



## December, 2017

**Special Events** - Respect and Diversity Week gave students an opportunity to express themselves through theme days.

Science East visited RPS and provided students with some STEM activities during the day. Thanks to Ms. Marr for organizing the Illuminate evening event during parent teacher.

Festival of trees was a new adventure for RPS this month and our Tree of Community Service was purchased by Credit Counselling Services. Thanks to the grade 8 Art Leadership students for helping Mrs. Doherty decorate.

**Activity Period** - We are always looking for parents or other family member who are interested in offering an activity. Do you have a contact with a community business or organization who would be interested in offering an activity? Please contact Ms. Marr ([angela.marr@nbed.nb.ca](mailto:angela.marr@nbed.nb.ca)) if you would like to offer something in the New Year.

**Josh's Essentials** - We are all very proud of Josh London and his wonderful initiative that he has taken on. Josh has been in the Telegraph Journal, The Valley Viewer, on 97.3 The Wave just to name a few highlights. We look forward to finding out on Monday who will be named the most charitable school in the valley when Mayor Grant visits both schools to count up the items. Stay tuned for a pie in the teachers face details before we leave for Christmas vacation.

**School Website** - If you have not checked out the school website please do. There are homework pages for many teachers as well as an athletics page with helpful information. Morning announcements are

posted as well as upcoming events. Our lobby TV displays the website.

**Athletics** - Basketball Season starts next week - thanks to the following coaches for supporting our athletes.

Varsity Girls: Mike Tilley, Pauline Lordon, Libby O'Brien

Varsity Boys: Matt LeBlanc

JV Girls: Abby McFawn and Drew Hallett

JV Boys: John Buckley

Ski/Snowboard Club will begin in January - there are still a few spots available, info on the website.

Classes are earning "Class Choice" PE periods in December for being prepared (PE Uniform) and getting changed quickly at the beginning and end of each class. You can help by making sure your child's name is on the tags of their uniform.

**Guidance** - Healthy Minds at RPS

Mental Fitness is an idea we have woven into many of our activities and programs at RPS for a number of years. The core concept is that children become aware of their mental fitness needs of competence (skills), autonomy (voice and choice) and relatedness (belonging) in order to foster resiliency. During December we have the Ring a Bell for mental health campaign which we will highlight with a short movie I made at Macdonald Consolidated School about "Bouncing back from Stress". We've also primed the kids to think about the three needs with our presentation on "Alex's story" from October.

Please take a minute to have a conversation about how your child recognizes their three needs. You can google "Wellness NB" or "On the Right Track NB" for more ideas/ways to guide your conversations.

Thank you and enjoy the holiday season,  
Trevor Shea, Guidance Counsellor

**Happy Holidays** - On behalf of the staff here at Rothesay Park, Ms. Marr and I would like to wish your families and restful, and safe holiday. We look forward to 2018!