

Robert Ogilvie Elementary

February Newsletter 2021



February 08, 2021

**Robert Ogilvie
Elementary**

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Principal's Message

February is a good month to resume our school focus of social emotional learning, the first of our school goals. Through activities inspired by Heart-Mind Education, Valentine's Day and Pink Shirt Day we are promoting and celebrating acts of kindness and compassion throughout our school community. Check out this resource [You Hold Me Up](#): based on a story which captures the magic of reciprocal caring. The lines, **"You hold me up, I hold you up, we hold each other up"** summarize beautifully how we Royals hope to support each other, not just this month, but all year long.

Although we are in the midst of some very cold temperatures with a run of inside days, students are reminded to dress appropriately in order to enjoy outdoor breaks when warmer weather returns, and to be safe going to and from school. See further information on inside days in the Reminders section of this newsletter. Also, note information on school registration for 2021 -22 and our upcoming Before and After School Program on p. 2.

Finally, you may have heard of recent updates to Covid-19 Health and Safety protocols for B.C. schools. We remain committed at RO to providing as safe, healthy, calm and positive a school experience as possible, noting that K-6 students are less impacted by changes outlined in these updates than older students.

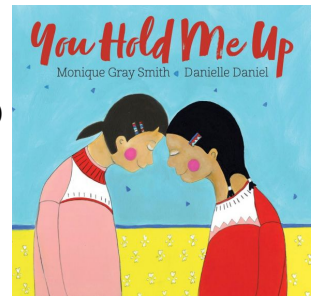
We will inform you of any specific changes affecting our school routines and events as they arise. (eg; Gr 6 Career Day on February 10 has been cancelled)

See SD60 site for further information:

<https://www.prn.bc.ca/resources/covid-19/>

Stay safe and warm!

Mrs. Karen Gonzales



Important Dates

- Feb 11, 18 & 25 - Basketball Skills Camp - Gr 5 & 6 Gym
- Feb 15 - Family Day - No school
- Feb 16 - Earth Rangers Virtual Assembly - Gr 1-6 1 pm
- Feb 16 - March 06 Foundation Skills Assessments - Gr 4
- Feb 16 - PAC Meeting 6:30 pm
- Feb 18 - March-School meals and Hot Lunch orders due
- Feb 22 - Non Instructional Day - no school
- Feb 24 - Pink Shirt Day



Registration

Kindergarten Registration

We are now accepting Kindergarten registrations for the 2021 - 2022 school year. You can register online or in-person.

For more information see:

<https://www.prn.bc.ca/register-for-school/>



Little Royals Clubhouse



Before and After School Care

Opening at Robert Ogilvie
September 2021

Please see attached link
for expression of interest
and further information

[SD60 Before and After School Care](#)

WHAT DO I NEED TO REGISTER MY CHILD IN SCHOOL?



1 IDENTITY DOCUMENT

A foundational identity document such as a birth certificate, immigration records, or proof of citizenship for both parent and child.



2 PROOF OF RESIDENCE

Students who are normally resident in BC attend public school without any registration costs. You can provide a lease agreement, property taxes, utility bill or other document that has a parent name and address.



3 IMMUNIZATION RECORD

Contact your Health Authority if you do not have a copy.



4 CATCHMENT SCHOOL

Check our website www.prn.bc.ca for a school locator tool to determine your catchment/home school to register at.



5 ONLINE OR IN-PERSON

With digital copies of 1, 2, and 3 you can register online. Legible images are fine. Visit <https://myeducation.gov.bc.ca/>

Or call your school about an in-person registration to schedule an appointment and learn about any health & safety protocols.

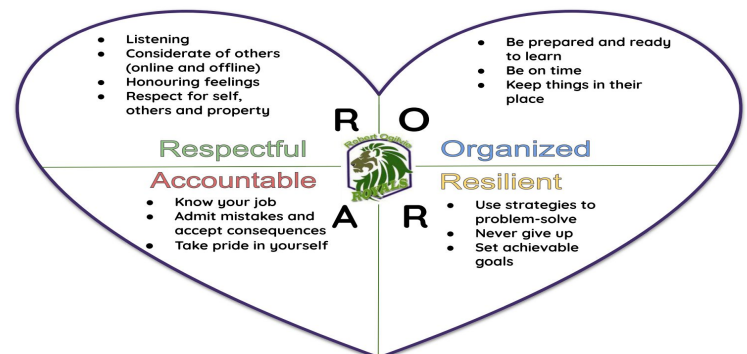
? WHEN CAN I REGISTER FOR KINDERGARTEN?

Kindergarten registration is available for students who turn 5 by December 31 of their first school year.



SCHOOL DISTRICT 60: PEACE RIVER NORTH - WWW.PRN.BC.CA

Robert Ogilvie Community Expectations



Printed by Community Printers 250-785-0203

Plans for 2021 - 22 School Year

We are looking ahead to next school year and would like to know families' plans as soon as possible in order to effectively arrange for staffing and classes. Please fill out the google form linked below to help us with this process.

