

# COLEDALE COUGARS



April 2017



Coledale Public School  
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[www.coledale.ps.yrdsb.ca](http://www.coledale.ps.yrdsb.ca)  
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Principal: Catherine Arnold  
Vice-Principal: Shelley Anand  
Trustee: Billy Pang (647) 461-9965  
Superintendent: Peter Tse (905) 940-7800

## A Message From The Administrative Team

Spring is finally here! It is hard to believe that there are only two months left in our 2016/17 school year. There are many school activities that are underway such as ECO Club, Chess Club, Art Club, Games Club Band and Student Council. It is a wonderful way for our students to get involved at Coledale. April was a busy month at Coledale, we celebrated World Autism Day and Earth Day. Students participated in a variety of different activities to demonstrate stewardship and reduce their environmental footprint. We also offered a Zones Workshop for families with children in Grades 1-3. It was wonderful to see Coledale families co -earning with us!

As the weather gets warmer it is important to encourage children to engage in physical activity and outdoor play. Children need 60 minutes of heart pumping activity each day to be healthy. This activity helps children to improve their fitness, grow strong, maintain a healthy body weight and do better in school. Reducing the amount of screen time (TV, computers, Nintendo DS and iPods/phones) will give children enough time to play outside.

From May 25th to June 1st students will be participating in EQAO. Please note that students do not need to study for the test; they are simply asked to demonstrate what they already know. EQAO tests are based on The Ontario Curriculum, which details the knowledge and skills that students are expected to develop in each subject at each grade level. Many parents ask how they can support their child in writing the test. The best way to help your child is by supporting his or her success at school throughout the year! Parents /Guardians are requested to make every possible effort to avoid scheduling appointments during this period. For further information about the assessment, visit EQAO's website at [www.eqao.com](http://www.eqao.com).

Please follow us on twitter @ColedalePS in order keep up to date on school activities and events.

*Catherine Arnold*  
*Principal*

*Shelley Anand*  
*Vice-Principal*

## A MESSAGE FROM OUR SCHOOL COUNCIL

Spring Fling is fun and so is Spring Fling preparation! We invite all families to come join the fun on **June 1, 2017!** Purchase your food and unlimited activity wristband early for a reduced price. We are looking forward to meeting families and enjoying the evening as a Coledale Community!

Our next CPAC meeting will be June 14<sup>th</sup>, **all parents are welcome to attend. It's a great chance for you to get updated on what is happening at Coledale.** Research has shown that student achievement improves when parents play an active role in their children's education, and good schools become even better schools when parents are involved.

Zhanyuan Hu & Lawrence Li  
Co-chairs, Coledale Parent Advisory Council

## SPRING FLING

Come support Coledale Public School and enjoy an evening filled with many different activities and games ! Spring Fling will take place on JUNE 1, 2017. Currently the school is looking for donations and volunteers . If you have any questions please call the school at 905.940.0123 for more information.



## YRDSB SURVEY FOR PARENTS / GUARDIANS

Parents/guardians are invited to participate in a survey before May 31st. This survey provides an important opportunity for parent/guardian voice. Results will be used to guide planning to support student achievement and well-being.

The English version of the survey is available online. Paper surveys are available in English, Simplified Chinese, Traditional Chinese, Farsi, Gujarati, Hebrew, Korean, Punjabi, Russian, Sri Lankan Tamil, Urdu and Vietnamese. Please contact the school to request a paper copy.

We value your input and encourage you to complete the survey. The information you provide will be anonymous, considered confidential and kept in strict accordance with all relevant legislation. Please contact the school if you have any questions.

## GRADE 8 GRADUATION

Grade 8 Graduation will be held June 19, 2017 at Crystal Fountain.



## EQAO

All students in Grades 3 and 6 will be participating in the 2017 Provincial Assessment of Reading, Writing and Mathematics. Please ensure that your child gets a good night sleep, has a healthy breakfast and comes to school on time. At Coledale , grade 3 and 6 students will be writing EQAO between May 25th—June 1st. Please avoid withdrawing your child for holidays or making appointments for your child during the school day between May 25h and June 1st, 2017.

