



Meadowbrook Public School

Newsletter

October 2016

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Superintendent: Drew McNaughton
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Dear Parents and Guardians:

October is here and we have settled into routines and are getting down to the business of new learning. Staff have been collecting information from many areas to help inform their planning for each student's success. This is ongoing work that requires a strong partnership between the teacher, the student and their family. We encourage you to use the agenda, follow us on Facebook (School Council account) and Twitter and login to our school website each week to stay informed about what is happening at the school. If you need to call or meet, please let us know and we will be happy to set a time. Together, we can help to ensure that each student is challenged and supported at school.

Our school professional learning has begun as well. As professionals, we are committed to examining school data, reflecting on our current practices and to ongoing professional learning to support our students the very best way we can. We continue to look at how we support learning in mathematics and language, with a focus on critical, deep thinking. We have recently added a "Problem of the Week" section on the school website (under the Student tab) for students to work on at home with their family. These problems are to stimulate discussion and to promote the understanding that there are many ways to get to the answer. We encourage families to approach these problems as a group of learners, working together to figure out a solution. Remember: it is not the answer that is the main focus, it is the discussion about the thinking that is needed to get there.

We know that the extras at school help to brighten the day and provide a much more rounded education to students and we are excited about the many opportunities that have already begun. Our Cross Country team ran in the area meet in September and some will participate in areas this week. Our Terry Fox event was a HUGE success with all students participating and cheering each other on. The cold water dunk that several staff took was well worth the chill as we raised over \$1500 for Cancer research. Way to go Wildcats! Volleyball has started, Glee and band groups are practicing, and the newly formed ECO club is hard at work. We are continuing our partnerships with Big Brothers and Big Sisters with "Go Girls" and "Game On." We are also partnering with Girls Inc. for an after school program. This week we celebrate Pajama Day and our JK/SK families are invited to join us for Pajama Story Night on Thursday, October 19. Finally, on October 31, we celebrate Hallowe'en with costumes and our annual Dance-a-thon.

I look forward to a month of great learning and community fun.

Your partner in education,

Lorraine Doran



@meadowbrook_ps

Making a Difference @ Meadowbrook Public School

Terry Fox Event

Our Terry Fox Walk for students from kg to grade 8 was held on September 29th. We were extremely lucky to have a beautiful day to enjoy the outdoor time.

Many thanks go to the grade 8 leadership team and to Mrs. Myers for the work you put into organizing the event. It was a great day! Thank you to our community for your generous support!

ECO NEWS

Our school Eco Team is in full swing. We have registered for the Eco Schools Certification program and are aiming for the Silver Award this year.

As we begin to develop our Environmental Stewardship and reduce negative impacts on the environment, we ask everyone to reduce the amount of garbage generated through lunches. Some ideas for litterless lunches include:

- Reusable containers
- Cloth napkins
- Silverware (dollar stores have a good supply)
- Whole fruit healthy snacks



Boomerang Lunches - students are asked to place all garbage generated from their lunch back into their lunchbags and take home. This reduces the waste generated at school and keeps parents informed of what has been eaten in student lunches.

Water Bottles:

We are asking everyone, staff and students, to eliminate the use of disposable water bottles. With our refillable water stations, we are encouraging everyone to use reusable water containers instead of throw-away plastic.

CROSS COUNTRY TEAM

Students from grades 4-8 practiced for the Area and Regional Cross Country meets and have participated with great enthusiasm. They trained very hard and have greatly improved their running. Way to go Wildcats!

Thank you to Mrs. Saunders and Mrs. Aldridge for their work with the team.



BREAKFAST CLUB



The breakfast club has returned to Meadowbrook. Students are invited to join us at 8:15 am in the CARE room to pick up a healthy breakfast to start their day.

OPT IN

Did you know that we cannot send any information about things for sale (items of a commercial nature) through our newsletters and not by email UNLESS you opt in. If you would like to receive information about things like pizza and milk, please visit our website (www.meadowbrook.ps.yrdsb.edu.ca) and enter your email address to subscribe. See below for image.

Parents/Guardians: Enter your e-mail address to **subscribe** to electronic communications of a commercial nature.

You may also choose to **unsubscribe** at anytime.

Follow us on Twitter

Keep up-to-date on all that is going on at ORPS.
We would love to have you follow us

@meadowbrook_ps



Picture Retake Day November 3, 2016



Download the YRDSB App!

Did you know that you can download the York Region District School Board app, *YRDSB Mobile*, using your iPhone, Android or Blackberry 10 device?

