



March 2017

# CASTLEMORE PUBLIC SCHOOL NEWS

### Contact Information:

Phone: 905-887-1543

Email: [Castlemore.ps@yrdsb.ca](mailto:Castlemore.ps@yrdsb.ca)

Fax: 905-887-3849

Website: <http://castlemore.ps.yrdsb.ca/>

Address: 256 Ridgecrest Rd., Markham, ON, L6C 2R5

Principal	Gwendolyn Emmerson
Vice-Principal	Thang Tran
School Trustee	Billy Pang (647) 461-9965
Superintendent of Schools:	Erik Khilji (905) 940-7800

### A Message from the Administrators:

As we progress through the month of March, we hope that we begin to see more signs that Winter is coming to an end. Despite the official arrival of Spring on March 20<sup>th</sup>, please continue to ensure that your children are dressed properly for the unpredictable weather. It is advisable for our younger students to bring extra pants and socks. A change of clothing is often necessary due to the wet weather and mud. Boots, snow/splash pants and warm coats will help make recess an enjoyable time. If students are going to wear shoes to school in the Spring, please remember to send an extra pair of indoor shoes to school – muddy shoes cannot be worn inside the classrooms.

Our second term is off to a busy start. Inside all classrooms, students continued working diligently in all areas of the curriculum. Students have set and began work toward meeting their academic goals for the new term. This term, regular classroom programming will be enhanced through enrichment opportunities such as Scientists in the School and field trips, with some subsidies being provided through School Council initiatives. Extra-curricular opportunities have engaged our students in clubs, such as the Lego Club, and sporting events, such as the area Basketball tournaments. The Gr. 7 and Gr. 8 Bands participated in the Music Alive festival, earning a Platinum rating for their performances, and the Senior Choir members will participate in Music Alive after the Break.

The staffing process for the 2017-2018 school year is well underway. As part of this planning process, it is very important that you communicate with your child's teacher and the office if you plan to move, resulting in a possible change of school. Staffing of schools is based on specific numbers of students expected to attend. This includes students registering for Kindergarten. As a result, if you are aware of family, friends and/or neighbours that reside in our enrolment area, please encourage them to register as soon as possible. Parents with a child born in 2013 are encouraged to register now for Junior Kindergarten starting this coming September.

As a reminder, March Break begins on Monday, March 13th. The first day back is Monday, March 20th. On behalf of the staff, we hope that you and your family have a safe, relaxing and fun-filled break!

Gwen Emmerson and Thang Tran

### STUDENT ABSENCE

Please **call the office** by 8:30 a.m. at 905-887-1543 for every student absence and /or late.

### Dates to Remember

### Full Newsletter Available

Please provide your email address to the school office to receive an email copy of the newsletter OR go Online:

Enter - <http://castlemore.ps.yrdsb.ca/>

Click - News & Events

Select - Newsletters

Mar 7, 21	Pizza days
Mar 28	Sub Day
Mar 13 - 17	March Break (no school)
Mar 23	Gr . 8 Grad Photos
Mar 30	6:30 p.m. Social Media Presentation
April - TBA	School Council Meeting



## Kindergarten - Grade 8 Registration

Registration for the 2017-2018 year began in January. Children born in 2013 are eligible to attend Junior Kindergarten in September 2017. Those born in 2012 who are not currently attending public school are eligible for Senior Kindergarten in September 2017. (Please note JK students presently at CPS do not have to re-register for Senior Kindergarten.)

For students new to our school born between 2004 - 2011 entering Gr. 1-8, please drop by the office to pick up and complete a registration form. Spaces will be filled on a first-come, first-served basis.

The following original documents must be presented at the time of registration, before the registration is accepted:

1. Original Birth Certificate or Statement of Live Birth
2. Proof of residency (Municipal Property Assessment Corporation, known as MPAC), tax bill, offer to purchase or lease) and a utility bill.
3. Citizenship and immigration status. (where applicable)
4. Direction of School Support Form and Registration Form.
5. Previous report card if applicable.

If you have neighbours who have children born in 2013 (and have yet to register), please ask them to register ASAP.

A Kindergarten information session of pre-registered students will be held on Thursday, May 11, 2017 from 6:30 - 8 p.m.



### \*\*\*\* PREPARING FOR 2017-2018 \*\*\*\*

Our preparations for the 2017-2018 school year are underway, and our success depends on accurate projections of the school population.

Do you have a younger child at home whom you have not yet registered?

Do you have new neighbours who need to register their child?

Are you moving to another address within our attendance area? Please check with our Office for required paperwork. Are you moving out of our School area?

