



# Devins Drive NEWS

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**School Email:**

devins.dr.ps@yrdsb.edu.on.ca

**School Web Site:**

www.devinsdrive.ps.yrdsb.edu.on.ca

**School Telephone:**

905-727-2022

**Principal**

Dr. Eileen Berg

**Office Staff**

Mrs. Yolanda Kingsbury  
Mrs. Kelly Smith

**School Council Co-Chairs**

Mrs. Sandra Melissas  
Mrs. Mary Clowater

**Superintendent of Schools**

Ms. Gayle Brocklebank-Vincent  
(905)884-4477

**Trustee**

Peter Adams-Luchowski  
416-906-0937

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## Principal's Message Welcome / Bienvenue

Welcome to the month of March as we prepare for March break starting on March 8th-16th.

Many thanks to Mr. Damtsis for his coordination of Electives days and staff who participated during the month of February. Unfortunately, the ski trip on February 27th needed to be cancelled on the way to Snow Valley in light of the treacherous weather conditions. As we know, safety is a major priority and we needed to ensure our staff and students were safe. The trip has been rescheduled to after March break and more information will be forthcoming. Thank you to parents who understood our situation.

Our Healthy Schools Committee is celebrating the "Big Crunch" on March 6th at 2:30 p.m. at which time all of our students will be enjoying apples donated by Longos.

Thanks to Mme Matchett and Mrs. Smith for being involved in the launch of our new website officially on March 12th. They have worked hard with board officials in the preparation of our own website. Stay tuned!

We say goodbye to Ms Thomaidis who is taking a maternity leave and welcome Ms Hodgson who will supporting our students. Welcome to Ms Hodgson and Au Revoir to Ms Thomaidis.

*Dr. Eileen Berg*

### School Council Meeting

Monday, March 3, 2014  
7:00 p.m.  
In the Library

All are welcome to attend

### School Hours Reminders

- 8:35 am -Yard Supervision starts
- 8:45 am - Student Entry**
- 8:55 am - First Period Begins
- 10:55-11:25 am - RECESS
- 12:45-1:45 pm - LUNCH
- 3:25 pm - Dismissal
- 3:30 pm - Yard Supervision ends

### Attendance and Punctuality

Regular attendance and punctuality are expected of all Devins Drive students.



## Character Calendar

Respect, Responsibility, Courage, Empathy, Optimism, **Fairness/Friendship**, Honesty, Initiative, Perseverance, Integrity

### Please note that there is no school on the following days:

Friday, March 7, 2014 — P.A. Day

Monday, March 10 — Friday, March 14, 2014 — March Break Holiday

Good Friday—Friday, April 18, 2014

Easter Monday—Monday, April 21, 2014

## Board Launches New Mission, Vision, Values and Slogan

*Mission: To advance student achievement and well-being through public education, which motivates learners, fosters inclusion, inspires innovation and builds community.*

The York Region District School Board is celebrating the launch of its new Mission, Vision and Values statements and slogan – *Inspire Learning!*

The Board last reviewed these statements in the late 1990s. Since that time, education in York Region has been influenced by a number of significant changes, including changes in technology, in our communities and in our learning environments.

Community members, parents/guardians, staff members and students had the opportunity to provide input and share ideas about the ideal future of public education in York Region. Thank you to everyone who participated in the process.

For more information, visit the Board website at [www.yrdsb.ca](http://www.yrdsb.ca).

## JAZZ COMES TO DEVINS



In the month of November the Gr 8 band students from both Devins Dr and Highview Public Schools came together to form the jazz band now known as “Deview”. The concept of having students from 2 different schools mentoring each other was the brain child of Ms Carla Walker, music teacher at Highview and Devins Drive parent. Working together on Mondays, students from both schools learned 2 challenging jazz pieces and developed new friendships along the way. On January 15<sup>th</sup>, during a school assembly at Devins, Highview presented 2 pieces and Deview presented both of their jazz pieces. Deview’s accomplishments were celebrated with a party and lots of food including a musical cake. Many thanks go to Ms Walker and Mrs. Taylor for leading this musical group, the parents from Highview for driving students week after week, and of course the students themselves for all of their hard work.

