

David Suzuki

Public School
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Markham, L6B 0L9
905-209-0435



Principal
Yvonne West

Acting

Vice-Principal
Mary Salvarinas

Admin Assistant
Gail Koidis

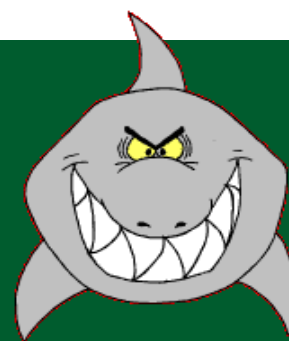
Secretaries
Dina Tsigaridis
Sunitha Krishnan

Superintendent
Peter Tse

Trustee
Juanita Nathan



SUZUKI SOURCE



davidsuzuki.ps.yrdsb.ca

VOLUME 9

MAY 2016

Administrators' Message

Spring is here and we all love that the weather is getting warmer! The students are enjoying their time outdoors at recess playing soccer on the field, basketball on the tarmac, or simply just running around and having fun with their friends. As we notice the grass getting greener and the leaves beginning to appear on the trees and shrubs, it's such an appropriate time to take a minute to appreciate the wonders of Mother Earth! On Earth Day, the entire school went outside to clean up our schoolyard and the surrounding community and we reaffirmed our commitment to caring for our Earth and to being environmentally responsible citizens.

Earlier in the day on Earth Day, we had our first ever Walk To School Day which was a tremendous success. We had 100% participation in this event, and it was wonderful to see the smiles on everyone's faces, (parents, students and staff) as we made our way to the school. The walk made us all feel energized and ready to work. With the great weather upon us, why not walk to school every day?!

Suzuki Safety Month was a great success with lots of learning. We encourage everyone to practice Pedestrian Safety every single day and all of our drivers to practice Driver Safety. We had about 75 parents attend our Social Media Presentation and all of our students from grade 2 to 8 also attended a Social Media Presentation. Information presented was informative and eye-opening and our hope is that we are all more aware and more cautious as we engage in these powerful social platforms.

We have been very fortunate to have Mrs. Salvarinas, a recently retired Principal, temporarily support the school. She will continue to be with us until May 20. Beginning on May 24, Mrs. Yvonne Gilinski, another retired Principal, will be stepping in to support us. We welcome the assistance and expertise of both of these Principals!

Yvonne West
Principal

Mary Salvarinas
Acting Vice Principal

Inspire Learning!

Character Trait For May ~ Integrity ~

We are truthful and sincere. We ensure consistency between what we say and what we do as well as between what we believe and how we behave.



Character Matters - Integrity

April's character trait was Fairness. "We are sensitive to the needs of each individual. We treat each other as we wish to be treated ourselves. We interact with others without stereotyping, prejudice or discrimination. We stand up for human rights."

Congratulations to our Award Winners:

Mrs. Hudspith	FTJSA	Aaliya, Akshika, Lucia, Thiyaana
Mrs. Seepaul	FTJSB	Rohan, Vaisnavi, Kasmiga, Aditya
Ms. Gertsakis	FTJSC	Aijay, Nathan, Dara
Ms. Halliday	FTJSD	Lucas, Ali, Cathy, Anchana
Miss Eng	FTJSE	Rudra, Abishan, Melissa, Preethi
Ms. Llewellyn	FTJSF	Shwetha, Asha, Anjana, Hunter
Mrs. Sambrook	1A	Aaron, Mehr
Mrs. McMichael	1B	Dhivya, Aakash
Mrs. Cooper	1C	Navien, Ashna
Ms. Risman	1D	Deepika, Aarzu
Mrs. Barovier	2A	Ashwin, Kartik, Aleesha
Mr. Binner	2B	Trinity, Rayyan
Mrs. Clements/Mrs. Arumugam	2C	Shreya, Maya, Ashwin
Mrs. Wood	2D	Krishiv, Cairo, Logan
Mr. Kawnik	3A	Riya, Sean, Angelina, Shazia
Mr. Hwee	3B	Shanjai, Aditya, Adshaya
Mrs. Kilgour/Mrs. LaMarca	3C	Meera, Ashvin
Ms. Hall	3D	Dhruvi, Kaitlyn, Edmund