[Return to School 2021-2022](#)

Important Reminders

Inside Days



Our winter guideline for being outside is -20 degrees C including the windchill. In addition to this guideline administrators may determine conditions (wind, rain, storms etc.) necessitate an inside day, or part of day. Look for postings in the mudroom for inside and outside days, and ensure children are dressed appropriately for the weather.

<https://www.theweathernetwork.com/ca/weather/british-columbia/fort-st-john>



Food Drive Feb 08 -12

Pink Shirt Day February 24



"This Pink Shirt Day, the focus is working together and treating others with dignity and respect. The COVID-19 pandemic has affected us all and shown the importance of helping one another and advocating for those who need it. Help us **"lift each other up"** and support programs that encourage healthy self esteem and teach empathy, compassion and kindness."

CKNW Kids Fund- Pink Shirt Day

**Please check your
child's lunch for
peanut/nut products**

Indigenous Education

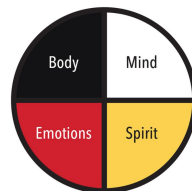
Robert Ogilvie is located on the traditional territory of the Dane - Zaa people.

*"Learning involves
patience and time."*

First Peoples Principles of Learning



Medicine Wheel Dreamcatchers



Our ISSW worker, Ms Green, facilitates Indigenous cultural experiences through circle talks, storytelling, arts and crafts, and guest presentations.



Here are dreamcatchers created last week with Mrs. Tewari's Grade 1-2 class.

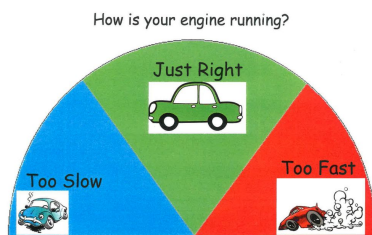
Early Learning

The Importance of Self-Regulation

Self-regulation is currently a big educational buzzword in Canada and has informed the development of [BC's Education Plan](#). But what is self-regulation, exactly? And what's the theory behind all the buzz?

Find out more in this Heart-Mind Resource: [Parents' Guide to Self-Regulation](#)

RO students have been introduced to a variety of self-regulation activities to help them understand and manage their emotions and be "ready-to-learn". Programs such as Zones of Regulation, the Alert Program and Heart Mind Education all help classes build toolkits of strategies to develop these important social-emotional learning skills.



12 SELF-REGULATION STRATEGIES FOR YOUNG CHILDREN

1. Take a Time-In Spend 5 minutes in a calm, quiet space with the child. Connection is a key component of self-regulation.	7. Smell the Flowers The scent of lavender can reduce anxiety. Mindfully smell fresh or dried lavender flowers with the child, focusing on how the smell makes them feel.
2. Listening Break Auditory stimulation such as a meditation, soothing music, or an audio book can help re-focus children's attention.	8. Move Like Animals Invite the child to move like an animal that they would like to feel like, such as a carefree bird or proud lion. Somaticly, this can help them shift their state.
3. Rainbow Breath Inhale and raise your arms above your head, painting a rainbow with your fingers! Exhale and return arms to your sides. Deep breathing regulates the vagus nerve.	9. Smiling Contest See how long you can smile for together! Turning a frown upside down can really make you feel happier!
4. Sing Vowel Sounds Singing long, open vowel sounds such as "ahh" and "ohh" can balance sympathetic and parasympathetic nervous systems.	10. Tense and Release Invite the child to clench their fists as tight as they can, then exhale to release. Repeat with various body parts to lower cortisol levels and heart rate.
5. Face Painting Pretend to "paint" the child's face in imaginary hues with the tip of your finger to provide sensory input.	11. Freeze Dance Play upbeat music and instruct the child to freeze every time the music stops. Linking movement to their senses helps children regulate their bodies and minds.
6. Cool Down Offer the child a cool glass of water or a popsicle, or run their wrists under cold water to help their nervous system reset.	12. Reflect Together Fostering a self-reflective environment can help children learn to make better self-regulation choices in the future.

The Importance of Play

Let's Play



Engagement with Others, Materials, and the World



WHY?

Learn to explore the world around them with confidence, creativity, developing fine motor skills while using all of their senses

WHERE & WHEN

- ❖ Exploration can be done anywhere-inside or outdoors!
- ❖ Any time of the day!



DISCOVERY TOY BASKET

WHAT?

- 1) Place a variety of objects found around your home (utensils, keys, small pieces of fabric, ribbon, bells, wooden rings, shells, rocks, old CDs, shakers...) and place in a basket or container and present it to your child *do not direct their play
- 2) Let your child explore, create and invent using the variety of materials. Ask open ended questions to support your child's communication and literacy skills.

For example:

- "What do you see/feel/hear?"
- "What do you think this is used for?"
- "What have you found?"

For more activities click here

[Link - Let's Play](#)



Out and about Robert Ogilvie



We LOVE Mrs. Brook's positive messages on the office window each month!



Mrs. Kenyon's Kindergarteners have heart!



Inukshuks by Miss White's Grade 1-2



Miss Lis' Grade 1-2 Valentines!

Cozy up with a good book!



Gr 5 and 6 Poetry Coffee House

