

# Aurora Senior News

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

> **Jodi Sepkowski** *Principal*

> Claudia Fischer
> Vice-Principal

Gayle Brocklebank-Vincent Suberintendent

905.884.4477

Peter Adams-Luchowski Trustee 905.713.1729



### **Upcoming Dates**

April 8 - School Council Mtg @ 7pm

April 10 - Movie Night, Frozen George St. Gym 6:30 pm

April 16 - Friday Schedule

April 24 - Gr. 7 Hep B and Meningitis Immunization Gr. 8 Girls HPV

April 24 - Evening of the Arts ASPS @ 6pm

April 28 - Area Jr. Boys Basketball

April 29 - Area Jr. Girls Basketball

April 2014

www.aurorasenior.ps.ca

### A Message from your Administration Team

Spring has finally sprung and it is a busy time of the year with many academic, athletic and social activities being planned for the remaining months of school. One of the big events for Aurora Senior and George Street is our annual Spring Fair. It has been a tremendously successful event in the past and we are looking forward to it being bigger and better this year. It is one of our School Council's major fundraising events and a great opportunity for the school, community and parents to come together. Mark <u>Saturday</u>, <u>May 31</u>, <u>2014</u> in your calendars for the ASGS Spring Fair!

If you are the parent/guardian of a child in grade 3 or 6, please mark these dates onto your calendars, and try to ensure your child will be present at school for the EQAO assessment: <u>May 26 to June 6</u>. Please try to limit any appointments, visits, etc. during this time, as it is very important that your children are at school for these two weeks to ensure maximum time and support during the assessment. Detailed information pertaining to those specific grades will be sent directly to those parents concerned.

April is also the beginning of planning for the September 2014 start of school. A reminder to express, IN WRITING, prior to May 1<sup>st</sup>, any information regarding your child (e.g., a recent medical diagnosis, positive/negative peer relationships which exist outside of school, learning style, individual and family issues, etc.) that should be considered as we begin to tentatively place students in classes. Please be aware that any information you provide will not be shared with teachers and kept in confidence as part of the class placement process. We appreciate your input and will certainly take it into consideration, but please do not consider it confirmation of a particular placement.

Jodí Sepkowskí

Claudia Fischer

Principal

Vice-Principal



### \*\*\*\*PREPARING FOR 2014-2015\*\*\*\*

Our preparations for the 2014 - 2015 school year are underway, and our success depends on accurate projections of the school population.

Do you have new neighbours who need to register their child at Aurora Senior PS?

Are you moving to another address within our attendance area?

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) Senior Public School in September 2 We will be moving to	_ (current grade), will not be attending Aurora 2014.
(please provide name of new school	, if known).
Parent/Guardian Signature	Date

# GEORGE STREET & AURORA SENIOR PUBLIC SCHOOL WOULD LIKE TO INVITE YOU AND YOUR FAMILY TO A

CELEBRATION OF THE

ARTS EVENING







THURSDAY, APRIL 24, 2014 6:30 - 8:00 pm





THE EVENING WILL INCLUDE AN ART GALLERY, VARIOUS MUSICAL PERFORMANCES



& CAFÉ





We are excited to announce that the Girls Inc. Aurora after School Program is being held at Aurora Senior Public School. At Girls Inc we provide an all-girl environment, which allows girls to focus on their interests, at their own pace, free from distractions and comparisons. Our approach to programming is holistic, we focus our efforts on the whole girl and work to ensure that she can derive as much benefit as possible in many

areas while learning but most importantly, having fun. The program runs every Monday, Tuesday and Thursday from 3:30 – 6:00pm in the lunch room. All girls age 9+ are welcome to join, please stop by the lunch room during program hours or contact our program manager with any questions at <a href="mailto:Ashley@girlsincyork.org">Ashley@girlsincyork.org</a> or call the office at 905-830-0776 ext 303.











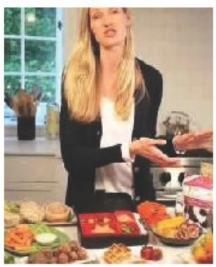




# FAMILY HEALTH AND WELLNESS

# Tuesday May 6th 6-8:30

Mark your CALENDARSIIII@ Aurora Senior Public School



Join ASPS and GSPS for a free, fun and informative evening as we explore health and wellness for your family

BRING THE WHOLE FAMILY!