If you are moving out of our school area, please complete the form below and return it to the School as soon as possible

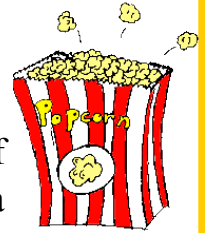
My child(ren), \_\_\_\_\_ (name(s), who is/are in grade(s) \_\_\_\_\_ (current grade), will not be attending Castlemore Public School in September, 2017.

We will be moving to \_\_\_\_\_ (name of new school, if known).

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



## FAMILY MOVIE NIGHT



A Family Movie Night was held on the evening of Thursday, February 16 at Castlemore PS. It was a busy evening with nearly every seat taken in the gymnasium. The popcorn was very popular with the audience members! It was very nice to see so many families taking time out of their busy schedules to spend time together and enjoy a family-friendly movie. Proceeds from food items sold at this event were used to help fundraise for the Grade 8 students' trip to the National Music Fest at Niagara Falls. We hope to see you again at the next Movie Night event.

## FRIENDSHIP DANCE



Friday, February 17 was an exciting day at Castlemore PS. Students had a chance to enjoy taking part in a Friendship Dance. This event was the finale for Friendship Week. The dance was organized based on responses collected from a survey - shared with families back in the Fall - which showed that many families felt that healthy friendships support a positive school environment. The students had a wonderful time as observed through their engagement with dance routines, bountiful laughter, and joyful conversations with old and new friends. Their high level of participation promoted the role of regular physical activity in maintaining a healthy lifestyle.



## Intermediate Girls Basketball

Another season has come and gone. This year's team combined some strong rep players with some enthusiastic, athletic girls to round out the group. For a few of them, it was their first time playing organized basketball, and they worked hard to gain some skill and understanding of the game.

We saw lots of improvement throughout the course of the year and challenged some of the stronger teams at the area tournament. I would like to thank the Risha, Isabella, Emily, Rachel T., Caroline, Grace, Fiona, Carmen, Sabrina, Natalie and Star for making this year as much fun as it was. I would also like to acknowledge Christy and Prisha for their efforts and leadership over the past 4 seasons and hope they continue to enjoy playing basketball at high school.



And one cheer for Castlemore, Hip Hip Hooray!  
Coach Inkster



## ILLNESS AND STUDENT ABSENCES



Student absences have increased recently within several schools in York Region, related to illnesses with respiratory and enteric symptoms.

### **To protect staff, students and families from getting ill, remember to:**

- Stay at home when you are sick, and keep your child home if they are sick
- Keep healthy by eating healthy foods, being physically active and ensuring your immunizations are up-to-date, including the seasonal flu shot
- Avoid close contact with people who are sick
- Wash your hands often with soap and water or using an alcohol-based hand sanitizer when soap and water are not available
- Cough and sneeze into your sleeve or a tissue, not your hand, and throw away used tissues immediately
- Avoid touching your face
- Clean and disinfect common surfaces

### **Symptoms of respiratory and/or enteric illness can include:**

- Headache
- Chills
- Fever (over 38 degrees Celsius or 100 degrees Fahrenheit)
- Muscle aches and fatigue
- Runny nose
- Sneezing
- Sore throat
- Watery eyes
- Loss of appetite
- Nausea and vomiting
- Diarrhea

If you or your child are sick and do not improve, contact your health care provider. Many viruses are commonly active at this time of year, for example norovirus and influenza (flu). Both viruses are very contagious and can be spread by contact with contaminated surfaces, such as door knobs or eating utensils. For more information, read the norovirus and flu fact sheets online at the following links:

[Norovirus fact sheet](#)

[Flu fact sheet](#)

Lastly, please remember to call the school office by 8:45 a.m at 905-887-1543 for any absence or late. You may also leave a message anytime between 4 p.m. to 8 a.m. on the school answering machine.

## Handwashing

Children share many items throughout the school day and at home including books, puzzles, computers, water bottles and sports equipment. Sharing can spread germs that can cause sickness, especially during cold and flu season. Correct handwashing is the best way to prevent the spread of infection.

To help keep the people in your home healthy, follow these simple steps:

- Encourage children to sneeze into the bend of their arm rather than into their hands
- Make time for handwashing, especially before eating, after using the bathroom, blowing your nose, sneezing, handling garbage, touching animals, playing outdoors or visiting someone who is sick
- Wash your hands whenever they look or feel dirty



### Together we can make the healthy choice the easy one!

For more information about preventing infections and proper handwashing, visit [york.ca/preventinginfections](http://york.ca/preventinginfections)

This material is provided by York Region Public Health.