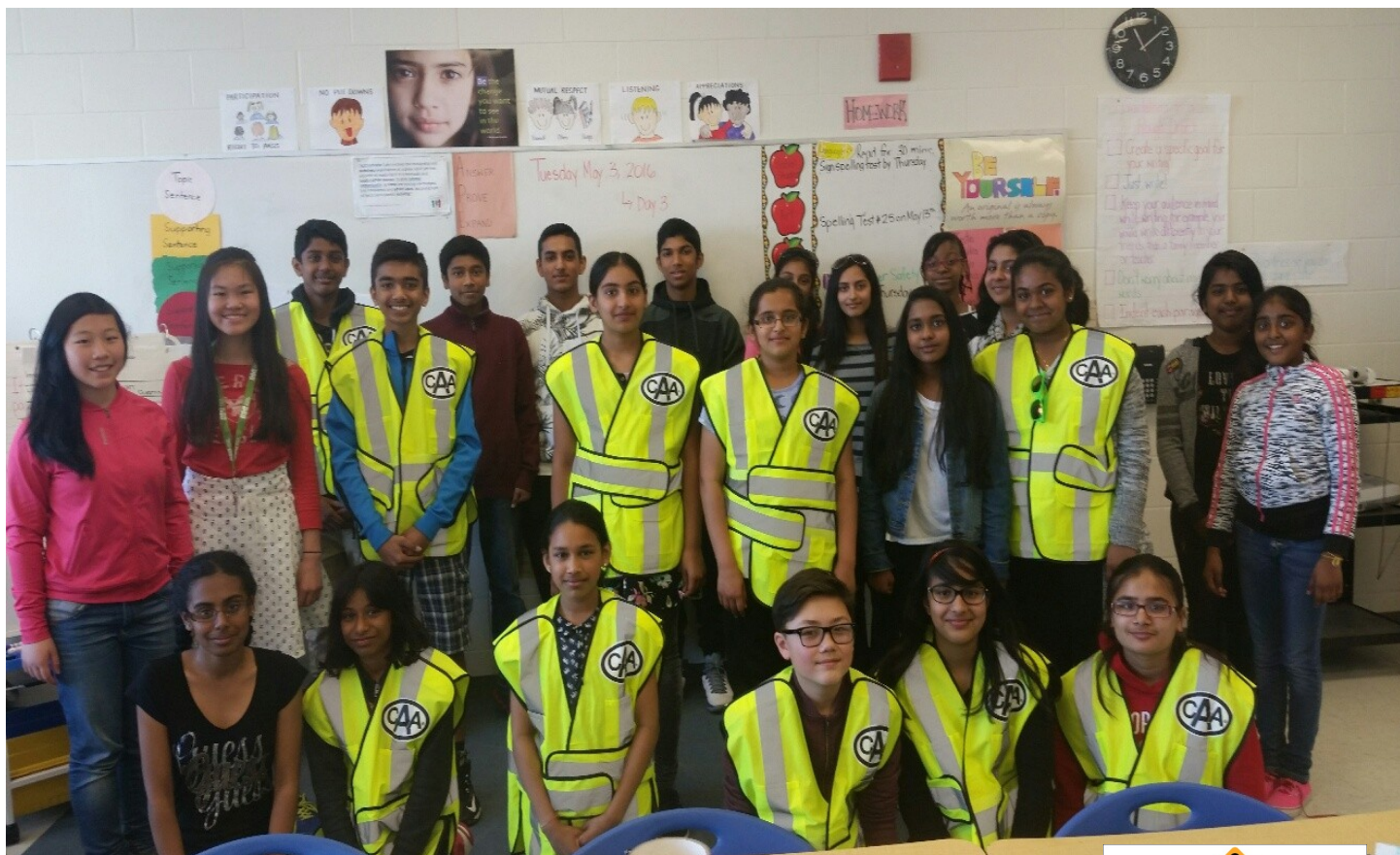


SUZUKI SHOUT OUT!



