

# Charlton P.S.

## THE CHARLTON CITIZEN



### April Issue

**This edition of the Charlton Newspaper is brought to you by**

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## Goodbye, Ms. Rawji!



This time, the monthly "Get to Know the Charlton Staff!" section will be postponed because of the departure of Ms. Rawji.

Ms. Rawji joined the Charlton family last year and it has been an amazing year with her here. She makes Charlton a better place because of her joyful and happy personality. Everyone from the Charlton Family said their goodbyes and wished her good luck at her new school Red Maple Public School. She was an optimistic, empathic, and responsible teacher... She was involved in many activities such as the Diversity Dance club and the Leadership team. Her kind spirit made her stand out and she made a huge difference while she was here. She was a hard worker and always gave her best in everything. Ms. Rawji always volunteered for activities and clubs that she thought she could help in. She put many hours into everything she does even with a small baby at home; the Charlton Family will sincerely miss her and we will always remember her.

We asked a few staff members and students what they thought about Ms. Rawji. We are amazed to see all of the wonderful things she dedicated to Charlton Public School.

"I not only consider her as a colleague but as a friend, she was a pleasure to be around."

-Mr. Kim, teacher

"She is dedicated person who tries hard in everything she does."

-Mr. Goron, teacher

"Her positive energy impacted the staff and students; she always went the extra mile for all of us even though she knew her stay would be short."

-Mrs. Speed, Secretary

"I'm going to miss her very much; I enjoyed working with her and the Diversity Dance Club. Charlton's doors will always be open for her."

-Ms. Fuentes, teacher

"She has a great sense of humour and amazing fashion sense; Ms. Rawji initiated a lot of different activities for our school."

-Mr. Vaz, teacher

"She was very enthusiastic a great friend and supporter of people on staff."

-Mr. Craig, teacher

"Rarely have I seen an occasional teacher throw herself into greater school life as she did at Charlton. She not only effectively taught her primary students, but also connected with the Junior and Intermediate students by initiating and running the Diversity Dance Club, and the Student Leadership Team. She is one in a million!"

-Mr. McNaughton, principal

"Ms. Rawji has been an amazing captain of the leadership team throughout this year. On behalf of the leadership team and myself, I would like to thank Ms. Rawji for great self-dedication and effective work."

-Daniel H. of the Leadership Team

"Ms. Rawji makes flowers bloom; always happy and positive."

-Richy R., student

"Ms. Rawji saw our potential, and without her, all these fun activities the school had a chance to participate in wouldn't have happened."

-Parnia S. of the Leadership Team

In conclusion, we want to thank Ms. Rawji for everything!

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## March Break Adventure

It was a cool March break, colder than usual; Sam could feel it in his bones. He hugged himself as he slowly made his way to John's house, walking against the wind. After a cruel 30 minutes, he finally made it, only to be greeted with an empty house. He sighed, knowing this is what happens when you don't plan where to hangout. He sat down in front of the steps of the house, where the wind was calmer. He took out his phone and wrote a quick text to tell his mom to pick him up at a local park. He started to walk, slowly, as he knew that his mom would take long to come.

When he finally made it to the park, his fingers were numb, and he had curled his toes in his Converse, like a turtle retreating into its shell. He sat down on a bench and started to write a Facebook status about how cold it is. A few minutes passed before he had already earned 96 likes on his post, with a bunch of agreeing comments. Minutes that felt like hours passed, and he decided that he should walk a bit again, as sitting was going to turn him into a snowman. He started whistling a light tune, but he stopped quickly, as he heard a questionable noise. A grunt and mad grumbles were coming from the playground. He slowed down, a bit scared and confused why anyone would be out in this freezing weather.

"Hello?" He said in a singing voice, and was responded with silence. He stopped and decided to think about what he should do. Curiosity and boredom got the best of him and he decided to find out who it was. Maybe a fellow Charlton Cheetah? He slowly tiptoed towards the playground, but when he finally reached the park, he was greeted only by a screeching swing pushed by the wind. Sure that his mind was playing tricks on him, he started to turn around and sighed, thinking that the howling wind was playing tricks on him. He took out his phone once again and was about to walk back to his bench, but he smacked right into someone that haunted every kids nightmares, someone, or something, that belonged in a swamp. It was...

TO BE CONTINUED...

BY: Parnia S.

## April message from the Healthy Schools Committee

Cooking with your family is a great way to connect while learning important healthy eating habits. Ask your parents to cook a healthy meal with them today! Here is a family-friendly spring recipe from the Heart and Stroke Foundation:

### Zesty Bean Dip and Chips



This recipe takes dip and chips to a whole new level.

Prep Time: 5 minutes

Cook Time: 8 minutes

- 6 small whole wheat flour or corn tortillas
- 4 mL (3/4 tsp) chili powder
- 1 can (540 mL/19 oz) black beans, drained and rinsed
- 125 mL (1/2 cup) medium or hot salsa
- 1 mL (1/4 tsp) grated lime rind
- 30 mL (2 tbsp) lime juice
- 1 small shallot, minced
- 2 mL (1/2 tsp) ground cumin
- Pinch fresh ground pepper
- 45 mL (3 tbsp) chopped fresh cilantro
- 30 mL (2 tbsp) chopped fresh basil (optional)

Cut each tortilla into 8 wedges and place in a resealable plastic bag.

Spray tortillas with cooking spray and sprinkle with chili powder; seal and shake bag to coat tortilla wedges. Place on large baking sheet and bake in preheated 200°C (400°F) oven for about 8 minutes or until golden and crisp. Let cool completely before using.

In a food processor bowl, puree beans, salsa, lime rind and juice, shallot, cumin and pepper until smooth. Scrape into bowl and stir in cilantro and basil, if using.

Serve with tortilla chips.

Makes 12 servings.

<http://www.healthycanadians.gc.ca>

## Fun Fact:

Did you know that the original Charlton Family had 14 children?

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