## David Suzuki

## Public School

45 Riverwalk Drive Markham, L6B oL9

905-209-0435

## Administrators' Message

February has been an incredible month at Suzuki as we united with the rest of Canada in our support and pride for our Olympic Athletes. We shared daily updates of our medal count in our morning announcements and we visually tracked Canada's progress on the walls of our gym. From time to time, some classes had the opportunity to watch an Olympic Event and, when the Women's Hockey Team won Gold, a cheer resounded through the school!
In our Director's Weekly Blog, his reflections on the Olympics reminded us of the importance of excellence and of the hard work and commitment required to excel, and he encouraged us to strive for excellence in our own pursuits. At David Suzuki, we, too, encourage our students to strive for excellence in all that they do, whether in the classroom, on the playground or on the basketball court. But, we recognize and appreciate that well developed character traits like resilience, optimism, sportsmanship, and perseverance are crucial to the achievement of excellence. And, so, we continue to remind our students of the importance of character on a daily basis and our Olympic Athletes provided us with real-life, real-time illustrations of the results of living lives of character.
At the end of this week, we will be heading off for a week of rest and relaxation before embarking on the final few months of this school year. In the past few days, we have met with all classroom teachers to review their mid-year data and to speak about any of our students who are not progressing as well as would like. This mid-year check-in provides us with the opportunity to monitor student progress and to put additional supports in place where needed. Our goal is to work as hard as we can, all year long, to ensure that all of our students are learning and reaching their full potential!

Have a wonderful March Break!

Yvonne West
Principal Vice-Principal

## Character Matters - Honesty

February's character trait was Initiative. "We act without being prompted by others. We are eager to do what needs to be done without having to be told to do it. We take the first step towards the achievement of a goal."


In March, our focus is on Honesty. "We behave in a sincere, trustworthy, and truthful manner."

## 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.

| TEACHER | ACADEMICS | ARTS | ATHLETICS | ATTITUDE | MOST <br> IMPROVED |
| :--- | :---: | :---: | :---: | :---: | :---: |
| WILSON | Ameeya | Veer | Aditya | Ausha | Daanish |
| SIMMONS | Alyssa | Selena | Branavan | Shreya, | $* * *$ |
| KRIKORIAN | Sarania | Marwa | $* * *$ | Ishani | Anjali |
| ORR | Kate | Nirushan | Akash | Aishani | Bilal |
| DUCAS | Abina | Sydney | Anoushka | Amit | Muqadis |
| BUCZKOWSKI | Ugbat | Lilly | David | Dylan | Ayodya |
| KORMAN | Ashna | Kaley | Matthew | Abarnaan | $* * *$ |
| MARONITIS | Ali, Mackenzie, | Seanna | Jordan | Branavan | Sanjay |
| SCOTT | Vanessa | Chelsea | Jhamal | Sanjay, | Ashley, Liam |
| D'ALESSANDRO | Haresh | Diya | Krupali | Alyssa | $* * *$ |
| BENSON | Charlene, | Faiz, Charlene | Dilani, | Angelina | $* * *$ |
| LOWRIE | Alina | Jenna, Kevin | Daniel | Emma M., Syed | Anna |



## Keeping Our Air Clean! Turn OFF Your Car!

The eco team has been monitoring our parking lot and drop off loop to look for any vehicles that have been left running. We are pleased to report that many vehicles are turned off when we have been monitoring. Please remember that if your are parked from more then 20 seconds you should turn off your vehicle so you don't waste gas or pollute our air!

## Remember to always turn your car or van off when you are waiting!

## SAVE ENERGY!

## Turn Your Computer Monitors Off!

It is important to turn off your computer monitor at school, work and home. If you don't turn off the monitor you will waste energy and this causes stress to the Earth. Think about when you get sick, that's how the Earth feels when we waste energy. You can make a difference by turning off your computer monitor when you are done using it. It's really easy! All you need to do is press a button and turn off your monitor to save energy and electricity. Think Green! You can help by spreading the word and telling your friends and family to turn their monitors off too!


