

Aurora Senior News

125 Wellington St. W,
Aurora, Ontario
L4G 2P3
905.727.9751

Jodi Sepkowski
Principal

Claudia Fischer
Vice-Principal

**Gayle Brocklebank-
Vincent**
Superintendent
905.884.4477

**Peter Adams-
Luchowski**
Trustee
905.713.1729



Upcoming Dates

Nov. 11 - Remembrance Day
Assembly @ 10 am

Nov. 12 - Report Cards Go
Home

Nov. 14 - Friday Schedule
- Parent/Teacher Interviews

Nov. 15 - PA Day
- Parent/Teacher Interviews
1/2 day only

Nov. 18 to 22 - U Got
Dance, Arts Program

Nov. 20 - Gr.4 & 5 Wizard
of Oz

Nov. 21 - Photo Retake Day
Nov. 26 - School Council
Mtg. @ 7 pm

Nov. 28 - Gr. 8 Girls HPV 2nd
Dose
- Girls Inc. Media Program

Nov. 29 - Gr. 6 Zoo Trip

November 2013

www.aurorasenior.ps.yrdsb.edu.on.ca

Administrators' Message

On November 12th, a Progress Report will be sent home with each child. The report will outline your child's Learning Skills & Work Habits in the areas of **organization, initiative, self-regulation, responsibility, independent work and collaboration**. Strong learning skills and positive work habits are critical in succeeding in school and in life. Teachers and students have been and will continue to work together to understand what each of these skills mean and how they will be assessed. We have been working as a staff to determine behaviours that are indicative of each of the skills, what students need to demonstrate these skills and the strategies used to teach these specific skills. The first parent/teacher interviews are scheduled for **November 14th (in the evening)** and **November 15th (in the morning)**. At this time, you will have an opportunity to engage in conversation with your child's teacher to discuss the development of the learning skills and work habits and how well your child is progressing towards the achievement of the curriculum expectations.

From the Nutrition Basket Program to the Milk Program, from Pizza Lunches to School Council, from fundraising to library support, volunteers are instrumental in student well-being. The hours that volunteers give to our staff and students to improve student achievement is admirable and so very much appreciated. We are so thankful for all that you do!

Through analysis of report card data, EQAO data, classroom assessments and observations, the staff at Aurora Senior and George Street is working collaboratively to increase student achievement in the areas of reading, writing and mathematics. PA days, divisional meetings and staff meetings allow professional learning opportunities where we learn about the instructional strategies that will best support our students in achieving the curriculum expectations. We are once again very excited to be part of a new network of schools that is focusing on differentiated instruction which will support our schools' School Improvement Plan and Challenge of Practice.

Finally, on behalf of the staff at Aurora Sr., we would like to say good-bye to Ms. Ramrattan who has been the LTO in for our Gr. 4/5 class this year, while Ms. Johnson has been on maternity leave. We want to thank her for all your hard work at Aurora Senior over the past year. We appreciate her dedication to teaching and the wonderful work she has done with the students. And a very warm **welcome back** to Kim Johnson who will be returning on Monday, November 4th to resume her teaching position in the Gr. 4/5 class.

Sincerely,
Jodi Sepkowski, Principal
Jodi.sepkowski@yrdsb.edu.on.ca

Claudia Fischer, Vice Principal
Claudia.fischer@yrdsb.edu.on.ca

FRAGRANCE



Aurora Senior/George Street SAFE ARRIVALS

Office Telephone

The student phone in the office is to be used in emergency situations only. Please ensure that your child comes to school with everything necessary for the day, i.e. lunch, books, water bottle, after-school arrangements, when they need to be in the office for appointments, etc. It is very disruptive to have students leaving the class to make phone calls or having office staff having to interrupt the class. We know in some situations it is necessary but we would like to try and keep this to a minimum



Absences and Lates

Parents, please try and remember to call the office when your child is going to be absent or late. The answering machine is on from 4:30 p.m. to 8:00 a.m. so messages can be left at any time. Trying to get in touch with parents unnecessarily is time consuming and could take time away if a child has really gone missing on route to school.

