



George Street News

115 George Street
Aurora, Ontario
L4G 2S3
905.727.4921

Jodi Sepkowski
Principal

Claudia Fischer
Vice-Principal

**Gayle Brocklebank-
Vincent**
Superintendent
905.884.4477

**Peter Adams-
Luchowski**
Trustee
905.713.1729



Upcoming Dates

Oct. 1 – All grade 2's visit
Vivian Outdoor Re-
source Centre
Oct. 3 – QSP assembly
10:45 a.m.
Oct. 11 – PA DAY (no
school)
Meet the Teacher Night
6:00 pm at GSPS
Oct. 16 & 17 Dental
Screening JK/SK & Gr.
2's
Oct. - School Council
Meeting @ 7 pm in li-
brary at ASPs
Oct. 25 – Touchstone
assembly 10:45 am
Oct. 31 – Halloween

October 2013

www.georgestreet.ps.yrdsb.edu.on.ca

Administrators' Message

We have had an exciting month at both George Street and Aurora Senior. Students have been learning new routines, settling into new classes, and in some cases (with our re-organization) our students and teachers have settled into new classes twice in one month! It's amazing how smoothly transitions can work when students, parents and school staff work together to address all of our students' needs.

As always, our prime objective at Aurora Senior and George Street is to provide a safe and stable learning environment for your children. As part of that, Bus Safety presentations have been scheduled, along with a fire drill and lockdown drill planned during Safety Week (Sept. 30-4th). Both schools are also participating in the Pizza Lunches, Recess Snack Programs, the QSP Magazine Fundraiser (more information to come this month) and both schools have participated in the Terry Fox Run/Walk.

Our teachers are also working hard to collaboratively plan curriculum so every student in every classroom is getting a balanced program and is encouraged to reach their potential level of achievement. Over the next several weeks, our leadership team will analyze the EQAO results along with several other sources of data to create goals for our School Improvement Plan with the objective of increasing student achievement. The monthly staff meetings, divisional meetings and PA days throughout the year allow us time to strategically plan for goal creation and the steps and resources necessary to reach our goals.

Sincerely,

Jodi Sepkowski, Principal

Jodi.sepkowski@yrdsb.edu.on.ca

Claudia Fischer, Vice Principal

Claudia.fischer@yrdsb.edu.on.ca



A big "Thank You" to everyone who helped raise money for the Terry Fox Walk at GSPS. We truly are a small school with a big heart as we raised \$687.70.



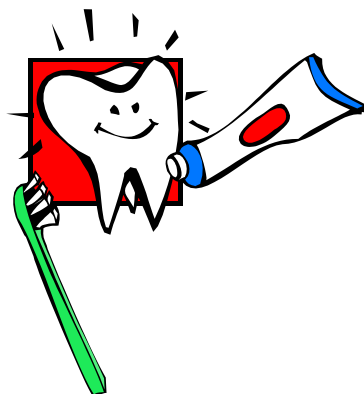
REPORTING TO THE OFFICE

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.



EXTRA CLOTHING

Occasionally, our primary students may require a change of clothing during the school day as a result of an accident, or if they become wet or dirty after playing outside. To assist the school with helping your child, please send some extra clothes in a plastic bag with your child's name clearly marked on the outside of the bag, which could be kept in their classroom.



Dental Screening for grades JK, SK and 2 students will be conducted at GSPS on October 16 & 17 by Registered Dental Hygienists.

Smile it's picture day

Wednesday, October 16th

All Students JK to 3

Thursday, October 17th

T/T JK/SK and students absent on October 16.

Photo Re-takes November 20th



STAFF PARKING LOT

A friendly reminder to parents that we only have a limited amount of parking spaces and they are reserved for staff. An additional parking lane on the east side of George Street for north bound traffic was created to allow parents who must drive their children to and from school to park and escort their children to the playground area. 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.

Please help us by saving your magazine orders and renewals for our **QSP Magazine Fundraising Program**

S.O.S.!



(SAVE OUR SUBSCRIPTIONS)

The **FAMILY READING MAGAZINE FUNDRAISER IS RETURNING SOON!**

Each year, we hold our QSP magazine subscription fundraiser to raise money to benefit our students while also encouraging more at home reading. The success of the program depends on your participation.

Please save your magazine subscription renewals for our sale. It is only when you renew directly through our program that our school receives any profit from your order. QSP will honour publisher price discount coupons, so save them too.

If you are anxious to renew before the official campaign begins, you can support us today by shopping online! It's easy . . . visit www.QSP.ca! **All early orders will count towards your child's rewards.**



Consider giving magazine subscriptions as gifts this year!
Each issue acts as a reminder of your thoughtfulness!

Order a subscription for your child! Children love receiving mail and it's proven that reading print material benefits children far greater than reading material online.

Let friends and family know about our upcoming fundraiser. Send them an email using the email service at www.QSP.ca and your child will receive a thank you reward for spreading the word about our campaign.

Thank you in advance for your support. We count on your participation!

School Day Organization

Office Hours:

8:00am-4:00pm

Before School Supervision

8:20-8:35 am

Per. 1 8:35-9:15

Per. 2 9:15-9:45

Per. 3 9:45-10:15

RECESS 10:15-10:45

Per. 4 10:45-11:35

Per. 5 11:35-12:25

LUNCH 12:25-1:25

Per. 6 1:25-2:05

Per. 7 2:05-2:35

Per. 8 2:35-3:05

After School Supervision:

3:05-3:20pm

BOARD VISION

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



Character Matters!

