



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

School Twitter: <https://twitter.com/cedarwoodps?lang=en>

February has been a fantastic month here at Cedarwood and we are looking forward to all of the exciting things happening during the month of March!

March 25-29 will be Wellness Week at Cedarwood. In support of our Mental Health and Well-Being foci included in our [Director's Annual Plan](#) and our School Improvement Plan for Student Achievement and Well-Being, students and staff will be participating in a number of well-being experiences throughout the week. We encourage parents and guardians to talk to their child about Wellness Week to hear about the things they are doing and learning. For your reference, we have shared an overview of Wellness Week on page two of the newsletter. We are very grateful to our students and staff for organizing such an incredible week!

We are still endeavouring to improve our morning entry routine. We also know that winter weather poses challenges at times. We have outlined some points on the second page that would help support a smooth and punctual entry for our students. We thank you for your support in this matter.

We also hope everyone has a wonderful March Break with an opportunity to spend time with family and friends.

Mr. G. Young
Principal

Ms. A. Porter
Vice-Principal

On Behalf of the Cedarwood P.S. Staff

E-Bulletin #7 Upcoming Highlights...

MARCH 11-15
March Break-No School

MARCH 22 Daytime School Council Meeting 10:30-11:50 a.m.
All are Welcome!

MARCH 25-29
Wellness Week at Cedarwood P.S.

MARCH 27
Family Movie Night 5:30 p.m.
Registration deadline March 8

MARCH 26
Theatrical Performance for Gr. 3-8
"Jay Vs. The World"

MARCH 29
[Earth Hour](#)
Student Success Assemblies
8:15 a.m. Primary
10:15 a.m. Junior/Intermediate

APRIL 2
Grade 3-5 Mathletes PRO Grant

APRIL 10
Parent Town Hall Evening Event
*Details to come



2019-2020 Kindergarten Registration Reminder

If you know of a neighbour, relative, or friend that lives in the Cedarwood P.S. area with a child born in 2015, please remember and remind them to register in person at the Cedarwood office or online at

<https://yrdsb.edsby.com/p/StudentRegistration/3815425?campaign=150201227>

so as not to miss the upcoming **Kindergarten Orientation on May 8, 2019 during the day at Cedarwood P.S.** For more information on how to register online, please visit the Board website [here](#). Parents will still need to visit the school after registering online to verify documents (Birth Certificate and proof of address). Our office is open for registrations daily 7:30-3:00 p.m. We look forward to welcoming our new Kindergarten families!

Morning Entry, Vehicle Safety, and Reducing Student Lates

In an effort to reduce the vehicle congestion and the number of student lates, we would like to share a few ways we can improve morning entry and in order to preserve the instructional programming at the start of the day:

- Please continue dropping off your children at **7:45 a.m.** to relieve some of the congestion on Elson St. and in our Kiss and Ride. Staff are on duty **7:45-8:00 a.m.** at the front Kiss and Ride.
- When there is inclement weather, extreme cold temperatures or rain, we will proceed with a direct entry at 7:45 a.m. Otherwise, our first bell rings at 7:55 a.m. and the second bell at 8:00 a.m.
- Students should exit the vehicle on the passenger side for safety reasons. Please ensure your vehicle is completely stopped and in park prior to having the doors open for students to exit. To assist with this, most vehicles can be programmed so that all doors automatically lock when the drive mode is engaged and unlocked when in park. We encourage everyone to take advantage of this option to maximize safety for everyone.
- Please ensure that your child has moved completely away from the vehicle before driving away.
- When exiting the Kiss and Ride, please turn right onto to Elson. Turning left creates congestion.
- Please use the Kiss and Ride to drop off your children instead of dropping them off on the street.

Thank you for your support!

Wellness Week Overview March 25-March 29

Mon., March 25	Tues., March 26	Wed. March 27	Thurs. March 28	Fri. March 29
What is Stress?	Sources of Stress	Coping with Stress	Coping with Stress	Coping with Stress
7:55 - 8:00 a.m.: Daily Entry Music				
11:40 a.m.: Sayonara Stress Break Wellness Thought of the Day & Mindful Breathing/Movement				
Lesson: What is Stress?	K-8 Puppet Performance (March 7) Gr. 3-8 Drama Performance (March 26 at 1 p.m. in gym) K - 2 Class Activity: Cloud Template - sources of stress	Sayonara Stress Bingo Class Activity: Hand Template - coping strategies	Stress and Relaxation K - 2: Cosmic Relaxation and Movement in the pod/classroom Gr. 3-8 Relaxation and Movement in the gym (staff please see class schedule)	Student Success Assembly 8:30 - K to 3 10:15 - Gr. 4 to 8 Nature Walk (Walk for Water)
2:30 p.m.: Daily Exit Music				

Eco Club Fundraiser

The Eco Team would like to thank all the families that participated in our "Bag 2 School" initiative to recycle textiles. Our school collected 350 kg of textiles that will now be diverted from landfill and our donations raised \$66.00 for our school to be used toward student Wellness Week activities. Next year we hope to double the amount of kilograms collected, so start saving your textiles now! Thank you for your support!

