

Hello RPPS Families!

March Break is here... let's celebrate with a storm? Lol. No matter what destinations or activities this break brings your family, we hope that it is restful, rejuvenating, and a chance to reset.

When we return, we will be resetting routines slowly. Our staff will be reviewing what Covid routines are good normal routines, and what routines need to be left behind.

For now, here are a few key details for our return on 21 March:

- **Covid Screening required / Daily confirmation not required.** A silent cheer goes out as we wave goodbye to the daily Covid screening confirmation.
 - Continue to monitor your child's wellbeing each morning and to follow the [Covid screening](#), as it will be updated as we return to school.
- **RAT tests.** If your child is experiencing symptoms, RAT tests are available in the office upon request.
- **School Photos.** RPPS photos are booked for 8 April.
- **Dismissal / arrival.** These routines will remain unchanged - continue to drop off or pick up your child at the access points on Springfield, Queen Jubilee garden or Buchan / Fieldhouse
 - We will continue with students only on our school yard during the school day and EDP hours (07:00 - 18:00)
 - Students are asked to go directly into their class lines location upon arrival (after 8:20 am) and to leave school property upon dismissal (unless remaining with EDP)
 - We will continue with playing O'Canada outside before we enter the school
 - A reminder that parents should not use the school parking lot area in the morning or afternoon, especially if you are late arriving. We need to keep the area safe for students and clear for buses.
- **Masks.** The wearing of masks is strongly encouraged. Students and staff have the option to wear a mask; we support all choices
 - We ask everyone to respect individual choices and the fact that everyone has different needs and comfort levels.
 - Some may choose to wear a mask upon return to school until we see how the return to school is going
 - Communicate your child's mask wearing status with their teachers
 - Note we have a very limited supply of student masks remaining.
- **Cohorting.** It's true, we will shift away from cohorting.
 - For the first week back at school, students will remain in cohort zones on the yard with alternating indoor / outdoor times
- **Nutrition breaks.** We will continue with the routine of 10 minute quiet eating at the start of each recess time; this has been a surprise discovery for us
- **Recess programs.** We will start to look at re-starting Lunch Monitor / Gym Buddy programs in April once we hear more from the District. Go student leaders!
- **Recess equipment.** Students may bring equipment to play with at recess; we will also do a review of equipment available with the support of School Council to purchase further items
 - A reminder that equipment which is brought to school is the responsibility of the student and it must be safe for use with other students around. Write your child's name on it!
 - We encourage parents to discuss items before sending them to school with their child's teacher

This week's jokes are connected to leaving school behind for a week: 1) Where did the egg go on March Break? ...*New York City*, 2) Why did the robot go on vacation?... *he needed to recharge his batteries*, and 3) Where did the bread go on vacation?... *nowhere, they just loafed around*.



Madame Mace, Break-bound Principal

Be Kind, Be Brave... Be a Dragon.

Key upcoming dates

- 14 - 18 March - March Break (no class for students)
- 17 March - [Irish Heritage Day](#)
- 20 March - [International Francophonie Day](#)
- 21 March - [World Down Syndrome Day](#)
- 21 March - [International Day for the Elimination of Racial Discrimination](#)
- 23 March - National School Crossing Guard Appreciation Day
- April - World Autism Awareness Month
- 12 April - RPPS School Council

Mental health resources and supports

The OCDSB has compiled a [list of mental health and community supports](#). For more information on taking care of our own mental health as well as that of our families, please visit the [Ottawa Public Health website](#).

- [1Call1Click](#) a simple way to access mental health supports for children, youth and families
- [Counselling Connect](#) free video or phone counselling sessions for children, youth and families
- [Parents Lifeline of Eastern Ontario](#) Family peer support services 613-321-3211
- [Distress Centre](#) Crisis line (24/7) 613-238-3311 in English and [Tel-Aide Outaouais](#) 613-741-6433 in French
- [YSB Crisis Line](#) 613-260-2360 or online chat at [chat.ysb.ca](#)
- [Hope for Wellness Helpline](#): Available for all Indigenous peoples across Canada, offers experienced and culturally competent counsellors 1-855-242-3310 or chat <https://www.hopeforwellness.ca/>. Phone counselling is also available in Cree, Ojibway, and Inuktitut.
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