## CURRICULUM CORNER

Games and puzzles provide students with an opportunity to learn math. Through games you can introduce your children to the language that mathematicians use. Here are some fun games to try at home with your children.

### THE BROKEN CALCULATOR GAME

- Ask your child to pretend that the number 8 key on the calculator is broken. Ask how he or she can make the number 18 appear on the screen without the 8 key. (Sample answers include  $20 - 2$  and  $15 + 3$ ).
- Ask other questions of the same type by using different “broken” keys. Make this task easier or more challenging by varying the number your child must show on the calculator.



### THE OFTEN, SOMETIMES OR NEVER GAME

- Have your child draw pictures of or talk about things your family does always, often and sometimes and some things your family never does. Ask your child what other everyday events he or she could talk about by using this kind of language.
- Try this game during a car ride. Call out events and have your child decide whether it is something that is likely, is not likely or will never happen. You are limited only by your imagination! For example:
- We will swim in January.
- We will swim outside in January.
- A horse will fly through our kitchen window.
- The leaves will change colour in the fall.
- A dinosaur is coming to the local zoo.



<http://www.edu.gov.on.ca/eng/literacynumeracy/parentGuideNumEn.pdf>

## ECO CORNER

There are many simple things we can do to save water. Learn from the water-efficiency hero Flo what you can do today to help protect our water supply!

### TURN OFF THE TAP

Just by turning off the tap while you brush your teeth in the morning and before bedtime, you can save up to 8 gallons of water! That adds up to more than 200 gallons a month, enough to fill a huge fish tank that holds 6 small sharks! The same is true when you wash dishes. Turn off the tap! Scrape your dirty dishes into the trash—then put them in the dishwasher.

### SHOWER POWER

Taking a shower uses much less water than filling up a bathtub. A shower only uses 10 to 25 gallons, while a bath takes up to 70 gallons! If you do take a bath, be sure to plug the drain right away and adjust the temperature as you fill the tub. To save even more water, keep your shower under five minutes long—try timing yourself with a clock next time you hop in!  
<https://www.epa.gov/watersense/watersense-kids#tab-2>



## EQUITY CORNER

Child and Youth Mental Health Week is held between May 1st-5th, 2017. It is aimed to reduce the stigma experienced by those struggling with mental health challenges. Stigma refers to negative stereotypes and is often associated with mental illness. Stigma is a key reason why those experiencing mental health concerns often do not seek help. Coledale is encouraging our community to support for those struggling with their mental health. Let's Break the Stigma and show our support through words of encouragement.  
[www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)

## CHARACTER EDUCATION

It is important that we support our children in becoming responsible global citizens. We do this by embedding character development throughout our school in an intentional manner. The character trait we will be learning about this month is Honesty. Our students are learning that Honesty means *We behave in a sincere, trustworthy, and truthful manner.*



## CHESS CLUB



Coledale Public School had an excellent year for Chess Club. We participated in the Markham Chess N' Math Association Tournament in February where we won three first place medals among grades 3, 5, and 8. In addition to this we won two 2<sup>nd</sup> place medals and one 3<sup>rd</sup> place medal. Our final tournament was at Randall Public School on April 1 where we did very well. Next year in December, Mr. Wellman and Ms. Harding are hoping to put together another strong Chess Team from among the students at Coledale. Any students from Grades 1 through 8 who are skilled in chess, in the process of learning chess, or interested in learning chess without any prior experience, are welcome to try out in December. All are welcome. A big Thank-you goes out to the 2016/2017 chess players at Coledale for coming out and trying their best.



## JUNIOR GAMES CLUB



Coledale's Junior Games Club is up and running! Junior students meet weekly to play new games and have an opportunity to develop skills!

## LIBRARY NEWS

May is Asian Heritage Month! At Coledale we have many resources available for our students to explore in order to learn the contributions made by Asian & South Asian Canadians.



## ZONES OF REGULATION



On April 27, 2017 Coledale hosted a Zones of Regulation Workshop for families. During the workshop we learned about various coping strategies our children can use to help themselves when they feel stressed, anxious or sad. Self regulation allows children to be set up for success and for happiness. It is an important life skill.