<http://www.bag2schoolfundraising.com/#ride-1>



EARTH HOUR March 29 at Cedarwood

IMPROVING CLIMATE CHANGE starts with us!

"Our connection to Earth and nature is undeniable: our planet's gain is everyone's gain. Healthy nature makes our life better by providing us good food, clean air, and fresh water - but it is all under the threat of climate change. Our #Connect2Earth campaign aims to raise awareness on the important role of nature in our lives and the benefits nature provides, from good food, clean air, fresh water, to so much more. This Earth Hour, join millions around the world to turn off the lights and speak up why nature matters." #Connect2Earth Source: <https://www.earthhour.org/>



Eco Theme March: Turn Off Computers and Monitors!

A **G.O.O.S.** (**GOOD ON ONE SIDE**) paper box helps encourage staff and students to Reuse paper. We encourage staff, students and parents to reuse all paper at home too by turning it over, using mailed envelopes for shopping lists, fax cover sheets, misprints and draft copy paper that has been printed on only one side to be turned over and used as scrap paper or doodle notes etc. At our York Region District School Board Printing Services, we support this program to extend the life of photocopied and pre-used paper at schools and administrative centres by converting **G.O.O.S.** paper to memo pads and returning them for reuse.

SAVE PAPER, SAVE TREES!

BRING YOUR USED BATTERIES TO SCHOOL to RECYCLE and dispose of SAFELY!!

Batteries contain harmful chemicals, like lead and mercury, that can easily contaminate our drinking water if we put them in landfills.

Let's collect them and make the Earth a better place!



March Math - Games:

Using games to support your child at home to reinforce math concepts they are learning in class can be fun for the whole family! Games provide children with opportunities to explore mathematical concepts such as number concepts, patterns and relationships. It also allows them to use models and strategies they are familiar with (e.g., arrays, ten frames, skip counting). Some math



games are commercially available, but most can be played with common household objects. In fact, most games that are not considered "math" games have many math concepts already in them. Try highlighting some of those concepts as you are playing.

For some game suggestions, you can go to the math page on the YRDSB website:

<http://www.yrdsb.ca/Programs/Math/Pages/default.aspx>

To find out what your child will learn in math this year or to find other fun activities that you can do together as a family, please visit

<http://www.yrdsb.ca/Programs/Math/Pages/default.aspx>. Be sure to also try our [Problem of the Month](#)

School Cash Online:

All YRDSB schools are now using School Cash Online as an online payment system. School Cash Online is an easy, safe and convenient way for families to pay online for extracurricular items or events, including yearbooks and field trips. It helps to reduce paper and the amount of cash/cheques handled by parents and students.

Families may make payments using School Cash Online, or by cash or cheque. You can register for School Cash Online at any time. There is also a button on our school website. Once you are registered, you will be notified of any new items available for your child.

*****REMINDER NEW PIZZA AND SNACK SESSION STARTS AFTER MARCH BREAK,
so don't forget to sign up!**

Traffic Safety Tips-Help Make this a Safe Season:

As winter is not over yet, we know that severe weather can and will be part of our daily lives for the next several weeks. While traffic safety is an important matter all year long, this is a particularly good time to review what we can do to keep our students safe.

The need to be aware and alert at all times, on any road, and even in the most routine circumstances is key to traffic safety. This applies to students and drivers alike. Road conditions can be challenging in the winter months. So those of us who drive, please take extra care on the roads and in parking lots, especially in areas where children might be present. School staff periodically review street and traffic safety with students. Parents can help reinforce these safety messages with children at home. Below are some tips that might be helpful to review:

- **STOP, LOOK, & LISTEN for traffic**
- **Only cross at corners and crosswalks**
- **Make eye contact with drivers**
- **Walk on the right side of the crosswalk**
- **Wear appropriate footwear to reduce the chances of slipping**
- **Never run into the street**
- **Obey crossing signals**
- **Cross only if clear**
- **Walk on sidewalks**
- **Where there are no sidewalks walk as far away from traffic as possible, facing traffic**

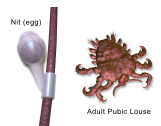
The safety of our students is always a top priority, let's work together to make the winter season safe so we can enjoy all it has to offer.