Aurora Senior Public School 125 Wellington st. West Aurora

### **FAMILY HEALTH AND WELLNESS**

Tuesday May 6th 6-8:30pm @ Aurora Senior

Mark your Calendars! Join our ASPS and GSPS community for a fun, informative and interactive night of leading edge speakers, smoothie demos and tastings, family yoga, games, fitness, play ball, prizes and more!

FREE for the whole family! All ages are welcome.

More details will be sent out soon.

Lora Georgiou C.N.P

Holistic Nutritionist "Connecting you to the pleasures on your plate"

foodandvessel.blogspot.ca

### **GRADE 8 GRADUATION**

The grade 8 graduation planning is well underway.

The grade 8 graduation ceremony will take place

on Monday, June 23<sup>rd</sup> from 6:30 – 8:00 pm at the Aurora High School. The ceremony is hosted by the ASPS staff. The ceremony will consist of recognition of achievement in the areas of academics, athletics, the arts and citizenship. Following the recognition of students for these prestigious awards is the presentation of the diplomas. The parent planning committee has been meeting and working between meetings to plan the after party which will take place following the ceremony from 8:00 – 10:30 pm. The after-party is a celebratory event with a DJ, finger foods and scrumptious deserts - it is a time for the grade 8's to dress their best and to have fun dancing and enjoying the camaraderie they have developed throughout their elementary years. Graduation is a momentous occasion for our students as they move from elementary to secondary school. They have wonderful memories, have built tremendous friendships and have gained knowledge that will set them up for success for the next 4 years of high school and beyond. If you would like to be part of the planning or to help the day of graduation, please contact Jodi.sepkowski@yrdsb.edu.on.ca



We look forward to having you GET LOUD with us!

ABOUT DRESS LOUD DAY!

May 14, 2014

What is it? Dress Loud Day is an opportunity to educate and create awareness to students and educators on children with hearing loss and how they can learn to listen, speak and attend mainstream schools. Dress Loud Day is about generating awareness on how the needs of children with hearing loss can be met and how ideal listening environments can be created in the classroom. Participants donate a toonie (or more) and wear their loudest, wildest, wackiest shirts, ties, or other clothing.





### INITIATIVE

We act without being prompted by others.

We are eager to do what needs to be done without having to be told to do it.

We take the first step towards the achievement of a goal.



# **Inspire**Learning!



### We are Aurora Senior Public School

We are ambitious in our 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.

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!



Operation Sparrow is a local non-profit organization whose aim is to promote and facilitate the participation of children ages 3-18 in physical and cultural activities, regardless of their ability to pay for services.

Opportunities with local groups, including karate and art, are being offered (subject to availability).

Call (905) 716-1447 now for information.

### SCHOOL COUNCIL COMMITTEE MEETING

The next school council committee meeting is Tuesday, April 8 at 7 pm in the school library. **EVERYONE IS WELCOME!** 

You do not need to be a voting member to attend and participate in council.

Please join us at our next meeting.



Become the best parent you can be Winter/Spring 2014

### WINTER/SPRING COURSES

### Raising Cooperative, Respectful Children

"I need help! My kids won't listen, go to bed, eat dinner, or do their homework without a fuss. They dawdle, argue, have tantrums, ignore me, and fight with their siblings." Sound familiar? Say goodbye to power struggles, attention-seeking, and other common misbehaviours. This workshop is a must for every parent seeking the essential tools and strategies needed to create a more harmonious, cooperative atmosphere in the home.

### **Building Your Child's Self Esteem**

"I'd like my children to feel good about themselves even when they encounter disappointments and frustration or find themselves in tough situations." Encouragement is more than saying "You're a great kid." This workshop gives you strategies to help your children feel self-confident and happy with themselves — just as they are. Children with high self-esteem have an advantage in dealing with life's challenges. Perfectionism, praise, and handling mistakes positively are all examined in this enlightening workshop.

### **Parenting Without Anger**

"I'd like there to be less yelling and more listening in my home. I'd like my child to carry through with commitments. I'd like to see more compassion, caring, and problem solving in my family." All parents get angry but if you feel that anger is having a negative impact on your family, this workshop is for you. You will learn how to reduce arguments and stress by reaching solutions together. This workshop focuses on positive communication and problem solving to help you maintain a respectful atmosphere in your family.

### New e-book!

The Parenting Toolkit: Ten Extraordinary Inventions Guaranteed to Solve Real, Everyday Problems

by Karen Skinulis Fresh, entertaining, and not your run-of-the-mill parenting book. *The Parenting Toolkit* shows you how ten essential parenting principles can bring out the best in your kids. *Available online this winter*.