## LOST AND FOUND



The Lost and Found has many items collected over the past few months. These items include winter jackets, scarves, mittens, and water bottles. Students will be asked to visit the Lost and Found to check again to see if they recognize any of the items belonging to them. Following the March Break, items left in the Lost and Found will be put on display near the foyer for families to check if any of the items belong to them. By the end of March, the remaining items will be packaged and donated to a local charity.

## Trustee's Message - March, 2017

With Spring approaching and the hours of daylight increasing, now is a good time to enjoy the outdoors and our natural environment. Did you know that our Board has five [outdoor education centres](#), and students have opportunities to visit them and other outdoor learning spaces throughout their schooling? This is part of our commitment to giving students an opportunity to learn in and about the natural world. This learning supports students in gaining a deeper appreciation for nature and the importance of environmental sustainability.

“Modelling continuous environmental sustainability” is one of the goals outlined in our [Board of Trustees' Multi-Year Plan](#). We believe that we all have a role to play in reducing waste and protecting our environment. Our students, staff members and families continue to show leadership when it comes to supporting student learning and initiatives to reduce our ecological footprint.

Spending time outside as a family also provides a great opportunity to support and enhance your child's learning outside of school. Whether visiting a park or museum, reading with your child in your home language or asking questions about their day at school - know that there are many ways you can support their education and that you are making a difference.

I hope you all have a happy and safe March Break and enjoy the warmer weather ahead.



# A message from ... Healthy Schools

## The Health Benefits of Home Cooking

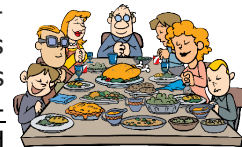


- **NUTRITIOUS** – Restaurants, both fast food and otherwise, are known to be high in calories sugars, fats, sodium and carbohydrates, and it is also likely they may contain low nutritional content. Even the healthier, low-cal options can contain a very high level of sugars and fats. Eating at home, on the other hand, allows you to cut out what you may deem unnecessary in your diet. You're in control of the food you cook and the food you consume.



- **BUILDS HEALTHY HABITS** - Cooking at home can jump-start your healthy lifestyle! By discovering healthy recipes, learning about food, creating and sticking to a meal plan, you and your family can be inspired to living a healthy, fit life.

- **ENCOURAGES FAMILY BONDING** – Family dynamics can greatly improve with more at home, family meal times. Children greatly benefit from the ritual of preparing and eating meals together. This is also a great teaching tool for parents to instill healthy eating habits in their children. In fact, several studies found eating family meals at the dinner table is associated with fewer psychological issues and higher academic success in children and promoted sociability in the family.



- **SAVES MONEY** – Eating dinner out is expensive! It is a lot more cost-effective to purchase groceries than ordering take out every night. This money-saving strategy will improve your finances and cut down on your stress levels.



- **APPROPRIATE PORTIONS** - Restaurants are notorious for their extreme portion sizes, which may contribute to the vast overeating culture and obesity issue. In fact, a study conducted by the International Journal of Obesity found that providing nutrition labels on standard menus had little effect on food selection. Preparing meals at home gives you the ability to exercise portion control and help curb the temptation of overeating.