## Curriculum Corner

Math is fun! It is important that we spend time talking with our children about what they are learning at school. When children have the opportunity to develop their own reasoning, they also develop a greater understanding of mathematical concepts.

## Looking for Patterns Among Multiplication Facts

- Allow your child to explore a variety of ways that patterns can help him or her remember multiplication facts. For example, if your child cannot recall the product (answer) of $6 \times 4$ but does know that $6 \times 2=12$, he or she can apply the knowledge of the two times table to the four times table by using the strategy of doubling. When the product (answer) of $6 \times 2$ is doubled, it is the same as the product (answer) of $6 \times 4$.
- If your child cannot recall the product (answer) of $3 \times 7$ but knows that $2 \times 7=$ 14 , he or she can add one more group of 7 to make 21 . This strategy also works for the six times table. Children can use their comfort with the friendly-number five times table to solve the six times table - for example, the product (answer) of $4 \times 6$ is the same as the product (answer) of $4 \times 5+$ one more group of 4 to make 24 .
http://www.edu.gov.on.ca/eng/literacynumeracy/parentguidenum2012.pdf


Congratulations to Ashton from grade 6! Ashton is an award winning competitive tennis player, his latest award is the OTA Cutten Clay Championship. He has been playing competitively since the age of 8 and loves the sport of tennis, it is very fun and keeps you fit and active. He highly recommends this sport.

Maybe we will see Ashton in a future summer Olympics? We will keep watching and supporting him! Way to go Ashton!

## The Young Activist Club

The Young Activist Club would like to tell you a little bit about Who We Are. We believe we are:

> Change Makers!
> Helper's Of the World! A Group Of Children Who Have a Dream! Ordinary People Who Make Injustice Into Justice!

Currently we are exploring the issue of Youth Homelessness. Do you know that being homeless means you do not have a safe place to live? The word youth means children just like us. Did you know that 65,000 young people in Canada are homeless? Our club is trying to raise awareness about this issue and then we will be supporting two youth shelters so that we can help make the world a better place.
$\sim$ Remember, one activist can change the world, every little action counts.~ Mini,Tanya, Angelina, Ayan, Dion, Faizan, Gavein, Haresh, Omar, Taran, Vithushan - Grade 7

## 10 Tips to Help Your Child with Homework

Homework is an important part of learning. When you support your children's homework routine, you can help them do better at school. Here are some simple tips to help get the most out of their homework.

1. A routine is good. Homework can be habit forming and that's good news for you and your child. Work out a homework schedule and make sure children adhere to it. It won't be long before homework is complete without your getting involved.
2. Give space for homework. Distractions and homework don't mix. So do your best to create a bright and quiet space where your child can concentrate on schoolwork. Make sure it's away from distractions like TV, music and loud siblings.
3. Practice makes perfect. Repetition reinforces learning. That's why it's helpful to have kids practice reading, writing and math with you every day. Ten to 15 minutes a day can work wonders, whether reading a favourite book together, or helping measure ingredients in the kitchen.
4. "How was your day?" Every school day is an adventure. Kids will do and learn so much they'll be bursting to tell someone all about it. So take a few moments every day to chat about the school day-and be a good listener.
5. Check in occasionally. When kids do their homework all alone, their concentration can often wander. Check in once in a while and see how it's going. Ask if there are any questions. Sometimes kids just need to talk about a homework problem to figure out the answer.
6. Turn everyday activities into homework. Teachers give homework and so can you. Include children in everyday tasks and assign activities such as searching newspapers, reading recipes, creating shopping lists, plotting out routes on a map, etc. Small activities can often teach big lessons.
7. Make kids proud of their effort. Getting the answers right is important, but it's only part of what homework is all about. Doing a thorough and neat job is important, too. Make it a habit to sit down and go over completed homework. Look at it together for thoroughness and overall quality of work. Always look for something positive.
8. Motivate with applause. "Hey, you did a great job". Words like these have an amazing effect on children. Encouragement gives them confidence and makes them feel good about doing their best. At the end of every homework session, try letting your son or daughter know that you appreciate and admire the effort.
9. Encourage curiosity and questions. Learning really begins when kids start asking questions. Who, what, where, when and why are magical words of discovery that make learning more interesting and fun. Give your children the confidence to ask for help if the homework is difficult or confusing.
10. Know what's going on at school. Unfortunately, kids don't always tell parents everything. Make a point of staying in touch with teachers, especially if you have a question or concern. Let teachers know they can always call you if there is a problem.


