



Cedarwood P.S.

399 Elson St.
Markham, ON
L3S 4R8
(905) 294-5756

Principal: Gary Young

Vice-Principal: Araby Porter

Superintendent: Camille Logan (905) 940-7800

Trustee: Juanita Nathan (905) 471-2553

School Website:

<http://www.yrdsb.ca/schools/cedarwood.ps/Pages/default.aspx>

School Email: cedarwood.ps@yrdsb.ca

The month of November presents itself with many exciting and meaningful opportunities for our students and families.

Cedarwood honoured Remembrance Day on November 9th with two assemblies featuring presentations by many of our students. The words, music and images remembered the sacrifice of those in the past while ensuring hopefulness for future peace.

As of November 10th, parents and guardians will have an opportunity to book Parent-Student-Staff Conferences with their child's teacher to receive important updates and feedback regarding their child's progress thus far this term, using Edsby. These conferences will take place on November 22 and November 23. Conferences are very important to ensure that the ongoing connection between home and school continues throughout the school year in support of student success and well-being.

On November 26, members of the School Council will have an opportunity to attend the School Council Forum at Milliken Mills High School. Our School Council Meeting will take place on November 29 in the Library 6:30-8:00 p.m. All are welcome!

On November 28, our Grade 3 and Grade 6 Families are invited to a Student-Parent Information Session related to EQAO. This evening will be highly informative and interactive as we review the assessment process and offer parents a chance to support their child's learning at home.

We have been working to compile a comprehensive list of our many co-curricular experiences for students and we have a summary on page 3 of the newsletter for your reference.

As we head into colder weather, this is an important reminder for students to be dressed for outdoor activity time so that they are comfortable and able to enjoy the fresh air! We also remind all students and caregivers to be mindful of icy conditions during the winter months whether they be walking or driving to and from school. Winter conditions often make for difficult driving conditions including reduced visibility and extremely slippery road and sidewalk surfaces. Please remember to give yourself more time and slow down when driving.

We look forward to connecting with many families during the month of November!

Mr. G. Young

Ms. A. Porter

Principal

Vice-Principal

On Behalf of the Cedarwood P.S. Staff

November Highlights...

November 10 as of 10:00 a.m.
Booking Parent-Student-Teacher Interviews/Conferences Online
yrdsb.edsby.com

November 23

Student-Parent-Teacher Conferences (evening)

November 24 P.A. DAY

Student-Parent-Teacher Conferences (daytime)

*No School for Students

November 26

Fall School Council Forum Milliken Mills High School for School Council Members (evening)

November 28

Grade 3 and 6 EQAO Family Information Night
6:00-7:00 p.m. (Gym and Library)

November 29

School Council Meeting:
6:30-8:00 p.m. (Library)

November 29

Student Success Assemblies (Courage):
8:30 a.m. - Junior/Intermediate
10:15 a.m. - Primary
*Families are welcome to attend

Remembrance Day - November 11, 2018



Lice-Pediculosis

It's that time of year again to remind your children not to share hats. Please do routine checks for lice/nits and please inform the office if you spot any lice/nits in your child's hair. A Facts of Lice printout is available in the office. Thank you.

Reporting Student Absences and Lates

Please remember to call **905-294-5756** to report your child's absence or late arrival or login to yrdsb.edsby.com.

Parent/Guardian EDSBY Accounts

Please ensure that you have an EDSBY account and that you know the login/password.

Hotmail Accounts

Please note that "hotmail" email addresses may not be compatible with school/board communication. If you have a hotmail address on file, please see the office to submit an alternate email address if you are able or to arrange a "test" email from the office to ensure you are receiving school communication.

Booking Parent-Student- Teacher Conferences Online

Parents and Guardians are asked to please book interviews/conferences online using Edsby (yrdsb.edsby.com) as of November 10. If you experience technical difficulties, please contact Ms. Kang in the School Office.

