

# COLEDALE COUGARS



Coledale Public School  
60 Coledale Rd, Markham, Ontario L3R 7W8  
(905) 940-0123 Fax (905) 940- 9760  
[www.coledale.ps.yrdsb.ca](http://www.coledale.ps.yrdsb.ca)



October 2015



Principal: Catherine Arnold  
Vice Principal: Craig Barton  
Trustee: Billy Pang (647) 461-9965  
Superintendent: Peter Tse(905) 940-7800

## Principal's Message

We are now into the second month of the school year and as we move forward and decide on ways that we can commit to making Coledale Public School a positive and productive learning experience for everyone, there are actions that parents can take in our efforts to provide a well rounded educational experience for all our students.

One of the key factors for student success is the development of routines which support their learning and educational experiences. By establishing routines at the start of the year, it provides children with consistent expectations. Children thrive with schedules that are easy to understand and accomplish, yet flexible enough to change if needed. Good routines keep children organized and establish an environment of tranquility for all family members. Homework for many children is a part of life that can become easy to neglect and avoid. Children need to understand that homework is an essential part of their schooling that needs to be completed regularly. Creating a homework routine from the start, by establishing a set time for homework, and by creating a designated homework space free from distractions, such as the phone or the television, is integral to success.

One of the busiest times of day is the morning rush. Having a morning routine makes the transition from sleep to "get-up-and-go" easier for everyone. When students are well prepared for the day ahead they will be more inclined to sit, relax and eat breakfast. Waking up at least an hour before it is time to leave for school helps. Having school supplies and necessities ready, in backpacks, and placed by the door the night before is ideal. This allows children to begin their school day on a positive note as they arrive at school on time and ready to learn with all of their required materials such as text books, homework and signed notes. (Adapted from "Routines and Schedules for Children" by Rexanne Mancini, 2007)

Please join the Coledale Public School family in making our students and school a great success. We have a reputation for high academic and behavioural expectations, a talented, dedicated staff, and a supportive community. We intend to maintain these high expectations and with your support and partnership. We look forward to the continued support and active involvement of our parents, volunteers and community representatives in our efforts to provide a well-rounded educational experience for all our students.

## PICTURE DAY

Picture Day will take place October 5th and 6th.

### October 5

Toy Sammut	MacLennan
Wong	Kalantzis
Ciappa	Kayes
McMahon	McGuire
Elsayed	Egleston

### October 6

Clare	Dimitropoulos/Numan
Dell	Labett
Marshall	Young
Wellman	Hoogendam
McAdam	Cheng

# Coledale's School Council 2014-2015

A great way for parents to be engaged in the school is through participation in School Council. School Councils support schools in a number of ways and are an important vehicle for parents to provide input into the decision-making that occurs at a school. We are always interested in having new and diverse voices at the table and we invite all of our parents to attend meetings whenever you are able.

At our September Council Meeting we conducted elections to determine our new Executive Council members for the 2014-2015 school year. **Congratulations to:**

**Co-Chairs: David Chiu & Lawrence Li**  
**Secretary: June Gao**  
**Treasurer: Nandita Sharma & Lynne Tang**

Our next School Council meeting will be on October 21st, 7:00 –8:00 p.m.

## Student Bus Assignments

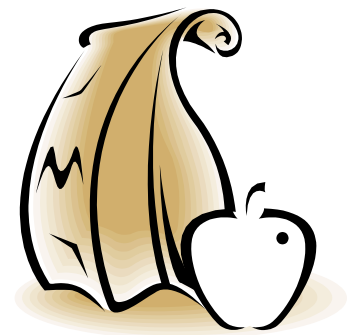
The majority of our students depend on bussing for transportation to and from school. Creating routes and assigning students to buses is a complicated and very involved process, co-ordinated at the Board level. Please ensure that you confirm your child's pick-up and drop-off location and times by checking the "bus stop information" at [www.schoolbuscity.com](http://www.schoolbuscity.com). For student safety, security, and insurance regulations, **students are only allowed to ride on their assigned bus. Students are not permitted to change buses in order to travel to a friend's home or other destination after school.** At the end of each day, students are transported from the school to their assigned drop-off location, unless a parent has been contacted and it is confirmed that the child will be remaining at school after regular dismissal. In such cases the school and parent will confirm how the child is being picked up from school.



## Lunch Drop Off!

This is a reminder to parents who need to bring a lunch to their child to please drop it off on the table outside the office. Please label the lunch with your child's name and teacher's name.

