

The Bernard Bulletin

December 2013

Bernard Avenue Public School

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Principal: Kathryn Prince
Vice Principal: Andrea Welburn
Superintendent: Clayton LaTouche
Trustee: Diane Giangrande

A MESSAGE FROM THE ADMINISTRATION

November was another busy month at HG Bernard, with many things happening inside and out of the classroom. Our Grade 2 students visited the Vivian Outdoor Education Centre where they experienced hands-on learning about animals and hibernation. Ms. Los accompanied students at Eco-Camp – a three day environmental leadership camp for students in Grades 5-7. The Intermediate Girls Volleyball Team worked very hard throughout the season, even practicing at other schools. The team was dedicated to trying their best in all of their practices and games. The Dairy Farmers visited our primary division and the students learned about Canada's Food Guide and healthy eating. The Pathways after school program - now called 360 Kids - for Grade 6-8 students continues to offer social opportunities, sports, and healthy snacks on Monday, Wednesday, and Friday after school until 6:00 pm.

Recently, each student received a Progress Report, showing their development of the learning skills and work habits during the fall of the school year, as well as their general progress in working towards the achievement of the curriculum expectations in all subjects. It was great to see that these reports were a central part of rich discussions with students and their parents during the conferences. Meeting with your child's teacher helps to establish a positive tone for the remainder of the school year and provides you with a better understanding of your child's learning skills and work habits. One of our ongoing goals at HG Bernard is to provide communication with parents that will help establish a culture of learning and improve students' opportunities for achieving success.

As the holiday approaches, we wish you a relaxing and restful winter break with your family. We hope that the coming year will bring you peace, good health, and much prosperity.

Kathryn Prince
Principal

Andrea Welburn
Vice-Principal



BERNARD STUDENTS CARE!

Bernard students showed their care and compassion for children less fortunate than they are. An amazing group of students led by Hadiyah, Kailey, Josh, Rachel, Rufaidah, Roya, and Aryan made a substantial donation to The Hospital for Sick Children. Using their own funds and spending many recesses working hard, the students made beautiful bracelets. These were sold to students at school and to their family and friends. These students are making a difference in the world.



2013/14 SCHOOL COUNCIL

Executive: Chair: Allyson Theodorou
Treasurer: Roxanne Petroff
Secretary: Christina Miller
Fundraiser: TBA
Members: Annie Tam, Danay Brown, Daniela Law, Farheen Zaidi, Gladys Baglione, Ruqqaiya Naqvi

The HG Bernard School Council is busy planning events for our school. Movie Night is planned for December 4th so please mark your calendars. As usual, pizza, samosas and other treats will be available for purchase. We are also planning a Dance-a-thon for February 14th. This is for all grades and we are looking forward to a little competition on the dance floor and in the classrooms to see who can get the most pledges. All of our fundraising efforts are used to support our students and our school. Our big project for this year is to support the school in purchasing new sound equipment for the gym. We are also pleased

to continue our efforts in providing funds for sports equipment, the outdoor classroom, and the 'little things' around the school.

Forms for the next round of sub lunches will be coming soon. Please have your orders in by the due date as we cannot take late orders.

Please join us for our next council meeting on December 11th at 6:30pm. We need your input!

GIRLS VOLLEYBALL TEAM

On Monday November 25th, the Girls Volleyball team went to the Microlinks Community Centre to compete in the Area Tournament. The girls played 4 games in total. They were just points away from winning each game. They persevered when faced with different challenges throughout the day, and truly did a great job of representing H.G. Bernard. The team put in a lot of extra time and effort into practices over the last two months, and their hard work was evident by the way they played.



Great job girls!

FIREFIGHTERS VISIT HG BERNARD



On November 11, students from the primary Autism class had visitors from the Fire Department. The class learned tips about fire safety. The students were really excited to see the firefighters in their uniforms as well as in full firefighter gear. Ms. Keiser had the opportunity to wear the full gear and discovered how heavy it is to wear. The students had trouble recognizing her! At the end of the presentation the class toured the fire truck, exploring the equipment inside. The firefighters sounded the sirens in farewell to the students.



POSITIVE CLIMATE UPDATE



H.G Bernard has spirit! Students have been doing a lot of things around the school to help the community. H.G. Bernard participated in a "We Scare Hunger" campaign. We had a food drive for our local York Region food

bank. Grade 7 and 8 students carved jack-o-lanterns and students from the whole school participated in the judging of the 'scariest pumpkin.' To vote they had to bring a non-perishable food item. Thank you to the whole community for participating.

