



École Ross Road School

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2021-02-16

Monday Message

Dear Ross Road Families,

This week at Ross Road the Second Step message classes are discussing is about Calming Down:

When you have a strong feeling, it's hard for your brain to think. After you use your stop signal and name your feeling, you're ready to calm down! You can calm down by doing some slow deep belly breathing, counting, or using positive self-talk. Think for a moment about your favourite way to calm down. Remember to use it this week if you need to. Calming down helps you think clearly!

Health and Safety

We want to echo the District Superintendent's message sent home to families last week, and collectively recommit to continuing to follow the Provincial Health Officer guidelines and be cautious, vigilant and thoughtful in our actions and interactions.

Pink Shirt Day February 24th

Ross Road, along with all schools in North Vancouver, will be participating in Pink Shirt Day. The goal of Pink Shirt Day is to raise awareness of issues related to bullying and to actively work together to support children to have a healthy self-esteem. On February 24th, 2021 everyone is encouraged to practice kindness and wear pink to symbolize that you do not tolerate bullying. Students will also be exploring this topic in the classroom.

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/department/LearningServices/professionallearning/internalprofessionaldevelopment/Pages/newsitem.aspx?ItemID=140>

&ListID=64fb4b45-9862-48e7-bf35-
ca763471c4a2&TemplateID=Announcement_Item#/=

Reminder New Registrations and Transfer Requests for 2021-2022

Priority placement for both new registrations and transfers for Grades 1 through 12 for the 2021/2022 school year runs from January 18th to March 5th at 4:00 p.m. Visit the 2020-21 [Registrations and Transfer Requests](https://www.sd44.ca/Schools/StudentRegistration/2020-21%20Registrations%20and%20Transfer%20Requests/Pages/default.aspx#/=) page for detailed information. (<https://www.sd44.ca/Schools/StudentRegistration/2020-21%20Registrations%20and%20Transfer%20Requests/Pages/default.aspx#/=>)

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](https://www.sd44.ca/ProgramsServices/BandStrings/Pages/default.aspx#/=) for more information. Early registration is encouraged! There is also a discount for early registration. (<https://www.sd44.ca/ProgramsServices/BandStrings/Pages/default.aspx#/=>)

Important Dates

Feb 17 – PAC meeting via Zoom
Feb 24 – Pink Shirt Day
Feb 26 – Last day of term 2

Kind regards,

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Jason Haywood, Vice Principal
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