905-727-9751

STAFF PARKING LOT

A friendly reminder to parents that we only have a limited amount of parking spaces and they are reserved for staff. We encourage parents to use our lower parking lot or to walk their children to school. Thank you for your co-operation



Lunch Drop Off

Routine

If you need to drop a lunch off for your child, please bring it to the table outside the main office and be sure to clearly label it with your child's name and teacher's name.

WANTED

SCHOOL ASSISTANTS!!

If you are able to help out at the school and would like to have a paid job (1 hour/day), please contact the office at 905.727.9751

REPORTING TO THE OFFICE

Please remember that the first place to visit at school is the office. The only way that we can assure the safety of all students is with your full participation! A "Sign-In" sheet is located in the office, and requires all visitors or volunteers to sign in when entering the building. Please sign in at the office and obtain a "Visitor" badge so that you can quickly be identified by staff in the halls. Going directly to your child's classroom only causes confusion in the hallways.

QSP Magazine Fundraiser A Success!

A huge thank you to Aurora Senior Public School students, families and friends for participating in and supporting our QSP Magazine Fundraiser. We have reached our school goal of selling over \$12,000 in magazine subscriptions!

I would like to thank the staff and administration for their assistance and support. A special thank you to Ms. Sepkowski and Ms. Fischer for providing incentives to the students, including No Homework Day and Banana Split Sundaes.

A special thank you goes out to Treasure Mill Foods who generously donated Banana Bread to our school for our first school wide incentive. It was a wonderful, nutritious treat enjoyed by all students.

Congratulations to our Top Seller prize winner. This year's prize of a \$150.00 gift card to Upper Canada Mall goes to Katherine V. in Ms. Durham's Class.

I would also like to thank parent volunteers Lesley Williamson, Anne Cox, Sandra Kaszuba & Jackie Venneri for helping out with this fundraiser and a special thank you to Mrs. Ieraci and Ms. Stoecklin who have been a source of guidance and support throughout this campaign.

Way to go Aurora Senior!

When we all work together we can make a difference!

Cari Magder

QSP Cookie Dough and Imagine Fundraiser

George Street & Aurora Senior families - it is that time again when our schools are selling cookie dough, giftware and wrapping materials in time for the holidays. This important fundraiser helps our schools raise funds to purchase needed items throughout the schools that benefit both students and staff. We hope you have taken the time to go through the brochures that went home at the end of October and are asking family and friends to purchase holiday items to help support your child's school.

Orders are due no later than **November 11,**

2013

Pick up will take place at Aurora Senior Public School the evening of Wednesday December 4, 2013.

This year our schools are participating in a special campaign run by QSP and an organization called Save the Children. For every 5 items purchased our school will earn 1 chick to be donated to families in impoverished countries.

Come on George Street and Aurora Senior!

Please send your order forms in and let's help families around the world. What a wonderful way to help start the holidays. Your support not only helps your school but families in need!



From all of us here at Aurora Senior and George Street



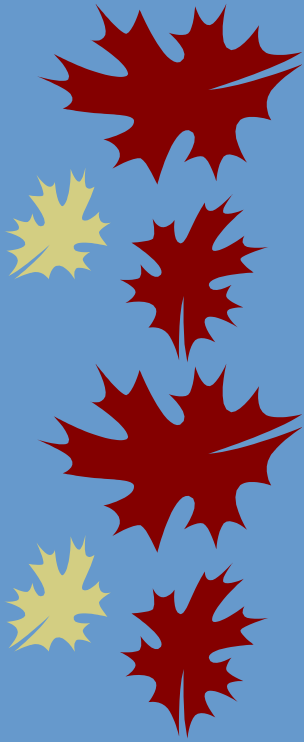
Thank you to all the members of our community who were able to support our QSP fundraising drive. The money raised will help the schools to acquire additional resources to support student achievement. Special thanks to Cari Magder who coordinated the drive, and the team of parents who collected and sorted all of the orders and who have been tracking all of the returns.