## Earth Hour

Earth Hour started in 2007 in Sydney, Australia when 2.2 million homes and businesses turned their lights off for one hour to make their stand against climate change. Only a year later and Earth Hour had become a global sustainability movement with more than 50 million people across 35 countries participating. Global landmarks such as the, Sydney Harbour Bridge, The CN Tower in Toronto, The Golden Gate Bridge in San Francisco, and Rome's Coliseum, all stood in darkness, as symbols of hope for a cause that grows more urgent by the hour.

Earth Hour 2013 takes place on Saturday, March 29th at 8.30pm (local time) and is a global call to action to every individual, every business and every community throughout the world. It is a call to stand up, to take responsibility, to get involved and lead the way towards a sustainable future. Iconic buildings and landmarks from Europe to Asia to the Americas will stand in darkness. People across the world from all walks of life will turn off their lights and join together in celebration and contemplation of the one thing we all have in common - our planet.

## What can you do?

On Saturday, March 29 at 8:30 all you need to do is turn off your lights for one hour. It is also a great time to turn off any electronic devices such as computers, televisions and radios. Use this time to play board games or to tell stories. We will also choose a time during the school day to turn off our lights to show support for earth hour and our planet.

## Please turn off your lights!

## Jack Grunsky Performance

Jack Grunsky Came to our school on February 12 ${ }^{\text {th }}$, 2014. We loved the performance so much because we are his biggest fans. Firstly Jack Grunsky sang a few songs from different countries, continents and cultures. Secondly Jack Grunsky brought instruments from different places he travelled to like the Philippines and he also made some instruments by himself like the key instrument. Finally he sang us some popular songs like Happy Day. It was fun to dance and sing along. In conclusion we thought the performance was great and we felt happy.

By: TVisha and Vinuia in Mrs. Abbi's Class


Jack Grunsky Came to Sing
Jack Grunsky came to sing for the primary students at David Suzuki P.S. He is a famous kid's singer and the students LOVED his songs! We saw lots of interesting instruments because he buys and collects COOL instruments when he travels around the world. One was made with bamboo sticks, and it made a cool noise. We also saw a little piano that was shaped like an oval and he even had an instrument made of keys. We sang a song called Happy Day and lots of other songs. We even danced all around the gym. We hope Jack Grunsky comes back to David Suzuki Public School. We also hope other famous singers can come perform at our school someday.

Written By: Likhitha and Jennah in Mrs. Neveu's Class

## Backpack Alert

Parents, please take a few minutes to lift your child's backpack and check that it is not too heavy for him/ her. Recently, there have been articles in magazines and newspapers about the injuries caused by young children carrying heavy backpacks to school each day. Prevent unnecessary back injuries - don't let them carry everything they own to school each day!


## PEANUT / NUT-FREE TREATS

Please be aware that some of our students and staff have sever nut allergies. In some cases, the allergy is severe and life threatening. In order to ensure their safety, David Suzuki P. S. is a Peanut/Nut Free School and therefore, we request that you do not send birthday treats, snacks or lunches to school which contain peanut or nut products.