Meet Our Student Safety Patrollers

If you have driven by the school or through our Kiss and Ride recently you will have seen these students outside helping to keep all of our pedestrians safe. We are very proud and appreciative of their commitment to this important school community service!



Thank You





Walk to School Day

April 22nd, 2016

On Earth Day, we held our first-ever WALK TO SCHOOL DAY and what a success!!!! Staff were stationed around the school grounds waiting to welcome all our walkers to school that day. We saw lots of happy faces outside enjoying the fresh air and great exercise. Not only was this event a great way to support our environmental initiatives at the school but it also allowed us to practice what we learned about pedestrian safety! Thank you for your continuous support of our school initiatives and we hope this day will encourage more students and parents to walk to school daily!



Earth Week 2016

In celebration of Earth Day this year, we hosted several great events. On Tuesday, April 19th, the Primary students were invited down to the gym at lunch to watch an episode of an old cartoon called "The Smoggies and the Rainforest." The movie focussed on protecting Rainforests. On Wednesday, April 20th, we held an Earth Week Photo Booth in the front foyer for students. The Eco team had created props with environmental messages. We have included several of the pictures below. On Friday, April 22nd (Earth Day), we hosted our first-ever Walk to School Day and all classes participated in the 20 Minute Makeover where classes cleaned up the schoolyard and neighbouring streets. Our last event which was a week-long event was our Energy Saving Competition with Black Walnut Public School. By Thursday, both schools were tied 2 days to 2 days which left Friday as the deciding day. The competition ended with Black Walnut coming out as the winner! In order to celebrate their win, we asked the students and staff of David Suzuki PS to wear Black Walnut's school colours (blue & gold) and the teachers participated in a wacky hair day! Even though we did not win, we had a great time competing and were able to conserve a lot of energy! It was a great week had by all!



Our Earth Week Photo Booth!



SUZUKI SHARKS GIRLS BASKETBALL TEAM

AREA EAST TOURNAMENT

the Junior Girls Basketball Team came in 3rd place at the area tournament, losing to the championship team (Armadale). The girls fought very hard, played their hearts out, and showed true sportsmanship. We are very proud of this team as they have grown into a family.

It has been an incredible season as Mr. Kermally, Mr. Kawnik, Mr. Jones, and Ms. Prasoulis, have had the pleasure of coaching a dedicated and hard-working group of girls!



SUZUKI SHARKS GIRLS BASKETBALL TEAM

WILCLAY INVITATIONAL TOURNAMENT

We would also like to recognize the Junior Girls Basketball team for not only winning a pennant, but for the praise they consistently receive from other coaches and referees for being so friendly, united, and showing sportsmanship on and off the court.



The Benefits of Getting Outside

A Feature Article by David Suzuki



For the most part, our brains didn't evolve in cities. But in a few decades, almost 70 per cent of the world's people will live in urban environments. Despite the prosperity we associate with cities, urbanization presents a major health challenge. Cities, with their accelerated pace of life, can be stressful. The results are seen in the brains and behavior of those raised in cities or currently living in one.

On the upside, city dwellers are on average wealthier and receive better health care, nutrition and sanitation than rural residents. On the downside, they experience an increased risk of chronic disease, a more demanding and stressful social environment and greater levels of inequity. In fact, city dwellers have a 21 per cent greater risk for anxiety disorders and a 39 per cent increased likelihood of mood disorders.

A study published in *Nature* links city living with sensitivity to social stress. MRI scans show greater exposure to urban environments can increase activity in the amygdala, a brain structure involved in emotions such as fear and the release of stress-related hormones. According to the study, the amygdala "has been strongly implicated in anxiety disorders, depression, and other behaviors that are increased in cities, such as violence." The researchers also found people who lived in cities for their first 15 years experienced increased activity in an area of the brain that helps regulate the amygdala. So if you grew up in the city, you're more likely than those who moved there later in life to have permanently raised sensitivity to stress.