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.



Ontario Crossing Guard Recognition Day March 20, 2019

The Ontario Traffic Council has chosen Wednesday, March 20th, 2019 as Crossing Guard Recognition Day. If your child passes by a crossing guard on their travel to school, take some time to THANK your local crossing guard to show your appreciation! Crossing guards play an important role in keeping children and neighborhood's safe!

Sincerely,

YRDSB Active School Travel Team

March 2019 – Trustee Greetings for School Newsletter

Message From Our Trustee

I hope everyone has had a great start to the second half of the school year. Over the past few months, I have had an opportunity to connect with families, students, staff members and with our broader community. I have seen a lot of exciting opportunities for students to explore their interests, celebrate their identities, and develop skills and knowledge that will benefit them in the future.

Many students are participating in [skills competitions](#) or other events where they problem-solve, innovate, collaborate and further develop their technical skills. Students compete in robotics, construction, hairdressing, transportation, 3D animation and much more. These events are among the many options available to help students explore different careers and [pathways](#), and gain valuable experience. We are grateful for the support of community partners in helping to provide these great learning opportunities to our students.

I also want to express my appreciation to our broader school community. One of the priorities in our [Multi-Year Strategic Plan](#) is to build collaborative relationships. The relationships that our schools have with families is so important. There are many different ways you can be involved - talking to your child's teacher, asking your child about homework, or volunteering on a field trip or the school council. Your contributions make a difference to your child's success and to the success of our schools.

I hope everyone has an enjoyable March Break.

Juanita Nathan, Board Vice-Chair; Trustee – Markham Wards 2, 3 and 6

MARCH 2019 *Integrity*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Area Int. Boys' Basketball 	2
3	4	5	6 Regionals Int. Girls' Basketball 	7 Regionals Int. Boys' Basketball  *Well-Being Puppet Performance Primary-Gr.3 Brain Waves Presentation	8 Brain Waves Presentation Student Success Assemblies 8:15 a.m. Pri. 10:15 a.m. J/I International Women's Day	9
10 Daylight Savings	11 M B	12 A R	13 R E	14 C A	15 H K	16
17	18	19 New Pizza Session Starts!  Brain Waves Presentation	20 New session of snack program starts  Crossing Guard Recognition Day	21 Brain Waves Presentation *Holi Faith Day-Hindu * Naw Ruz - Baha'i and Iranian New Year	22 DRUMS ET AL Gr. 3-8	23
24/31	25 Wellness Week March 25th-29th	*Theatrical Performance "Jay Vs. The World"	27 Family Movie Night Please RSVP by March 8th	28 Hype Program Gr. 7 & 8	29 Student Success Assemblies 8:15 a.m. Pri. 10:15 a.m. J/I EARTH HOUR 	30 World Earth Day is April 22, 2019

The following students have demonstrated...

FAIRNESS

in February:

Shama: **Yathiththan, Sai Arati, Santhosh, Kimi**
Prashar-Gomes/Abbasi: **Annie, Saad, Dhanya**
Campbell/Arunasalam: **Laila, Kaira**
Bhayat/Husain: **Sofia, Amina, Aravinth**
Johnson/Visvalingam: **Laxsikan, Aathavan, Ayyan**
Abichandani/Jangda: **Tharun, Diya, Kisanjali**
Paul: **Sky, Lucas, Abisha**
Park: **Aiza, Akshaj**
Katz: **Sophia, Rathush**
Belanger: **Emica, Abhilash**
Kassabian: **Ishwa**
Ganeshan: **Ahmed, Glenn**
Gurpersaud: **Dua, Mae Francyne**
Parsons: **Eugene, Hasan**
Nicholson: **Harichandra, Naomi, Laxsiya**
Nana: **Hashim, Asmeha, Arulsoody, Biranav**
McDonald: **Akshitha, Nitheshwar, Hinthusan, Terrence**
Bailey: **Sayishan, Rojeen**
Clarke: **Angelina, Vinushan**
Hamawi: **Alisha, Akschayan, Krishanth**
McGraw: **Akiesh, Santosh, Kabilan, Samyya**
Anderson: **Sukhpreet, Reza, Muhammad, Asven, Luckshan**
Yeung: **Keya, Nithujan**
Chen: **Shruti, Soha, Hamza**
Hunt: **Derek, Jenani, Ruttika, Aamnah, Esau, Navalan, Raathan, Emmelyn, Harish, Akshat**
Teeuwen: **Raafay, Nailah, Sachu**
Malo: **Marmar, Janani, Dhir**
Cheng: **Nikitha, Pradhi, Krish**
Sasaki: **Abinash, Arthika, Nyab, Ritik**
Jean-Philippe: **Mahnoor, Haley**
Gulamali: **Rosalyn, Akhash, Dhruv**
Cornell-Neary: **Sadaf, Ricky**
Colabawalla: **Tayshaun, Rikshana, Siraaj**
Mawhinney: **Zoya**

PAUSE TO PLAY CHALLENGE

Kids - put down those screens... it's time to pause to PLAY!

