



Rouge Valley At A Glance

2023-2024



APRIL 2024

TDSB SIKH HERITAGE, LATIN AMERICAN HISTORY MONTH

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Mon	Tue	Wed	Thu	Fri
1 Easter Monday No School 	2 Subway Lunch! Order through Lunchbox on School Cash Online 	3	4 Pizza Lunch! Order through Lunchbox on School Cash Online 7:00 p.m. RV Community Iftar Night	5 Gr. 7/8 Immunization Clinic
8 P.A. DAY No School 	9 Ramadan ends Eid Mubarak! <i>*dependent on sighting of the moon*</i>	10	11 Pizza Lunch! 	12
15 Popcorn sales @ 3:20 	16 Cookie sales \$2 	17 Cookie sales \$2 6:00-7:30 p.m. Math and Movement Night 	18 Cookie sales \$2 Pizza Lunch! 	19
22 Passover begins 	23 	24	25 Pizza Lunch! 	26
29 7:00 p.m. Rouge Valley P.S. School Council Meeting 	30 Passover ends a.m. Cooperation Assembly- Wear your RV Spirtwear or school colours! 	May 1	May 2 Pizza Lunch! 	May 3



2023-2024 ROUGE VALLEY P.S. SCHOOL COUNCIL
 We are looking for parents interested in being part of the decision-making process at our school!

Please join our virtual meeting using this link:

[Rouge Valley P.S. School Council Meeting](#)

Monday, April 29th at 7:00 p.m.

New members are always welcome!

****WE LOOK FORWARD TO SEEING YOU THERE!****

CROSSWALK SAFETY

Children 10 and under need to be with an adult or older child to cross the street. Practice good role modeling by walking with your child and showing them road safety rules so that they can develop good habits. Remember children learn from seeing and doing! Here are some important tips to speak to your child about pedestrian safety:



1. Wear the right clothing. Bundle up in the winter and protect your skin in the summer with a hat and clothing. And always wear sunscreen and sunglasses all year round. Remember to wear bright, reflective clothing or accessories in cloudy or dark conditions so drivers can see you better.
2. Teach your child to use their eyes and ears. Always stop, look and listen, even if there is a crossing guard, or traffic signals to help them.
3. Stop and check that cars in every lane can see you and make eye contact with the drivers. Wait until drivers have stopped before crossing the road.
4. Look left, right and left again. When the way is clear, or all the cars at the crosswalk or intersection have come to a full stop, teach your child to cross the road, and not to turn back or run. Children should be told not to cross between parked cars, or in the middle of a street, but at a corner.
5. Listen to oncoming traffic and be alert. Make it a rule for your child to not use headphones or cellphones when walking, especially when they are crossing the road. Distractions, even talking while walking, can put children in danger of being hit by a car.
6. Walk, don't run, while crossing the street. By running, you risk tripping and falling in the middle of the road.

Click [here](#) for more information!

IMPORTANT REMINDERS to keep all students and staff safe:

- ◆ Daily health screening to be completed for each student at home, before entry into the school
- ◆ **PLEASE, please do not send students to school who are sick or display any symptoms of COVID, flu, or cold. (e.g. headache, nausea, vomiting, diarrhea)**
- ◆ Rouge Valley will continue to be a MASK FRIENDLY environment
- ◆ Please remind your child(ren) of the importance of good hand hygiene. Practice at home!
- ◆ **STUDENTS need to be ON TIME to enter the school at the bell**



THANK YOU FOR HELPING US TO KEEP EVERYONE SAFE!



Parents, we need your help! We want to ensure the safety of all of our students. Parking IS PERMITTED along Durnford Rd. in front of the school. Another option is dropping off /picking up at the path on Durness or Carlisle Cres., or Tall Pines Community Centre lot. **PLEASE DO NOT use the staff parking lot** to drop off/pick up students.



The bus loop is a designated fire route. You MAY drop off your child(ren) along the bus loop but **PLEASE DO NOT park** in the bus loop– keep the traffic moving!

Whenever possible, and to decrease the congestion in front of our school, we encourage all of our students to **WALK TO SCHOOL**. It is a great way for children to receive daily exercise, reduces pollution and other environmental impacts, and most of all, promotes a healthy, active lifestyle!



CONGRATULATIONS to all of our March "Honesty" Award Winners:

Kindies: Aydin, Aleezah, Aria, Indya

Primary: Alex, Zarwa, Elianna, Jennah, Alyzza, Kole

Junior: Zaki, Vinitha, Lucas, Zafir, Sally, Bella

Int: Mustafa, Amarah

HAPPY EARTH DAY!

APRIL 22, 2024

Click [here](#) to learn more



USEFUL LINKS:



Trustee Anu Sriskandarajah



TPH website



Rouge Valley P.S. Website



The focus of the 2024 Elementary Literacy and Numeracy Summer School Program is to continue student engagement through the month of July. Programs, embedded in Literacy and Numeracy, are developed by the local summer school principal to reflect the local school focus. Programs are offered to students in K to Grade 8, from July 2-26, 2024. Registration is online. Most classes run 3 hours, from 9:00 a.m. -12:00 p.m. There is also a virtual option. Click on the link for more info on [registration and locations](#) of summer school programs this year. Please note, busing is not provided.

BULLYING PREVENTION

Bullying is typically a form of repeated, persistent and aggressive behaviour that is directed at an individual or individuals that is intended to cause (or should be known to cause) fear and distress and/or harm to another person's body, feelings, self-esteem, or reputation.

