

David Suzuki Public  
School

45 Riverwalk Drive  
Markham, L6B 0L9  
905-209-0435



## Principal

Nancy Dodds

\*\*\*

## Vice Principal

Shelley Anand

\*\*\*

Admin Assistant

Linda Bond Smithson

\*\*\*

Secretary

Gail Koidis

Denise Sumi

\*\*\*

Superintendent

Dr. Lisa Walsh

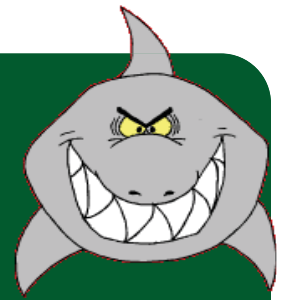
\*\*\*

Trustee

Juanita Nathan



# SUZUKI SOURCE



[davidsuzuki.ps.yrdsb.edu.on.ca](http://davidsuzuki.ps.yrdsb.edu.on.ca)

VOLUME 4

DECEMBER 2013

## Principal's Message

As our first term draws to a close, I would like to again thank our staff and you, the parents, for working together to provide our children with excellent programs here at David Suzuki.

Thank you to all the parents who attended our parent/teacher interviews. Over **96%** of parents were interviewed in person or by phone which is fabulous. As I've said before, good communication between home and school is vital for a student's success. Please be sure to celebrate your child's successes and praise him/her for working so hard during the first 3 months. Going to school is hard work! Set achievable goals for next term with your child. Be sure to ask him/her questions about school work and check the agenda daily for homework and important information. Your continued support in this matter is greatly appreciated by the staff here at Suzuki!

## Vice-Principal's Message

It was wonderful to see all our families in the school for parent teacher night. It is important that we continue to work together as partners to ensure student achievement. It is important to take time and sit and review next steps, strategies and goals that were suggested by your child's teacher.

As the holiday season arrives it is important that we support our children in becoming 'media literate'. As our children engage with messages on television, video games, internet, books and art forms we must support them in thinking critically about the messages that are being presented and how to interpret them. Some questions that you can ask your child as they engage with media are:

What is the message being presented?

What does this message mean to you?

Why is the message being presented in this way?

Whose point of view does it reflect?

What techniques were used to capture your interest?

Children interact with media and learn a great deal about the world around them, it is important that we use this opportunity to engage in dialogue to understand the messages being presented. I wish you all a happy, safe and restful holiday season and a very Happy New Year! See you in 2014!

## Character Matters - COURAGE

November's focus was on Courage. We have a lot of students who demonstrate courage on a daily basis which is very important character trait. I know the staff are pleased and impressed.

Congratulations to our Courage winners:

Miss Lim JK/SK:	Ryan, Tristyn, Deepika, Nikhil, Thivigan
Mrs. Khalil JK/SK:	Joshua, Sophia, Akshaya, Sohani
Mrs. Gertsakis JK/SK:	Abia, Praveenan, Shabi, Vitthagana
Miss Halliday JK/SK:	Inaya, Aashia, Alexandros, Laksha, Shanuka
Mrs. Barovier 1:	Naya, Shiroth
Mrs. Tsiampouris 1:	Devina, Angelina
Miss Chan 1:	Tyler, Arya
Miss Steele 1:	Adshaya
Mrs. Neveu 2:	Peter
Miss Fairclough 2:	Timmy, Ethan
Mrs. LaMarca 2:	Ariaan, Ansh
Ms. Shum 2:	Mihir, Sachgin
Mr. Hwee 3:	Baljeevan
Ms Arkeveld 3:	Faiz, Arden
Mrs. Michael 3:	Thooyon, Ashley
Mrs. Nedelkovski 3:	Kubi, Nivetha
Mr. Kafieh:	Sachin



The character trait for the month of December is **EMPATHY**. “We strive to sense and appreciate the emotions of others, to “stand in their shoes.”

We demonstrate appreciation of, and concern for their feelings. We try to understand issues from their perspectives even though we may not agree with them personally.” We look forward to this character being observed through the hallways and classrooms at David Suzuki.