**Your time and efforts are much appreciated.
We couldn't do it without you!**

Character Matters!

COURAGE

We face challenges directly. We seek help from others when necessary. We do the right thing even when it may be unpopular. We are able to recognize risks and danger and do not take unwise risks to gain the approval of those around us.



BOARD VISION

We unite in our purpose to inspire and prepare learners for life in our changing world



We are Aurora Senior Public School

We are learning and we try our very best to achieve our goals. Success is everyone's accomplishment to celebrate.

We take responsibility for our work, our words, and our actions and we try to make good choices.

*We encourage one another to learn new and important lessons by taking risks and making mistakes.
ambitious in our*

We take care of ourselves and respect each other so we can learn, laugh, and live each day to the fullest.

We treat each other fairly, truthfully, and honestly, always remembering how we would like to be treated.

We accept, honour, and celebrate our differences because we know that it's what is on the inside that matters most.

We try to make a difference every day by keeping our school healthy, safe, clean, and happy.

We welcome everyone in our work and play so that everyone feels included and has a role to play.

At Aurora Senior, everyone belongs!

Avoiding the Flu

The flu spreads quickly and easily from an infected person to others through:

- Coughing
- Sneezing

Touching contaminated surfaces (such as toys, doorknobs and unwashed hands)

Everyone is at risk of getting the flu; protecting yourself also protects the people around you.

Young children, older adults and people with weakened immune systems are at higher risk for becoming very ill as they may develop other problems, such as pneumonia and require hospitalization.

How to avoid the Flu:

- Get the flu shot
- [Wash your hands](#) well and wash them often using soap and warm water
If soap and water are not available, use an alcohol-based [hand sanitizer](#)
Avoid touching your eyes, nose or mouth

How to avoid spreading the Flu:

You may not know at first that you have the flu virus. It may be a day or even a week before you get sick. During that time you can spread the flu to others.

If you are experiencing flu-like symptoms:

- Sneeze or cough into your sleeve or a tissue, not your hand
- Throw away used tissues after each use
- Wash your hands often
- Clean and disinfect shared surfaces
- Limit your contact with others
- Stay home if you are sick.

A BIG THANK YOU TO TREASURE MILLS INC..

ASPS and GSPS would like to acknowledge the generous donation of the mini banana chocolate chip loaves that all students received as their 1st incentive prize for the QSP magazine fundraiser!

Treasure Mills is a local manufacturer of Nut-Free and School Safe snacks.

They have a variety of wonderful packaged treats available at your local grocery in the baked goods department, as well as at Costco.

Please consider supporting this company the next time you are shopping for School Safe snacks for your student.



Tobogganing and sledding safety



Tobogganing and sledding are fun, popular winter activities; however, every year hundreds of children are injured on toboggans. Here are some tips to keep your children safe!

- Parents should always actively supervise children at the toboggan/sled hill
- Dress children in warm layers of brightly coloured, waterproof clothes and boots.
- Use a neck warmer instead of a scarf, and cover children's head, ears and hands
- Teach children to toboggan/sled down the middle of hill and use the sides to walk to the top
- To prevent head injuries, children should wear a hockey or ski helmet; they are designed to protect the head in all directions in icy conditions
- Toboggans/sleds should be sturdy, easy to control and in good condition
- Remind children to sit on a toboggan/sled, face forward and avoid lying on their stomach —no sledding head first
- Choose a hill with a gentle slope and enough room to stop. The hill should be free of hazards (e.g., trees and rocks) and be well lit to see any potential dangers and to be seen by others
- No jumping in front of toboggans/sleds going down hill and make sure only the recommended number of children ride the toboggan/sled



For health-related information call York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

Attached you will find the Samko Toy Flyer for this holiday season. Aurora Senior P.S. is registered as a fund-raising recipient & it is so easy to support our school. Simply **SHOP & STAMP!**

When your are cashing out during our registered days (**November 20 to December 1**) please inform the cashier of the registered group name (**Aurora Senior P.S.**) and the cashier will then stamp the itemized receipt with the fund-raising stamp. Simply turn the receipt into the school & then turn in all receipts for a % back. The funds will go to support classroom resources.

