

March Newsletter

Only a few weeks until Spring Break and we have started preparations for the 2024-25 school year. Students have completed two rounds of course options selections for next year. During these first few rounds, we are asking students what they might want to see offered for courses at RCI. We will have another round before spring break as we continue to understand student's areas of interest. Once we have a good snapshot, we then look to see what we are able to fit into our timetable. The final round of selections will take place in Mid-April after Spring Break.

Also, anyone who might have aluminum can "tabs," please drop them off at the school. We will be collecting these for Ella Waldner who is requiring private therapies. Approximately 200lbs of tabs helps to pay for one session which equates to approximately 1, 200 tabs. So, if you have these tabs still attached in your recycling, please send them along with students or drop them off at the main office. We will be collecting these until the end of the school year.

Grade 9/10 Outdoor Education Ice Fishing Trip

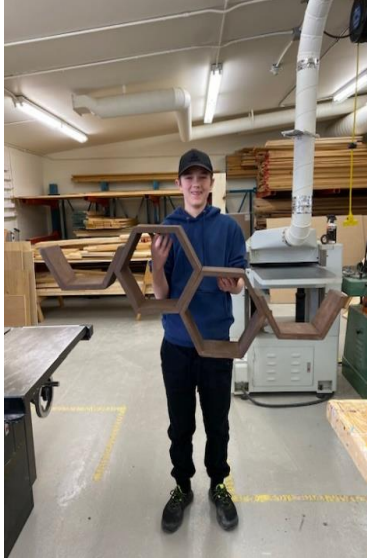
Mr. Maxwell, Ms. Roberts & Mr. Klassen took our Gr. 9/10 Outdoor Education students to Lake Wahtopanah on March 12th after being postponed the previous week due to school closures. We couldn't have asked for a better day. Sunny skies, no major wind, and there were even a couple of fish caught! Thanks to Mr. Maxwell for organizing and setting up an enjoyable day for our students.



Proof that at least one fish was caught (28") This fish as caught by Ms. Roberts. Lelond H. also caught a smaller fish earlier that morning. A photo was unfortunately not taken of that one (not the one in the lower left of this picture....). This fish was release back into the lake.



Wood Working: (Mrs. Jago)





Jr. High Girls Basketball:

Back row: *Asst. Coach: Sarah Krahn, Ava Kasprick, Alexa Tousignant, Avery Brown, Chloe Kent, Bekah Smith, Jill Schoonbaert, Trina Bylo, Coach Tara Smith*

Middle row: *Silver Malette, Nova Bourdin*

Front row: *Asst Coach: Mia Lepp, Bethany Paul, Rayanne Shachtay*

Behind the Camera: *Supervisor: Leah Jago*

Vaping Concerns:

As many of you will be aware, **Vaping** has become a significant issue for Canadian Teens and Youth. The flavours/scents and ease of these items has driven an increased use over the past 5+ years. Like cigarettes, vapes use liquid forms nicotine among other chemicals, as well THC (marijuana) to inhale the vapour. The “smoke” and smell is hidden by different scents and these devices are sometimes quite sleek and can be hidden easily from view. Some of our students use them in class or in the bathroom where/when staff are not around to supervise.

Unfortunately, for our youth, the risks of vaping and long-term effects won't be fully known for several years. And for those selling these items, they certainly do not want people finding out the potential harm they cause the body at a cellular level. We have had presenters, guest speakers, information, and pleaded with students over these years to consider stopping but once addicted, quitting becomes more difficult as the days and years go on. Our kids need help in breaking the cycle. For some of the students that I've spoken to in trying to understand the appeal---most can't answer the question other than to say, “it's a social thing, lots of kids are doing it”..... Here are some resources for parents and students to review and learn more about the effects of vaping:

[This is The Scariest Symptom of Vape Addiction, According to a Psychologist : The Hearty Soul](#)

[Vaping: What You Need to Know \(for Teens\) - Nemours KidsHealth](#)

[“Stop Vaping, We Beg Of You,” Doctors Warn As 17-Year-Old Who Vaped Receives Double Lung Transplant : The Hearty Soul](#)

[A woman got the incurable condition 'cobalt lung' after vaping marijuana for just 6 months : The Hearty Soul](#)

[Nicotine Addiction From Vaping Is a Bigger Problem Than Teens Realize > News > Yale Medicine](#)

[This is what happens to your body why you give up vaping : The Hearty Soul](#)

[Health Canada Preventing kids and teens from smoking and vaping](#)