Author and professor David Gessner says we're turning into "fast twitch" animals. It's like we have an alarm clock going off in our brains every 30 seconds, sapping our ability to concentrate for longer periods of time. The demands of urban life include a constant need to filter information, dodge distractions and make decisions. We give our brains little time to recover.

How do we slow things down? Nature seems to be the answer. Cognitive psychologist David Strayer's hypothesis is that "being in nature allows the prefrontal cortex, the brain's command centre, to dial down and rest, like an overused muscle."

Research shows even brief interactions with nature can soothe our brains. Stanford's Gregory Bratman designed an experiment in which participants took a 50-minute walk in either a natural or an urban environment. People who took the nature walk experienced decreased anxiety, brooding and negative emotion and increased memory performance. Bratman's team found walking in natural environments can decrease rumination, the unhealthy but familiar habit of thinking over and over about causes and consequences of negative experiences. Their study also showed neural activity in an area of the brain linked to risk for mental illness was reduced in participants who walked through nature compared with those who walked through an urban environment.

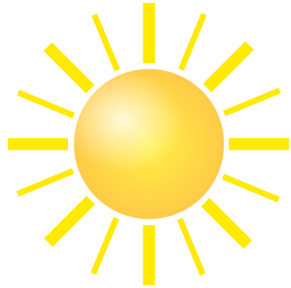
Korean researchers investigated the differences in brain activity when volunteers just looked at urban versus natural scenery. For those viewing urban images, MRI scans showed increased blood flow to the amygdala region. In contrast, areas of the brain associated with empathy and altruism lit up for those who viewed natural scenes.

In Japan, scientists found people spending time in nature — *shinrin-yoku* or "forest bathing" — inhale "beneficial bacteria, plant-derived essential oils and negatively-charged ions" which interact with gut bacteria to strengthen the body's immune system and improve both mental and physical health.

Spending time in nature regularly is not a panacea for mental health but it's an essential component of health and psychological resilience. Nature helps us withstand and recover from life's challenges. Even city dwellers can find nearby nature — a garden, local park or trail — to give their overworked brains a break.

Every spring, the David Suzuki Foundation challenges Canadians to spend more time outside for health and mental well-being. The 30×30 Nature Challenge asks people to commit to spending at least 30 minutes a day in nature for 30 days in May. When you take the 30×30 pledge at 30x30.davidsuzuki.org, you'll receive the latest research on the health benefits of spending time outdoors along with practical tips on how to add green time to your daily routine.

Let's show our brains — and bodies — some love.
Get outside!



Taking Care of Your Seedling

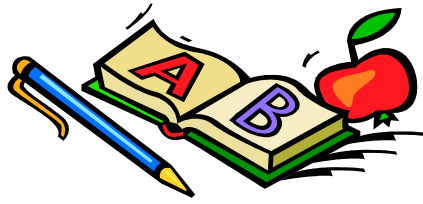
We hope you have had a chance to plant your little white pine seedling your child received during Earth Week. Baby trees need to be looked after for three to five years after planting. Growing trees require nutrients, water, sunlight and room to grow. You can help by watering, weeding, adding compost to the soil and mulch to the tree bases, and by protecting the trees from animals and the weather. We would like to give a big thank you to Copernicus for donating over 800 trees to each of students. Check out their website to see if you can find some of our students with their trees.

<http://www.copernicused.com/treesforschools>

Welcome To Kindergarten Evening

(For children entering Junior Kindergarten or children entering Senior Kindergarten who are new to this school)

May 18, 6:30—7:30



Please join us to:

- Learn about a typical day in Kindergarten
- Find out about Bussing
- Hear about our Safe Arrival Program
- Learn more about the Full Day Kindergarten Curriculum Expectations
- Learn about how we work hard to ensure your child's social and emotional well-being
- Engage in some hands-on activities with your child that will give you a little taste of what your child will be doing in Kindergarten
- Take home a bag of resources to use with your child during the summer to prepare him/her for Kindergarten!

