



VOODOO VOICE



Rutland Middle School - "Where Everybody is Somebody"

Website: www.rms.sd23.bc.ca

November 2016

PRINCIPAL's MESSAGE

Happy November everyone,

As the days shorten, the weather gets colder, and we start the long walk toward Winter, our students and teachers are working hard leading into the final few weeks of the first term of the year. It is approximately one month before marks are cut off, and teachers begin to work on report cards that go home before the Winter Break. As with any reporting period, we always recommend that parents/guardians be in contact with their children's teachers well in advance if there are any concerns to address; we also ask that teachers have a conversation with parents and guardians whenever a student is at risk of not meeting course outcomes for the term. Email or phone conversations are good, but please know that we always encourage parents and guardians to make appointments with teachers if a more in depth, face-to-face conversation is necessary. If there are students who are needing more time, our after school Academic Intervention (A.I.) program is up and running, where students can get extra help, Monday to Thursday until 4:00pm each day.

One slight change moving forward with this reporting period is a slight shift in focus for our report card process, no longer calculating GPA (grade point average) on student report cards. This involves not putting a sticker on student report cards for principal's list or honour roll. We have been doing research, collaborating with other middle schools, consulting with our PAC, and shifting our practice to focus on Work Habit recognition and celebration for our middle-school-aged students. We will be celebrating Work Habit with all of our student body with fun, interactive, and positive assemblies each reporting period. A huge thanks goes out to Ms. Zimmermann, Mr. Tonn, and Mr. Aviani for their leadership with this age-appropriate shift in the way we celebrate and recognize effort, and focus on grit and resiliency with our young Rutland Voodoos.

We look forward to each and every day with your children; it is a privilege to work in such a supportive, caring community. Have a great November!

Jim Laird, Principal

PAC Meeting

Monday, November 21 - 7:00 pm

Transportation

If you require bussing to RMS for the 2016-2017 school year, please register on the web site www.sd23.bc.ca/transportation. Should you require a subsidy please contact the office for further information.

If you are new to the area or have any questions, please contact 250-870-5151.

Important Dates for November

November 3 - WE Day - Vancouver
November 10 - Remembrance Day Assembly 9:05-9:50 am
November 11 - Remembrance Day
November 17 - Cultural Performance Alysha Brilla
November 21 - PAC Meeting - 7:00 pm
December 02 - Term 1 ends
December 16 - Report cards go home
December 19-30 Winter Break
January 2, 2017 - School back in session

Student Activity/Cultural Fee

Thank you to parents who have paid the activity/cultural fee. We still have about 20% outstanding. Please pay the 30.00 as soon as possible. Pay on line at

<https://CentralOkanagan.schoolcashonline.com>

You may also bring cash/cheque to the office and a receipt will be issued. If you are unable to pay the \$30.00 please contact the office to discuss alternate arrangements. **The activity fee goes towards bussing for local field trips, cultural events/pizza/treats ordered in by mentorship teachers for their class.**

Gr. 6/7 Girls'and Boys Basketball

Basketball will be starting mid to late January. Signup for basketball will not start until after January 3rd. When the coaches are ready for students to sign up we will be making announcements over the PA.

WE Day held November 3

WE Day 2016 was an unforgettable experience. A group of 22 fortunate RMS students made it through the application process and through a raffle process were drawn. The first night in Vancouver had the team working together on team building activities from 9pm-11pm, and after all of the group building action, they set WE Day goals as to how they will contribute to our school this year. We slept on the floor of the gym at Charles Best Secondary for a total of 4 hours, if we were lucky, and then we headed out first thing in the morning, 6:30 am, to Rogers Arena. The event had over 20,000 participants and we listened many inspirational stories and heard from motivation speakers like Margret Trudeau and Paula Abdul. We were inspired to hear about how many corporations are providing funds to help us create ideas that spread. Our WE day team will be working towards spreading some of these ideas and setting more goals in the weeks to come.

Youth Substance Use & Counselling is available in your child's school!

ARC Program's Youth Substance Counsellors provide a continuum of services including education, prevention, counselling, referral and community liaison for youth who want to learn more about substances and the effects on overall wellness and functioning. To contact ARC Programs directly at 250-763-2977 if you have questions or concerns. Marijuana & the Teenage Brain 15-24 year olds report smoking more marijuana than any other age group.

According to Health Canada, marijuana today is nearly 13x stronger than it was in the 1970's. It is so much stronger that Health Canada and the UN are moving to reclassify today's marijuana as a separate drug. Due to the critical brain development that happens during adolescence, teenagers are more susceptible to the negative side effects of marijuana than adults.

Marijuana impacts the reward center and prefrontal cortex regions of the brain which causes impairments to: decision making, memory, learning, problem solving, judgement, impulse control, emotional regulation, and coordination. Over time, the brain stops naturally producing the "feel good" chemical Dopamine which can cause feelings of depression when a young person is not under the influence and leads to addiction. Marijuana is stored in the fat cells of the body and can be found in the young persons' system for up to 28 days.

For more information:

The Road Ahead: A Guidebook for Parents of Young Teens (heretohelp.bc.ca)

Cannabis Use & Youth: A Parent's Guide (heretohelp.bc.ca)

National Cannabis Prevention & Information Centre (www.ncpic.org.au)