



CONTACT INFORMATION

61 Russell Jarvis Dr.
Markham L3S 4B1

Phone: 905-472-4764
Fax: 905-472-2322

Email: legacy.ps@yrdsb.ca

Office Hours: 8:45am - 3:30pm

PRINCIPAL

Laura Ryckman

VICE-PRINCIPAL

Jeffrey Demacio

SUPERINTENDENT

Peter Tse

TRUSTEE

Juanita Nathan



legacy.ps.yrdsb.ca

CHECK US OUT
ONLINE

LEGACY eBulletin



*Click here
for our
calendar*

Student Safety Outdoors

Student safety outside is one of our highest priorities. The playing fields and school grounds have been extremely icy through the first few weeks of January. In order to get our students outside for much needed play, we have put in place several plans to do this in a safe and effective way. Split Recess and Lunch Recess times and having the kinder classes use the back pavement for outdoor play are two examples. As we continue through the heart of winter, we will be adaptable and make plans that have our students play outside as much, and as safely, as possible.

Weekday vs School Day Cycle

The YRDSB follows a 5-Day cycle throughout the year. When planning activities, clubs and sports, it can often be confusing as to whether meetings or practices occur on the day of the week or day of the cycle. Our staff is working hard to align these to make it easy for students and families to plan. As always, please use the school calendar link above to stay up to date on all things happening at Legacy.

Moving?

We are starting to plan for the 2017-18 school year. If your family is planning to move between now and September, please inform the school office as we try to have accurate student enrolment projections to get ready for next year!

Diamond Day - Lunar New Year - January 28th

Lunar New Year is a cultural and religious celebration for many Chinese, Koreans and Vietnamese. This year, Lunar New Year is celebrated on January 28. This is the year of the Rooster. People born in 1945, 1957, 1969, 1981, 1993 and 2005 were also born in the year of the “Rooster”.



Smartie O’Grams

Valentine's Day is almost here, so you know what that means! Legacy P.S Student Council will be running our annual Smartie O’grams fundraiser. Students can send their friends and family 2 “treat size” smarties with a note attached. Smartie O’grams will be on sale from January 24-31 for only \$1 per Smartie O’gram. Smartie O’grams will be delivered on Tuesday, February 14th. Hope to see everyone there!

JANUARY 20, 2017

PA Day - Friday, February 3rd - No classes

On this day, teachers will focus on supporting the Board Improvement Plan for Student Achievement and Well-Being. Teachers will engage in professional development related to Mathematics, Modern Learning, and Mental Health.

Mental Health Resources

Parents and families can find a variety of supports and resources at www.pcmh.ca. This organization provides Family Engagement Training and a variety of tools that parents may find useful.



Legacy Spirit - PJ Day



Attention All Sewers!



The We Committee is raising money for Sick Kids Hospital. We are planning on making sock monkeys to sell to the Legacy community for Valentine's Day. Our goal is to make 100 monkeys.

The McGregor Sock Company generously donated 100 pairs of socks. However, we desperately need some help with the sewing. Each monkey will take approximately 20 to 30 minutes to sew.

If you can sew, we can use your help! Each sock will take approximately 30 mins to sew. It can be done at home, we will provide you with the materials. Any amount of help would be greatly appreciated. Even if you can only sew one it would be a huge help.

Please contact Ms.Papaikonomou as soon as possible if you are able to help us out.

Thank you,

The ME to We Committee

SickKids



Active Winter Play

Remember the days when children would rush out the door to play with friends and return home only for meals or when the streetlights came on? Childhood today looks very different, with more time spent indoors, in structured activities and in front of screens. There is little time for outdoor play and risk taking. Whether its summer or winter, children need several hours of active play each day. Active play is unstructured, child-led, spontaneous physical activity. It can occur alone, with friends or with family and it most often occurs outdoors. When children are outside they move more, sit less and play longer.

Outdoor active winter play can include such things as:

- Playing tag or soccer in the snow
- Building a snowman
- Going sledding
- Building a fort
- Exploring the woods

How can schools encourage active play?

- Regularly embrace the outdoors for learning, socialization and physical activity in various weather conditions
- Choose natural elements for the school yard over pre-fabricated playgrounds and paved areas
- Examine existing policies and reconsider those that pose a barrier to active outdoor play



We want to hear from you!

Tell us how students at your school are active by completing this brief survey – you could win a prize!

<http://fluidsurveys.com/surveys/yorkregiones/active-play-survey/>

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



Markham District High School



Upcoming School Council Presentations and Events

MDHS School Council is pleased to be hosting a number of upcoming informative events and presentations. These events are open to students, parents and administrators. All local area schools are invited to attend. Events take place in the MDHS school library. Additional details are provided below:

Event	Details	Date/Time
Student Advocacy Cards	Learn more about the new Advocacy Cards program and gain a better understanding of how you can support your son or daughter to advocate for their learning needs in the classroom environment. This session is for both parents and students and will directly follow the School Council meeting taking place from 6-7PM. RSVP to markham.dhs@sc.yrdsb.ca by Nov 25th. Presented by the Learning Disabilities Association of York Region	November 28th 7-8:30 pm
Supporting Community Concerns	Learn about the board's policy on how they support community concerns, the policy and procedure reinforces the importance of high standards of practice with regard to service provision by the Board.	January 23rd 7:00 pm
Advocacy Training	A workshop on effective approaches to advocating for our children, school and community. Presented by YRDSB Inclusive School and Community Services	
Supporting High School Students with Math	A session focused on providing strategies to support your son or daughter in high school Math. Presented by MDHS Math Department	February 6th 7:00 pm
Social Media Branding	This session is to gain an understanding on how social media can be used to portray who we are positively or negatively. As well, a brief discussion on the dangers of social media will be provided. Presented by Socially Active	March 20th 6:00-8:00 pm
YRDSB Mental Health Strategy	The session is to be held immediately following School Council meeting scheduled from 6:30-7. The focus will be on supporting student's mental health in alignment with the Boards mental health strategy. A particular focus will be on transitions and how to ease anxiety as it relates to change. (BIPSA) Presented by Janice Bordonali, Guidance & Pathways Consultant YRDSB	May 15th 7:00 pm