Playing on the Schoolyard After School Hours

Playing on the Schoolyard After School Hours

With the warm weather here, we are noticing that many of the students are lingering at the end of the school day to play or just hang out with friends. It's wonderful that the students are spending time outdoors (far better for them than sitting in front of a screen), however, we need you to be aware that there is no supervision outside at the end of the day. We have teachers supervising the Kiss and Ride and the Bus Loop only, until 3:50, so children playing on the schoolyard after school are doing so at their own risk, but, hopefully, with your knowledge and your permission.



Are you planning on moving?

Our preparations for the 2016-2017 school year are underway, and our success depends on accurate projections of the school population. If you are moving out of our school area, please take a few minutes to send in a note to inform us of this as soon as possible. *Thank you*



DRESS CODE REMINDERS



We need to remind students of our dress code, especially the items highlighted below regarding warm weather clothing.

Clothing can be relaxed and comfortable, but should not detract from the learning atmosphere at school. Appropriateness of clothing will be determined according to the age of the child.

Students are asked to adhere to the following guidelines:

- Clothing shall not be offensive with respect to cultural and/or religious groups
- Clothing shall not promote alcohol, tobacco, drugs, weapons, violence, hate, gang affiliation or have obscene/vulgar language
- Chains, bracelets or other jewelry shall not have dangerous spikes
- Clothing shall not have any sexual connotations, either written or visual
- Tops shall cover the midriff and back (no muscle shirts, belly shirts, tube tops or backless tops)**
- No spaghetti straps/halter tops to be worn by students in grade 3 and higher** (shoulder strap should be about 3 fingers wide)
- Shirts shall not be see-through or be made of mesh** (low cut cleavage-revealing shirts should also be avoided)
- Clothing shall cover undergarments (bra straps, boxers, etc.)**
- Shorts and skirts must be of a reasonable length and provide adequate coverage for the age of the child** (bottom edge of shorts or skirts should reach finger tips when arms are held at sides ... with staff discretion)
- Hats shall be removed upon entry**

Students not following these guidelines will be asked to cover up or change. Parents/guardians may also be contacted to provide appropriate clothing.

Grade 3 and Grade 6 – May 25 – May 31



The Ministry EQAO tests will be administered to our Grade 3 and Grade 6 students between May 25 and May 31. Parents of students in these grades are asked to please refrain from booking any appointments or vacations during this time as it is very important for all students to participate in this province-wide testing.

Class Placements for the 2016-2017 School Year

For those students who will continue at David Suzuki for the 2016-2017 school year, we have begun to think about their class placements for the new school year. When we place students, we take the time to consider a variety of factors such as learning styles, strengths/needs, and relationships with peers. If you feel that you would like to provide some additional information related to your child's learning and/or social/emotional needs for us to consider for next year, please provide this information to Ms. West or Mrs. Salvarinas in writing by May 9, 2016.

Mathematics At Home



“You are an important partner in your child’s mathematics education.

When you find ways to engage your child in thinking and talking about mathematics, you are providing an important key for unlocking his or her future success. Today, critical thinking, problem solving, reasoning ability and the ability to communicate mathematically are essential skills. These processes are the foundation of mathematics instruction in Ontario schools.” (Doing Mathematics with your Child K-6)

Do some math with your child every day. Reading, cooking, or playing basketball can provide opportunities to improve mathematical understanding and provide practice for children, rather than just doing a half-hour of drill practice of basic facts. Families should look for opportunities to do math that connects to meaningful activities for the child.

Here are some fun examples of activities that you can do at home with your child:



Play board games, number cube (dice) games, card games, and dominoes, and solve puzzles together. In conversation, ask your child to tell you what he or she did to try to win the game or solve the puzzle. Then ask your child to tell you whether he or she would do the same thing next time and give reasons why or why not.