Happy Shopping!

ETOBICOKE & RICHMOND HILL

Sale Starts Sept 21 2013

Samko & Miko 40TH ANNIVERSARY

Toy AND Book Warehouse Sale

**1000'S OF BRAND NAME TOYS & BOOKS
LOWEST PRICES IN CANADA**

HUGE SAVINGS
Great Savings on Toys & Books, Plus More!

OPEN SEPTEMBER 21ST to DECEMBER 22ND, 2013

HOURS: Wednesday: 10:00 to 4:00
 Thursday: 10:00 to 8:00
 Friday: 10:00 to 8:00
 Saturday: 10:00 to 5:00
 Sunday: 11:00 to 5:00

CLOSED: MONDAYS & TUESDAYS
 Open Remembrance Day:
 MONDAY, NOVEMBER 11th - 10:00 - 3:00
 Special Halloween Hours:
 THURSDAY OCT 31st - 10:00 - 3:00

ETOBICOKE • 77 Fima Crescent • (416) 532-1114
RICHMOND HILL • 60 East Beaver Creek Road • (905) 771-8714

CASH • VISA • MASTERCARD • INTERAC • NO CHEQUES • ALL SALES FINAL
 NO REFUNDS OR EXCHANGES (If any toy does not work we will gladly replace it)

SEE MAPS ON PG 6



Student Transportation Services of York Region
320 Bloomington Road West
Aurora, Ontario L4G 0M1
905-713-2535
FAX: 905-713-2533
Web site: www.schoolbuscity.com

To: School Principals, Vice Principals
From: Joe Guchardi, Manager, STSYR
RE: School Bus Cancellation Notice

On occasion service cancellation due to inclement weather conditions may be required.

To ensure all education partners (staff, parents and students) understand how they can be informed of any service cancellation, please take the appropriate steps to distribute the attached **School Bus Cancellation Notice**.

Suggestions for sharing the information include but are not limited to:

- Sending copies home with students;
- Sending copies home in Report Card envelopes;
- Including notice in school newsletters and/or websites.
- Posting Notice in appropriate locations (hallways, staff rooms);

A decision to cancel school bus transportation will be **region-wide** meaning all buses, vans and taxis will not operate.

Parents, students and school staff are asked to access local radio and television stations after 6:00 a.m. to receive bus cancellation information. A bus cancellation message will also be available at www.schoolbuscity.com and 1-877-330-3001 or by following the YRDSB on Twitter.

Please note that **school bus charters will not operate when regular home to school service is cancelled.**

Student Transportation Services thanks you for your efforts to distribute this information as we continually strive to improve service levels to our schools and students.



Student Transportation Services of York Region
 320 Bloomington Road West
 Aurora, Ontario L4G 0M1
 905-713-2535
 FAX: 905-713-2533
 Web site: www.schoolbuscity.com

School Bus Cancellation Notice

To ensure the safety of students, school bus service may be cancelled from time to time due to inclement weather, extreme temperatures and/or poor road conditions. In these cases, parents and students should develop alternate care/transportation arrangements.

Since some busing schedules begin by 7:00 a.m., cancellation decisions must be made by 6:00 a.m. to allow time to communicate this message to bus drivers. Cancellation decisions will only be made after thorough consultation with the Safety Officers of school bus companies servicing York Region and are based on several factors including precipitation, air temperature, road conditions and weather forecast.

Please note the following;

- A decision to cancel school bus service will be region-wide meaning all school buses, vans and taxis will not operate.
- School bus routes may be cancelled when severe weather may not be affecting all municipalities in York Region. Both the YRDSB and YCDSB operate many regional educational programs. Students attending these programs are transported over large attendance areas encompassing several municipal boundaries. This limits the ability to cancel bus service using a municipality or zone methodology.
- Unless otherwise stated, schools will remain open and parents can make arrangements to transport their children to and from school even if school bus service is cancelled. If buses are cancelled in the morning, they will not operate in the afternoon. Therefore students transported to school by parents will require the same transportation home.