Upcoming Highlights

December 12

Winter Concert Performances:
10:15-11:00 a.m. Grade K-3
1:00-1:45 p.m. Grade ¾-8
6:30 p.m. Evening Concert
*Families are invited to daytime and evening performances

December 24-January 4

Winter Break (No School)

January 7

Back at School

January 17

School Council Meeting
6:30-8:00 p.m. (Library)

February 1

P.A. Day (No School for Students)

**every
STUDENT COUNTS
SURVEY**

COMING **NOVEMBER 2018**

Volunteering on School Field Trips

We believe that field trips provide a valuable educational experience for students. Field trips increase student knowledge and understanding of a subject and add realism to the topic of study. Without the help of volunteer chaperones, most field trips would not be possible. Thank you very much for giving your time and support.

In order to help ensure that school-sponsored field trips result in safe and rewarding experiences for all participants and that we are meeting the requirements listed in York Region District School Board Policy/Procedure #280 Volunteers in our Schools, we are asking all volunteers to ensure that they have a **Vulnerable Sector Screening by January 2019**.

Becoming a Volunteer Field Trip Chaperone

Student safety is our paramount concern. All volunteers must have completed the following:

- Police Vulnerable Sector Screening
- Signed Confidentiality Agreement
- Signed Offence Declaration if a Police Vulnerable Sector Screening is already on file with the school
- Cedarwood P.S. Field Trip Guidelines for Volunteers Form

****This information and forms are available in the School Office.***

Where do I obtain a VSS - Vulnerable Sector Screening?

Community Resource Centre/Customer Service Unit

10720 Yonge Street, Richmond Hill, ON

Monday to Friday: 8 a.m. to 6 p.m. Saturday: 8 a.m. to 4 p.m.

1-866-876-5423 ext. 7655

Weekly Co-Curricular Activities at Cedarwood

- KM Club (Grade 1-8) Day 2, 3, 4 at Morning Recess
- Running Club (Grade 7-8) Daily at Lunch Recess Rm. 120
- Cedarwood Hockey League (CHL) (Grade 6-8) Starting Soon Mondays, Tuesdays, Thursdays, Fridays at Lunch Recess
- Milk Bag Weaving Eco Club Day 1 at Morning Recess
- Grade 7-8 Homework Helper Club Day 4 and 5 at Morning Recess

Mondays

- Instrumental Band (Grade 7-8) (Lunch Recess)

Tuesdays

- Silver Birch Book Club (Grade 4-6) Starting Soon! (Lunch Recess)
- Tranquil Tuesdays -Yoga and Mindfulness (Grade 3-8) Rm. 222

Wednesdays

- Student Leadership Teams (Lunch Recess)
- Eco Club Grade 1-8
- Change Makers Grade 4-8
- Healthy Schools Committee Grade 4-8

Thursdays

- Robotics Club - Grade 4-8 (Lunch Recess)
- Distribution of KM Club Foot Charms/Bracelets (Lunch Recess)
- Choir (Grade 4-8) (Lunch Recess)

Eco Theme for November - What's In/What's Out

Staff and students are encouraged to **Rethink** their actions before disposing of an item. That is, stop and consider the impact every disposal action will have on the environment and the world around us. It is important to be well-informed about what goes in the Blue Box for recycling, the Green Bin for composting, the garbage bin for landfill. Putting items in the Blue Box or Green Bin that shouldn't be there can ruin an entire batch of recyclable and compostable material that will end up in landfill.

What is Accepted...