### One-on-One Parent Coaching

Our individual parenting consultations can help you reach your parenting goals. In private, confidential, one-on-one sessions, you have an opportunity to zero in on your own specific concerns, questions, and child-rearing challenges.

We also offer Family, Couple and Individual Counseling.

### Newsletter!

Helpful tips, insightful articles, and answers to your most perplexing questions. Subscribe online or email parentalk.ca@gmail.com.

Strategies · Tools · Solutions · Skills · Inspiration

www.practicalparenting.ca • 905-508-5240 • parenttalk.ca@gmail.com

### **Parent Talk**

### Winter/Spring 2014 Workshop Schedule - York Region

Workshop # Location	Address	Room	Day	Dates	Time		
TO THE IT SECURE		1,00/11			nclude HST		
Raising Cooperative, Resp	sectful Children AND	Darenting W					
Saturday Workshop - \$65/per		raicilling w	ithout An	ger (noti	i condensed)		
Woodbridge	son \$115/couple						
1Y Pierre Berton Resource Library Markham	4921 Rutherford Rd (at Islington	) Boardroom	Saturday	Feb. 15	12:00 – 4:00pm		
2Y Markham Centennial C.C.  Richmond Hill	8600 McCowan Rd (N of Hwy 7	) Pool Training Rm	. Saturday	Apr. 5	1:00 – 5:00pm		
3Y Aurora Public Library Richmond Hill	15145 Yonge St. (at Church)	Lebovic Rm	Saturday	Apr. 12	12:00 – 4:00pm		
4Y Loyal True Blue & Orange Home	11181 Yonge St (N of Elgin Mills	s) Room B13	Saturday	May 31	12:00 - 4:00pm		
<b>Parenting Without Anger</b>	AND Building Your	Child's Self-Es	teem (bot				
Saturday Workshop - \$65/per			,		,		
Markham	to structure in structure of the struct						
5Y Markham Centennial C.C. <b>Aurora</b>	8600 McCowan Rd. (N of Hwy 7	) Pool Training Rn	n Saturday	Feb. 22	1:00 — 5:00pm		
6Y Aurora Public Library Wood bridge	15145 Yonge St. (at Church)	Lebovic Rm	Saturday	Mar. 1	12:00 — 4:00pm		
The second secon	4921 Rutherford Rd. (at Islington	) Boardroom	Saturday	Apr. 26	12:00 - 4:00pm		
Raising Cooperative Response	ectful Children (cond	ensed) AND Bu	uilding You	ır Child's			
Saturday Workshop - \$65/per		<b>.</b>					
Richmond Hill							
8Y Loyal True Blue & Orange Hom Woodbridge	ne 11181 Yonge St. (N of Elgin I	Mills) Room B13	Saturday	Mar. 29	12:00 — 4:00pm		
9Y Pierre Berton Resource Library Markham	4921 Rutherford Rd. (at Isling	gton) Boardroom	Saturday	May 10	12:00 — 4:00pm		
10Y Markham Centennial C.C.	8600 McCowan Rd. (N of Hw	vv 7) Pool Training	Rm Saturday	May 24	1:00 – 5:00pm		
Raising Cooperative Re			- mi - ontar au	may 2.1	1.00 0.000111		
Saturday Workshop - \$65/pers	The said from the processing constraint and an expension of the said of the sa						
Aurora	oon 9115/ couple						
11Y Aurora Public Library  Markham	15145 Yonge St. (at Church)	Lebovic Rm	Saturday	Feb. 8	12:00 – 4:00pm		
12Y Markham Centennial C.C.	8600 McCowan Rd (N of Hw	vy 7) Pool Training	Rm. Saturday	Mar. 22	1:00 – 5:00pm		
Parenting Without Ang	5/A/ 10/10/09/50 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5						
Saturday Workshop - \$65/pers							
Richmond Hill							
13Y Loyal True Blue & Orange Hom Richmond Hill	e 11181 Yonge St. (N of Elgin N	Mills) Room B13	Saturday	Feb. 1	12:00 — 4:00pm		
14Y Loyal True Blue & Orange Hom	e 11181 Yonge St. (N of Elgin N	Mills) Room B13	Saturday	Jun. 7	12:00 - 4:00pm		
Building Your Child's Self Esteem							
One evening workshop - \$40/person \$70/couple							
Richmond Hill							
	e 11181 Yonge St. (N of Elgin N		Thursday	Feb. 27	6:30 8:30pm		
Register Online at www.	practical parenting						

For other payment options, please call 905-508-5240 or e-mail parenttalk.ca@gmail.com