The manufacturers listed below are allergy-aware and responsibly provide warning labels on their packaging when there is a risk of peanut/nut contamination. Please REMEMBER that not all products made by these manufacturers are safe. Always read the label to make sure that peanuts/nuts are not listed as an ingredient and the label does not contain a warning such as "may contain traces of peanuts/nuts" below the ingredient list.

| Kraft | Quaker | Kisko Trebor | Allan |
| :--- | :--- | :--- | :--- |
| Christie | Dare | Hostess Frito-Lay | Weston Bakeries |
| Peek Freans | Vadeboncoeu | Humpty Dumpty | Dempster's |
| Kellogg's | Chapmans | Concord Confections | Nestle |
| General Mills | Hershey's |  |  |

IT IS CRITICAL TO READ THE INGREDIENT LISTING EVERY TIME YOU PURCHASE A PRODUCT SINCE INGREDIENTS CAN CHANGE WITHOUT NOTICE. ALWAYS MAKE SURE THERE IS NO WARNING AT THE BOTTOM OF THE INGREDIENT LIST ("MAY CONTAIN TRACES OF PEANUTS/NUTS")

Tim Horton's and cakes from Costco are NOT peanut free. Any birthday treats brought into the school must display the peanut free symbol.



## Earth Rangers Presentation

On February 13th David Suzuki PS hosted the Earth Rangers, an organization dedicated to protecting various species of animals around the world. While teaching students the different ways that they can help protect these animals, the Earth Rangers brought out some of their 'animal friends' for the students to meet.

One of these animals was a beautiful bald eagle that wowed all of the students and teachers alike. It was a truly fabulous visit! To learn more about this wonderful organization visit their website at www.earthrangers.com

On February $13^{\text {th }}$ the super awesome Earth Rangers came to teach us about animals. Firstly we loved when the Earth Rangers showed us some cool animals. They brought a peregrine falcon, a bald eagle, a lemur and a lizard. Secondly the Earth Rangers told us that the turtle, beluga, barn swallow bird and bee are in serious trouble. If we help them it will make a big difference. Lastly the teachers played a cool game that the Earth Rangers made up for them and who ever won got an Earth Ranger button. In conclusion we felt sad because people are hurting the animals. We will help them now because the Earth Rangers showed us how to!

By: Foram and Sharan in Mrs. Abbi's Class

## Suzuki's Activity Day Rocks!

## "So...How was activity day?"

My grade 3 s and 4 s jolt to attention, eyes wide and sparkling, shooting their hands in the air, fingers reaching upward, wiggling with anticipation and excite-
 ment. There are giggles and ooohs and ahhhs as they think back to the day, writhing giddily while awaiting their turn to share. Going around the circle, there are memories of eating crunchy lettuce leaves and cupcakes with sparkles, backflip bouncing, front flip flying, bouncy castle jumping, sculpture painting, dodge ball throwing, trampoline soaring, video game playing, balance beam walking, snow tube flying, slam dunking, food eating, and endless laughing. There are grateful faces, excited hopes to do it again next year, appreciative comments about getting to experience different things, first times, overcoming fears, accomplishing the unknown, sharing with families, moments that will last a life time. The joy in their voices cannot be put into words, the memories they will cherish cannot be adequately written, it's the twinkle in their eyes that say it all.

On behalf of my class and I, thank you to those who helped organize this day and to all the parents who provided this opportunity for our children.

Ms. Wilson


## Suzuki's Activity Day Rocks!



## Suzuki's Activity Day Rocks!



## Thank A Caretaker Week - March 3-7

Everyday, as we move through our school, we easily forget the thoughtful people behind the scenes who keep this building clean and working the way we need it to. This week, we will be making a point of showing our outstanding Caretaking Team the appreciation they deserve. But, let's try to remember to be mindful to show them our appreciation every single day of the school year!

THANK YOU
"/ MII

## Staff Update

In this past month, 3 of our teachers have left for their Maternity Leaves and thus we have hired Long Term Occasional Teachers to replace them.
Mrs. McMichael's Grade 3 class is now being taught by Mr. Kawnik; Mrs. Shum's Grade 2 class will be taught by Miss Suganth; and Mrs. Carter's Phys Ed assignment is being covered by Miss Blando. We welcome all three teachers to David Suzuki!