As part of YRDSB's Safe Schools Policy, we ask that parents do not walk the hallways or go to classrooms during the lunch hour. If you need to speak with or pick up your child for lunch, please report to the office first and we will call him/her down to the office.



# Help Us Keep Coledale Safe, Supportive, and Child-Focused for All Students

- All students must arrive on time (8:55 a.m. or 1:45 p.m.).
- All students are required to enter and exit the school only through their assigned door.
- Parents are requested to meet their children at dismissal times outside their assigned entry/exit doors.
- Teachers' names are posted at each door to help students and parents know which door is assigned for their use.
- Parents visiting the school must register in the main office before moving through the halls.
- Lunches should be sent to school with children in the morning. Lunches that are brought to the school later in the day must be left in the main office. Please do not personally delivery lunches to classrooms.

## Welcome to Coledale

**You may have seen a few new faces around Coledale this year, please welcome our new staff to Coledale!**

- **Catherine Arnold- Principal**
- **Craig Barton- Vice Principal**
- **Scott Bowman- Caretaker**
- **Dorie MacLennan- JK/SK**
- **Annelise Neumann- gr5**
- **Valerie Payne- EA**
- **Lisa Russel- Caretaker**



## Restorative Practices at Coledale

At Coledale Public School we continue to use Restorative Practices when addressing concerns that may arise at school. The positive outcomes of Restorative Practices are increasingly evident as students become more cooperative and are more likely to make positive changes in their behaviour. By using Restorative Practices students are learning to use the common language or vocabulary in a safe environment to express and exchange concerns. When a situation arises they learn to play an active role in addressing the problem and making things right. In the long term, it helps students take ownership for solving problems as they learn the skills and language of problem solving. The language assists the students to come to a mutually acceptable understanding. Long term goals of Restorative Practices also include reduced rate of bullying by students, reduced rates of absenteeism by students, reduced aggressive and violent incident rates at recess and lunch time, and reduced rates of suspensions as students develop the skills to problem solve on their own or with their peers.



# Limited Class Interruptions

We value instructional time at Coledale P.S. Our office staff has been instructed not to interrupt classes unless there is an emergency situation. Please make arrangements, in advance, if your child is to be picked up for an appointment and provide a note to the teacher. As well, please make sure that any arrangements made for lunch or after school are done with a note so that calls do not need to be made into the classroom.

**Your support in protecting instructional time for our students is most appreciated.**



## Student Absences

Please call the office for every student absence and/or late. This may include illness, appointments, personal reasons etc. Please call **(905) 940-0123** and leave a message.

It is important to note that research indicates that significant absence from school has a detrimental affect on student performances. It is for this reason that we discourage extended holidays. If your child is away from school for an extended period of time this will undoubtedly create gaps in their learning. It is not expected that teachers provide work for students for extended periods of absence from school. As a result we would ask you to consider carefully when withdrawing your children from school.



# K-3 HOMEWORK TIPS



## 1. READ EVERY DAY

**Have a daily reading time.**

**Sit together and hold the book together.**

**Let them share in your busy daily schedule:**

- \* Read traffic, store, and restaurant signs.
- \* Read food labels, schedules, maps, instructions, advertisements, flyers, and brochures.
- \* Read and write greeting cards, thank you notes or letters.

## 2. Talk to your child

- \* Talk about the pictures! “Every picture tells a story.”
- \* Make connections to what he or she already knows, e.g. family, school, friends, places etc.
- \* After reading, talk about interesting and puzzling parts of the story.



## 3. Ask questions:

**Show your child that you are enjoying the book by being curious and asking questions.**

- \* What is this book about?
- \* Why did you want to read this book?
- \* What are you thinking or wondering?
- \* Tell me what you remember!

## 4. Make it fun

- \* Reread your child’s favourite stories as many times as your child wants to hear them.
  - \* Use different voices for different characters in a story.
  - \* Use your child’s name instead of a character’s name whenever it appears in the story.
  - Encourage your child to draw or paint characters and scenarios.





Each year, our students celebrate the long-standing tradition of Halloween. Students celebrating this occasion in costume at our school must comply with the Safe School's policy. Costume accessories including, but not limited to, toy guns, knives, axes, swords, etc. are not in compliance with York Region District School Board's Safe Schools Policy #668.0. Please **DO NOT** send these accessories to school with your child.

Please note that this policy applies to all students at all levels, including Kindergarten. Thank you for your understanding. We look forward to having a safe and enjoyable Halloween.

