

# LEGACY PUBLIC SCHOOL E-BULLETIN



**DATE:** November 15th, 2019

**School Council Email:** legacy.ps@sc.yrdsb.ca

**Principal:** Shelley Jones

**School Email:** legacy.ps@yrdsb.ca

**Vice Principal:** Leeanne Hoover-Joy

**Phone:** 905-472-4764

## NOVEMBER 11TH

**Lest We Forget.** We appreciate the sacrifices made by those, past and present, who come from all backgrounds to shape the Canada we have today. Thank-you to everyone who made our observance happen.

We welcomed Master Corporal Tony Neaves from the Royal Canadian Dragoons to speak to our students and visit with classes throughout the day.



## LUNCH ASSISTANTS NEEDED

**We are looking for school lunch assistants for our substitute list.**

**This is a paid position by the Board in our school.**

**Lunch Assistants are required to:**

- 1. Provide a Police Vulnerable Sector Check**
- 2. Complete an application**
- 3. Supply a doctor's note of good health**
- 4. Work from 12:50 -1:50 pm**

**If you are interested, please stop by the school office to pick up the application package**

## ACTIVE SCHOOL TRAVEL



### Walking Wednesdays

**Get ready Legacy, we continue to promote Active School Travel through the winter months.**

**Our caretakers create safe walkways for students and families to walk to school.**

**Let's Keep Walking to school and reduce traffic congestion around the school.**

## UPCOMING KEY DATES

- Nov 18th-Skills Ontario -Gr 8
- Nov 20th-Swim to Survive-Gr 3
- Nov 21st-Legacy SPIRIT DAY-stand up to bullying
- Nov 22nd-Girls Int Area Volleyball
- Nov 26th-Boys Int Area Volleyball
- Nov 27th- Photo Re-Take Day

Please check our Calendar at:

<http://bit.ly/2DdPcaJ>



# SARA WESTBROOK-UPOWER



Thank you to those who have contacted the school about volunteering. Are you available to:

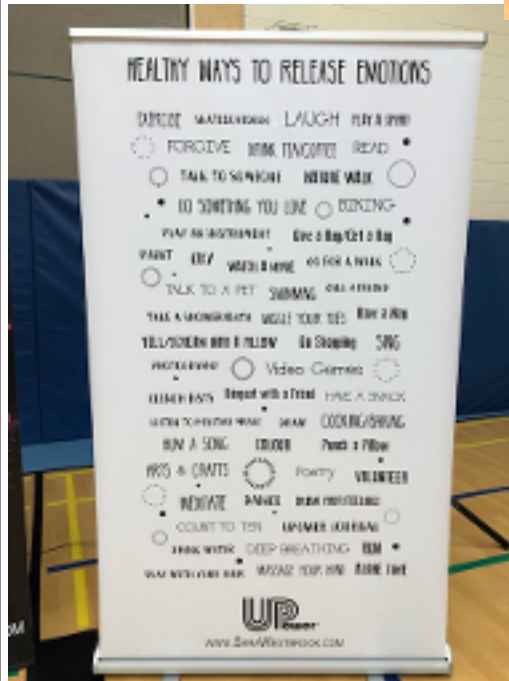
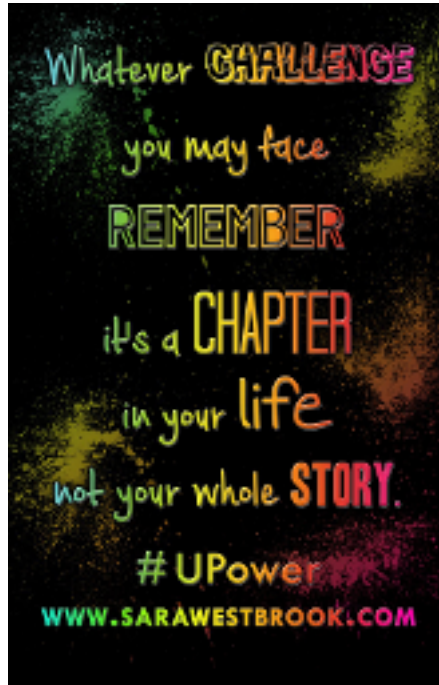
1. Support in the Library
2. Read with primary students
3. Supervise a primary and junior Games Club during lunch hour
4. Or running a club

## CALLING FOR HIGH SCHOOL STUDENT VOLUNTEERS

We are looking for High School students to provide homework help after school on Thursdays from 3:45 pm-4:30 pm in our Legacy Learning Commons.

If you are interested in running a club or an activity, or know of a High School Student that would like to volunteer, please call the school to discuss it with Ms. Jones or Ms. Hoover-Joy or send an email to:

[legacy.ps@yrdsb.ca](mailto:legacy.ps@yrdsb.ca)



## WHAT IS GOING ON IN THE SCHOOL?

- Me to We Club (Grade 7-8)
- School Council (Grade 6-8)
- Office Helpers
- Class Economy (Gr 8)
- Announcement Teams
- Walk to School -Active School Travel

- Intermediate girls and boys volleyball
- Lunch Buddies (Gr 5 and 6)
- Peer Mediators (Gr 5-8)
- Intramural Basketball (Gr 4-8)
- Stacking Club (Gr 1-8)
- Legacy Talent Club (Gr 4-8)

## BOOK FAIR

Many parents and students visited our Legacy Book Fair this week. Thank-you to Ms McVey for organizing this opportunity for our families.