- Invite your child to save his or her change in a piggy bank or other suitable container. Identify coins and bills, and estimate and count money.
- Bake or cook together and follow directions for favorite recipes.
- Make a third, fourth, or half of a simple recipe or try doubling it.
- While baking cookies, let your child make an array of columns and rows of cookies and practice multiplication
- Have your child estimate and count! Count everything (e.g., books, chairs, compact discs, towels, steps, tiles on a floor).
- Count by 1’s, 2’s, 3’s, 4’s, 5’s, 6’s, and 7’s, and remember to consider the ability and grade level of your child to know where to begin and when to stop.
- Talk about math experiences in daily events (e.g., measuring laundry detergent, packing a suitcase, creating a grocery list, setting an alarm clock).
- Have your child read through the newspaper to find math-related material (e.g., advertisements for retail sales, stock market quotes, sports box scores and statistics, classified ads for mathematics-related career opportunities).
- Explore opportunities for your child to make connections with mathematics in daily routines (e.g., estimating the distance to a nearby location, measuring the time it takes to complete a chore). Be sure to talk with your child about the math connections in these activities.





Fun Fair June 2nd, 2016



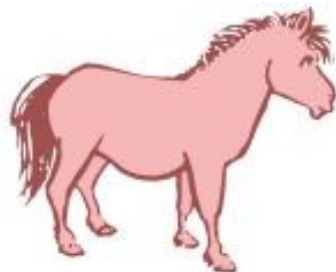
David Suzuki PS will be holding its 6th Annual Fun Fair on Thursday, June 2nd from 5:00pm to 8:00pm. **Rain or Shine.** This event is being organized by our School Parent Council.

It is our hope that the Fun Fair will bring together our school community for an evening of fun! There will be music, food, games, bouncy castles, and much, much more. Any proceeds from this event will go toward school initiatives. In order for such an event to occur, we are in need of volunteers.

Volunteers may be family members, high school students or community members, so please spread the word! We are asking anyone who could give their time at this event to contact Thiva, our Fun Fair School Council Chair, through email at thiva.kulasingam@gmail.com.

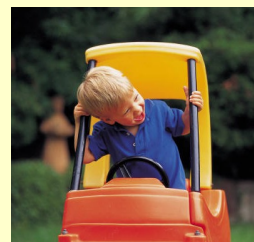


Through your participation we can develop an active and welcoming school neighborhood and get to know each other better. We look forward to seeing everyone at the Fair!



Kindergarten Yard

The Kindergarten teachers and students are looking for outdoor toys for the Kindergarten yard. If you have any gently used toys (ie. Playhouses/kitchens, cars, Fisher Price basketball nets etc.), we would love to have them! If you would like to donate any gently used outdoor toys please drop them off in the Kindergarten yard at your convenience.



Thank you in advance for any donations!

Environmental Corner



You can do your part to help the earth! Start by thinking about Transportation Alternatives...

Walk, cycle, car pool or use public transportation

When driving reduce idling and maintain correct tire pressure

If you are thinking about riding your bike to school we have a bike rack to store your bike by the bus loop.

Thank you for your support.

UPCOMING DATES

May 12	Junior Concert Night 6PM
May 18	Welcome to Kindergarten
May 26	Intermediate Drama Night
June 2	Annual Fun Fair
June 3	PA Day (no school)
June 23	Grade 8 Graduation
June 29	last day of school (1/2 day) Report Cards home
June 30	PA Day (No school)

The Kid's Summer Institute



The York Region District School Board's Summer Institute is a program that offers academic, recreational and athletic programs and activities with links to the Ontario Curriculum for children and youth entering Senior Kindergarten to Grade 8.

Weekly sessions are offered in Richmond Hill, Newmarket, Stouffville, Woodbridge, Vaughan and Georgina from **July 4 - August 12, 2016**.

Weekly sessions run at sites for either 4 or 6 weeks from 9:00 am - 3:30 pm with extended YMCA before and aftercare programs available at all locations.

Summer Institute Information and Registration Details

Can Be Found Online At:

<http://www.yrdsb.ca/Programs/summer/si/Pages/default.aspx>