



CONTACT INFORMATION

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PRINCIPAL

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legacy.ps.yrdsb.ca

CHECK US OUT
ONLINE

LEGACY eBulletin



*Click here
for our
calendar*

School Council Meeting - Monday, January 16th at 7pm

Please join us for the next council meeting on Monday. Please see the attached agenda for details.

PA Day - Friday, January 20th

On this day, teachers will focus on Assessment, Evaluation and Student Achievement. In building the report card, teachers reflect on what students have learned, their strengths, evidence of learning and next steps to extend their academic achievement. Report cards go home on Wednesday, February 15th!

Mental Health Resources

One of the important aspects of the YRDSB Board Improvement Plan (BIPSA) is how we support our students, staff and families in the area of Mental Health. Over the next few weeks, we will be sharing resources to support this valuable area of our work. Below are a list of sample chapters from the HealthyMindsCanada.ca book, When Something's Wrong: Ideas For Families Handbook.

[Managing Problem Behaviour in Children](#)

[Anxiety & Anxiety Disorders](#)

[Autism & Autism Spectrum Disorders](#)

[Borderline Personality Disorder \(BPD\)](#)

[Eating Disorders](#)

[Impulse Control Disorders](#)

[Mood Disorders](#)

[Schizophrenia](#)

[Suicide](#)

[Tourette Syndrome \(TS\)](#)

[Working With Your Health Care Practitioner](#)

[Resources](#)



LEGACY SCHOOL COUNCIL

INVITES YOU TO ATTEND

THE 3RD GENERAL MEETING OF THE SCHOOL YEAR

2016-2017

Come join us on: Monday – Jan 16, 2017

From: 7:00pm to 8:30pm @ the school library

Come and join us!



•Refreshments will be provided!!

If you are interested in attending, please email us
at our email address: legacyschoolcouncil@gmail.com

**Please note. Child-minding services are not available for this particular meeting.*

Sorry for any inconvenience this may cause.



Legacy Public School

61 Russell Jarvis Drive

Markham, ON, L3S 4B1

(905) 472-4764

Fax: (905) 472-2322

“The Mission of Legacy School Council is to assist in creating and nurturing an environment conducive to learning for all; to help encourage students to become self-directed, problem solvers and responsible members of the community; and to support inspiring and preparing learners for life in our changing world community.” (taken from LSC by-laws)

LSC Agenda for Monday: Jan 16, 2017

Time: 7:00pm - 8:30pm

Location: School Library

- 1. Approving Nov 07, 2016 meeting minutes/Setting LSC Meeting ground rules: Irene (7:00pm-7:05pm)**
- 2. Guest Speaker: Public Health Nurse (7:05pm-7:25pm)**
 - **Healthy Schools - New Policy effective Feb 01, 2017**
- 3. Secretary Role: Irene (7:25pm-7:30pm)**
- 4. Treasurer Update: Michelle (7:30pm-7:35pm)**
- 5. Legacy Wear update: Lori (7:35pm-7:40pm)**
- 6. Principal’s Update: Laura (7:40pm-7:55pm)**
 - **Update on the progress of the Recess Safety Committee**
- 7. Questions for the school administration: Tricia (7:55pm-8:05pm)**
 - **Concerns regarding Recess Safety Committee meeting times**
 - **Allocation of funds for Technology**
- 8. Holiday Charity Event update:Nimisha (8:05pm-8:10pm)**
- 9. *PRO Grant 2016-17 **STEM Night: Irene (8:15pm-8:20pm)**
 - **2 nights confirmed**
 - i. Feb 22-Wed: Grades K-2**
 - ii. May 03-Wed: Grades 3-8**
- 10. Brief summary of the School Council Forum held on Nov 21, 2016: Francine (8:20pm-8:30pm)**
- 11. Open Forum - Planning the “annual” School Fundraiser (more details to follow in February): Nandita**

***PRO - Parents Reaching Out Grant**

****STEM Science, Technology, Engineering & Mathematics**

WOULD YOU ENJOY **COLLABORATIVELY** 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**. If you are currently in grades four or five you may apply for the **arts@baythorn program**, where you will have the opportunity to explore the disciplines of Dance, Drama, Visual Arts, and Music in a **cooperative learning environment**.

To learn more about the **arts@baythorn** program, you and your family are invited to attend an information evening at Baythorn Public School on:

Thursday, January 19, 2017 @ 7:00 p.m.

Applications will be available at **bit.ly/arts_application2017** online after the January 19th, 2016 info night.

If you require further information, please call us at
Baythorn Public School
(905) 889-7992.

Kate Kurek
Principal

The Arts Team

Meytal Daniels
Vice Principal



Are you ready for a challenge?



Coming soon to a lunch near you...