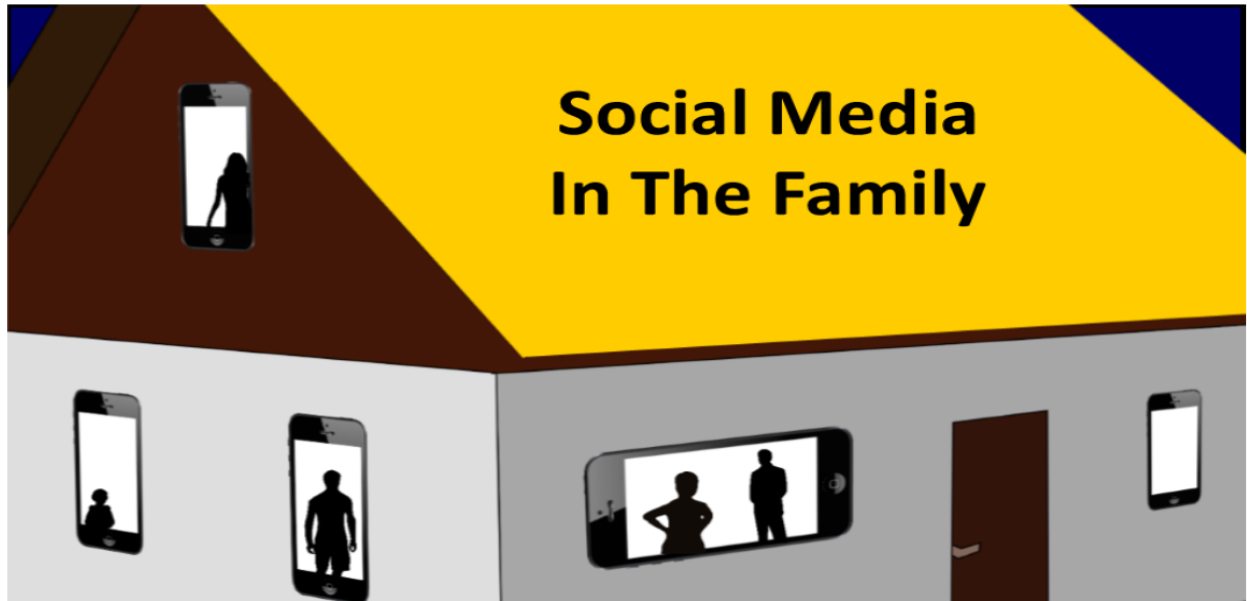


- **INCREASE KNOWLEDGE OF FOOD** – Food is much more than just something that tastes good and fills up your stomach. What you eat can heal, cause sickness, or even inflict pain. Cooking your own meals can teach you what foods are high or low in certain vitamins, minerals, and other nutrients.



- **SAVOR YOUR FOOD** – The physical act of preparing your own meals will lead to a newfound appreciation for the food you consume. This is very important since mindless munching and emotional eating can contribute to unhealthy weight gain because you're not fully conscious of the foods you're eating. Being more aware of what you consume when you prepare it will make you less likely to overeat.

# Social Media In The Family



A presentation for parents and caregivers

from Steve Chapelle



**Thursday, March 30**

**6:30 - 7:30 pm**

**Castlemore PS**

Childcare is available. To attend, either return the completed form at the bottom to the school, email: [castlemore.ps@yrdsb.ca](mailto:castlemore.ps@yrdsb.ca) or call 905-887-1543. Indicate the number of adult attendees, ages of children needing minding and any questions for Steve.

Examples of social media usage by family members that create unnecessary risks are examined. Areas of focus are motivations & deterrents, account security, parental controls and preparing for adulthood. An action worksheet summarizing the key takeaways for attendees is provided. The presentation, for parents and caregivers only, is 60 minutes plus time for questions.

Steve Chapelle has been providing social media behavior education to Ontario students, parents and educators since 2006. Prior to that he spent over 20 years in technology management, analysis and

[www.stevechapelle.ca](http://www.stevechapelle.ca)  
YouTube: Steve Chapelle  
Twitter: @SteveChapelle  
Email: [steve@stevechapelle.ca](mailto:steve@stevechapelle.ca)  
Cell: 416.467.6856

RSVP to office by  
Mar. 24. Thank you.

## **SOCIAL MEDIA IN THE FAMILY**

**Thursday, March 30. From 6:30 — 7:30 pm**

**Library at Castlemore PS**

Yes, I \_\_\_\_\_ will attend, bringing a total of \_\_\_\_\_ adult guests.

We require childcare. Number of children: \_\_\_\_\_ Children's ages: \_\_\_\_\_

Question(s): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



由 Steve Chapelle 给家长演讲

题目： 网络安全 ， 社交媒体

例子- 使用家长适当控制孩子， 帐户安全

\*Steve Chapelle将用英语演讲

星期四, 三月三十号

晚上 6:30-7:30

Castlemore Public School 图书馆

参加前请填写表格或发送电子邮件 [castlemore.ps@yrdsb.ca](mailto:castlemore.ps@yrdsb.ca) 或 打905-887-1543

题目： 电脑网， 社交媒体

星期四, 三月三十号, 晚上 6:30-7:30

Castlemore Public School 图书馆

是, 我 \_\_\_\_\_ 会参加, 将会带 \_\_\_\_\_ 来宾一同参加.

\_\_\_\_\_ 我需要托儿服务

儿童人数: \_\_\_\_\_

儿童年龄: \_\_\_\_\_

其他问题:

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# Parents for Children's Mental Health

SUPPORT. EDUCATE. EMPOWER.

## Monday, March 13, 2017

### PARENTS' Support Group

Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult?