Here are some items that are accepted in the blue box:

- Aerosol cans (empty, lids separate)
- Aluminum foil, trays and plates
- Boxboard (cereal, cracker, tissue boxes)
- Cardboard boxes
- Egg cartons
- Glass bottles and jars (lids separate)
- Metal food and beverage cans
- Metal paint cans (empty, lids separate)
- Milk and juice cartons, juice boxes
- Newspaper, household paper and envelopes
- 100% paper cups
- Paper-based cans (frozen juice and dough containers, coffee cans, chip cylinders – lids separate)
- Plastic bottles, drink containers (no straws), jars and jugs (used for beverage, food, cleaners)
- Plastic clear fruit and vegetable containers
- Plastic clear molded bakery containers
- Plastic food tubs (yogurt, margarine, sour cream, cottage cheese, ice cream)
- Plastic clear take-out containers

NOTE: All containers must be empty and rinsed. Cardboard and boxboard must be flattened and bundled.

Cold and Wet Weather

As we approach the winter season, we remind parents that students must be sent with appropriate clothing for the outdoors. This includes a hat, mitts/gloves, boots and a warm coat/snow pants. It is advisable for students to wear layers to stay warm and to bring extra pants and socks in case they get wet. Please make sure all articles of clothing are labelled to avoid adding to our clothing collection in the Lost and Found.

All students are expected to go out for every recess (morning recess 20 minutes, lunch recess 40 minutes). The principal decides at the time of each recess whether students will remain inside or go outside for a full or shortened recess period by keeping a close eye on weather conditions, including temperature and wind chill. Thank you for your support!



SOME STUDENT NUTRITION GUIDELINES... Some helpful tips!

Try different flavours, textures, and colour combinations of food, and offer seasonal food items when possible. Avoid food and beverages that are high in added salt and/or sugar and low in nutrients. Do not serve foods with artificial trans fat. Artificial trans fat is harmful to the health of children and youth. Use the nutrition label (i.e., Nutrition Facts Table and ingredient list) on food packages to help avoid foods with artificial trans fat. Visit Health Canada's website on [understanding food labels](#) for more information about nutrition labelling.

Encourage healthy eating practices by giving children and youth enough time to eat (at least 20 minutes) when possible. Promote positive social skills by providing a pleasant eating environment.

Encourage children and youth to help plan menus and choose foods and help with food preparation. Offer appealing food choices that are inclusive and reflect the faiths and cultures of the children.

Respect that children and youths' appetites can change for a variety of reasons. Children are encouraged to listen to their hunger and fullness cues. If a child is full but has not finished his/her food, do not put pressure on the child to eat more. Likewise, do not withhold food from a child based on body size. Food should not be used as a reward for good behaviour or withheld for inappropriate behaviour. As your child grows, consider that they may require a little more food.

Children and youth are easily influenced by casual comments about weight, body size and calories. Show a positive attitude for healthy eating and nutrition. Eating well gives you energy and improves your health. Connect with your local public health unit for more information about nutrition and food safety and Canada's Food Guide.

IT'S NEVER TOO LATE TO JOIN OUR MILK & SNACK OR PIZZA PROGRAM! Please connect with the office for more information.

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Youth Voice Conference	2	3
4	5 GUSH Water Presentations Gr.6-8	6 DIWALI	7 Immunizations	8 Int. Girls' Volleyball Tournament	9 Remembrance Day Assemblies 8:15 Primary 10:15 Junior/ Intermediate	10 Invitation to... Book your parent/teacher conference on Edsby today.
11	12	13 Int. Boys' Volleyball Tournament	14*Kindergarten Jack Grunsky Concert Trip *Grade 8 MCI Trip *Take our kids to work day! * Q U E S T * Staff Conference	15 * Q U E S T * Staff Conference	16 * Q U E S T * Staff Conference	17
18	19	20	21 Progress Reports Go Home	22 Parent-Student- Teacher Conferences	23 Parent-Student- Teacher Conferences P. A. D A Y	24
25	26 School Council Forum Milliken Mills High School	27	28 EQAO Information Night for Gr. 3 & Gr. 6 Parents 6:00 p.m.	29 School Council Meeting 6:30 pm Student Success Assemblies 8:30 - J/I 10:15 - Primary	30	