Spirit Days

Our next Pink and Purple Spirit Day is Tuesday December 10, 2013. We have pink and purple days on the 10th of every month, and this will continue until the end of the



year! These Spirit Days spread the anti-bullying message monthly – that our H.G. Bernard community takes a stand against bullying!

Pyjama Day is on Wednesday December 18, 2013. Wear your cozy pyjamas to school! Students can bring a reusable mug and get some hot chocolate

for just \$0.25! Even without pyjamas, they can still buy hot chocolate for \$0.50. Let's be eco-friendly and support our environment!

Students in the Spirit club are working on an anti-bullying play and designing an anti-bullying logo contest. Other students are planning activities to develop empathy in the school.



Finally, others are creating posters and announcements for the Food Drive, Pancake Sales and Anti-Bullying Spirit Days. All this is done to promote a positive climate in the school and give the students an opportunity to be empowered and participating members of the school community.

Helping Hands - Typhoon Haiyan

Imagine your life without food, water and shelter. Devastating, isn't it? So many people from the Philippines are going through this. Over 5000 people have died and many more have lost their homes. How can we help? Together as a school and as a community we can make a difference. Here's what we are doing at H.G. Bernard!

- ✓ Selling delicious pancakes for lunch for \$1.00. *Pre - order pancakes on Wednesday December 4.* Pick up pancakes at lunch on Thursday December 5.
- ✓ Helping Hands initiative -Students can donate cash amounts. Information will be sent home about this initiative.

All the money we fundraise will go to the survivors of Typhoon Haiyan in the Philippines through Canadian Medical Assistance Teams (CMAT). For more information visit:

<http://www.canadianmedicalteams.org>.

Holiday Food Drive

Empathy is an important character trait. Empathy means that we strive to appreciate the emotions of

others. We share concern for others' feelings. We try and understand what it feels like to be in others' shoes. By supporting local food banks, we help our student community be empathetic to the needs of others. *Our Holiday Food Drive begins on December 9 to December 17.*

All donations will be collected for the local York Region food bank. Please send non-perishable food items with your child to school. Boxes will be set up in the front hallway for food drop off. Non-perishable items such as granola bars, cereals, canned food items and boxed goods can be donated. Let's support our local community!

THANK YOU for helping us create a Positive Climate for All!

Dates to Remember:

- December 4 – pre-order pancakes \$1.00
- December 5 – Pancake Lunch (proceeds to go for Typhoon Haiyan victims)
- December 9-17 – Holiday Food Drive
- December 10 – Pink/Purple Spirit Day
- December 18 – Pyjama Day – Hot Chocolate will be sold (\$.25 -Bring your own mug, \$.50 without a mug)

ECO NEWS FOR FALL 2013 – Ms. LOS

Eco-Initiatives at H.G. Bernard P.S.

In our first edition of EcoNews for 2013/2014, we're here to tell you about the activities we've had during the past few months which make our school eco-friendly.



Currently, H.G. Bernard has been working very hard to establish a more environmentally green community. The junior students have been busy doing yard cleanups, students from all divisions have been participating in the Waste-Free Lunch Challenge, and several students from Gr. 6 & 7 had the good fortune to attend EcoCamp.

H.G. Bernard is eco-friendly and plans to maintain its status as a gold-certified EcoSchool! Compost for all and all for compost!!!

Litter Round-up

In November, the grade 4s & 5s from Ms. Dawson & Ms. Hanson's classes went outside to do a garbage cleanup. It was a bit chilly, but they all pitched in! Thank you to everyone who helped with the garbage cleanup. You did a good job collecting all of the garbage that was in the yard.



A reminder to all staff, students and visitors, please put all of your garbage in the garbage bin, recyclables in the recycling bins, and compost (food scraps, paper towels, tissues) in the green bins. We don't want to be litterbugs, so please help keep our school clean and tidy.

Waste Free Lunch Challenge

Several classes from JK – Gr. 7 were official participants in this year's Waste-Free Lunch Challenge sponsored by the Recycling Council of Ontario. Our efforts mean that we qualify for the top prize of \$1,000. Even more importantly, we learned that every little bit helps.

Let's get rid of garbage! Practise the 3 R's ...Reduce! Reuse! Recycle! *Make sure to reuse by bringing reusable containers to school instead of Styrofoam or plastic wrap.* You can still bring plastic bags to school IF YOU REUSE THEM. Recycle by separating garbage, recycling and compost from

each other. Reduce by taking uneaten food home. Some goals you can have are to celebrate and learn about waste reduction, and to use a "3r's" approach to Reduce, Reuse and Recycle* so that less waste is created from school lunches. (By Julie & Zakira)

Don't forget about the 4th R: RETHINK!

