



DECEMBER 16, 2013

## Twelve Days at John McCrae P.S.

By: Ms. Yu's Grade 2s (adapted from the Twelve Days of Christmas)

On the first day at John McCrae, my teacher said to me please line up quietly.

On the second day at John McCrae, my teacher said to me fill each other's buckets and please line up quietly.

On the third day at John McCrae, my teacher said to me walk on right side, fill each other's buckets, and please line up quietly.

On the fourth day at John McCrae my teacher said to me please write your name, walk on the right side, fill each other's buckets, and please line up quietly.

On the fifth day at John McCrae my teacher said to me push in your chair., please write your name, walk on the right side, fill each other's buckets, and please line up quietly.

On the sixth day at John McCrae my teacher said to me use your indoor voices, push in your chair, please write your name., walk on the right side, fill each other's buckets and please line up quietly.

On the seventh day at John McCrae my teacher said to me. treat each other nicely, use your indoor voices., push in your chair, please write your name, walk on the right side, fill each other's buckets and please line up quietly.

On the eighth day at John McCrae my teacher said to me boomerang your lunches, treat each other nicely, use your indoor voices, push in your chair, please write your name, walk on the right side, fill each other's buckets and please line up quietly.

On the ninth day at John McCrae my teacher said to me, dance your feelings, boomerang your lunches, treat each other nicely, use your indoor voices, push in your chair, please write your name, walk on the right side, fill each other's buckets and please line up quietly.

On the tenth day at John McCrae my teacher said to me where is your pencil? dance your feelings, boomerang your lunches, treat each other nicely, use your indoor voices, push in your chair, please write your name, walk on the right side, fill each other's buckets and please line up quietly.

On the eleventh day at John McCrae my teacher said to me come to the carpet, where is your pencil? dance your feelings, boomerang your lunches, treat each other nicely, use your indoor voices, push in your chair, please write your name, walk on the right side, fill each other's buckets and please line up quietly.

On the twelfth day at John McCrae my teacher said to me wear your indoor shoes, come to the carpet, where is your pencil? dance your feelings, boomerang your lunches, treat each other nicely, use your indoor voices, push in your chair, please write your name, walk on the right side, fill each other's buckets and please line up quietly.

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New School Website: <http://johnmccrae.ps.yrdsb.ca/>

See important dates on the home page as well as “News and Events”

## ADMINISTRATOR'S MESSAGE



Dear Parents and Guardians,

November and December have been extremely busy months at John McCrae as you can see by the content of this newsletter. Our new website launched on November 20<sup>th</sup> and we are very hopeful that this is going to significantly improve the communication between your home and John McCrae and John McCrae and your home. This is our first school newsletter that we are expecting parents to view completely online on our website. Teachers use different communication tools. As parents you should be aware of the learning goals in the classrooms. Your child should be able to tell you what they are learning with specifics around how the teacher will know they have learned it. Teachers choose to communicate to families in different ways, such as daily use of the agenda, newsletters, moodles and/or websites. If you have a question regarding the progress of your child, contact your child's teacher. See the contact numbers on the website under School Information: School Staff.

Enjoy the upcoming holidays with your family. There are many special events held in the City of Markham at this time but sometimes the best family time is simply a walk and playing in the snow or sitting together and telling stories. The key is spending time with each other and actively listening. **We have a PA day on Friday December 20<sup>th</sup>. The school is closed from Monday December 23<sup>rd</sup>, 2013 – Friday January 3<sup>rd</sup>, 2014. We return to school January 6<sup>th</sup>, 2014.**

Our entire school staff wish all of our families a wonderful holiday.

**Lori Hall**

**Principal:** Ms. Lori Hall  
**Vice Principal:** Ms. Lindsey Rhamey  
**Office:** Mrs. Raymond/Mrs. Dunlop/ Mrs. Fernandez

### Superintendent of Schools:

**Mr. Daniel Wu: 905-940-7800**

### School Trustee:

**Mr. Allan Tam: 416-898-9607**

### School Council Chairs

**Ms. Pamela Selvaratnam;**

**Mr Roy Pedropillai**

### Kindergarten Registration for September 2014 will Commence January 17, 2014 at 8:30 am at John McCrae P.S.

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.

### Our front door will be locked at 9:15 am beginning February 1, 2014. each day.

Our schools are safe places for our students, and we welcome parent and community involvement. Beginning February 1, 2014 our doors will be locked at 9:15 a.m. for the remainder of the school day. Parents and community members will gain access to the school by using the intercom at the front door and then our Office Staff will buzz and admit you in to the building.

