.

We specialize in individually packaged Grab'n'Go service.

Please contact us directly regarding any allergy questions or concerns.

Due to challenges with food supply, substitutions may be made at our discretion.

Leave the lunches to us! Visit our website at [www.kidskitchen.ca](http://www.kidskitchen.ca) for more menu options.

Ordering is easy! Online orders must be entered by 10am the previous business day.

Call: 905-944-0210 Email: [information@kidskitchen.ca](mailto:information@kidskitchen.ca)



2024-2025