# Holiday Concert

## **Attention Parents!**

The Suzuki Holiday Concert 2013 is fast approaching. Here is some important information regarding the concert.

**Our concert is on Thursday December 12<sup>th</sup>, 2013  
starting at 7:00 p.m.**

If your son or daughter is **participating** they should be at the school **by 6:45 p.m.**

**Doors open at 6:45**

**The Holiday Concert for 2013 will have the following grades and groups performing:**

Grade 1 Miss Steele

Grade 2 Ms. Shum, Miss Fairclough, Mrs. LaMarca, Mrs. Neveu (Led by Miss Ducas)

Grade 3/4 Miss Wilson

Grade 5 Miss Buczkowski

Concert Band (grades 7 & 8)

Dance Club (grades 4, 5 & 6)



*At our Spring Concert, May 8th the other grades will have a chance to perform.*

**We would ask that if you are planning to come and watch the concert please stay for the whole concert and do not leave partway through. Leaving early is very disruptive and is unfair to the students who are performing later in the program.**

Please consider supporting our women's shelter initiative by bringing an item for the shelter in place of admission. (see "Women's shelter letter" for details as to what is needed)

**Don't miss this wonderful event!**

Hope you enjoy the Holiday Concert and have a safe and happy holiday season!

## Reporting Your Child's Absence

You MUST call in your child's absence! We have a 24 hour absence reporting line, clearly state and SPELL your child's name and state their teacher's name as well. If we do not know where your child is we must call the police.

When calling in please indicate whether the absence is an illness, a medical appointment, an injury, Religious Holiday or a parent withdrawal (a day off). If it is an illness please indicate the following:

- Has a fever
- Stomach and intestinal symptoms (vomiting or diarrhea)
- Respiratory breathing cold symptoms (coughing, sneezing and congestion)

*Thank you for your cooperation.*



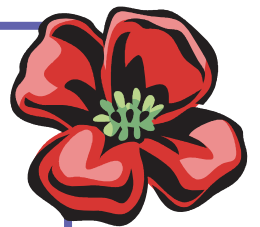
## Good-byes, Best Wishes and Welcome Back

Mrs. Crawford, our Special Education Resource teacher, has decided to retire as of December 31<sup>st</sup>. Mrs. Crawford has been a teacher at Suzuki since our school opened and has done a wonderful job supporting our students and preparing them for what lies ahead in high school and beyond. She has helped the students succeed to the best of their abilities and has provided them with many different learning opportunities. I know the students and staff were sad to hear that she is leaving but we wish her all the best in the future and with all the exciting things she has planned.

Miss Fairclough, our exchange teacher, will be heading back to Australia on December 28<sup>th</sup>. It has been great having her on the Suzuki staff. She has shared lots of teaching ideas from "Down Under" with our staff and has taught her students many things about her country. We wish her all the best as she goes from our cold Canadian winter back to her hot Australian summer! Keep in touch!

## Remembrance Day

On November 11 students and staff attended our traditional Remembrance Day assembly. It gave us an opportunity to honour Canadians, and other people around the world, who have sacrificed their lives in the name of peace and freedom. Student performances were very impressive as they reinforced the message through drama and music. It was a pleasure to have a number of parents, relatives and community members join us for the assembly. Thank you to the committee of staff members for organizing this special event.



## Character Matters - 4A's

Each term and also following progress reports, students are recognized for their outstanding achievements. Each teacher selects a deserving student in each of the following categories: Athletics, Arts, Attitude, and Academics. The homeroom teachers collaborate with the rotary teachers to select these students and awards are presented at the 4As assembly. Congratulations to those individuals who earned awards! The next set of awards will be distributed following term 1 report cards in February and again at the end of term 2 in June.