We also spoke about the importance of having a growth mindset. Some videos that you can watch at home with your children are: <https://youtu.be/2zrtHt3bBmQ>  
<https://youtu.be/IOaFwwLyTRo>

Thank you to all our families who came to learn with us. Thank you to Trustee Pang for his support. A special thank you to Ms. Lui and Ms. Payne for planning this session. We look forward to continuing to build a strong home school partnership to ensure high level of success for our children.

## FIDGET BOXES

At Coledale, some of our students shared how they use fidget toys to support their learning. As a staff we increased our own understanding and invested in classroom fidget toys.

Fidget toys are self-regulation tools to help with focus, attention, calming, and active listening. Fidgets come in all different shapes, sizes, and textures. Things such as, stress balls, tangles, and squigglets can all be used as fidget toys to promote movement and tactile input that is critical for some student's learning.

Students who have trouble regulating sensory input can easily become distracted, seeking out sensation to either stimulate or calm their nervous system. Fidgeting gives them this input, usually in a way that is disruptive to both them and their classmates - wiggling, biting their nails, doodling, moving about the classroom.

A fidget toy is an object that the student can use to get this input in a less distracting way. They can help improve concentration and attention to tasks by allowing the brain to filter out the extra sensory information.

- Adapted from: Autism Ontario -





# GOOGLE CONTEST

We have EXCITING news at Coledale, Leo our grade 3 student is one of three finalists for Doodle4Google Canada!

Please take a moment to support Leo! Vote for his google doodle. You can vote as many times as you want between now and the end date of June 2<sup>nd</sup>.

Message on Doodle4Google Canada:

Young artists from across Canada submitted their visions for Canada's future. Now it's your turn to help by voting for as many of your favourites from each group below as you want.

By voting, you're helping to decide this year's Doodle 4 Google winners and contribute technology awards to their communities. The national winner will also get a university scholarship and have their artwork featured on [Google.ca](http://Google.ca) for a day.\*

You can vote as many times as you want. Make sure to vote for all of your favourite doodles today to help decide Canada's next Doodle 4 Google winner!

<https://doodles.google.ca/d4g/vote.html#d=d1-1>



Congratulations Leo! We are so proud of you!

# INTERNATIONAL LANGUAGES PROGRAM



DR. BETTE STEPHENSON CENTRE FOR LEARNING  
INTERNATIONAL LANGUAGES PROGRAM

## INTERNATIONAL LANGUAGES PROGRAM- SECONDARY CREDIT PROGRAM 2017-2018

Why Study International Languages at High School?

Language is our connection with our community and the world. Through language we identify the world around us, express our concerns and hopes, and share our experiences and ideas.

So what are you waiting for?! Now is the time to take advantage of this opportunity and register for a YRDSB International Language CREDIT course of your choice! We offer CREDIT courses in 15 languages at 4 high schools.

### Learning another language...

can enhance intellectual functioning

strengthens first language skills and facilitates learning additional languages

creates pride in one's own cultural background and better understanding of other cultures

enhances career options (source: <http://www.ilea.ca> 03/11/15)

COURSE	Level 1 (Grade 9/10)	Level 2 (Grade 11)	Level 3 (Grade 12)	SCHOOL LOCATION			
				MIDDLE-FIELD C.I.	RICHMOND HILL H.S.	THORNLE A S.S.	UNION-VILLE H.S.
		Prerequisite: Level 1	Prerequisite: Level 2				
ARABIC	LYA BD	LYA CU	LYA DU		Saturday		
CANTONESE	LKC BD	LKC CU	LKC DU	Saturday		Saturday	Tuesday
FARSI	LYF BD	LYF CU	LYF DU			Saturday	
GERMAN	LWG BD	LWG CU	LWG DU		Saturday		
GREEK	LBG BD	LBG CU	LBG DU		Saturday		
GUJARATI	LIG BD	LIG CU	LIG DU	Saturday			
JAPANESE	LKJ BD	LKJ CU	LKJ DU			Saturday	Tuesday
KOREAN	LKK BD	LKK CU	LKK DU		Saturday		
MANDARIN SIMPLIFIED	LKB BD	LKB CU	LKB DU	Saturday		Saturday	Tuesday
MANDARIN TRADITIONAL	LKM BD	LKM CU	LKM DU	Saturday		Saturday	
MANDARIN SIMPLIFIED ADVANCED PLACEMENT			LKB DUE	Saturday			
PUNJABI	LIP BD	LIP CU	LIP DU	Saturday			
RUSSIAN	LRR BD	LRR CU	LRR DU		Saturday		
SPANISH	LWS BD	LWS CU	LWS DU		Saturday		
TAMIL	LIT BD	LIT CU	LIT DU	Saturday			
URDU	LIU BD	LIU CU	LIU DU	Saturday			