My healthy lunch
challenge

Challenge week: January 23 to 27, 2017

Get your kids involved in packing healthy lunches that include foods from at least three out of the four food groups.

During Challenge week, students will keep track of the number of food groups in their lunch using the record sheet. All classes that participate in the Challenge will be entered into a draw for a healthy lunch party.

Connect with us! Share your healthy eating tips and photos of your child's lunches
@YorkRegionGovt #YRlunches

For more information, visit york.ca/myhealthylunch or speak to your child's teacher.



Community and Health Services
Public Health

york.ca



My healthy lunch challenge



1. Get what you need and make it **fun!**



Be litterless

Use compartment containers that have a snap top and are leak-proof



Be food safe

Keep hot food hot - use a thermos

Keep cold food cold - use ice packs



2. Get them **involved!**

Let your kids help plan, prepare and pack their own lunch. They will be more excited to eat their lunch if they help pack it. Get them to help chop, sort food into containers and make sandwiches or wraps



3. Plan it out and make it **complete!**

Mix it up!

Pack fruit and vegetables every day. Choose different foods to keep lunches interesting. Skip the sugary drinks; go for water, milk, or soy beverage



Use Canada's Food Guide

Include **three** or **four** food groups in your kid's lunch every day



Create healthy lunches and snacks!

Mix and match the food group ideas below. Include three or four food groups for lunches and one or two food groups for snacks.



Vegetables and Fruit

- sliced strawberries
- sliced pepper strips
- cucumber slices
- raw baby carrots
- mango cubes
- cherry tomatoes
- banana
- sliced melon
- leftover cooked vegetables
- apple slices



Grain Products

- hot or cold cereal
- whole grain bread like rye or pumpernickel
- whole grain tortilla
- whole grain crackers
- 2 mini oatmeal muffins
- whole grain pita
- leftover pasta
- leftover brown rice
- barley in a soup or salad
- quinoa or couscous



Milk and Alternatives

- skim or 1% milk
- plain or flavoured yogurt
- cheese cubes
- cottage cheese
- fortified soy beverage
- sliced cheese (Havarti, Swiss)
- shredded mozzarella cheese
- kefir
- skim or 1% milk
- cheese string



Meat and Alternatives

- leftover roasted chicken
- tuna, salmon, egg or chicken salad
- hummus
- bean salad
- mini veggie omelet
- black bean and corn salsa
- meatballs (lean ground meat)
- cooked tofu
- sunflower or pumpkin seeds
- hard-boiled egg

Here's how to put it together:

Sample Lunch Ideas

- Roast turkey wrapped in a whole wheat tortilla, cherry tomatoes, applesauce and skim or 1% milk
- Hummus with whole grain pita, carrot sticks, grapes and yogurt
- Leftover chicken soup (with carrots, chicken and noodles), cheese cubes and a peeled orange
- Pita pizza with an apple and skim or 1% milk

Sample Snack Ideas

- Cheese cubes along with a fruit or vegetable
- Hummus or black bean dip with carrot sticks or cherry tomatoes
- Nut-free trail mix (mix of dried fruit and pumpkin seeds along with whole grain cereal)
- Yogurt and a banana or whole grain cereal
- Mini muffin (carrot, oatmeal, banana or bran) and sliced pears or milk
- Apple slices sprinkled with cinnamon and dry whole grain cereal

1-800-361-5653

TTY: **1-866-252-9933**



York Region Health Connection

Community and Health Services

Public Health

www.york.ca





DEALING WITH ANXIOUS CHILDREN

「父母如何處理孩子的焦慮問題？」國語講座

This seminar is designed to help parents dealing with their anxious children. In this seminar, you will find out more about anxiety -- how it looks, how it works, and how to recognize if it is problematic. You will also provide some practical strategies and tools to help you manage your child's anxiety.

你的子女是否常常感到焦慮，讓你束手無策？家和專業輔導中心希望透過這次講座，讓家長可以了解更多有關小童焦慮的問題如：焦慮兒童的表徵，焦慮的成因，如何識別孩子是否有此問題。資深心理治療師更會為你提供一些有效又實用的方法幫助你處理孩子的焦慮問題。

座位有限，請儘速報名！

日期 **Date:** Tuesday, January 24th 2017
時間 **Time:** 10AM – 12PM
語言 **Language:** Mandarin 國語
地點 **Address:** Angus Glen Library - 3990 Major Mackenzie Drive East, Markham, ON L6C 1P8
查詢或報名 **Inquiry/Registration:** 416-979-8299 ext. 221

****歡迎有興趣人士參加，未入籍人士請出示楓葉卡或移民紙。名額有限，請預先登記。****
All are welcome. For new immigrants, please bring valid PR card or landing document for registration. Space is limited. Please call to register.

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