TEACHER	ACADEMICS	ARTS	ATHLETICS	ATTITUDE
Wilson	Kalen	Amirah	Daanish	Ameeya
Krikorian	Imran	Aswin	Marwa	Harnir
Simmons	Srishti	Katherine	Kayla	Branavan
Ducas	Noor	Agni	Karanveer	Zia
Buczkowski	Thardchi	Jacob	Tyler	Yuvraj
Orr	Ramyan	Savannah	Shan	Emma B.
Maronitis	Mackenzie	Sabrina	Mackenzie	Taha J.
Korman	Mithushaa	Kevin	Mihir	Sanjiev
Benson	Charlene	Faiz, Tooba	Lathushan, Manal	Jessica
D'Alessandro	Haresh, Krupali	Marco	Faizan	Urooj
Scott	Anish, Chelsea	Vanessa	Layla	Osmund
Lowrie	Jenna, Alina	Aarabi	Jainik, Emma S.	Vishali, Zohra







## Halloween Thrill Dance

On October 31st, we held our first annual Halloween Thrill Dance which turned out to be a real thrill!

Students seemed to really enjoy the music as they had the opportunity to bust out their moves! Many participated in our friendly costume and spirit contests. We decided to hold our traditional Halloween themed dance school-wide so that everyone was able to participate. Glow sticks were (optionally) pre-ordered and delivered to your child's classroom if they were in kindergarten to grade five. A variety of treats were sold during our junior/intermediate dance including snacks, drinks and glow sticks. Additionally, many items were donated in support of our food drive. The amount of non-perishable food items that were donated was amazing, and it gave us a fantastic start to our year! Thank you to everyone who made Halloween's Thrill Dance come alive, and thanks to our Suzuki Sharks, our first annual dance was a success! :)

BY ALINA DIEP (Grade 8 Student Council Social Ambassador)

### **Kindergarten Registration — January 17th, 2014**

Kindergarten registration will commence on February 17, 2013 at 9:00 am for the 2014-15 school year. Registration forms are available on YRDSB's website: [www.yrdsb.edu.on.ca](http://www.yrdsb.edu.on.ca). Children who turn four or five years old during 2014, live within the school boundary and whose parents are public school tax supporters will be eligible to register for kindergarten. A kindergarten information session for parents is being planned for this spring. For more information please visit the YRDSB website or contact your local school.

## SCHOOL PARKING LOT AND TRAFFIC FLOW

The City of Markham has recently issued tickets to the owners of some vehicles parked at our school. Please be advised that the City is able to ticket for the following violations:

**Parking in a fire route**

**Parking in a bus route**

**Obstructing a fire hydrant**

**Parking in a designated handicapped space without a permit**



We ask that you take care in abiding by the traffic by-laws, as we do not know when the City of Markham may be making visits to our school. As well, the fines can be quite high and unfortunately, the school has no ability to override a ticket if it has been issued by the City.

### SCHOOL PARKING LOT



There are only enough spaces in our parking lot to accommodate school and daycare staff.

Please **do not park in the parking lot** when dropping off or picking up your children.

Your cooperation with this is greatly appreciated.

Parents familiar with morning traffic know just how congested it can be in the morning in front of the school and in the drop off loop in the parking lot. We strongly encourage students to walk to school. However, if you must use the loop in the morning, **please do not leave the car or wait in the loop at any time.**

There are two lanes of traffic in the loop. Children should not be exiting the vehicle on the driver's side between the two lanes of traffic as this is very dangerous. Your child should be exiting in the lane closest to the school and exiting out the passenger side of the vehicle so that he/she is stepping on to the sidewalk. Once dropped off, students should proceed directly to the schoolyard or Kindergarten fenced area. If you wish to park and walk your child to the schoolyard, **please park on a side street.**



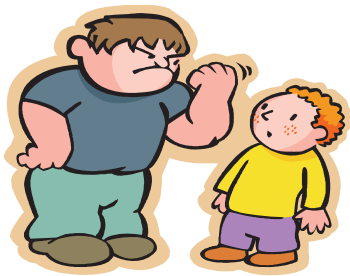
# WHAT IS BULLYING?

If you can spot it, you can stop it!