YRDSB Mobile provides parents and students with up-to-date news, access to student resources, school maps and contact information. Users are able to access the *Report It* tool, school year calendars, transportation information and much more.

To download the free app, search for "YRDSB" in your app store.

It's time to remind children about being safe in our community.

It's a good time for parents to remind children about personal safety.

Here's what children need to know:

- Their name, age, telephone number, address, city and province. This can be done through rhyme or song.
- How to contact their parents at any time, by memorizing cell or work numbers.
- How and under what circumstances to call 911.
- To never approach or enter a stranger's vehicle. A responsible adult would never ask a child for directions or any other question for that matter.
- Make sure they know they have a right to say "no" to an adult, especially when the adult is asking them to do something they have been taught is wrong or feels uncomfortable. Reminding children of this right is important because children are taught from a young age to respect adults.
- To always tell parents where they will be and to never enter someone's home without their parent's permission.
- If home alone, never admit it when answering the phone. Never answer a knock at the door or speak through it. Adults can be very persuasive. Teach your child to call you if there is a knock at the door and if they fear for their safety, teach them to call 911. Make sure they know that police officers are there to help them and would not get mad if it were a false alarm.
- If they think they are being followed or are in danger they should run home or to a public place. If someone grabs them, they should try to get away, yelling and screaming while doing so.
- It is important to play in safe areas, never take shortcuts and stick with a buddy whenever possible.

STAY SAFE!
Halloween Safety Tips



It is never too early or too late to teach children the importance of personal safety. Common sense, communication and consistency are the keys. Remind children to alert a responsible adult if something strange happens that makes them feel uncomfortable. Remember, crime prevention is everyone's responsibility.

For more information on this subject, visit www.yrp.ca.

HALLOWEEN

Each year, our students celebrate the long-standing tradition of Halloween. Students celebrating this occasion in costume at our school must comply with the Safe School's policy.

Costume accessories including, but not limited to, toy guns, knives, axes, swords, etc. are not in compliance with York Region District School Board's Safe Schools Policy #668.0.

Please note that this policy applies to all students at all levels, including Kindergarten.

At Meadowbrook Public School, students are not to wear masks at school. Please leave all masks at home.

Finally, as we start to see Halloween treats in stores, we remind all of our community that products containing nuts or nut products should not come to school. Please check labels carefully.

MEADOWBROOK SCHOOL COUNCIL

Thank you to everyone who has assisted with our QSP fundraiser. Our next meeting is Monday, November 7, 2016 at 7 pm. On the agenda for that meeting is School Improvement Planning and some information about saving for new playground equipment. Everyone is welcome to attend.

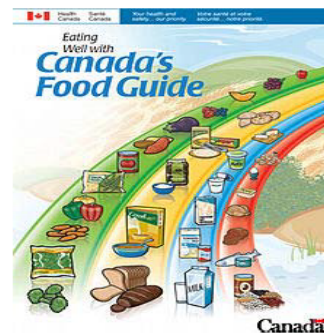
Your School Council Chairs are: Jennifer Apps and Hayley Habor. You can reach them through email at:

Or you can leave them a message at the office.

**Nutrition Tools
for Schools®**
www.nutritiontoolsforschools.ca

Eating Well with *Canada's Food Guide*

Canada's Food Guide has a new look! The guide contains specific advice for children ages 2 to 13 years. It will help you to know both the amount and type of food your child needs for good health. Contact your local health unit for a copy or visit *Canada's Food Guide* at www.healthcanada.gc.ca/foodguide



For more information about creating a healthy school nutrition environment, visit www.nutritiontoolsforschools.ca

Halloween candy... a sticky topic for parents!

At Halloween, children bring home candy after a spooky night of entertainment. Letting children include these goodies as a part of a healthy diet will help them control the amount of candy they eat. The key is to provide structure:



1. After trick or treating, let your children empty their candy bag, sort it and eat as much of it as they want. Let them do the same the next day
2. On the third day, have them put the candy away and only allow it to be eaten during meals and snacks: a couple of small pieces for dessert and as much as they want for snack time.
3. If children can follow these rules, they get to keep control of the candy. Otherwise parents take control.
4. Offer milk, fruit or vegetables with the candy to offer some nutrition.

Schedule meals and snacks at regular times and keep the routine of letting your child have Halloween candy only at these times. This way candy will not spoil a child's diet.

Remind children to brush their teeth after eating the candy and if this isn't possible, at least rinse their mouth. Adapted from *Your Child's Weight Helping without Harming Birth through Adolescence*. Ellyn Satter, 2005

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