

# The Roxmore Rocks

Volume 3, Issue 1

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## School Council

Happy to inform you that order forms for the Wreath & Poinsettia Fundraiser will be going home shortly and the money that is raised will largely be spent on things for the school yard. We are looking into adding things like benches and picnic tables and possibly a larger project to enhance outdoor learning. Sports teams will also be getting new jerseys with this money.

On December 6th families are invited to a free event- a pizza dinner & Family Math Night. Jump2Math is coming to offer a “kinesthetic, multi-sensory approach to teaching Math that incorporates physical exercise with games!”

(<https://jump2math.ca/>). Since Math is taught much differently than it used to be (what is a friendly number?) there’s also going to be information about how math is taught nowadays. It should be a good time! More info to follow. Take care everyone!

~Victoria Butzer  
School Council Chair

## Bullying Awareness Week

During the week of November 16 – 20 we are working to raise awareness about some of the different types of bullying. The different colours to be worn on each day bring attention to the different types of bullying we would like to stop.

Monday (Red Day): electronic bullying, commonly known as cyber bullying - spreading rumours and hurtful comments through the use of cellphones, e-mail, text messaging and social networking sites.

Tuesday (Pink Day): verbal bullying - name calling, mocking, or making sexist, racist or homophobic comments.

Wednesday (Orange Day): physical bullying - hitting, shoving, stealing or damaging property.

Thursday (Yellow Day): social bullying - excluding others from a group or spreading gossip or rumours about them.



## It's Flu Season Soon! Here's a Reminder on How to Stop Spreading the Flu

The flu season comes around just as the cold season returns, every year without fail. And every year, without fail, the Eastern Ontario Health Unit (EOHU) encourages individuals to help stop spreading the flu in the community by reminding everyone of the importance of hand hygiene and coughing etiquette.

Some simple steps can help prevent and reduce spreading the flu. The first is the flu vaccine – it protects you and your loved ones. Increase your chances of avoiding the flu this year by getting your flu vaccine and help stop the spread of infection.

Influenza immunization is available through your healthcare provider, at community health centres and participating pharmacies. You can also make an appointment at the EOHU to get your flu vaccine. Visit our website at [www.eohu.ca](http://www.eohu.ca).

Washing your hands properly will also help prevent the spread of infections. Remind your kids to wash their hands before and after handling food, before and after eating, after using the washroom, as well as after blowing their nose, sneezing or coughing.

Keep in mind that viruses and bacteria can also be spread through the air when an infected person coughs or sneezes. It's therefore important to cough and sneeze into your sleeve (not your hands) or cover your mouth and nose with a tissue. Throw away used tissues in the garbage and wash your hands well. Remember – keep your child home from school when he or she is sick!



## Remembrance Day Assembly

Roxmore will have a Remembrance Day assembly at 10:00 a.m. on Friday, November 10<sup>th</sup>. Every student will be part of a group which will present a song or a poem and each class will lay a wreath. Parents are welcome to attend.



### **WHAT IS MY FAMILY ROOM?**

Designed for busy parents in a digital age, My Family Room is a secure website that acts as a one-stop, single point of access to all electronic services provided to parents and legal guardians of students in the Upper Canada District School Board (UCDSB).

Its focus is to enhance Board-Parent communication and provide 24/7 access to useful information related to your child. All parents and guardians with legal custody can register for a My Family Room account.

### **WHAT ARE THE BENEFITS?**

With this service, you can:

- Receive phone calls, emails or text messages pertaining to your child, such as absence notifications, school emergencies, bus cancellations, and school events.
- Easily customize your contact preferences to receive emergency notifications to one destination (example: your mobile phone) while receiving non-urgent notifications to a different destination (example: your home phone or email address).
- View key contact information for your child's school, such as phone numbers and email addresses for Principals, Vice-Principals, and office staff.
- View your child's transportation, address, phone, absence, and health information.
- View your child's school calendar online, including PD days, exam days and other calendar items entered by your child's teachers and school staff.
- **Being able to pay online for lunches, field trips etc. is also in the works and will be an option for families in the near future.**

### **HOW DO I SIGN UP?**

You can register for a My Family Room account by contacting your child's school. Let the school office administrator know you wish to sign up for a My Family Room account. You will be asked to provide a valid email address to which your My Family Room account activation details will be sent.

### **HOW DO I FIND OUT MORE ABOUT MY FAMILY ROOM?**

Go to [www.facebook.com/MyFamilyRoom.UCDSB](http://www.facebook.com/MyFamilyRoom.UCDSB) or follow [@UCDSB](https://twitter.com/UCDSB) or [@UC ITS](https://twitter.com/UC ITS) to receive tweets about My Family Room. [#myfamilyroom](https://twitter.com/myfamilyroom).

## **Neighbours Helping Neighbours - Building Friendships**

*Do you have something you don't need? - Bring it!*

*Do you need something you don't have? - Come find it!*

We receive donations of good quality, gently-used clothing, kitchen and baby items, small toys and miscellaneous items and offer these same items to anyone who wants them, at no charge.

Donations can be dropped off at the Newington Wesleyan Church on Main Street, at 12 Ash Street in Newington, or at 15056 Concession 1-2, Finch (Corner of County Rd 12 and Con. 1-2). Unfortunately we cannot accept donations of books, or larger furniture items.

**Second Saturday of Every Month – 10 AM to 2 PM**

For more information please contact the Newington Wesleyan Church at 613-346-2490

The store will be located at the Newington Rink House on 4 Fairground Drive in Newington

**CODE HEROES**

**THURSDAY NOVEMBER 16,**  
**6:30-8:00PM**

Join Kelly From Code Heroes and learn how to create your own computer game

Registration is necessary so call the branch to reserve your spot

County Library  
**SD&G**  
www.sdandg.ca

SD&G County Library - Avonmore Branch  
16299 Fairview Drive  
Avonmore, Ontario K0C 1E0  
(613) 346-2137 [avonmorelib@sdallibrary.ca](mailto:avonmorelib@sdallibrary.ca)