Blackout Break time! Lights out Lunchtime!

Warning! Do you know how much electricity is used by schools? Be aware of how much energy you're using, and what it does to our earth. Take steps to reduce your energy use. Participate in our lights out programme while at school and try the same thing at home. (By Emily, Megan & Eshal)

Interested in becoming a parent member of the H. G. Bernard EcoTeam? We normally meet from 10:10-10:40 every Friday. Please call Mme Los at Ext. 325 to RSVP if you are interested and able to attend the meeting.

EcoCamp

EcoCamp was a life changing experience! The participating YRDSB elementary schools (chosen through an application process) each had seven representatives to attend and participate in the 11th annual camp at YMCA Cedar Glen in Nobleton. Students and teachers took part in four different outdoor programmes, as well as many other sensational activities that began in the morning and didn't end until bedtime. (By Jenny and Hayley)

In the time we were at EcoCamp we did many programmes and "Earth Sense" was one of them. We were brought out into a nearby forest, and were taught about our senses and also how some animals rely on their keenest senses to survive. We did an activity where objects were hidden around the forest; we all walked around and tried to see if we could spot any of the hidden objects. By the end of the activity we realized how much trash there was that was NOT placed there by the programme leader. In the next activity, everyone was blindfolded and had to listen carefully to figure

out what was happening around us. This program really opened my eyes and ears about what we don't see and hear in our environment because we don't take the time to notice. (By Hayley)

Another programme we had at EcoCamp was "Call of the Wild". Our programme director showed us to a room with an exhibit of animal bones, fur, dead insects, and some models of animals. He explained that every animal is thinking something, but not all understand. He talked about their habitats being destroyed and how they would have to adapt to new homes – or die - because of that. Then he showed us different animal sound makers and explained which animal made that sound. Then he took us outside to go for a hike, learn some owl calls, play a game, and do some journaling. We also learned that when animals leave "scat" around that means that they are marking their territory. Once we were done, he asked us a question that you have to think about: How do you think the animals feel about everything that's happening around them? (By Jessica)

Another thing that we did at EcoCamp was "Through the Camera Lens" (digital nature photography). First we took photos of nature from the fields and woods. Then we hooked up our cameras to the computer, and had the chance to play with some photo editing software. After we finished eating our snacks (cookies! apples!) we chose one photo we had taken outdoors and had it printed in black & white. We also printed 3 other photos, and had 2 of them turned into buttons and framed the last one. It was really fun. This programme really taught us about the ways you can see nature in a new way. (By Shabeeh)

The last programme that we did at EcoCamp was "Leadership." This programme taught us that when you are in a team or a group, you have to learn to trust each other. We also learned about taking on leadership roles, and how to be a good and successful leader. In the leadership programme, we did activities where we had to depend on our team. For example, one activity had us standing in

a circle with a circle of rope at our feet. We had to get the rope circle over our heads without using our hands or arms. This activity showed us that when a team stops and makes a plan, everything is easier. The most important idea I took from this programme is that a team without a leader is like the planet without the sun. The leader fuels the team and keeps it on track. (By Lakshana)

As part of EcoCamp every school group had the option to do a photo scavenger hunt of various plants, animals and people at Cedar Glen. When we took the pictures we would jump in the air, look relaxed, act cool, or try to look weird depending upon the goal of each shot. On the last day we won the "Most Creative" award for all our efforts!!! We each won a tree button and a nature book for our school, but most importantly we all had fun doing it! (By Javier)

All the programs and activities at EcoCamp taught us to appreciate nature. In those three days, we had our ups and downs (like the -10 degree Celsius weather!), but the most important thing is that we had the time of our lives. (By Jenny)

So far this year, our school has had many 'green' activities for the students. Let's all work together to make our school a healthier and better environment for us all. Stay tuned for the next edition of ECO NEWS!

LOOKING FORWARD TO...

December 2013

- 4 Movie Night 6:30 – 8:00
- 5 Early Years Session: Twinkle Toes 9:00-11:00
- 11 School Council Meeting 6:30-8:00
- 18 Holiday Concert 6:30-8:00
- 20 PA Day – No School
- Dec. 23 – Jan. 3 Winter Break – No School

January 2014

- 6 First day back
- 17 PA Day
- 17 Kindergarten Registration begins