To prepare for this change we are asking that families that normally bring lunches for their children mid morning adopt the practice of sending the lunch with the child in the morning at 9:00 a.m.

### Attention Parents:

**Our student performances at our assemblies and concerts are considered public performances and hence photos may be taken.** If you do not wish your child to be in any of these photographs please let us know before the performance. Please obey our Ontario Laws of Privacy and Confidentiality, and do not post any of the photos of our school staff or students on the internet.

### **Message From Our Trustee Allan Tam**

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 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 – families, 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.

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.

Merry Christmas, Happy Hanukkah, Happy Kwanza, Happy Eastern Christmas to families who are celebrating these faith days during the holiday season.

Allan Tam

Trustee Markham Area 3 (Wards 4 & 5)

### **From the JMPS SCHOOL COUNCIL**

The Healthy Snack Program and the Pizza/Sub lunch initiatives are off to a great start this year! We would like to thank all the parents, teachers, Educational Assistants, School Office Assistants and our Administrators for their support and efforts in making these initiatives a great success. The council hopes that these programs will continue to enrich the health and well being of the school.

As part of the **Technology** Cost Sharing Program offered by the **York Region District School Board**. The council decided on getting some computers & Macbooks to enhance classroom experience for the students. The council is also looking to contribute funds and to work with Ms. Viero in getting a variety of non-fiction books for the library.

We would like to wish our John McCrae Family a very Happy Holiday! Merry Christmas, Happy Hanukkah, Happy Kwanza, Happy Eastern Christmas to families who are celebrating these faith days during the holiday season.

All the best for the season.

Your School Council

### *John McCrae's Motto Contest*

The students of John McCrae have been busy thinking of good mottos for John McCrae to adopt. Once the contest closes on December 13<sup>th</sup>, three finalists will be chosen from among all the entries. The whole school will vote on the winning motto during the week of December 16<sup>th</sup> and the winner will be announced during the last school assembly of the year.

The winning motto will best meet the following criteria:

- Is simple to say
- Is inclusive
- Incorporates components of a mustang
- Includes achievement
- Includes a belief or ideals statement
- Includes words to live by



### *RONAN— PRINCIPAL FOR THE THE DAY!*



In addition to Ms. Hall and Ms. Rhamey dyeing their hair green and Mr. Brandt and Ms. Ukposidolo getting pies in their faces in support of the students raising over \$6000 for the Terry Fox Run, the student who raised the most money was awarded the prize of Principal for the Day. We would like to thank all the parents, staff and students for their fine fundraising efforts in support of the Terry Fox Foundation this year.

**Ronan** from Ms. Silverman's grade one class was very excited to assume his Principal duties in the office on Monday, December 16<sup>th</sup>.

## ***LIBRARY NEWS***

Last month every student in the school had the opportunity to vote for their favourite non-fiction topics in the library. Students came in with their families to the library and picked their two top choices. Then, Mrs. Viero totalled up all the votes. The winners for the 2013 Dewey Vote are....

#1 Sports

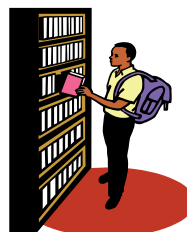
#2 Magic Tricks

#3 Drawing

#4 Food and Cooking

#5 Arts and Crafts

#6 Ghosts



### **LITERACY CORNER**

The holiday season is officially upon us! It is marked by the various retail incentives in our malls, the holiday music on our radios, and the many festive concerts and celebrations that we attend. Even at this busy time, is it still realistic to be able to support our children in their literacy development? The answer is "yes", and here are a few suggestions to help you and your family make the most of this festive time of year:

- Help your child create a calendar of all the events for the month, and use it when planning
- Bake cookies or other goodies with your child. Let them read the recipe and measure the ingredients
- Play word games such as Scrabble or Boggle
- Choose an interesting place to visit. Plan all aspects of the trip together - figure out how to get there by looking at a map, or make a map and have family members follow the directions on the trip. What is the best route to follow?
- Ask your child to make a list of activities he would like to do over the holiday. Post the list on the refrigerator and plan to do as many of the activities as possible
- Plan a visit to the local library-in addition to selecting resources, there are always a variety of programs being held that may be of interest to you and your child
- Have your child make greeting/holiday cards for family or friends to mark celebrations at this time of year. If they receive any gifts over the holidays, have them make a thank you card
- Have your child shop with you-look at prices, compare amounts and discuss value
- Unplug! Spend a day over the holiday break unplugged from technology-exchange your TV time for reading, and computer time for indoor or outdoor play

However your family spends this holiday season, there are many opportunities available to help your child in their literacy development, while still enjoying this festive time.