In the recent Bill 13, *Accepting Schools Act*, now law in Ontario, the Ministry defines bullying as aggressive and typically repeated behaviour by a pupil where the behaviour is intended by the pupil to have the effect of

- **Causing harm, fear or distress** to another individual, including physical, psychological, social or academic harm, harm to the individual's reputation or harm to individual's property
- Create a **negative environment** at a school for another individual
- The behaviour occurs in a context where there is a **real or perceived power imbalance (intimidation)** between the pupil and the individual based on factors such as size, strength, age, intelligence, peer group power, economic status, social status, religion, ethnic origin, sexual orientation, family circumstances, gender, gender identity, gender expression, race, disability or the receipt of special education.



## 10 Things Parents Can Do to Prevent and Address Bullying

1. Consider your own behaviour; be a role model.
2. Establish a code of conduct with your child.
3. Promote diversity and acceptance.
4. Encourage your child to report.
5. Create friendship opportunities.
6. Talk, talk, talk.
7. Problem---solve with your child.
8. Build on strengths.
9. Be ready to listen
10. Be your child's advocate.

## Bullying Prevention Measures

The York Region District School Board (YRDSB) has launched a new web reporting tool that allows students, parents and community members to report bullying incidents as well as positive behaviours and events related to our students and learning environments. The online tool, called **Report It!**, is a web button on the YRSB homepage ([www.yrdsb.edu.on.ca](http://www.yrdsb.edu.on.ca)) that links to an online form where users report bullying or positive behaviours that are consistent with Character Matters. The development of this tool is the result of student feedback from an anti-bullying conference held last spring. It is meant for reporting **non-emergencies only** and deals solely with **student** issues. Follow-up will be determined by the severity of the incident and may involve sharing information with authorities. Users may submit reports anonymously (although anonymity cannot be absolutely guaranteed). YRDSB is also asking students, parents, teachers and community members to "Take the Pledge" against bullying. To learn more, click on "The Pledge" image on the YRDSB website or go to [www.ctvbarrie.ca](http://www.ctvbarrie.ca).



## QUEST CONFERENCE 2013

Hello everyone! We would like to tell you about our experience at the Quest Conference. This year we saw our Premier Kathleen Wynne and heard people speak from Singapore, England and Finland. While there, we shared our thoughts and ideas about how we can improve public education. Also, we shared with other students from York Region schools our class' thoughts on changing the way we learn. We discovered that people around the world teach and learn in different ways. We had no idea that there were so many creative ways public



education can be improved. Overall, our experience at Quest was wonderful and educational for all of us. We had an amazing time and learned so much!

Mr. Maronitis' Class

### This Holiday Season Make a Family's Holiday a Little Brighter 4th Annual Donation Drive to support the Women's Centre for York

As a part of the holiday season David Suzuki School Council will be holding its 4th Annual Donation Drive to support the Women's Centre for York Region. Every donation will help provide the clients of The Centre with support that assists women in developing positive approaches to a healthier and safer lifestyle for themselves and their children, and ensures that their families basic need are met.

This year the drive will be held between

Monday Dec 2nd and Friday Dec 13<sup>th</sup>

Please see the newsletter that was sent home with your child or contact the office for a list of needed items.

Once again, thank you for joining with us to make a positive ripple in our community and for making a personal difference to someone's life.

David Suzuki School Council



## ECO-THEME: LITTERLESS LUNCH



Litterless/Waste-Free Lunch programs and Boomerang Lunch programs are excellent ways to reduce and/or divert waste at your location. Both of these programs can work well in conjunction with a Green Bin/Organic Waste program if you are fortunate enough to have one at your location.

A Litterless/Waste-Free lunch contains no throwaway packaging or food leftovers. Lunches are packed in servings that will be completely eaten. To avoid

any packaging, all food and drinks are packed in reusable containers with a reusable lunch bag or box. With this type of lunch, food items can be bought in larger quantities. The packaging can be left at home for reuse or recycling. Waste-free lunches are not only a wise environmental choice; they are less expensive as well.

With Boomerang Lunch programs, whatever comes to school/office for lunch and snacks and is not consumed, will go back home.

