



## LEGACY PUBLIC SCHOOL

# **E-BULLETIN**

DATE: April 5th, 2019 School Council Email: legacy.ps@sc.yrdsb.ca

### **Class Placements**

If you are moving or your child will be attending a different school in the fall, please let us know so that we can plan accordingly.

If you would like to have input into your child's placement for the 2019/2020 school year, please submit a letter or email to Shelly Jones (Principal) or Leeanne Hoover-Joy (Vice Principal) outlining:

1. Your child's current grade level and teacher.

2. Your child's strengths-- academic and social

3. Your concerns for your child

4. Write about the type of classroom and teaching style that you feel your child would do best with. Principal: Shelley Jones School Email: legacy.ps@yrdsb.ca

**SAFETY REMINDERS** 

We would like to remind all

families that our bus loop is

for busses and emergency

vehicles only during the

school day. Please do not

drive around the orange

barrier to drop off lunches.

We have been notified by the

City of Markham that the

center line flexible signage

will be reinstalled along

**Russell Jarvis Dr and Rouge** 

Bank to slow traffic along

these streets.

Vice Principal: Leeanne Hoover-Joy Phone: 905-472-4764

#### **Primary Concert**



JOIN US

Wed, April 10th Primary Spring Concert Grades 1-3 6:30-7:30 pm

#### WALK TO SCHOOL DAY

Thursday April 18th is Walk/Bike or Scooter to School Day.

Bus students will be dropped off at Rouge Bank and Legacy Dr.

More Information To Come

#### **KEY DATES**

Apr 10th Grade 1-3 Spring Concert

Apr 10th- International Day of Pink

Apr 13th-Vaisakhi

Apr 18th- Walk To School Day

Apr 19th-22nd Easter NO SCHOOL

Apr 26th-Holy Friday-Eastern

Please check our Calendar at: http://bit.ly/2DdPcaJ



#### **SMENCIL SALES**

#### **Legacy Student Council** will be selling Smencils! You can buy 1 for \$2.00 or 3 for \$5.00. Smencils are scented pencils that make a great gift for friends and family, or just for yourself! They come in ten wonderful scents: bubble gum, strawberry, blue raspberry, blueberry, kiwi, pineapple, orange, root beer and black cherry. These pencils are fun, practical, and they are all made from recycled newspapers! **Starting Monday, April** 15th, Student Council members will be selling **Smencils every morning** recess until Thursday, April 18th. Sales will take place in the foyer, outside the gym.



#### Learning About and Celebrating Autism

EGA

**Our Equity Team provided lunchtime** 

this week about Autism for all

students. What a wonderful week

celebrating and learning together!

education opportunities and activities











#### WHAT'S GOING ON IN THE SCHOOL

ECO Club Me to We Student Council Lunch Buddies Wacky Snack Library Helpers Stacking Club Primary Floor Hockey Primary Games Club Peer Mediators Equity Team Healthy Schools Club Annie Junior Basketball Office Helpers Girls Can Run Program



#### **GRADE 4 VISIT**

The grade 4 classes had an amazing workshop connected to Social Studies where they learned the Art of Brass Rubbing. Take a look at the creative designs!







#### **SPIRIT DAY--TWIN DAY**

# Organized by our Student Council!

















A



















# 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!



Name of student (optional):	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHYSICAL Activity (Minutes)	<ul> <li>30 minutes</li> <li>60 minutes</li> <li>90 minutes</li> </ul>	<ul> <li>30 minutes</li> <li>60 minutes</li> <li>90 minutes</li> </ul>	<ul> <li>30 minutes</li> <li>60 minutes</li> <li>90 minutes</li> </ul>	<ul> <li>30 minutes</li> <li>60 minutes</li> <li>90 minutes</li> </ul>	<ul> <li>30 minutes</li> <li>60 minutes</li> <li>90 minutes</li> </ul>
<b>Physical</b> <b>Activity Tip:</b> Get 60 minutes of physical activity per day—everyday!					<u>S</u>
SCREEN TIME (MINUTES) Less Screen Time Tip: Limit after school TV watching— get outside instead!	<ul> <li>30 minutes</li> <li>60 minutes</li> <li>90 minutes</li> </ul>	<ul> <li>30 minutes</li> <li>60 minutes</li> <li>90 minutes</li> </ul>	<ul> <li>30 minutes</li> <li>60 minutes</li> <li>90 minutes</li> </ul>	<ul> <li>30 minutes</li> <li>60 minutes</li> <li>90 minutes</li> </ul>	<ul> <li>30 minutes</li> <li>60 minutes</li> <li>90 minutes</li> </ul>
PARENT REVIEWED Please check					



york.ca/pausetoplay

**PUBLIC HEALTH** 1-800-361-5653



## 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 8 through Friday, April 12**, 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 somefun, 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 <u>york.ca/pausetoplay</u>

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