**From all of us at John McCrae P.S., we wish you and yours a safe and happy holiday season!**

### **DOWNLOAD the WordQ 3**

Word prediction software is available to all students in York Region. This program can be used with all software, including Microsoft word and Web Browsers. The program will read word choices to help students choose and spell words correctly. It will also read text online and that they have written to allow them to access more reading. The 30-day demo version of the software can be downloaded from the company's website ([www.goQsoftware.com](http://www.goQsoftware.com)). You then need to enter a registration code 152 562809 224 to use it beyond the 30 day trial. Happy Reading and Writing from Ms. Abreu, SERT

Hey Mustangs!

We are from the Eco Crew Communications team. The Eco Crew is all about helping the John McCrae P.S. community to look after our environment by making good choices such as reducing the amount of waste we create.

Did you know that if you put garbage in the wrong place it will get contaminated? One way to help the environment is through reducing the amount of energy we use and making sure that we recycle. Mr. McGouran and the Waste Management and Energy Conservation team have been going around the school checking if lights and computer monitors have been turned off in each class. They have also been checking to see if the garbage and recycling is in the right bin. So far the lights have been pretty good but we need to work on turning off computer monitors when we are not using them. Our garbage sorting also needs improvement so try to make these changes happen.

We have the boomerang lunch program to help us not produce so much garbage. For information on how to pack a good boomerang lunch **look at the attached page** about packing a waste free lunch. The Custodians at John McCrae are also great experts on how the school is doing with boomerang lunches.

Ms. Tustin and the Schoolyard Greening team have been looking at different ways to help us make our school yard even more Eco friendly.

Make sure to listen to announcements for upcoming updates. You can also look at our bulletin board outside the library for information about how our school is doing as well as cool Eco things to do.

Thanks for reading! Don't forget to reduce, reuse and recycle!

The Eco Communications Team

Written and researched by: Katherine (4L), Virginia (4/5M), Savannah (4U) and Roxanne (4L)

**Mrs. Corcoran's Gr. 7** class has been reducing their waste considerably over the past month. My name is Vansh and I am part of this class and some things I have noticed my class do to reduce waste is to bring containers that they can bring back home and bring to school the next day. Also, when students in my class get Kids' Kitchen they bring all of the waste home. When you have a lunch box it is much easier to bring home waste instead of having it to bring it home in your backpack where it could get your text books dirty. When students bring cans or juice boxes to school they always put it in the recycling after they are completely done with it.

By: Vansh

The Grade 2 students in Room 204 are great at boomeranging their snacks and lunches. How? The students have brainstormed some of the things they do to help reduce the amount of garbage.

We bring all our wrappers home in our lunch bags.

If we bring snacks like crackers or Goldfish, we bring it in a reusable container.

If we bring snacks like apples or oranges, we bring a reusable container and put it in the green bin when we get home.

If we forget an empty container, we wrap up our apple core or banana peel and bring it home.

If we order milk, we rinse it out and bring the container home or recycle it once we are finished,

Even when we have Kids' Kitchen, we bring a container and a bag to put our garbage in,

We try our best to not make too much garbage, but we have to remember not to put garbage in the recycling bin. It is not always easy to boomerang but we know every little bit helps keep the planet healthy. We hope you enjoyed our tips. Happy boomeranging!

Ms. Yu's Grade 2's.

## NEWS FROM THE HEALTHY SCHOOLS COMMITTEE



The holidays are just around the corner, but the cold weather is here already. The Healthy School Committee is emphasizing the importance of clothing and hygiene in the winter season. When you come to school, make sure you are dressed appropriately for the weather. For instance, when it is cold and windy with snow, you should come to school wearing winter jackets, scarves, gloves, hats and snow boots. That will keep you warm and readily equipped to play in the snow!

Unfortunately, the winter season is no stranger to the flu. Over the past few years, a large amount of the population has been affected by the flu. An effective way to prevent the spread of the virus is by covering your mouth with your arm when you cough or sneeze. Also refrain from touching your eyes or nose after touching public things, such door handles. Make sure to always wash your hands before you eat. Make sure that you throw out tissues right after they have been used. Follow these steps and you will be more protected against infection.