## The Big Crunch!

On Thursday, March 6, 2014, we will be having our annual Big Crunch. For parents that are new to the school, the Big Crunch is a time that the school orders one apple per student and on the P.A. System a student will say when to take your first bite of the apple. We do this to remind students and staff to eat healthy. The apples will be passed out by the Healthy School Student Club at about 2:15 pm. We encourage everyone to participate.



## Planning for September

The process of preparing for a new school year involves predicting student enrolment and structuring the organization of classes and teachers to match the enrolment. We ask that families assist us with these preparations by informing the office (in writing) if you are moving out of the Devins Drive area. Please include the last day of attendance and the school your child(ren) will be attending. This will also facilitate in the transfer of your child’s records (OSR). Thank you!

March  
Break



## Heart and Stroke Corner – March 2014 Edition

### Tip of the Month

You've been making lunches since September – and they are starting to look a little dreary. Maybe your kids aren't finishing them, or they are complaining that it's the same-old, same-old. Here are some tips to help you keep the healthy eating momentum going this year when packing school lunches for your children. **Make it bite size:** Provide a selection of different foods from each of Canada's Food Guide's Four Food groups. Make their portion sizes small. *Try packing mini-hamburger sliders with slices of tomato and lettuce, or small pita pockets stuffed with tuna and diced cucumber.* **Think of a rainbow:** Make lunches colourful by choosing foods in a variety of colours, which will pack good nutrition too. *Sometimes changing something as simple as a green apple to a yellow apple or providing zucchini sticks and grape tomatoes instead of carrots and celery can make lunch more interesting for your little eater.* **Be equipped** There are terrific plastic, re-usable containers with three divided sections – like a Japanese bento box. Kids really enjoy eating out of these containers because in one section they place their veggies, in the second one, a protein such as cubed cheese or diced cooked chicken and in the last one, a fruit or an oatmeal cookie. Thermoses are also a great piece of lunch equipment because you can send hot soups or stews or cold foods such as chicken and pasta salads.



### Recipe of the Month

#### ***Breakfast-on-the-Go Cookies***

*March Break can be a busy time for both kids and parents! Here's an easy breakfast or snack to grab and go in-between all those fun, active activities during the break!*

**Nutritional Information:** Calories: 150, Protein: 7 g, Fat: 3.5g, Saturated Fat: 0g, Dietary cholesterol: 0 mg, Carbohydrate: 23g, Dietary fibre: 2 g, Sodium: 170 mg, Sugars: 11g, Potassium: 136 mg

#### Ingredients

- 1 cup (250 mL) brown sugar
- 1/4 cup (50 mL) 7-grain hot cereal
- 1 cup (250 mL) rolled oats
- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) whole wheat flour
- 1/2 tsp (7 mL) baking soda
- 1/2 tsp (2 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1 tsp (5 mL) allspice
- 1/4 cup (50 mL) canola oil
- 1/4 cup (50 mL) applesauce
- 3 egg whites
- 1 tsp (5 mL) vanilla extract
- 1/4 cup (50 mL) sunflower seeds
- 1/3 cup (75 mL) chopped dried cherries

#### Directions

1. Preheat oven to 350 °F (180 °C). Line cookie sheets with parchment paper.
2. In large bowl, stir together sugar, cereal, flours, baking soda, baking powder and allspice.
3. Make well in centre and pour in canola oil, applesauce, egg whites and vanilla. Mix until well blended. Stir in sunflower seeds, almonds and cherries. Roll cookies into golf ball-size balls. Place cookies 2 inches (5 cm) apart onto prepared cookie sheets and flatten to 1/2-inch (1.3 cm) thickness with wet hands.
4. In preheated oven, bake 8 minutes for chewy cookies. Remove from cookie sheets to cool on wire racks. They store well in freezer.

### Question of the Month

**Q:** "My daughter loves peanut butter sandwiches but of course can't bring them to school because it's peanut-free. What's the next best thing?"

**A:** School-safe no-nut butters, made with either roasted soybeans or roasted peas, are available at most major grocery stores. They look similar to peanut butter, and boast the same creamy consistency and rich flavor. They even come in smooth and crunchy. Like peanut butter, no-nut butters contain a nutritious blend of healthy fat, protein and essential vitamins and minerals. If your school allows seeds, sunflower seed butter (or "sunbutter") is another delicious, peanut-free option. Any of these spreads are good on crackers, in wraps with bananas, or in the traditional sandwich. Since these knock-offs look and smell like peanut butter, they have been banned in some schools where stringent control is preferred. If that's the case in your school, you still have options: Make your own hummus, but omit the garlic and tahini (sesame seed paste), so it can still be paired with fruit flavors. A simple, thick puree of unsalted chickpeas, olive oil and a hint of honey makes a delicious sandwich spread.