Each April, York Region Public Health hosts an annual pause to PLAY challenge in York Region schools. Children are challenged to put their TV's, gaming devices, tablets and computers on "pause" for one full week and are encouraged to participate in active outdoor play.

Share your pause to PLAY story or picture with us on Twitter at @YorkRegionGovt using the hashtag #pausetoplay

For more information contact us at schoolservices@york.ca or visit york.ca/pausetoplay

DID YOU KNOW?

- Screen time should be limited to two hours a day for children ages five to 17. Over 75 per cent of children are not meeting this recommendation.
- According to the Canadian Sedentary Behaviour Guidelines, children ages five to 11 years old should limit the time they spend being inactive each day. What counts as being inactive?
 - o Sitting for long periods (e.g. at a desk)
 - o Using motorized transportation (e.g. bus or car)
 - o Watching TV
 - o Playing passive video games
 - o Using the computer
- Physical activity like active outdoor play contributes to the mental, social, and emotional well being of children. Play allows children to use their creativity and imagination, develop new skills that lead to greater confidence, learn how to work in groups, to share, to negotiate, to resolve conflicts, and to speak out for themselves.
- According to the [24-Hour Movement Guidelines for Children and Youth](#), a healthy 24 hours includes:
 - o **SWEAT:** At least 60 minutes of moderate to vigorous physical activity
 - o **STEP:** Several hours of a variety of light physical activities
 - o **SLEEP:** Nine to 11 hours of uninterrupted sleep
 - o **SIT:** No more than two hours of recreational screen time & limited sitting for extended periods

Public Health

1-877-464-9675

TTY 1-866-512-6228

york.ca/pausetoplay

Things to consider

- **Having a small healthy snack about an hour before active play** can give children the energy they need to play hard and focus better. Ideally this snack is high in carbohydrates and protein, and low in fat like cheese and crackers, yogurt and fruit, or half a turkey sandwich. If the snack is too high in fat, some children may experience stomach problems.
- **Children should be adequately hydrated before going out to play.** Water is a healthy option to satisfy thirst. Your child should drink enough so they are not thirsty, but don't need to go the washroom (usually 1/2 to one cup right before active play).
- **Be aware of the weather.** Consider the temperature, humidex, wind chill, UV index, air quality index and weather warnings. Being dressed for the weather is the first step to enjoying the outdoors. If the weather is:
 - Hot and humid: play in the shade or at cooler times of the day
 - Sunny: wear a bucket hat, cover up, play in the shade, put on sunscreen, and wear sunglasses
 - Cold and windy: wear layers topped off with a hat (that covers ears), scarf, mittens, bib snow pants, a windproof jacket, and insulated waterproof boots
 - Wet and rainy: wear waterproof boots, rain coat with hood and rain pants with elastic or Velcro fastenings at the cuff
 - Poor air quality: play actively indoors until it improves
- Research shows families who eat together tend to eat more nutritious meals. Use mealtimes as a time to talk about your day or plan an activity you will do as a family when you are done eating.

Turn screens off during meals -make mealtime family time.

- **Offer fun alternatives to screen time.** Often children watch screens because they don't know what else to do. If you want your child to turn off the screen, suggest playing a board game, starting a game of hide and seek or playing outside. You could also stock rooms with a TV, computer or other devices with non-screen entertainment (books, toys, puzzles, board games, etc.).



Summer Institute

Looking for summer learning and fun activities for students entering Senior Kindergarten to Grade 8? Summer Institute offers academic, recreational and athletic programs and activities with intentional links to the Ontario Curriculum.

The program runs for six weeks during July and August. It is offered at 11 school sites around York Region.

For more information on dates, programs and locations, please visit the Summer Institute page on www.yrdsb.ca.

Families can register online, as well as in person or by mail.

Base Registration Weekly Fees:

York Region District School Board students: \$110 (4 day weeks) \$125 (5 day weeks)

Non- York Region District School Board students: \$135 (4 day weeks) \$160 (5 day weeks)