Many people think that in winter, there is no point in exercising because it is too cold. Contrary to this popular belief, exercise is extremely important in the winter season to keep up your immune system to fight against flus, colds and other infections. You are always welcome to come to our monthly "Family Fun Night" where everyone in the family can participate in a variety of indoor physical activities. Family Fun Nights run on the last Thursday of every month from 6:00 p.m. to 8:00 p.m. In addition to our Family Fun Night activities in the gym we are also offering a room for playing board games and other games. Due to a shortage of board games, we invite you to bring your own game or donate one that can be shared with families and friends of our school community. The next Family Fun Night will be on Thursday, January 30, 2014. Come on out!

The winter season is subject to slippery roads and icy sidewalks. Parents and students, please take caution walking and driving this winter. Be sure to clear windshields and windows before you start driving. Shoveling and sanding or salting your driveway will help maintain car safety as well as safety for any pedestrians. Shoveling can be fun when done as a family. Invite your kids to bundle up and help with or even take full responsibility of this winter chore. It is a simple way to keep active while helping you to stay safe and healthy.

HAPPY HOLIDAYS AND HAVE A HAPPY NEW YEAR!

**From the HEALTHY SCHOOL COMMITTEE**

Researched and Written by: Megan (8G) Joy (8G)



Families are reminded not to bring any foods containing nuts or nut products to school. We have several students and staff members who have a life-threatening allergy to nuts and nut products. Please check contents of the items that you are sending to school with your child.



### BOOMERANG LUNCH PROGRAM REMINDER

All lunch waste is to be returned home for proper cleaning, reusing and recycling.

In order that we are able to continue the convenience of the **Kids' Kitchen** service, students must be taking the bags and containers from **Kids' Kitchen** home as well.



# Pioneer Village:

Hello John McCrae My name is Peterson and I am in grade 3. I am here to tell you about me and my class trip to Pioneer Village. From my point of view it was awesome!

First, we got on the bus, with two other classes including mine. The classes were Mr. Skilling's class, Ms. Mowles' class and my, class which is Ms. Hoffenbergs class. The bus took a long time to get there.

Secondly, when we got there, we waited for someone to come. When she came, she took us to a log house. At the porch of the house. At the porch of the house, there was a lady, the lady took us inside the house. Inside the house, she told us to sit down on the floor. She explained how to make the butter. After the explaining, we did chores like dish washing, sweeping, dusting and butter churching. It was fun. After, a Man came to pick us up when we came in it was a warehouse.

The man talked about some tools, then we got to try the tools and it was cool. After, the man gave us directions to the same log house, but going to the upper floor. On the upper floor, was a young woman. That young woman taught us how to make clothes. When it was over we did some exploring. After the exploring our class ate lunch. When lunch was over, we did some more exploring. We found lots of stores going by, like the tins smith, black smith, mills, the restaurants, schools, farms and houses. After the exploring, we went back to our bus to John McCrae. Our class had a great time at Black Creek Pioneer Village.



By: Kamakshi, Grade 3

On Friday November 22, 2013 all the Grade 3 classes in JMPS went to Black Creek Pioneer village. After the 1 hour bus drive we finally arrived. It was very exiting. We first went to the many hands program. In the first round, Mrs. Hoffenberg's class went to the kitchen. Mr. Skilling's class went to the work shop and Ms. Mowles' class went upstairs. In the kitchen we, dusted and swept. In the workshop we drilled and shaved. Upstairs we made wood, quilts and scrap rugs. We switched a second time. Mrs. Hoffenberg's class was in the workshop. Mr. Skilling's class had gone upstairs and Mrs. Mowles' class was in the kitchen. It was the same except we all were in different centers. Then we circulated 1 more time. We went to the places we haven't been to yet and when that was done. We had lunch and then we could explore in small groups. We had 1 hour to do that. Then we met at the entrance and we loaded ourselves into the bus. It was a dirty, wet ride back. It took the same hour. I found it very boring. Most people were relieved to be back at school. That was my day at Pioneer Village.

## Language Learning in Room 205

During the month of November the students in Mr. Sciberras' class were working on a project called "Scarer of the Month." This writing assignment was for procedural writing. We had to create a monster and describe it. We had to tell about the monster's abilities (special powers and how it scares people), its habitat, describe what it looks like and then we had to draw a picture of it. After we did that, we hung them up outside of room 205. We ended this project by watching a movie called "Monster's University."