Register online via *Career Cruising* commencing May 1<sup>st</sup>, 2017.

Once you have registered, print a sign-off sheet and get your parents to sign for parental approval

Students who have pre-registered in class will not need to register again in September

Attend the first class according to the above schedule and bring your signed Career Cruising Sign-off Sheet

Course locations will be posted in the foyer of the International Languages school on the first day of class



# CAREER CRUISING

For York Region District School Board Grade 8 students, you must use the Career Cruising Course Planner to register for International Languages Credit Program offered at Saturday School or Tuesday Night School. Career Cruising can be accessed wherever you have Internet access.

**How to access and register for Continuing Education courses:**

1. Go to [www2.careercruising.com/default/cplogin/YORK](http://www2.careercruising.com/default/cplogin/YORK)
2. Login in by entering your username (YORK-XXXXXXXXX where XXXXXXXXXX is your 9-digit student number). When logging in for the first time, the password will be the student's birth date using the format mmddyyyy. The system will prompt the student for a new password after successfully logging in the first time.
3. To retrieve a lost password, click on the words "Forgot my username and/or password" found under the login box. On the next page, enter the email address that you originally entered when you first logged in to the portfolio home page.
4. To register for the Continuing Education course you wish to take, on the left hand side of the screen under



click on

5. On the right hand side under the heading
6. Choose the "Continuing Education Type" from the drop down menu – **International Languages Credit Program**
7. Choose the Discipline from drop down menu.
8. Using the drop down menu under "**Discipline**", Select - **Classical and International Languages** next **select** the course you wish to take and click on it. (All the Courses which are available will listed by Code course and Languages Name). Ensure that you have selected the Level 1 course in your desired language.



click the following



Course / School	Credit	Type	Grade
<input type="checkbox"/> <b>LIGAD1 Gujarati, Level 1</b> Middlefield International Languages Night School Sa	1	Academic Regular	n/a
<input type="checkbox"/> <b>LIGBD1 Gujarati</b> Middlefield International Languages Night School Sa	1	Academic Regular	n/a
<input type="checkbox"/> <b>LIGDU1 Gujarati, Level 4</b> Middlefield International Languages Night School Sa	1	University Regular	n/a



9. Choose this will submit your course request.
10. The Coned course will now appear listed in the column before **Year 9 – called Previous.**



11. Once you have registered you must click on the button on the course planner to print the sign off sheet and get your parent to sign for parental approval. Return sign off sheet on first class of International Languages Credit School Location.

# May 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1 <i>Scientist In The School Grade 7</i>	2	3	4	5 <i>Scientist In The School Grade 8 Area Badminton</i>	6
7	8	9	10 <i>Gauss Math Competition</i>	11 <i>Spring Arts 6:30pm</i>	12	13
14	15 <i>Grade 8 Grad Trip</i>	16 <i>Grade 8 Grad Trip School Council 7pm</i>	17 <i>Grade 8 Grad Trip</i>	18 <i>Grade 8 Grad Trip</i>	19 <i>Track &amp; Field</i>	20
21	22 <i>Victoria Day No School</i>	23	24	25 <i>EQAO Grades 3-6 Welcome To Kindergarten Night 6pm</i>	26 <i>EQAO Grades 3-6</i>	27
28	29 <i>EQAO Grades 3-6</i>	30 <i>EQAO Grades 3-6</i>	31 <i>EQAO Grades 3-6</i>			