These tips are useful for parents and individuals interested in joining the challenge to reduce waste.

### York Region Health Services' Guide to Packing a Safe and Environmentally-Friendly Lunch:

- ⇒ When preparing food, first wash your hands with soap and warm water, and start with a clean countertop and clean utensils.
- ⇒ In the morning pack cold foods directly from the refrigerator and make sure that hot foods are steaming hot when placed in a thermos. Foods that might spoil should be carried in an insulated bag to keep them cold or hot.
- ⇒ To keep foods cold, use frozen bread for sandwiches, or a small freezer pack with the lunch.
- ⇒ Use cloth bags, lunch boxes, thermos containers, thermal bags and re-usable plastic containers for sandwiches and other lunch foods instead of paper or plastic bags.
- ⇒ Use washable utensils instead of disposable cutlery. Make sure these items are washed every day.
- ⇒ Wrappings should not be re-used because they may carry bacteria.

### Benefits of a Boomerang Lunch Program:

- Parents can see how much food their child is/is not eating.
- Provides communities with the opportunity to re-direct what is placed in the school (such as partially-eaten food, uneaten food, etc.) and re-direct it to the residential curb-side program offered by the Region which is not currently available to all of our schools and administrative centres

### Additional tips from various sources:

- ⇒ Only pack as much food as your child will eat.
- ⇒ Use re-usable lunch bag/box for carrying a lunch.
- ⇒ Put food in reusable containers.
- ⇒ Label all containers so they have a better chance of coming home.
- ⇒ Use a refillable water bottle for drinks.
- ⇒ Use a thermos for cold drinks or hot soups.
- ⇒ Avoid taking plastic straws and disposable cutlery.
- ⇒ Put re-usable cutlery and napkins in your child's lunch box.
- ⇒ Minimize the morning rush by packing lunches the night before and refrigerate over night.
- ⇒ Buy snacks in bulk and send in reusable containers, instead of sending individually wrapped treats.

### Benefits of Litterless/Waste-Free Lunch Program:

- Children learn to care for the planet by reducing, reusing and/or recycling waste.
- In the absence of a green bin/organic waste program, this is an opportunity to divert waste from landfill.
- Potential for healthier snacks (most pre-packaged, single-serving snacks and drinks contain extra salt, fat and sugars for taste and longer shelf life).
- Saves money as it is less expensive to buy food items in bulk and less food is wasted.



## Our Trip to the Fred Varley Art Gallery

On Tuesday, November 5<sup>th</sup> my class and Miss Fairclough's class went to the Fred Varley Art Gallery for a field trip to see and learn about art. First, we talked about the rules of the art gallery. The rules are don't touch the art work, don't run (just walk), don't throw the paint. After that, we looked at different kinds of art. The abstract art was my favourite. Then, we got a partner and made a portrait of them. We used different colour paper. My partner was Jennah. Next, we painted a paper with one cool colour and one warm colour. My hot colour was ORANGE and my cool colour was GREEN. On the hot colour paper I used different materials and painted the cool colour, and the same for the other one. Finally, we coloured pictures of famous people with pastels and we put plastic on them. I coloured a girl. I liked all of the art, but my favourite one was when you colour famous people. It was the best field trip EVER!

Written By: Jordan (Grade 2- Mrs. Neveu's Class)

## A Trip to the Art Gallery

On November 5<sup>th</sup>, me and my friends went on a field trip on a bus. We were going to the art gallery to see all kinds of art. Me, Alvin, and Jashpal were in the back of the bus. It was bumpy at the back. Soon we made it to the Fred Varley Art Gallery. First when we arrived, we were talking about the rules, like keep a hand away from the paintings. Soon we went to a room full of paintings. Some of the paintings were still life's or portraits. Then, after Miss Fairclough's class left the room we did portraits. We had partners and we drew the partners face. My partner was Peter. Next after 10 minutes we went to the studio. We had a paper and we coloured the whole paper a warm or cool colour. One side would have a warm colour and the other would have a cool colour. Soon when we finished we switched. When we were finished we learned about the tools to spread the paint. Some of them were knife, and a popsicle stick. Finally, it was lunch. Mrs. Neveu our teacher handed out our lunches. There was lots of lunches. We ate in the studio. We thought it would be gross, but when we went in it was clean. When I was eating, I had chocolate milk and a sandwich. Soon lunch was finished so we went to another room. We all had a picture of a famous person and oil pastels. We coloured the hair with oil pastels and the shirt. Then we used glue and coloured paper. We glued the paper onto the portrait. When we were finished we let them dry. It was so much fun going on the field trip!