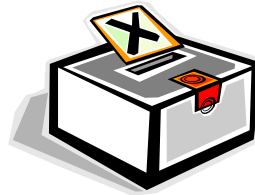
## Safety Tips for Children Before Trick-or-Treating this Halloween

- Wear a properly fitted costume that is bright and non-flammable.
- Use reflective tape on your costume so you can be seen in the dark.
- Use face make-up or enlarge the eyes on your mask so you can see well. When wearing a mask, push it up on your head while walking.
- Visit the front door of well-lit homes and never go inside.
- Plan a route close to home and a time to be home.
- Have a trusted adult check your treats before eating them.
- Go with an adult or a group of friends.
- Only nut-free/peanut free treats can come to school for snacks!

## Coledale Student Council Elections are Coming Up!

During the beginning of October grade 7 and 8 students interested in Running in the school elections will be seeking a position for one of the following responsibilities;

1. Prime Minister
2. Environmental Representative
3. Character Representative
4. Diversity and Well-Being and Representative
5. Sports and Spirit Representative
6. Technology Representative



Good Luck to all our students who are interested in running in the election!

More information to follow!



# PARENTS – Please Help Us Ensure a Nut Sensitive School



## **POST ME ON YOUR FRIDGE FOR EASY REFERENCE**

Packing healthy, nutritious, tasty lunches that children will actually eat is a tough task! Make sure that your child's lunch can be enjoyed at school by paying attention to what's in the lunches you make. Always read ingredients carefully and check with the manufacturer if you are not sure if something contains tree nuts. The following is not intended to be an all inclusive list, but it provides some guidelines and assistance for preparing "nut free" lunches.

### **Foods or ingredients that definitely are or contain tree nuts:**

- All tree nuts, including almonds, brazil nuts, cashews, filberts (hazelnuts), hickory nuts, macadamia nuts, walnuts, pecans, pine nuts (pinon or pignoli), pistachios, nangai nuts, beech nut, butternut (a species of walnut), chestnut, coconut, ginko nut, lichee nut, pili nut, sheanut
- Artificial nuts could be peanuts that have been deflavored and reflavored with a nut, such as pecan or walnut
- cold pressed, expressed, or expelled peanut oil
- ground nuts
- mixed nuts
- Nu-Nuts® artificial nuts
- peanut butter, Nut meal, Nut butters, Nut extracts, Nut oils
- Marzipan (almond paste)
- Pesto (made with pine nuts)
- Gianduja (a mixture of chocolate and nuts found in some chocolate)
- Mandelonas (peanuts soaked in almond flavoring)
- Nougat
- Pralines

### **Things to watch out for:**

- Baked goods such as cakes, muffins, cookies, pastries
- Cereals, muesli, trail mix, granola and granola bars cereal bars
- Crackers
- Mortadella (a sausage that sometimes contains pistachio)
- Candy and chocolate

### **Ingredients that may contain tree nuts:**

- Natural and artificial flavoring
- Lecithin (soy lecithin is nut-free)
- hydrolyzed plant protein
- hydrolyzed vegetable protein
- Peanuts

## No Food Please!

To best ensure the safety of students and staff members who may suffer from life-threatening food allergies, and to support the religious and cultural values of many of our families, we continue to ask that parents **please DO NOT send food to school to celebrate your child's birthday**. For the reasons mentioned above, many students are unable to eat various foods and therefore, too often, food that arrives at school is unable to be shared. If you do wish to send something to school on your child's birthday, then **please consider some alternatives to food**. Colourful and decorative pencils, erasers, book marks and stickers are always well received by children, as are small loot bags containing a few dollar store items. Alternatively, why not consider donating an age-appropriate book to your child's classroom library?

If a teacher determines that a specific situation or event in the classroom may/can include food, families will be informed ahead of time, and all food will be confirmed as "nut free", according to product ingredient labels.

Your ongoing support of this very important practice is appreciated. Please feel free to contact the main office if you have questions about this practice.

## Allergy Alert!

Several Coledale students have severe, potentially life threatening allergies. The most common of these include peanuts and nut products. We continue to ask all members of the Coledale community to be conscious of this when sending lunches and snacks to school. Please do not send any food that contains or is labelled "may contain" peanuts, nuts, peanut and nut by-products, peas, or peanut butter. A reminder that food items are not allowed at school for birthday celebrations. Thanks for your support in making Coledale an allergy sensitive school.

# October 2015

**Sun**      **Mon**      **Tue**      **Wed**      **Thu**      **Fri**      **Sat**

				1	2	3
4	5 Picture day	6 Picture Day	7	8	9	10
11	12 Thanks- giving	13	14	15 HepB & HPV Gr7&8	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween