



REVIEW



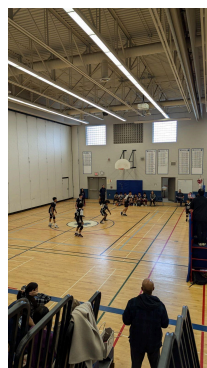
Nov. 22, 2024

Message From Administration

Hello Rouge Park Families,

We hope you have enjoyed a good week. The weather is changing and it now seems that winter will be upon us in no time!

Over the past two weeks, many of our intermediate students participated in the Area tournament for volleyball. We are proud of all of our players who represented our school so well. They demonstrated positivity, amazing sportsmanship and solid improvement during the course of the season. We are also extremely grateful for all of our staff who coach and run our teams and clubs. It takes a village!



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

Lindsey Maclean
lindsey.maclean@yrdsb.ca

Lily Leung
lily.leung@yrdsb.ca

Upcoming Events:

Date	Day	What's Happening at School?
Nov. 25	1	<ul style="list-style-type: none">Jr. boys volleyball practice @ 9:50Full Student Council meeting @ 9:50Cubing club @ 12:30 pmJunior girls volleyball practice at 12:20 pmInt. Girls Basketball practice @ 2:40
Nov. 26	2	<ul style="list-style-type: none">Breakfast club 7:30-7:55Jr. boys volleyball practice @ 7:00 amReading for the love of it @ 12:00Kids Kitchen for those who orderedAfter school math/literacy club for those invitedStudent council executive team meeting @ 2:45

Nov. 27	3	<ul style="list-style-type: none"> • Jr. girls volleyball practice @ 7:00 am • Snack Shack at morning recess • Int. boys basketball @ 9:50 • Beading Club @ 10:00 a.m. • Lunch Lady for those who ordered • Int. girls basketball practice @ 12:00 • Jr. boys volleyball practice @ 2:40
Nov. 28	4	<ul style="list-style-type: none"> • Breakfast club 7:30-7:55 • Jr. boys volleyball practice @ 7:00 am • Pizza day for those who ordered • Int. boys basketball @ 12:20 • Int. girls basketball practice at 2:40
Nov. 29	5	<ul style="list-style-type: none"> • Jr. girls volleyball practice @ 7:00 am • Int. girls basketball practice at 12:00 pm • Open volleyball (intermediate co-ed) @ 2:45

Mark your calendars:

<p><u>Upcoming Events:</u></p> <p>Dec. 3 - School Council Meeting @ 6:30 Dec. 12 - Kindergarten concert @ 1:15 pm Dec. 12, 13 - Grade 2 trip to Milne Dec. 15 - Last day to order Boston Pizza lunch 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</p>	<p><u>School Holidays</u></p> <p>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> <p><u>P.A. Days</u> Friday, January 17, 2025 Friday, January 31, 2025 Monday, June 9, 2025 Friday, June 27, 2025</p>
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Pasta/Nugget Lunch from Boston Beginning Mon., Jan. 6:

Session 2 of pasta/chicken nugget lunches from Boston Pizza will begin on Monday, January 6th and run until March 31, 2025. December **15th** is the last day to place an order on School Cash Online. No late orders will be accepted. If you need financial assistance to access school lunches, please reach out to your child's teacher or to Ms. Maclean @ lindsey.maclean@yrdsb.ca.

Clothing Donation/Swap

Once again, we will be collecting winter clothing in support of our own community. We would like to ask for any new or gently used items such as boots, snow pants, winter coats, hats and mittens. We will collect all donated items and then have them available in the front hallway. All families will be welcome to access the clothing for their child(ren) regardless of whether they donated

something. **Donate Clothing:** Now until Dec. 10th. **Pick up Clothing:** Any time in the front entrance (or you can email/phone lindsey.maclean@yrdsb.ca to let me know what you need for your child(ren).

Book Fair:

Thank you to our RPPS family for tremendously supporting our Scholastic Book Fair. It was our most successful event yet, earning over \$3500 in literacy materials for our classrooms and Library Learning Commons. A special thank you to the wonderful student volunteers who ran the event.



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!

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

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.

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 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 / 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 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





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 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



2024-2025

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.

Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca/HealthyKids