Written By: Raman (Grade 2- Mrs. Neveu's Class)



# iPad/iPod Apps for Primary Students @ DSPS

Online activities and educational Apps are a great way for students to learn new concepts and practice a variety of skills.

Below you will find a few of our favourite Apps at David Suzuki PS. Suzuki students enjoy using these Apps in their classrooms with their classmates and teachers, and would love to use at home with you.

All of the Apps are available through Apple iTunes or the Apple App Store free of charge.

LANGUAGE		
Word Avalanche 	ABC Phonics 	ABC Sight Words 
Ace Writer 	Word Bubble 	Read Me 
Jumbled Sentences 	Rhyming Bee 	Pow-Word 
MATH		
Math Kid 	Math Drills Lite 	
AB Math Lite 	FlashToPass 	
FUN/REFERENCE		
Hangman Free HD 	Google Translate 	

## French Immersion Information Sessions and Registrations

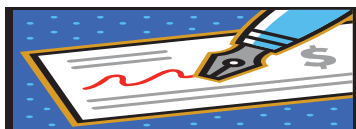
Information sessions for the French Immersion (FI) program will take place at **Sam Chapman P.S.** on January 16, 2014 at 7 p.m. FI registration will begin January 17, 2014. In order to streamline the registration process, parents or guardians of Senior Kindergarten students entering Grade 1 in 2014, and wishing to enroll in the FI Program, can visit or call the school office and request an *Office Index Card - short version*. The Office Index Card must be signed by the principal of the home school. Parents or guardians then take this form, along with one piece of identification showing their address to Sam Chapman P.S. to register between January 17 and February 14, 2014. This eliminates the need to provide duplicate enrollment information or to pre-register.

YRDSB's FI Accommodation Plan provides long-term consistency and equity of access to all students in York Region and will enable YRDSB to continue to offer the FI program to all who wish to enroll. The FI program will be offered in Dual Track or Single Track settings, in a variety of configurations. In order to meet community needs and optimize available space in our schools, a community's Grade 1-8 FI program may be provided over more than one school during the course of a student's FI education. This will allow flexibility in addressing community needs and the opportunity to use existing space in schools. More information is available on the Board's website: [www.yrdsb.edu.on.ca](http://www.yrdsb.edu.on.ca). Please note: Some of the FI accommodation plans will require facility modifications or the development of new schools and will require short-term transition plans that might include overflow while we work toward the long-term vision. Overflow refers to situations in which the Board directs students to attend a school other than their community school or optional program for a specific period of time, as defined in Policy #108.

### Parent Reminder

Many parents write cheques to the school for trips, pizza lunch, etc. It would be greatly appreciated if you could please write your child's name and reason for the cheque on it when you send it to the school.

*Thank you*



arts@baythorn



Would your child enjoy learning the Ontario curriculum through the Arts?

If so, the York Region District School Board offers an Elementary integrated Arts program at Baythorn Public School. Students currently in grades four and five may apply for the arts@baythorn program, where they will have the opportunity to explore the disciplines of Dance, Drama, Visual Arts, and Music while meeting the expectations of the Ontario Curriculum for grades five, six, seven, and eight.

To learn more about the arts@baythorn program, students and their families are invited to attend an information evening at **Baythorn Public School on Thursday, January 16, 2014 @ 6:30 p.m.**

Applications will be on line via the school website and available after January 16, 2014.

[www.baythorn.ps.yrdsb.edu.on.ca](http://www.baythorn.ps.yrdsb.edu.on.ca)

Please call us at Baythorn Public School (905) 889-7992, if you require further information.