Manitoba Lung Association – [Talking to Your Youth About Smoking/Vaping](#)

1. My Vaping Mistake Videos – FDA for schools (USA)

<https://youtu.be/TldGFgUBUis> - mental health

<https://youtu.be/pBxQ1ieCbi8> - ruining future

<https://youtu.be/WdFagxCEJk8> - ruining sports

<https://youtu.be/ADCxgqB28fw> - peer pressure

*****More resources will be sent out in April/May.**

Cellphone Use:

In response to ongoing issues with inappropriate cellphone use, all classrooms will now have a place for students to "PARK" their cellphones upon entering the room. We have had continued issues with students being off task, taking photos/videos and generally being too connected to their device. They need a break and so do we as staff in dealing with these repeated concerns. Some provinces in Canada are going to full bans on cellphones in the schools for students. We have attempted to guide students to use devices appropriately but after a few incidents recently, we are moving to the next step of supporting students in their learning environment. The next step may be to have a ban of phones for students in our building. I do know this has been discussed provincially as well. We hope students will respond positively to this change.

A couple of years ago, we did a study of how many notifications students received in a 15-minute time-period with one of our Gr. 12 classes. All students placed their phones on their desks, turned on the ringer/buzzer and they recorded each time there was a "distraction." After 15 minutes, students had been interrupted over 75 times. The most noted distraction---parents sending multiple texts throughout to communicate with their child. The next most frequent distractions were random notifications from other students who were IN THAT SAME CLASSROOM. On task? No.

If parents need to get ahold of their child for an emergency, please contact the office and we will gladly notify the student. If the message can wait, students can check their cellphones in-between classes, during scheduled breaks, or at lunch/after-school. Students need to be on track and on task in the classroom. Phones can be a distraction and what we know is that students need a break from them.

Student & Parent Presentations: Internet/Social Media Safety

Dear Parents & Guardians,

*On **Wednesday, March 20th**, RCI will be hosting **Val Caldwell** to speak with students about Internet Safety. Val has been speaking with youth and parents/caregivers for over 15 years about digital safety and sexual exploitation. In a news article covering the 2021 Canadian Sexual Exploitation Summit, Val shared, "The more I spoke to youth over the years, the more evident the problem of sexual exploitation online became to me. It is not just a problem that exists in the big cities, children from all walks of life are susceptible as soon as they enter the virtual world. The more information we can put in the hands of children, parents, and caregivers on the topic the better chance we have of disrupting the demand and protecting children."*

Val will be presenting to the Grade 7/8s from 11:00am-12:30pm in the Band Room and to Grades 9-12s from 1:15pm-2:45pm in the Gym.

RCI will also be hosting a parent evening with Val from 5:30-7pm in the Band Room.

The Bridging the Gap presentation will provide participants with an overview of some of the most common concerns facing youth today in terms of their usage of technology and social media. It will also explore sexual exploitation and (more specifically) how the usage of technology (smart phones, the internet) plays a role in this issue. The presentation informs parents, care providers, educators and anyone working with youth, about what young people - and offenders - are accessing (Instagram, snapchat, TikTok, etc.), and will provide valuable information on how to protect kids from the hidden forms of child and youth sexual exploitation.

All parents/caregivers are welcome to attend the parent evening. We will have snacks, refreshments & door prizes. Please email me at chengen@rrsd.mb.ca if you plan on attending and let me know how many people will be attending with you.

If you have any questions, please feel free to connect with me through my email above or by calling 204-328-5364 ex 497.

Thank you,
Carissa Hengen



This is sextortion.

Financial sextortion is a form of blackmail that involves someone online threatening to send a sexual image or video of you to other people if you don't pay them.

It's a scam and it's trending. There are steps you can take.

- ✓ **Do** stop the chat
- ✓ **Do** take screenshots of the text and profile
- ✓ **Do** block the account and report it to the platform
- ✓ **Do** report to cybertip.ca or local police
- ✓ **Do** get support at cybertip.ca

- × **Don't** send more images
- × **Don't** pay
- × **Don't** respond to demands
- × **Don't** continue the conversation

You are not alone and there IS life after images.

The Canadian Centre for Child Protection (C3P) is dedicated to reducing online child sexual abuse and exploitation.



Reach out, we can help:
cybertip.ca

Call 9-1-1 if you are in immediate danger



Royal Canadian Mounted Police
Gendarmerie royale du Canada



CANADIAN CENTRE for CHILD PROTECTION
Helping families. Protecting children.