#### Benefits of PCMH Support Group:

- meet other parents with children who have similar challenges
  - find encouragement and emotional support
- learn strategies to help your child or youth at home/school
  - learn how to access resources in the community

When	Second <b>Monday</b> of every month NO pre-registration. Free childcare sign up <a href="mailto:parentengagement@kinark.on.ca">parentengagement@kinark.on.ca</a>  Meetings run every month all year. Chapter leader email <a href="mailto:york@pcmh.ca">york@pcmh.ca</a>	Second <b>Tuesday</b> of every month NO pre-registration <a href="mailto:info@theyorkcentre.ca">info@theyorkcentre.ca</a>  Meetings run every month except August.
Time	6:30-8:00pm	7:00- 9:00 pm
Where	Aurora Kinark Office at <b>24 Orchard Heights Blvd. Unit 101A Aurora.</b> (Entrance is at east side of grocery store) Free parking & very close to Yonge St for public transit.	The York Center at <b>11225 Leslie Street, Richmond Hill.</b> Free parking.
Next Meeting	Monday, April 10, 2017 Guest Speaker Topic: successfully working with your child's teacher	To be announced

PCMH is the only provincial, family-led, non-profit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and linkage between families, communities, agencies and government. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities. For more information and resources, please visit [www.pcmh.ca](http://www.pcmh.ca).



**give!** is a free training program for those who want to volunteer at York Region District School Board. Training sessions are six half-days over six weeks.

## Develop skills to support your school community

Research shows that parent and community engagement increases student achievement, wellbeing and success.

### Learn more about:

- Role of the Volunteer
- Equity and Inclusive Education
- Communication Skills
- Human Rights
- Mental Health & Well Being
- Resume Writing

### give!

### Will help you to:

- Build confidence and develop new skills
- Communicate more effectively with students, staff and parents
- Contribute to student learning and parent engagement
- Gain volunteer experience in a school
- Learn about your school community
- Meet new people

**Next session: Welcome Centre, 16655 Yonge St. Unit 26, Newmarket**

**March 24, 31, April 7, 21, 28, May 5, 2017.**

**Time: 10:00 a.m. – 1:00 p.m.**

**Oksana Majaski**  
416-568-2252  
Oksana.Majaski@yrdsb.ca

**Yasmin Mawani**  
416-727-8179  
Yasmin.Mawani@yrdsb.ca

**Martha Samer**  
905-731-8281 ext.50  
MSamer@ccsy.org

**Agnes Manasan**  
905-731-8281 ext.22  
AManasan@ccsy.org

**Alyson Truax**  
905-830-4444 ext. 72281  
alyson.truax@york.ca



## MARCH FEATURES

March is here and so are our special lunches!

Does your child enjoy meatballs? We have a treat for them!

This March is "meatball mania month" at Kid's Kitchen! Check out our features for this month below.

**Spaghetti with Beef Meatballs**  
or  
**Spaghetti with Tomato Sauce**  
or  
**Spaghetti with Halal Beef Meatballs**  
or  
**Spaghetti with Veg (Soy) Meatballs**



OR

**Meatball sub on a whole wheat bun**

\*Available with veg and halal options as well!



Available as an entrée or as a combo.

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### Ordering is easy!

Login to place your orders at [www.kidskitchen.ca](http://www.kidskitchen.ca)

Orders are accepted until 10am the previous business day (on Friday for Monday orders).

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**Spend more quality time with your kids. Leave the lunches to us!**



905.944.0210 | [www.kidskitchen.ca](http://www.kidskitchen.ca) | [information@kidskitchen.ca](mailto:information@kidskitchen.ca)

# MARCH

# 2017

Mon	Tue	Wed	Thu	Fri
		1	2 Gr. 1 & 2 - Skating Lessons Gr. 3 - Swim: Crawford / Jessa	3
			CD5	CD1
6 Gr. 7 - Concert Band @ Music Alive Gr. 8 - VIP	7 Gr. 3 - Swim: Kopman/ Addison Gr. 6 - VIP Gr. 8 - Health Presentation Pizza Day 🍕	8	9 Gr. 3 - Swim: Crawford / Jessa Gr. 7 - Health Presentation Gr. 8 - Wind Ensemble @ Music Alive	10
CD3	CD4		CD5	CD1
13	14	15	16	17
<p>← <i>March Break — No School</i> →</p>				
20	21 Gr. 5 - Swim: Birta Gr. 6 - Holocaust Centre - Yeung/Sciberras Pizza Day 🍕	22 Gr. 6 - Holocaust Centre - Gerardo/Sciberras	23 Gr. 8 - Grad Photos	24
CD3	CD4	CD5	CD1	CD2
27 Gr. 8 - P.E.T. Transition	28 Gr. 5 - Swim: Birta Sub Day 🍔	29 Gr. 3 - Markham Museum	30 6:30 p.m. - Social Media Presentation - Library	31 Sr. Choir @ Music Alive
CD3	CD4	CD5	CD1	CD2

CD = Cycle Day

🍕 Or 🍔 Days = NO Kids Kitchen