Jacqueline Linton  
Principal

Jennifer Rosenberg  
Vice-Principal



Unfortunately we have had a number of issues with Pokemon cards at Suzuki. Cards have been damaged or have gone missing and this has caused a number of problems. Students should not be bringing Pokemon cards to school. They should remain at home where they can be played with appropriately and we don't have to worry about damage/theft. Thank you for supporting this by reminding your children to keep their cards at home. If cards are brought to school, staff will be taking them and they will be sent home.



416 885 3479

Juanita.Nathan@yrdsb.edu.on.ca



*Message from our Trustee*

As 2013 draws to a close, I hope everyone has had a wonderful school year so far. As a trustee, I am always very proud to hear about the great things happening in our schools, thanks to the hard work of our students, staff, parents and community members.

With the school year well underway I hope you have had an opportunity to get involved with the school community. There are many different ways to get involved. Our great schools become even better when everyone in the school community – parents, students, staff and community partners – feels welcome and engaged in the school.

We will begin 2014 with a renewed Mission, Vision and Values statement. They are being updated to better reflect the school communities we serve, and the changes we have seen in education over the past decade. Thank you to everyone who took the time to share their views.

If you have any questions or concerns, please feel free to contact me by email at [Juanita.nathan@yrdsb.edu.on.ca](mailto:Juanita.nathan@yrdsb.edu.on.ca) or by phone at 416-885-3479. If you would like to be kept informed about various initiatives or topics that relates to your child's education and well being, please send me your email address and I would be happy to keep in touch with you on a regular basis.

As we enter the winter months, on behalf of the trustees and staff of the York Region District School Board, I would like to wish you and your families a safe and happy holiday season, and a wonderful start to the New Year.

Juanita Nathan

Trustee | York Region District School Board – Area 4

City of Markham – Ward 7 & 8



## Snowballs



As we grow closer to the winter season and snow, we want to remind everyone of an important rule.

As you know, the safety of our students is our first priority therefore, **students are prohibited from throwing snowballs on school property as it could result in others getting hurt.**



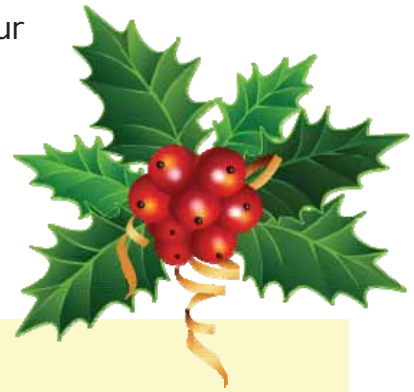
We will remind our students on a consistent basis of the importance of keeping snow on the ground and hope as parents, you will do the same at home. Students are encouraged to build "snow people" or to make snow angels.

Students who do not follow this rule will have consequences ranging from missed recesses to being sent home depending on the number of incidents and the result of the incident. We're confident that our students will remember the rules and not have this happen.

Again, we would ask your cooperation by discussing the above policy with your child. *Thank you.*

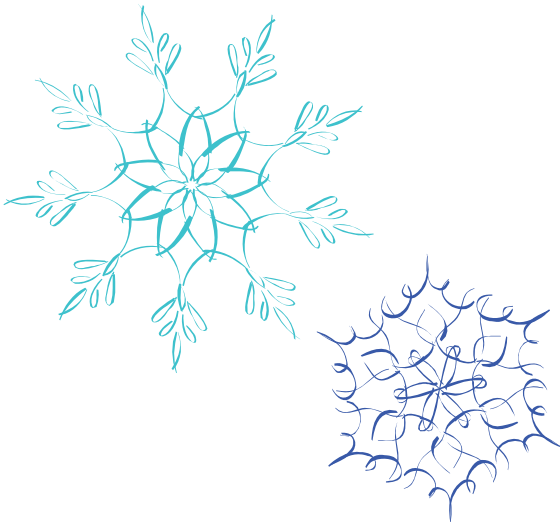
## Lost and Found

We have a number of items in our lost and found boxes inside the front door of the school. If your child is missing any items, please take a look in these boxes - we would like to find homes for everything. Parents, please take the time to look through these items while visiting the school for our Holiday concert.



