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Study Hall Opens at Legacy!

Has your child missed a day at school? Do they need time to get caught up? Or do they just need extra time or help with their homework, projects or more? We have opened the Study Hall just for them!!

Legacy's Study Hall is open on Days 2 (for grades 1-4) and 4 (for grades 5-8) from 1:10-1:50. During this time students may work, get help from peer tutors or from teachers who volunteer to tutor during this time.

Thank you to the staff who have organized this for our students and to the peer tutors who are giving up their lunch hour to help others!!

Spring Time Safety

Every spring we are reminded to check batteries and ensure that the smoke detectors and CO2 alarms are functioning. At school we practice Hold and Secure, Lock Down and Fire procedures. These practices help us problem solve and give students knowledge and skills they will need in case we have an emergency in the school or community. In the past we have needed to use these skills due to bad weather (Hold and Secure keeps us all safe inside).

Our school Safety Committee met this week. The major topic for discussion was the parking lot at the end of the day. We are currently creating a plan that will help with the congestion and keep our students safe. *Stay tuned for changes!*



The Quieter You Become, The More You Can Hear-Ram Dass

We are well underway with our Fundraising Campaign "The Silent Challenge". We have applied for an Outdoor Classroom which will be installed at the north end of the school. This structure will be fully accessible, be used during instructional times as well as recess and in years to come will be a shady spot to enjoy and learn. The preliminary quote for the classroom is \$18,000. Our council has allocated \$5000 from last year's Read-a-thon, we hope to be able to make up the difference with funds from this year's Silent Challenge. Thank you for your support!!!



Why are we being silent? In the fast paced modern world finding the time and the self-control to be silent, reflective and let our brains relax is difficult. Science and medicine suggests for everyone to spend at least 2 hours in silence a day. While this would ideally be done in 10-20 minute increments, we at Legacy are challenging ourselves to see if we can do this together for 100 minutes. Teachers will be working with their classes getting ready for this 100 minutes by practicing, planning lessons which allow for silence and having students understand how they can build and practice silence in their personal time.

Can we do it? Shhhhhhh....we will see!!

Here are some scientific facts you may not know about silence:

- 1) Two hours of silence per day promoted cell growth in the hippocampus in the brain of mice
- 2) When children are exposed to silence, the brain can restore itself and recover some of the cognitive skills that have been lost through excess noise
- 3) Two minutes of silence is more relaxing than listening to "relaxing" music (based on a study of blood pressure and blood circulation in the brain)

Interested in this topic? See more at:

[The Importance of Silence in a Noisy World | Psychology Today](#)



Kids – put down those screens...it’s time to pause to PLAY!

Dear Parent/Guardian,

York Region Public Health is launching the annual **pause to PLAY** challenge in York Region schools. From Monday, April 24 through Friday, April 28, children are being challenged to put their TV’s, gaming devices, tablets and computers on “pause” for one full week. Instead, they are encouraged to participate in active outdoor play.

Did you know?

- Screen time should be limited to no more than two hours per day for children 5 to 17 years of age but only 24 per cent meet this recommendation
- Children 5 to 17 years of age should get at least 60 minutes of moderate to vigorous intensity physical activity (such as walking or bike riding) each day, but only 9 per cent of Canadian kids meet this requirement

Health benefits

Exercise that gets your heart rate up has many health benefits. Being active for at least 60 minutes daily can help children:

- Improve their health and do better in school
- Improve their fitness, grow stronger and maintain a healthy body weight
- Have fun playing with friends and feel happier
- Learn new skills and improve self confidence

Participate in pause to PLAY at home

In addition to **pause to PLAY** activities during school hours, parents, guardians and caregivers are encouraged to have their children participate in the challenge before and after school.

- Participating teachers will share daily e-mails with tips to reduce screen time and increase active play
- Check your child’s **pause to PLAY Student Activity Log** (see the back of this letter) at the end of each day to see how much physical activity and how much screen time they are getting
- Every step counts: encourage your child to walk or ride a bike to school, have active play time, and/or play sports
- Check out your local community calendar and visit your local community centre and participate in some fun, family-friendly events
- Make active time family time – have fun together and **pause to PLAY** all year long!

For more information on **pause to PLAY**, please visit www.york.ca/health.

For more information on physical activity including the Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines, visit www.york.ca/physicalactivity.



York Region  **pause to PLAY - Student Activity Log**

Instructions: Write in your physical activity and screen time in the space provided—and find out how many minutes you get each day!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Physical Activity (Minutes)</p> <p>Physical Activity Tip: <i>Get 60 minutes of physical activity per day—everyday!</i></p>					
<p>Screen Time (Minutes)</p> <p>Less Screen Time Tip: <i>Limit after school TV watching—Get outside instead!</i></p>					
<p>✓ PARENT REVIEWED <i>Please check</i></p>					