Order Books Online: <a href="www.practicalparenting.ca">www.practicalparenting.ca</a> [Prices include taxes, shipping & handling]

Parent Talk, 50 Quick solutions to the Most Common Parenting Challenges, by Shapiro & Skinulis \$25

Practical Parenting, A Common Sense Guide to Raising Cooperative, Self-Reliant and Loving Children by Shapiro & Skinulis \$25



# A NEW Magazine Sale is Coming Fall 2014! MAGAZINES AND MEMORIES!

Coming Fall 2014, we will have our annual **Magazine Subscription Program** (including more digital magazines!) and also an opportunity to purchase **Personalized Photo Memory Products** including; Photo Books, Labels, Cards, Calendars, Posters, Notepads and more!

# Please help us by saving your Magazine orders and your personalized Photo purchases for our QSP Magazines and Memories Fundraising Program.

QSP offers us great prices and product selection.

Our School earns a profit, and the money raised goes towards programs and events that help to enrich our children's lives at our school.

Our Children - Magazines - Help improve literacy skills; any reading material, including magazines, encourages children to read, or they-model your reading behavior. Photo Products - Capture memorable moments of your children with the personalized photo products available.

If you wish to order your magazines early or purchase a gift you can go to www.QSP.ca anytime and support our school.

# Use the QSP SEARCH feature using our school name to ensure our school gets the credit!

Thank you in advance for your support of our children and our school!

If you have an inquiry please contact QSP Customer Service, 1-800-667-2536







### LEARN TO TRAIN

LEARN SPORTS & HAVE FUN!



BOYS & GIRLS AGES 10-12

## The Program

The goal of Learn to Train Colt Camp is to Learn Skills & Have Fun!

Along the way, campers will develop in three key areas...

- 1. General Sport Skills
- 2. Fundamental Movement Skills
- 3. Motor Coordination Skills

These skills will be developed by playing four unique sports!

- Modified European Handball
- Tennis-Baseball
- Modified Ultimate
- Modified Rugby (non-contact)

ONLY ONE SESSION

JULY 7-11 2014

9ам-ЗРМ

is only \$195.00!

EARLY BIRD!!

Register before

April 30 and only pay \$165.00!

### How to Register

Fill out the registration form and mail it along with a cheque

drop off registration at the main office with cash or cheque.

Cheques can be made payable to Bill Crothers Secondary School.

One week of FUN Monday-Friday 8:30am-3:30pm

We will only accept 50 campers!!

The instructors of Colt Camp are all NCCP certified coaches.



National Coaching Cartification Program

# Questions?

Questions can be directed via email to Derrick Stryker at derrick.stryker@yrdsb.ca

Bill Crothers Secondary School 44 Main Street Unionville, Ontario L3R 2E4



COLT CAMP
is for Kids who
LOVE TO PLAY!



### COLT CAMP - REGISTRATION



BOYS & GIRLS AGES 10-12

Please fill out and submit this application along with a cheque to: Bill Crothers SS Athletics, 44 Main Street, Unionville, Ontario, L3R 2E4 Office Hours: Monday-Friday 8:30am-3:30pm

CAMP DATE: JULY 7-11, 2014

Camper Name:	Birth Date:	Gender:		
Address:	City/Town:			
Postal Code:	Phone Number:			
E-mail:				
T-shirt Size: YM YL S M L	School:			
Emergency Contact 1:	Emergency Phone 1:			
Emergency Contact 2:	Emergency Phone 2:			
I authorize the director and instructors of Colt Camp to act in according to their best judgement in any emergency requiring medical attention:  Parent/Guardian Signature:				





### Heart and Stroke Corner - April 2014 Edition

### Tip of the Month

With the gardening season just around the corner you may have your mind on planting some flowers; but what about helping your children plant a garden they can literally sink their teeth into? Biggs, a Canadian horticulturalist and author, says the payoffs of vegetable gardening with kids go beyond expanding their palates. "The biggest benefit is fostering a love of being outdoors. There are a lot of fun things in a garden to stimulate creativity." Some of his ideas are: "Look for veggies that are easy to plant, fun to pick and appeal to young taste buds." Onion sets (small onion bulbs) are one of the easiest things for kids to plant. "Just push them into the ground." Veggies that have large seeds, such as beans and peas, are also good choices. "Opening a pod full of peas is almost like unzipping a zipper. Carrot's sweet flavour appeals to young taste buds, plus it's fun to pull them from the dirt." Choose plants based on a theme: Pizza garden: Basil, oregano, tomatoes, sweet peppers and onions Salsa garden: sweet peppers, onions, tomatoes and cilantro. Also, while people often think of container gardening as a second-best option, Biggs says veggies grow very well in containers. Plus, they offer a lot of advantages for kids: It's "their" garden and it's a manageable amount of work. Dig into Spring!



