



## École Ross Road School

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2021-02-08

### Monday Message

Dear Ross Road Families,

This week at Ross Road the Second Step message classes are discussing is about Stopping and Naming Feelings:

*It's okay to have strong feelings. But when you have strong feelings, it can be hard to think about what to do. You can get back in control by calming down. The first step is to use a stop signal to catch your own attention and to tell yourself to stop. You might say "Chill out!" "Stop!" or "Relax!" Next use your feeling detective skills to name your feeling. When you recognize your feelings, the thinking part of your brain can start to manage them. Take a moment to decide what stop signal you will use this week.*

### **Cold Weather Warning**

If you have looked ahead at the weather this week you have no doubt seen that they are predicting cold conditions. Please ensure your child is dressed to go outside daily to enjoy the fresh air and please encourage them to wear these warm clothes! We suggest a winter coat, hat, mitts/gloves and boots/warm footwear.

### **Guidelines for Safe and Healthy Valentine's Day Celebrations**

Here at Ross Road we are looking forward to celebrating kindness and love for Valentine's Day. We ask that families respect COVID guidelines and leave all candies and gifts at home. Students are able to exchange paper-based cards with classmates in the same cohort. Students will be reminded to wash/sanitize their hands prior to distribution and after handling cards received from others. Teachers will provide more classroom specific information so please contact your child's classroom teacher if you have any questions.

### **Ross Road Family Fun Night**

The Ross Road PAC invites families to participate in this upcoming event:

When: Thursday February 11th

Time: 6:30-7:30pm

Where: On Zoom!

A fun hour of virtual games, contests, prizes and dancing for the whole family.

Link to register on Zoom: <https://bit.ly/3cy59MO>

### **Body Science at Ross Road by Saleema Noon supported by PAC**

Saleema Noon is inviting parents and guardians to a scheduled Zoom meeting for more information. Please do not share this link with others as it is for Ross Road families only. Please check your email as a more detailed letter was sent separately last week.

Topic: Ross Road Parents/Guardians Q&A

Time: Monday Feb 8, 2021 06:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83386361652?pwd=KzkyTUxHZ0MyVFA4N2xCcVVUcEdjZz09>

Meeting ID: 833 8636 1652

Passcode: 688843

Thank you PAC for your support

### **The 4Rs of Raising Resilient Kids Workshop by NVPAC**

In this virtual session with Sharon Selby, Registered Clinical Counsellor and Founder of Toddler to Teen® Anxiety Solutions, learn about raising resilient kids and the 4Rs: Rooted, Respected/Respectful, Responsible and Resilient.

- Date: Wednesday March 3, 2021
- Time: 7pm
- Location: Virtual
- Link for more information:

[https://my44.sd44.ca/departments/LearningServices/professionallearning/internalprofessionaldevelopment/Pages/newsitem.aspx?ItemID=140&ListID=64fb4b45-9862-48e7-bf35-ca763471c4a2&TemplateID=Announcement\\_Item#/=](https://my44.sd44.ca/departments/LearningServices/professionallearning/internalprofessionaldevelopment/Pages/newsitem.aspx?ItemID=140&ListID=64fb4b45-9862-48e7-bf35-ca763471c4a2&TemplateID=Announcement_Item#/=)

### **Reminder for Elementary Band and Strings Registration 2021-22**

Registration for the Elementary Band and Strings program opened last Friday. Please check the [NVSD website](#) for more information. Early registration is encouraged! There is also a discount for early registration.

([https://www.sd44.ca/ProgramsServices/BandStrings/Pages/default.aspx#/=](https://www.sd44.ca/ProgramsServices/BandStrings/Pages/default.aspx#/))

### **Important Dates**

Feb 8 – Argyle grade 7/8 parent/guardian information night, 7pm (link will be on Argyle school website on the day of the event, information sent to your email last week)

Feb 8 – Parent/Guardian Q&A Zoom session on Body Science hosted by Saleema Noon, 6:30-8pm

Feb 11 – PAC Family Fun Night

Feb 12 – Lunar New Year

Feb 24 – Pink Shirt Day

Feb 26 – Last day of term 2

Kind regards,

Kate Lechleiter, Principal

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Jason Haywood, Vice Principal

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