It is considered "Bullying" if it occurs in a context where there is a real or perceived power imbalance.

Bullying is not about conflict. In conflicts, two or more individuals disagree on a specific topic. People who are in conflict do not intend to harm others, but rather to uphold their own opinion.

The individual exhibiting bullying behaviour tries to control and dominate others. There is intent to harm and the use of fear and intimidation is common.



Types of Bullying

Bullying can be broken down into 4 main types:

Physical: Kicking, punching, spitting, taking someone's hat, tripping, etc.

Verbal: Name calling, insults, making racist, sexist, classist, ableist, or homophobic comments.

Social: Excluding others from a group, ignoring, spreading gossip or rumours, facial expressions and eye contact to humiliate or reject.

Cyber: Using electronic means to intimidate, harm, exclude or ruin a reputation - includes the use of emails and instant messaging, text or digital imaging sent on cell phones, webpages, chat rooms and discussion groups, video gaming sites.

What to do if your child is being bullied?

- ♦ Ask your child directly
- ♦ Give child the option to talk about it or not
- ♦ Help them in being specific about the details
- ♦ Assure that you are there to listen; not judge
- ♦ Believe and validate feelings
- ♦ Applaud the reporting of the incident
- ♦ Encourage your child to continue to speak with you about any other incidents
- ♦ Do not advise your child to physically fight back
- ♦ Do not confront the bully or his/her family
- ♦ Involve them in social activities outside of school
- ♦ Contact your child's teacher or school administrator
- ♦ Treat the school as an ally/establish a plan with the school

What do to if your child bullies?

- ♦ Keep lines of communication open - bullies will often try to minimize the wrongdoing or excuse it
- ♦ Do not accept excuses or blame
- ♦ Affirm that bullying will not be tolerated
- ♦ Teach empathy through modelling; discuss how the victim must feel
- ♦ Arrange for an effective non-violent consequence
- ♦ Supervise the amount of violent TV/video/computer games that are being watched
- ♦ Help child feel successful; praise efforts at pro-social, responsible behaviour
- ♦ Be a positive role model
- ♦ Co-operate with the school - speak to teachers and administrators about how your child is doing in changing the behaviour
- ♦ Seek partnerships if necessary (social worker, school psychologist, outside agencies)

DEALING WITH CYBERBULLYING

Cyber Bullying is the use of information and communication technologies, such as e-mail, cell phone and text messages, instant messaging, gaming or personal Web sites and on-line personal polling Web sites, to support deliberate, repeated and hostile behaviour by an individual or group, which is intended or perceived to harm others. Here are a few examples of Cyber Bullying:

Exclusion – Excluding someone from an online group or blocking them from a chat group. Students also use gaming sites to purposely exclude or attack other's characters, so that they cannot take part in the game.

Impersonation – Breaking into someone's e-mail or other social media account, posing as that person and sending damaging or hurtful messages.

Denigration – Sending or posting cruel gossip or rumours about a person to damage their reputation.

Misusing – Using a cell phone to take embarrassing photos and sending it to others, or posting on social media sites (e.g., Instagram, Snapchat).

Outing or Trickery – Revealing someone's secrets or embarrassing information online or tricking someone into revealing secrets while online.

Polling sites – Setting up web-pages so that peers can vote on who is the "dumbest" or "ugliest" student in the school

Hate sites – Individuals create web-pages designed to insult others.

Flaming – Mean, hostile or vulgar messages in electronic communications. Typically, messages are sent in upper case letters.

Prevention At Home:

The vast majority of cyberbullying incidents happen while children are at home, unsupervised (evenings and weekends)

- ◆ Talk to your children about responsible Internet use. Emphasize that they are not to give out personal information such as phone numbers, on-line name, e-mail address, or passwords
- ◆ Explain that Cyberbullying is harmful and unacceptable behaviour. Outline your expectations for responsible on-line behaviour and make it clear that there will be consequences for inappropriate behaviour. Consider creating an on-line agreement or contract for computer/technology use.
- ◆ Keep your home computer(s) in high traffic areas (ie. kitchen, family room, etc.). It is not advisable for children to have computers in their bedrooms or where they cannot be monitored.
- ◆ Become computer and on-line savvy. Get to know all the social media sites your child is using.

If a Child Reports They Are Being Cyberbullied:

⇒ Stay calm and thank them for reporting the incident. Try to keep from over-reacting.

⇒ Ask for copies of texts, websites, messages etc. Inform child to save:

E-mails and E-mail address

Date and time received

Nickname of offending person

Name and URL of chat room

⇒ Does the child feel safe coming to school? Try to determine if there are other targets.

⇒ Does the child know the identity of the perpetrator(s)?

Next Steps:

⇒ If necessary, inform school administration/teacher/police

⇒ If you feel there is a credible threat or imminent harm to your child, notify the police promptly

⇒ Contact Internet Service Provider or social media site and report the abuse immediately

⇒ IMMEDIATELY BLOCK and DO NOT further engage with perpetrator(s) of cyberbullying

Other Helpful Tips for On-line Safety

- Don't send a message to someone else when you are angry
- Don't open a message from someone you don't know
- Learn Webcam safety
- Investigate Snapchat, Instagram, Discord or any other social media or gaming sites your child is using and learn how to use them properly and how to report misuse, harassment, abuse or bullying
- MONITOR and BE AWARE of your child's use of the computer, social media and gaming sites