### Upcoming Dates

Dec. 10	Suzuki's Concert Band at MDHS
Dec. 12	Holiday Concert 7 pm
Dec 16	Character Assembly 12 pm
Dec 20	P.A. Day (no school)
Jan 6	Welcome Back-1st day of school for 2014!
Jan 13	School Council 6:30 pm



## Environmental Corner



### What is GOOS paper?

GOOS paper stands for Good On One Side paper. Instead of putting all of your paper in the recycling bin start a container for your GOOS paper. It is great for drawing on or writing quick notes. Doing this one small thing you will be saving hundreds of trees.

## A Guide to Fats

Once upon a time, our ancestors ate without much thought about fat. Then times changed and it was considered that fats are bad and low fat was the way to go. Now again as we gain more knowledge and information, we know that fats are essential to our health and well-being, and not all fats are created equal. Let's take a closer look at the types of fats and the best cooking uses of different kinds of fats.

### Benefits of fat

Some fat in our diets is vital. Fats are nutrients that give us energy. They help us absorb fat-soluble vitamins A, D, E and K. They are important for growth development and cell functions and some cannot be made by our body processes. They also assist in the proper functioning of our brains and nerves and maintain healthy skin and other tissues.

### Types of fat

Fats are made up of fatty acid molecules containing carbon, oxygen and hydrogen. The more hydrogen than carbon a fat has, the more saturated it is.

Unsaturated fats: are liquid at room temperature and considered the "good fats".

1. Monounsaturated fats – come from seeds, nuts such as avocado, olive, peanut and canola oils.
2. Polyunsaturated fats – come from vegetables, seeds or nuts such as corn, safflower, sunflower and sesame oils.

Saturated fats: are mainly animal fats and are solid at room temperature. These include butter, cheese, whole milk, egg yolks and fatty meats. Some plant fats are also in this category including coconut and palm oils. Once thought to be the "bad fat" and to be avoided, there is now evidence that shows that not all saturated fats are bad and eating the right ones can actually make you healthy. For example, ghee (clarified butter) and coconut oil have many health benefits and have a higher smoking point.

Trans fats: are produced when liquid oil is made into a solid fat through a process called hydrogenation. This process makes oils more stable and less likely to spoil. These would include margarine and shortening. Trans fats should be avoided altogether as they are known to cause major health problems such as heart diseases to cancer. Trans fats are often found in baked goods, fried foods, snack foods and pre-mixed products (such as cake mix, pancake mix, chocolate drink mix).

### Cooking with fats

There are many different types of oils and fats to choose from when cooking. Choose oils for your cooking based on taste, texture and smoke point. The smoke point of an oil or fat is the temperature at which it gives off smoke when heated. A fat starts to break down when it exceeds the smoke point and is not good for consumption. Some fats are better choices for different types of cooking.

Type of cooking	Best choices
High heat cooking	Light olive oil (light in colour and taste not calorie content), Canola oil, Coconut oil, Peanut oil, Avocado oil, Grapeseed oil, Sesame oil, Sunflower oil, Palm oil
Sautéing	Extra virgin olive oil, Safflower oil, Ghee,
Baking	Butter, Extra virgin coconut oil, Canola oil, Almond oil, Grapeseed oil, Palm oil
Dressings/dips	Extra virgin olive oil, Avocado oil, Flaxseed oil, Wheat-germ oil, Grapeseed oil, Hemp oil

### Did you know?

Kid's Kitchen serves hot lunches at your school.

**Leave the lunches to us!** Take a break from making lunches and place your orders with Kid's Kitchen today. Lunches are delivered fresh and hot to children at the school at lunch time. Allergies? No problem, we take care of it all.

For more information visit [www.kidskitchen.ca](http://www.kidskitchen.ca) or call us at 905-944-0210.