Empathy means 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.

School Council News

School Council Meeting:

Tuesday, October 15, 2013 at 7:00 p.m. in the library at Aurora Sr. P.S.



**ECO-LITTERLESS SCHOOLS/
WASTE FREE AND
BOOMERANG LUNCH**

A Litterless/Waste-Free lunch contains no throw-away packaging or food leftovers. Lunches are packed in servings that will be completely eaten. To avoid any packaging, all food and drinks are packed in reusable containers with a reusable lunch bag or box. With this type of lunch, food items can be bought in larger quantities. The packaging can be left at home for reuse or recycling. Waste-free lunches are not only a wise environmental choice; they are less expensive as well. With Boomerang Lunch programs, whatever comes to school/office for lunch and snacks and is not consumed, will go back home. Let's all work together to be an Eco-Friendly School.





Tip of the Month

Busy schedules, screen time and safety worries have put that kind of unstructured, outdoor play on the sidelines for too many children today. Here's how to get it back:

*schedule play into your day *provide or seek out active play space in your neighbourhood *don't worry about the weather (it doesn't hurt to put on a raincoat) *let your children 'own' their play - have them choose activities they like or ones that provide an opportunity for learning something new *have the whole family involved *be real about safety - our communities are perceived as less safe than they are (if you're out with your kids, you don't have to worry about 'strangers')

Recipe of the Month



One Pot Easy Beef Stew

As the weather gets chillier, a warm one pot meal is simple! - and an easy decision on what to have for dinner! Make ahead; no muss no fuss for those busy weeknights!

Nutritional Information (1 Cup): Calories: 245, Protein: 22 g, Fat: 4 g, Saturated Fat: 1 g, Dietary cholesterol: 39 mg, Carbohydrate: 31 g, Dietary fibre: 4 g, Sodium: 182 mg, Potassium: 833 mg

Ingredients

- | | |
|---|---|
| 1 tsp (5 mL) olive oil | 1 ½ tbsp (22 mL) cornstarch |
| 1 lb (500 g) diced beef (inside or outside round) | 2 cups (500 mL) turnip, peeled and diced small |
| 2 cups (500 mL) sliced onion | 1 cup (250 mL) carrot, peeled and diced small |
| 1 clove garlic | 1 cup (250 mL) sweet potato, peeled and diced |
| ½ tsp (2 mL) dried thyme | 2 cups (500 mL) Yukon gold potatoes, peeled and diced |
| ½ tsp (2 mL) black pepper | 1 cup (250 mL) whole button mushrooms |
| 1 cup (250 mL) 25% sodium-reduced soup broth (beef, chicken or vegetable) | |
| 1 cup (250 mL) cold water | |

Directions

1. Preheat oven to 350° F (180° C).
2. In a large oven proof stove top pot, heat oil over medium heat.
3. Add meat and brown for about 10 minutes. Add onion, garlic, thyme, black pepper and mushrooms and cook until the onions are soft, about 10 minutes.
4. Add soup stock, turnip and carrots and bring to a boil. Cover and place in the oven for 30 minutes.
5. In a small bowl mix cold water and cornstarch. Remove stew from the oven and stir in cornstarch mixture, sweet potatoes and potatoes. Cover and return to the oven for 30 minutes.
6. Remove the lid and cook for an additional 15 minutes. Serve.

Question of the Month

Q: My son only goes for white bread and pasta. How good are the white breads and pastas that claim to have "whole wheat nutrition"?

A: Processing grains removes fibre, vitamins, minerals and antioxidants – the nutrients that made them so beneficial. Food manufacturers may add some of these nutrients back in, but the grain is not as nutritious as it once was. It's impossible to replace the beneficial natural plant compounds such as antioxidants. The white with "whole wheat nutrition" items are better than the regular white products since they contain fibre. You just need to be aware that it's a different type of fibre. Bread and pasta made with whole grain wheat contain insoluble fibre, which is vital for regularity and preventing constipation — key for the estimated 30 percent of children who suffer from painful or infrequent bowel movements. The white with "whole wheat nutrition" products do not contain insoluble fibre. Instead, they are made with a powdered fibre called inulin, which is derived from the vegetable chicory. Inulin may aid digestion and calcium absorption, but it does not have the same beneficial effects on bowel habits.

The bottom line? Whole grains are always a better choice, especially if your kids struggle with constipation. The "whole wheat nutrition" products have some fibre, so they are marginally better than white bread and pasta.



Nutrition month at George Street Public School

This year our school celebrated nutrition month a couple of new ways! In addition to our ongoing snack program, where all students have daily access to a bowl of fresh fruit in each classroom, we created a tally sheet for students to mark down each fruit or veggie they enjoyed at school and encouraged parents/guardians at home to send healthier options for snack and lunch. Secondly, we created a juice bar for the entire student population. They sampled juices and smoothies made right in front of them with only the freshest fruit and vegetables. We followed up with a fun, food related story and art activity.

Nutrition month at George Street was a huge success. The students loved watching, tasting and learning about nutrition in a fun and interactive way!

Written by: Claudia Fischer & Lora Georgiou