## **Enter our contest by sharing your Cook Up Some Fun! story**



For a chance to **win one of two \$200 grocery store gift cards**, families are invited to share any successes, tips or challenges they have overcome to make planning, shopping, cooking or eating together work for their family. All families who share their story with us will receive a family prize pack.

Cooking is a wonderful way for parents to spend positive time with their children and can help kids to:

- Learn new words and concepts needed for reading.
- Develop small muscle strength and coordination needed for writing.
- Learn problem solving and measuring skills needed for math.

When families have fun cooking together, they tend to eat together more frequently, and are more likely to have healthier eating habits. They also tend to have healthier weights and are less likely to develop eating disorders. Children also tend to have stronger language skills and teens are less likely to engage in risky behaviours.

The *Cook Up Some Fun! Share Your Story* contest is open for the month of March (Nutrition Month). It's a great activity for March Break!

Visit the *Cook Up Some Fun!* website at <http://www.healthyork.com/cook-up-some-fun> to learn more about this contest and enter your story. You can also sign up to receive an email twice a month with recipes and practical ideas for planning, shopping, cooking and eating together.

For information about creating a healthy school nutrition environment, visit [www.nutritiontoolsforschools.ca](http://www.nutritiontoolsforschools.ca)

For health-related information call **York Region Community and Health Services Health Connection** at 1-800-361-5653; TTY: 1-866-252-9933 or visit [www.york.ca/healthyschools](http://www.york.ca/healthyschools)

## **Help your kids take a break from screen time.**



Taking a break from screens (computer, television, video and hand held devices) can be a challenge. According to Statistics Canada, boys and girls are sitting for long periods over eight hours a day. This puts children at risk for preventable health problems including Type 2 diabetes, obesity and heart disease.

**Recreational screen time for children should be limited to less than two hours per day.**

### **Tips for parents:**

- Talk with your kids at an early age about screen time limits and stay committed to your agree
- Consider a no/less T.V. or gaming rule during the school week and at meal times. Watch for signs of excessive gaming, T.V. watching, texting and using the internet
- Life is busy and it's hard to get quality time with your kids. Look at times of the day when you family can do something active together
- Safety is always important. Make sure the proper safety gear is worn during activities
- Look for more tips at <http://www.media-awareness.ca/english/parents/index.cfm>

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca/healthyschools](http://www.york.ca/healthyschools)



# MARCH 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3 1:05 pm Gr. 6-8 Intramural sports 7 pm School Council Meeting	4 1:05 pm—Primary Playball—Group 4	5 1:05 pm—Primary Playball—Group 5	6 <i>Friday Schedule Day</i> 1:05 Primary Playball—Group 6 Big Crunch Event 	7 <b>P.A. Day</b> No school for students	8
9	10	11	12	13	14	15
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>MARCH BREAK—SCHOOL CLOSED</b> </div>						
16	17 <b>Welcome Back</b> Extreme Pita Lunch 	18 1:05 pm—Primary Playball—Group 4	19 1:05 pm—Primary Playball—Group 5	20 Snow Valley Electives Program—Make Up day 1:05 Primary Playball—Group 6	21 1:05 pm Gr. 6-8 Intramural sports	22
23	24 1:05 pm Gr. 6-8 Intramural sports	25 1:05 pm—Primary Playball—Group 4	26 1:05 pm—Primary Playball—Group 5	27 1:55 pm—All Grades Dufflebag Theatre Presentation in the gym	28 1:05 Primary Playball—Group 6	

70 Deveins Drive, Aurora ON L4G 2Z4  
 Email Address: email: devins.drive.ps@yrdsb.edu.on.ca

Tel: 905-727-2022 Fax: 905-727-9369  
 website: http://www.devinsdrive.ps.yrdsb.edu.on.ca

**BUS ROUTES HOTLINE: 1-866-287-7837**  
**Late School Bus Report at [www.schoolbuscity.com](http://www.schoolbuscity.com)**  
**Student Transportation Services: 905-713-2535 or [www.schoolbuscity.com](http://www.schoolbuscity.com)**