For reading we worked on visualizing activities by reading a picture book called, "A Bad Case of Stripes," by David Shannon.

During the month of December we are doing an inquiry-based learning project with the help of the school librarian Mrs. Viero. For this project we are researching different holidays that are celebrated. We are researching information about: Christmas, Chinese New Year, Hanukkah and Kwanzaa. Our research will be presented by using Power Point and pow-toons.

By: Perry, Daniel, Katherhan and Veehaan



**Me to We Update**  
**By: Ariana, Grade 7 student**

Hey, Mustangs! It's been a busy month. First, we ended off our We Scare Hunger Campaign with a grand total of 2155! To those who brought in non-perishable food items and cans, thank you for making some less fortunate lives better. Special thanks go out to Mr. Kassam and Ms. Rose's Gr.8 classes, who gathered over 600 food items. Next up, the Me to We Team will be holding a sale for typhoon relief. The Philippines recently suffered a typhoon, and they need our help to recover from it!

We have sold an assortment of items, including bracelets, necklaces, bookmarks, hair accessories, and much more! Join us in the library at recess and stay tuned for more info! We will also be starting a new campaign in the New Year; We create Change. We Create Change is a campaign raising money to build schools in developing countries. With the help of RBC Bank, we will be rolling the coins that you bring in. As a committee, we have decided to help build a school in Haiti. It costs \$20 for a brick, and \$10,000 for a school. Help us reach our goal of \$3300 this year! Be sure to read our column for more info next month!



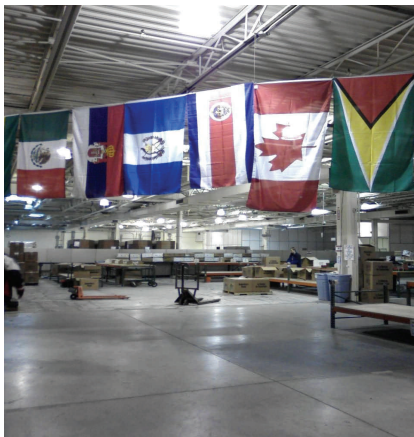
## OPERATION CHRISTMAS CHILD

We are very proud to announce that we successfully completed Operation Christmas Child Project. We would like to thank all the staff, the students, and the teachers who took part in this project. We would especially like to thank the work of Mr. Cheung and his class who took the lead on this project. We were able to raise 66 boxes which contained toys, hygiene products, and clothes for kids of all ages. We also raised around \$106.00 dollars for shipping and handling.

Some of the places that these boxes went to include:  
 Philippines, Costa Rica, Bolivia, Haiti, Nicaragua, Guinea Bissau, El. Salvador, Argentina and Senegal.

Let's try to do the same thing next year and continue this wonderful McCrae tradition.  
**Good Job Mustangs!**

The Student Leadership Team



The work stations at Operation Christmas Child in Cambridge



Boxes of Shoe boxes ready to go!

## INTERMEDIATE GIRLS BASKETBALL



The intermediate girls basketball team is off to a strong start to their season. Mr. Doucet, Ms Ukposidolo and Mr. Cheung had 42 girls come out to the tryouts in the first week of December. We had three tryouts and the final roster of fourteen girls has been selected. Practices began Tuesday December 10th. Now that the roster is set the team can work on skill development and teamwork, to continue in January 2014. The Area meet will be February 28th. Go Mustangs Go!



## MUSIC UPDATE

Hey Mustangs! November has been an extremely busy month for many of our John McCrae students who are part of our band programs and in music class. Our concert band, which consists of grades 6, 7, and 8 students, have been working hard on eight pieces that will be performed in the primary concert which will take place on the evening of December the 12th. We hope to see many of you there! Additionally, the grade 8 students have been grouped into small ensembles and will be presenting a variety of holiday songs for all the K to 7 classes to enjoy and get into the holiday spirit. Lastly, it has been confirmed that our Jazz Band will be performing at the assembly on the 19th of December. We are so excited for all these events taking place and hope you keep reading our newsletter in the future to keep up with our daily updates on what's going on in the music room!

Ashley - Gr. 8



## INTERMEDIATE BOYS VOLLEYBALL

3 months ago, 12 of us signed up to be on a volleyball team and we worked hard to be selected to be part of a team. For months we learned to work together and we learned to trust each other. During our first tournament at Castlemore our practice wasn't very evident. We were not together and not playing well. We were sad and a little mad at ourselves, but next practice, something changed. We were determined.