#### Recipe of the Month

Turn your child's veggie harvest into delicious dishes with this recipe.

#### Gazpacho (with multigrain croutons)

A tasty way to get a serving of vegetables! Can also be used as a pasta sauce!

Nutritional Information: Calories: 110, Protein: 3 g, Fat: 6g, Saturated Fat: 0.5g, Dietary cholesterol: 0 mg, Carbohydrate: 12g, Dietary fibre: 2 g, Sodium: 300 mg, Sugars: 6g, Potassium: 122 mg

#### Ingredients

- 3 cups (750 mL) tomato juice
- 2 tbsp (25 mL) canola oil
- 1/4 tsp (1 mL) hot sauce
- 2 tomatoes, chopped
- 1 seedless cucumber, peeled, chopped
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 small onion, coarsely chopped
- 1 carrot, peeled, coarsely chopped
- 1 clove garlic, coarsely chopped

- 1/4 tsp (1 mL) pepper
- Fresh cilantro for garnish

#### Croutons:

- 3 slices multigrain bread, cut into strips
- 2 tbsp (25 mL) canola oil
- 1 tbsp (15 mL) Parmesan cheese
- 1/4 tsp (1 mL) pepper

#### Directions

- 1. In a food processor, blend tomato juice, canola oil, hot sauce, tomatoes, cucumber, red pepper, green pepper, onion, carrot and garlic until almost smooth. Season with pepper and refrigerate for 2 hours. Serve with cilantro and croutons.

  2. To prepare the croutons: Preheat oven to 350F (180C). Toss bread with canola oil, Parmesan cheese, and pepper. Place on
- baking sheet. Bake for 20 minutes, until crisp. Stir occasionally. Use to garnish the soup.

### Ouestion of the Month

Q: "My 10-year-old always wants a bedtime snack. Sometimes it's even bigger than her dinner. Is this normal?"A: Growth spurts can make children hungry any time of day! If your daughter's post-dinner snack is nutritious, then this end-of-day mini meal is a healthy idea. Choose healthy options and let your child decide when she is full. Here are some tips:

#### DO

- ensure kids don't graze for hours from dinnertime until bedtime.
- \* offer healthy choices: fruit, yogurt, vegetables with hummus, nut butter on whole grain crackers, trail mix
- \* communicate with your child to ensure that she is eating because of hunger not boredom, depression or stress.

### DON'T

- be concerned about the time of day. The idea that we gain more weight if we eat past 7 p.m. is a fallacy that's not supported by science.
- allow children unlimited access to desserts like ice cream and baked goods.
- provide snacks out of habit; make sure your daughter is actually hungry.
- \* be fooled by kids who delay bedtime by asking for a snack.



### **Aurora Senior Public School**

Tel: (905) 727-9751 Fax: (905) 727-1811 Website: www.aurorasenior.ps.yrdsb.edu.on.ca eMail: aurora.senior.ps@yrdsb.edu.on.ca BUS ROUTES HOTLINE 1-877-330-3001 www.schoolbuscity.com



#### nitiative

We strive to sense and appreciate the emotions of others, to "stand in their shoes", We demonstrate appreciation of and concern for their feelings. We try to understand issues from their perspectives even though we may not agree with them personally.

# April 2014

Sı	un	Mon	Tue	Wed	Thu	Fri	Sat
Γ			1	2	3	4	5
6		7	8 School Council Committee Mtg. @ 7 pm	9	10 Movie Night Frozen George Street 6:30 pm	11	12
13		14 VAISAKHI	15 PASSOVER / PESACH	16 Friday Schedule	17	GOOD FRIDAY	19
20		EASTER MONDAY RIDVAN	22 Earth Day	23	24 Gr. 7 Hep B and Meningitis Immunization Gr. 8 Girls HPV Celebration of the Arts Evening ASPS @ 6:30pm	25	26
27		28 Area Jr. Boys Basketball	29 Area Jr. Girls Basketball	30			

### **LUNCH SCHEDULE**

MONDAY - EXTREME PITA
TUESDAY - THE LUNCH LADY
WEDNESDAY - GREEK LUNCH
THURSDAY - PIZZA LUNCH