We also said goodbye to one of our Caretakers, Mr. Reid, at the end of February. We welcome Mr. McGhee who is replacing him.

## Intermediate Girl's Basketball



Over the last few months the intermediate girls basketball team had been working very hard to increase their skills and ability as they played in various tournaments. They lost a very hard fought battle at the final area tournament, but they went away with more skill, good memories, and excellent friends! Congratulations!

# Kidskitchenco 

## THE FOOD BITES

## A Pinch of Salt...

Salt is a chemical compound called sodium chloride ( NaCL ) made up of $40 \%$ sodium and $60 \%$ chlorine. Salt is found in underground rock formations or in the world's seas and oceans. It is produced from evaporation of seawater or mined from the earth. Salt is essential for life on earth. It is one of the oldest food seasonings and also used for food preservation.
As with most things in life, there is a delicate balance in eating the right amount of salt for our diets. Too much salt leads to high blood pressure and heart disease and too little can also be detrimental leading to muscle cramps, dizziness and a condition called hyponatremia. Hyponatremia can occur if salt is reduced to much, one drinks a lot of water or exercises and loses sodium through sweat. The body has measures in place to flush out excess salt, but it is difficult to replenish its salt levels.
Sodium in salt helps regulate fluid levels in our blood cells and assists in the functioning of our nerves and muscles. It is estimated that Canadians eat an average of 3400 mg per day of sodium - twice the recommended limit. According to Health Canada, healthy adults need 1500 mg of sodium daily and healthy children need $1000-1500 \mathrm{mg}$ of sodium per day. This is equivalent to about $3 / 4$ to 1 teaspoon of salt per day. The upper tolerable limit is 2300 mg of salt.
Common sources of sodium include breads, processed foods \& meats, soups, sauces and vegetable or tomato juices. Processed (including restaurant and processed foods) account for $77 \%$ of the sodium we eat. $12 \%$ is found naturally in foods, $6 \%$ is added at the table and $5 \%$ during cooking.

## Suggestions for balancing your salt intake include:

- Eat more fresh and raw foods
- Reduce consumption of processed foods
- Read food labels - opt for "sodium free", "reduced sodium" or "no salt added" foods
- Look for foods that have less than 360mg of sodium in a serving or less than 15\% DV (\% Daily Value)
- Season with fresh herbs and lemon instead of salt

For more information as recommended by Health Canada, visit www.hc-sc.gc.ca.

## Some neat facts:

- Remember salt is made up of sodium and chlorine. 1 gram of sodium $=2.5$ grams of salt.
- Bolivia boasts the world's largest salt desert, the Salar de Uyuni, which covers 4,085 square miles at an altitude of $12,500 \mathrm{ft}$. Since 1995 it has also featured the Salt Palace and Spa, the world's only salt hotel.
- Human salt consumption accounts for only $7 \%$ of the total salt production, the balance (93\%) is used by the chemical industry and in manufacturing.
- Sifto Canada's mine in Goderich Ontario is the largest in the world.

We are here to help! Take a break from making lunches and place your orders 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 or call us at 905-944-0210.

## Here Comes Power Stream!

In February, our school had a Power Stream presentation. We wish that Power Stream could come back to our school and teach us again. It was so awesome. The person that spoke to us was named Danny. He taught us that the law of energy is that electricity needs to get to the ground. He also told us that we should not stand on green boxes because we could get shocked. Then he told us not to break the ground plug (that is the $3^{\text {rd }}$ prong on an electrical cord) because it can save your life. We learned lots of other rules too. Don't touch energy wires because it can stop your heart with 200 volts and you're creating a path for energy to get to the ground. Don't fly kites near power lines because somebody flew a kite near a power line and then GOT SHOCKED because the energy went in his kite and shocked him. Make sure you check your tester outlet every month because if you are in danger it will stop all the energy to save your life and heart. You also shouldn't stick a knife in your toaster or climb power lines. We were very happy to learn about all these important safety rules.