Cedarwood's October STUDENTS OF THE MONTH

The following students have demonstrated... **RESPONSIBILITY**

Prashar Gomes: <i>Emily; Brinda</i>	Takahashi: <i>Misha; Mohammed</i>
Chen: <i>Safa; Abishiya; Daniyal; Vrishath</i>	Nandakumar: <i>Alia; Yonus</i>
Campbell: <i>Eric, Brayden</i>	Shama: <i>Dhanya; Shawn; Aadeshwar; Vicky</i>
Bhayat: <i>Vinesh, Arsh, Mayra</i>	Parsons: <i>Swsti; Bavleen</i>
Johnson: <i>Anaya; Aaradhya; Dennis</i>	Hunt: <i>Hamza; Mysha; Emmelyn; Anamika; Piravina; Akshat; Ruttika</i>
Abichandani: <i>Evan; Nael; Jathura; Kishana</i>	Sasaki: <i>Ramiea; Birnavan; Joshua; Raghavi; Akshavi; Ahalya</i>
Paul: <i>Camille; Peggy; Shajith</i>	Teeuwen: <i>Varsiyni; Saimikaa; Kiruthigan</i>
Park: <i>Vennpa; Abinaya</i>	Malo: <i>Sajan; Myuren; Vishal</i>
Katz: <i>Cynthia; Ladsan</i>	Cheng: <i>Saleha; Aliza; Atish</i>
Belanger: <i>Venusha; Viroshin</i>	Colabawalla: <i>Jasleen; Shomiyaa; Rikshana; Sheeraz</i>
Kassabian: <i>Mukesh; Grayson</i>	Cornell-Neary: <i>Rosanna; Farzeen</i>
Ganeshan: <i>Zaira; Maryam; Pranavan</i>	Nicholson: <i>Akshaya; Tatheer; Hinson; Cynthia</i>
Nana: <i>Manikaa; Mithusa; Serena; Vivien; Abina</i>	McDonald: <i>Farwa; Namirah; Ajeesh</i>
Gurpersaud: <i>Sankavi; Srishayini</i>	Kassardjian/Bailey: <i>Harissha; Sachin</i>
Mawhinney: <i>Athiththiyan</i>	Hamawi: <i>Heli; Maha; Sujana</i>
Anderson: <i>Fizza; Janice; Sayana; Reza; Anirudh; Reina; Avni; Vaishnaja</i>	McGraw: <i>Shagana; Ashmerra; Harsha</i>
	Yeung: <i>Ruqaiya; Freya; Arujan; Jason</i>

FLU SEASON IS HERE

Get the flu shot as early as possible



The first and best step to preventing the flu (or influenza), is to **get the flu shot every year**. The flu spreads quickly and easily from an infected person to others and anyone can get it. Getting the flu shot can protect you, your family and those around you.

Students may be at higher risk of getting the flu as they come together in close public spaces including the classroom, gymnasium, lunch room and library.

The flu shot is especially important for students who have a chronic condition (e.g. asthma, diabetes) or those who live with or have close contact with a pregnant woman, kids less than five years old, or a resident of a nursing home or other chronic care facility since these groups are at higher risk of getting very sick or being hospitalized because of the flu.

Flu shots are **free** and are readily available at:

- Health care provider's offices for people six months of age and older
- Participating pharmacies, for people five years of age and older

In addition to getting the flu shot annually, here are some other health tips that can help prevent the spread of the flu:

- Wash your hands well and often with either soap and water or alcohol based hand rub
- Cover your mouth and nose when you cough or sneeze (if you do not have a tissue, cough into your upper sleeve)
- Avoid touching your eyes, nose and mouth
- Stay home when you're sick
- Clean and disinfect surfaces and shared items

It's important to get the flu shot as early as possible as it can take nearly **two weeks** for the influenza vaccine to take full effect.

To learn more about flu and flu vaccine, visit york.ca/flu.

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca/flu