The next week (Nov. 13th) we had our next tournament which was being held at Legacy. There were many strong teams there, but we started extremely well and came out with fire. After winning our first two games and feeling confident, we were heading in to a tough game against Legacy who was the apex predator of the group. Although we lost the game, we were very close. We didn't hang our heads, we stayed strong and prepared for the next game. We ended up finishing the day with 4 wins and 1 loss.

The area tournament is where teams from every school in the area come to compete for a title, and that's where we were heading. We were ready for this. We saw a lot of strong teams but we were confident. On November 21st we were at the Microlinks Centre and we played very well. Although we got placed with two of the top four teams in our pool, we placed extremely high and placed 3rd in our pool. We played with our hearts and had minimal errors because we were having fun. We were happy not because we were losing but because we were playing our best. From the Captain, I congratulate the 2013 Intermediate Boys Volleyball Team.



## INTERMEDIATE GIRLS VOLLEYBALL

The girl's volleyball team had a great year. Throughout all of our practices, we've grown individually, as a team, as well as a family. Every one of the girls; Evelyn, Grace, Raina, Neyya, Nadia, Emeline, Cindy, Betty, Florence, Vanessa, Rachel and Jane have improved under our coaches. Mr. Kassam and Ms. Rose. Playing matches against the boy's team, we won once and lost once. Also, we invited Wismer Public School's team over for a game, which was really fun for all of us. At the area tournaments, we won two games, and lost two as well.

Unfortunately, we did not proceed to the play-offs, just off by one game. However, it's not all about the scores, it's really about how much we have all grown throughout the season and how much fun we've had. We ended off this great season with a big pizza party along with the boy's team and chocolate cake.

GO MUSTANGS!

## PROVINCIAL ASSESSMENT FOR GRADE 3 AND GRADE 6 STUDENTS (EQAO)



All students in grades 3 and 6 will be participating in the 2014 Provincial Assessment of Reading, Writing and Mathematics this spring. We are in the planning stages for this assessment which will take place May 26th-June 6th, 2014 Please avoid appointments during these two weeks.

### SECONDARY SCHOOL PARENT INFORMATION NIGHT MEETINGS

For students that are currently in our program for the gifted learner, **Markville S.S.** is the designated secondary school that will provide a partially integrated placement for the gifted learner.

For students in the regular program, **Bur Oak S.S.** is the designated secondary school for John McCrae students.

Pierre E. Trudeau. H.S.	January 13, 2014	7:00pm
Bur Oak S.S.	January 16, 2014	7:00 pm
Markville S.S.	January 15, 2014	7:00 pm
Stouffville D.S.S.	January 15, 2014	7:00pm

### 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 @ 6:30pm.

Applications will be online 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.



### **GIRLS ON THE RUN is coming to John McCrae PS!**

*Girls on the Run inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.*

Girls on the Run Ontario is a positive youth development program which combines training for a non-competitive 5k run/walk with an interactive curriculum to develop self-respect and healthy lifestyles of 8-13 year old girls. The curriculum that was developed by child psychologists addresses many aspects of girls' development - their physical, emotional, mental and social well-being. Lessons provide girls with the tools to make positive decisions and to avoid risky adolescent behaviours. One girl put it this way, "I learned that I am the boss of my brain."

Not only do the girls (and their coaches and families) get moving - they are also armed with the tools necessary to effectively manage many of life's challenges, including gossip, bullying, establishing healthy friendships and standing up for themselves and others. Girls on the Run Ontario is a Registered Canadian Charity and is delivered by Volunteer Coaches from the school. It will operate as an after-school program and participants will meet twice a week for ten weeks in the spring. The program will commence in early April and conclude at the beginning of June. Each session is one hour and fifteen minutes in length. We have several teachers who have agreed to be Volunteer Coaches for two teams of 8 to 20 girls. All coaches are provided with First Aid/CPR and Curriculum training. In addition, all coaches must obtain a Vulnerable Sector Screening through the local Police Department. Stay tuned for more information about signing up for Girls on the Run at John McCrae PS, either as a Volunteer Coach or participant.

**We look forward to seeing you at our Girls on the Run Information Night on**

**Thursday, February 2<sup>nd</sup> at 6:30 p.m.**