Written by: Raman and Ethan in Mrs. Neveu's Class

## Grade Two Scientists in the School Visit

On February $21^{\text {st, }} 2014$ a scientist named Sue came to teach us about simple machines. Firstly, we read a book about how to use simple machines and how they help us. Secondly, we went to a couple of centres and we tested/experimented some stuff like a wheel and axle and a pulley. Lastly, Scientist Sue brought a complex machine that peeled apple skins and inside there were lots of simple machines like a screw and a wheel and axel. In conclusion, we were excited and amazed that a scientist came to our school to teach us about fascinating simple machines!
By: Salman, Sameer and Timmy in Mrs. Abbi's Class

## Environmental Corner

Wastage has become a huge issue all across Canada. In fact, Canadians are third in line for the most wastage worldwide. Studies show that Canadians waste billions of dollars' worth of food each year. But it's not just food that we are wasting; it is paper, water, electricity and much more. Pollution, trash, and lack of recycling are also a major problem. However, there are lots of different ways you can help. Saving electricity for a start is very easy. Open up your curtains during the day and let the sunshine in! Switch your bulbs from incandescent to fluorescent- or even better- LED bulbs! A lot of people may not know that if you keep something plugged in even if it's not on, it will still use your electricity. This goes for chargers too. After you're done charging your device, and you disconnect it, the charger that is still plugged into the wall will steal your electricity. Saving paper also saves trees. You don't need to pull out a fresh sheet of paper to jot down a phone number. Use the other side of some paper that you are ready to recycle. Remember to Reduce, Reuse and Recycle whenever you can. Did you know that water covers $70 \%$ of the Earth's surface? Less than $3 \%$ of that is suitable for human consumption. Knowing this, it's shocking that water is just one of the many things that we "throw down the drain". Keep a sharp eye around your house for water wastage. So, as you can see, just doing little things around your home can end so much waste. The next time you leave the room with the lights on, remember to think eco!

By: Doaa Muhammad \& Tooba Syeda

## YORK REGIONAL POLICE

## Parents Academy

A program for parents and caregivers of youth between the ages of 10 and 18 designed to educate and provide strategies on the challenges facing youth today.

Information sessions are as follows:
Mental Health
Wednesday, October 9, 2013 from 7 p.m. to 9 p.m.
\#5 District Headquarters Community Room
8700 McCowan Road, Markham
Drugs, Alcohol and Other Addictions
Thursday, November 21, 2013 from 7 p.m. to 9 p.m.
York Region Administrative Building Seminar Room
17250 Yonge Street, Newmarket
Social Media and Internet Safety Thursday, February 6, 2014 from 7 p.m. to 9 p.m. \#2 District Headquarters Community Room 171 Major Mackenzie Drive West, Richmond Hill

## Bullying

Wednesday, May 14, 2014 from 7 p.m. to 9 p.m. Vellore Village Community Centre Activity Room \#1 1 Villa Royale Avenue, Vaughan

No cost to participate. Registration is required. Participants may register for one or all of the sessions.

Register online at yrp.ca/citizensacademy.aspx or in person at any police district.
For more information, call Community Services at 1-866-876-5423 ext. 6709 or email youthprogramevents@yrp.ca.


David Suzuki Public School Tel: (905) 905-209-0435 Website: uww.davidsuzuki.ps.yrdsb.edu.on.ca eMail: david.suzuki.ps@yrdsb.ca

| Mon


## Kindergarten - Grade 3 Family Literacy Night

 development. You will also receive a package of tips and tools for sharing books with your child to improve their understanding and develop a love of reading. Your child can wear his/her pyjamas and bring a favourite book to share and enjoy with you. There will be chances to win prizes, including some of the favourite books of Suzuki's teachers! If you are interested in attending, please complete the form that was sent home and return it to your child's teacher by Thursday, March $6^{\text {th }}$.

We look forward to seeing you!

## School Council Update

Thursday, June 5th, HOLD THE DATE for end of year event!