Scent Aware/Fragrance Free, Nut & Fish Aware

We have had a few issues with students bringing AXE and other body sprays/fragrances into the building this year. These aerosol products are not allowed in our school for safety reasons as well as concerns with allergies and sensitivities. We also have some students/staff members with severe allergies to Nuts & Fish. Please be mindful of what is brought into our building.

PARENTS/GUESTS VISITING OUR SCHOOL

When visiting our building (during the day or for evening events/sports/concerts), we ask that students and adults attend with certain expectations. Please do not attend our school while under the influence of alcohol or marijuana. When students or adults come to school either under the influence or smell of alcohol or marijuana it affects our learning environment. This is not meant as judgement of lifestyle choices, but we as a school expect adults to attend appropriately.

Community/Parent Coaches must complete their *Respect in Sport certification* and have their *Criminal Record Check, Vulnerable Sectors, and Child Abuse Registry Checks* completed before coaching teams or volunteering in our school. Also, in order to drive other students in your vehicle, a drivers permission form must be completed.

Attendance & Lates: This is a reminder for parents: If your child will be late or absent for school/classes, you must inform us. This is necessary for us to keep track of students during the day and keep accurate data. Please either email riverscoll@rrsd.mb.ca or call 204.328.5364. We have noticed a dramatic increase in student absences and lates again this year. We cannot stress enough how important it is for students to attend consistently and be on time. The impact it has on student performance and preparation for later learning (job, workplace, post-secondary) is important. If we want the best for our students, we need to work at this together.

IF SICK STAY HOME!

Parents, and Guardians,

As we continue through respiratory illness season, Rolling River School Division continues to follow Public Health guidance to support the health and wellbeing of students, staff, and families.

Simple and important steps can have a big impact for all of us, such as:

- Staying home when you are sick (returning to school and work when you have been feeling better for 24 hours and are free of fever for 24 hours)
- Washing your hands or using an alcohol-based hand sanitizer frequently
- Covering your coughs / sneezes
- Cleaning and disinfecting surfaces and objects that are frequently touched by many people

Please review the documents at the links below for valuable information related to what symptoms to watch for, *how to* provide care and comfort at home and *when* to seek help:

- [KidCare MB - Message from Dr. Karen Gripp, Medical Director, HSC Winnipeg Children's Hospital](#)
- [KidCare MB – How to Care for Your Child During Respiratory Virus Season \(sharedhealthmb.ca\)](#)

For more information visit: [Kid Care - Children & Teens - Shared Health \(sharedhealthmb.ca\)](#), or contact your health care provider.

Jason Cline
Superintendent - Rolling River School Division

Important Dates:

- March 15th
 - Elementary School (Parent Teacher Interviews) (**No Classes**)
 - High School (Inservice) (**No Classes**)
- March 14th
 - Jr. High Report Cards send home (PT Interviews held **April 19th**)
- March 19-22 (Tues-Fri)
 - **Gr. 11 Work Experience Placements**
 - Students are expected to be in class on Mon March 18th.
 - If students have missing assignments from previous weeks in any of their classes, they are expected to have those turned in before the placement or possibly during their placement (HOMEWORK).
- March 20th
 - **Val Caldwell Presentation (School & Community!)**
 - Online Social Media Risks/Concerns/Consequences
 - Student Presentations during the day (throughout the day)
 - **Parent Presentations in the evening (5:30-7:00pm Band Room)**
- March 22nd
 - **Last Day of Classes before Spring Break!!**
- March 25th – March 29th
 - Spring Break (**No School**)
- April 1st
 - All Classes Resume, Day 5
- April 19th
 - Elementary School (Inservice) (**No Classes**)

- High School (Parent Teacher Interviews) (**No Classes**) 9:00-3:15pm
- **April TBA**
 - Gr. 6, 8, 11 **Parent meetings** for incoming students
 - Gr. 6---Welcome to RCI (5:30-6:30pm)
 - Gr. 8—Welcome to High School (6:30-7:30pm)
 - Gr. 11—Graduation 2025 (TBA)
- May 20th
 - Victoria Day (**No School**)
- June 13th – June 20th
 - RRSB Exams for Second Semester and All Year Courses
- June 21st
 - Graduation Day (10:00 AM Ceremony), (**No Classes**)
- June 27th
 - Final Day of Official Classes
- June 28th
 - Admin Day (**No Classes K-12**)