Parents, students and school staff are asked to access the following radio and television stations after 6:00 a.m. to receive bus cancellation information:

RADIO

590 AM	640 AM	680 AM	860 AM	1010 AM	1050 AM
1540 AM	1580 AM				

88.5 FM	89.9 FM	92.5 FM	93.1 FM	94.9 FM
95.9 FM	97.3 FM	98.1 FM	99.1 FM	99.9 FM
101.1 FM	102.1 FM	104.5 FM	100.7 FM	107.1 FM

TELEVISION

CITY TV CTV Barrie CFTO TV CP24 GLOBAL NEWS

A bus cancellation message will also be available at www.schoolbuscity.com and by calling 1-877-330-3001, or by following the YRDSB on twitter.

Please note that school bus charters will not operate when home to school bus service is cancelled.

YOUR FIRST AID TRAINING EXPERTS
Training Schedule



**CANADIAN
RED CROSS**

Region of York Branch
13311 Yonge Street Unit 204
Oakridges, On L4E3L6
1-800-361-9448
york.firstaid@redcross.ca

BABYSITTING

REGION OF YORK BRANCH

DATE	LOCATION	TIME
November 2	Dufferin Clark Library	10:00-5:00
November 15	Oakridges	9:00-5:00
December 7	Stouffville Library	10:00-5:00
December 14	Oakridges	9:00-5:00
December 30	Markham	9:00-4:00

*PLEASE REGISTER IN ADVANCE FOR ALL COURSES

Babysitting

- 11 to 15 years of age
- \$60.00

Course Content Includes:

Business of babysitting, caring for babies, caring for toddlers, caring for preschoolers, caring for school-aged children, creating safe environments and how to handle emergencies and first aid.

Private group courses available

RED CROSS FIRST AID
The experience to make a difference

REDCROSS.CA





Heart and Stroke Corner – November 2013 Edition



Tip of the Month

Frozen vegetables and fruit can be stored for up to a year and provide options regardless of season and availability. Not sold on frozen? Consider these pointers: *Try buying in bulk and looking for sales to help save on cost *Steam or stir-fry frozen veggies to keep more of the nutrients compared to boiling *Freeze bananas that are overripe. They're great in smoothies and in homemade muffins *Frozen berries make great add-ins to hot cereals. Use in oatmeal: add frozen berries to rolled oats with some water and microwave for about a minute. This is an easy, tasty breakfast without the sugar and additives of pre-packaged flavored oatmeal *Throw frozen peas in with rice as it's cooking *Throw frozen berries into a container or freezer bag; they'll be mostly thawed by lunchtime!



Recipe of the Month

Chicken and Veggie Bake

One dish dinners are great for an easy meal and limited clean up. Throw the ingredients in a dish and you can help your kids tackle homework while it bakes.

Nutritional Information (1 ½ Cup): Calories: 305, Protein: 25 g, Fat: 8g, Saturated Fat: 4 g, Dietary cholesterol: 55 mg, Carbohydrate: 33 g, Dietary fibre: 4 g, Sodium: 564 mg, Potassium: 557 mg

Ingredients

1 tsp (5 mL) olive oil	1 cup (250 mL) skim milk
2 cups (500 mL) diced, skinless chicken breast (2 to 3 breasts)	1 cup (250 mL) skim milk
1 cup (250 mL) small diced onion	2 cups (500 mL) <u>cooked</u> brown rice (about 1 cup / 250 mL dry)
1 cup (250 mL) small diced carrot	1 tsp (5 mL) black pepper
1 cup (250 mL) small diced celery	1 cup (250 mL) grated light old cheddar cheese
1 cup (250 mL) frozen corn	
2 cups (500 mL) chopped broccoli	
1 can (10 oz / 284 mL) low-fat cream of mushroom soup	

Directions

1. Preheat oven to 350° F (180° C).
2. In a large fry pan heat oil over medium-high heat. Cook chicken, onion, celery and carrots until chicken is fully cooked. About 10 minutes.
3. Add all the ingredients except the cheese to a large casserole dish and mix well. Sprinkle the cheese on top and bake for 30 minutes or until bubbly. Serve.