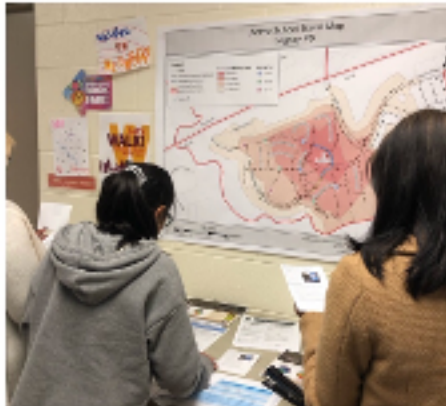


## AST-MINISTRY PILOT PROGRAM UPDATE

Legacy continues with our Active School Travel Program to encourage greater activity by walking to school. Beginning on Wednesday, November 20th, we will promoting

### WALKING TO SCHOOL WEDNESDAYS

Students will be making announcements, surveying classes and promoting walking to school. Research indicates that physically active kids have more active brains, increased memory, and increased grades.



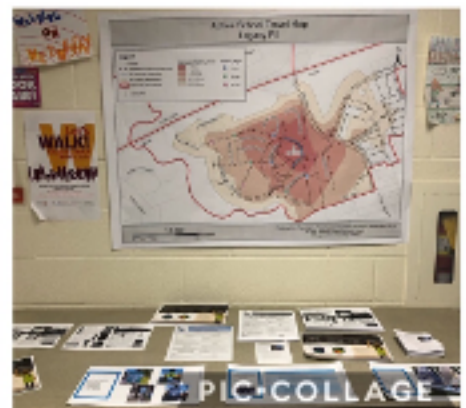
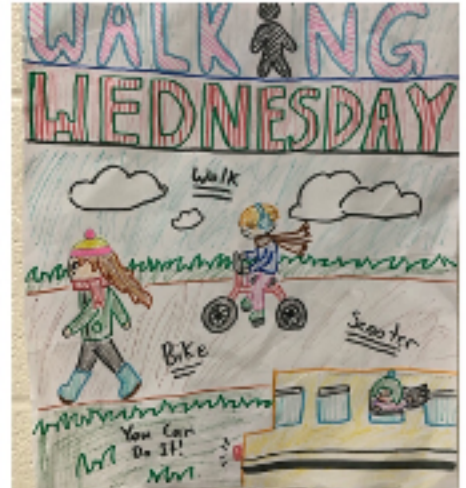
Wednesday program starting November 20<sup>th</sup>.

This means **W**e have set a goal to WALK, WHEEL, and/or the RIDE THE BUS to and from school at least once a week every Wednesday for the whole school year!



What are the benefits:

- Improves student academic performance by making children more alert and better prepared to learn
- Promotes physical and mental health
- Reduces traffic congestion and improves safety for everyone in school zones
- Promotes life-long habits that foster independence and active lifestyles, preparing children for the future



## PARKING REMINDERS

We remind our Legacy PS families that you can not use the YMCA parking lot during the day to drop off or pick up your children unless you have children registered and attending the YMCA.

As the weather gets colder and if you have to drive your children to school, please use our Kiss N Ride in the mornings to alleviate the traffic congestion on the street.

# November 2019 ACTIVE SCHOOL TRAVEL NEWSLETTER

Dear Families,

## Why Is Strong Mental Health Important for Children?

Strong mental health allows children and youth to:

- think more clearly,
- develop socially and emotionally, and
- learn new skills more effectively.

It also helps to:

- build confidence,
- increase self-esteem, and
- provide a **positive** mental outlook on life overall.

All of these factors benefit children as they grow and enter different phases of life. A child with strong mental health is a child more likely to succeed in all aspects of life, including transitions into high school, college/university and work or starting their own family one day.

## Active Transportation and Mental Health

Did you know that **Active Transportation** can strengthen child and youth mental health, which helps children and youth perform better academically, form social relationships, promote positive emotional feelings that increase self-confidence and overall make healthier lifestyle choices?

Children's Mental Health Ontario reports that as many as **1 in 5 children and youth** in Ontario will experience some form of mental health problem and that 70 per cent of mental health problems start during childhood or the teenage years.

## Use Active School Travel To Stay Mentally Fit!

Active School Travel (AST) is an easy way for families to strengthen the mental health of children and youth and it's good for you too! Simply walking or wheeling to and from school leads to increased social connectedness, which can boost confidence and self-esteem and encourage positive behavior and skills. In adults, it also helps manage stress and promotes wellness.

Active School Travel is simple and can easily be added into your daily routine!

- Walk and/or wheel to school or to the bus stop.
- Park and walk a block to school.
- If Active School Travel every day is a challenge, choose one or two days a week to try and make a change.

Be proactive and help to strengthen your child's (and your own) mental health!

Sincerely,

[Legacy PS](#)

YRDSB Active School Travel Team