Question of the Month

Q: "I know fruits and vegetables are important! How do I get my son to eat them!?"

A: Let them choose: Kids may be more likely to eat vegetables if they've have a hand in choosing what they want or how they're prepared. So take them shopping and see what tempts them, whether it's a funny shape, neat colours or even a cool name. In the produce section: Try something new that's in season – like white asparagus, persimmons or Clementine oranges. Challenge kids to find a rainbow of fruits and vegetables. Stock up for a gorgeous salad with red peppers, orange carrots, yellow zucchini, green apples and purple cabbage. In the canned food aisle: Canned vegetables and fruits offer most of the nutritional benefits that fresh has, except when the product is high in sugar or salt. Kids may go for canned choices like baby corn, mandarin segments and peaches. Choose fruit that's canned in fruit juice, not syrup. Vegetables should have "no added salt" or less than 240 mg sodium per ½ cup serving. In the freezer aisle: Choose frozen options no added sugar, salt or sauce. Many kids are tempted by the bite-sized ease of peas, and love semi-defrosted mango as a snack. Plus, unlike fresh produce which can lose vital nutrients on the journey from farm to fork, frozen vegetables are picked fresh and then frozen within hours. This locks in the maximum amount of vitamins, minerals and antioxidants. **Look for the Heart and Stroke Foundation's Health Check symbol on canned or frozen vegetables and fruits. It tells you that the product has been reviewed by registered dietitians to meet Health Check criteria.**



The Aurora Public Library in Partnership
with Family Services York Region and the
York Region District School Board presents:



Triple P- Positive Parenting Tip Sheet Discussions 2013/2014

Join us for any or all of these **FREE** sessions

- | | |
|----------------------|---|
| Mon Sept. 30 | Developing Good Bedtime Routines 2-8 yrs
Positive parenting suggestions on being a parent and managing difficult behavior at bedtime. * Discussion Group |
| Mon. Oct. 28 | Managing Fighting & Aggression 4-9 yrs
Positive parenting strategies to help children gain the skills they need to cooperate and get along with others. Discussion Group |
| Mon. Nov. 25 | Dealing with Disobedience 4-8 yrs Discussion Group
Positive parenting strategies are offered to help parents develop plans to prevent and manage disobedience. |
| Mon. Jan. 27 | Coping with Stress (All parents) - Tip sheet
Tips on how to manage day-to-day stress so that you can act calmly and consistently with your children. |
| Mon. Feb. 24 | ADHD – Primary Schoolers - Tip Sheet
Being a parent of a child with ADHD is a challenging job, but it can also be very rewarding. The aim of good parenting is to help your child reach their full potential. |
| Mon. Mar. 31 | Sexual Behaviour & Dating-Teens - Tip Sheet
Suggestions to help you guide your teenager through puberty and manage the sexual behaviour during this transition. |
| Mon. April 28 | Supporting Your Partner - Tip Sheet
How to work together as a parenting team and minimize the impact of any conflict on your child's development. |
| Mon. May 26 | Hassle-free Shopping with Children - Discussion
Positive parenting suggestions to help you avoid shopping hassles and to teach your child to behave responsibly. |

Triple P Parenting (Positive Parenting Program)

Triple P will build on your knowledge, skills and confidence as you support the development of positive attitudes and behaviors in your children.

Tip Sheets are Triple P Informed
* Discussion Group with Workbook

Magna Room
7:00 – 9:00 p.m.
This will include a Question & Answer period.

Pre-register at the Adult Information Desk,

(905) 727-9494 ex 275

Everyone is WELCOME

