



The Mount Joy Messenger

January 2018

Principal—Leeanne Hughes-Fernandes

Vice Principal—Lily Leung

Superintendent—Dan Wu

Trustee—Allan Tam



From the Principal's Desk

Happy New Year and welcome back! We hope that you enjoyed the winter break and had a chance to spend quality time with your family and friends. We are looking forward to hearing about all the wonderful things our students and families did over the break.

We have many community events planned where students and families can come together to learn, play and have fun here at Mount Joy. We will be hosting a Literacy Night for our grade 3-6 students and families - "A Night at Hogwarts" on January 18th between 6:00—7:30 pm. We look forward to seeing and catching up with all of you that evening.

As the weather is getting colder, we need to remember to dress our children accordingly so they can enjoy the winter weather while they are outside for recess.

Leeanne Hughes-Fernandes & Lily Leung

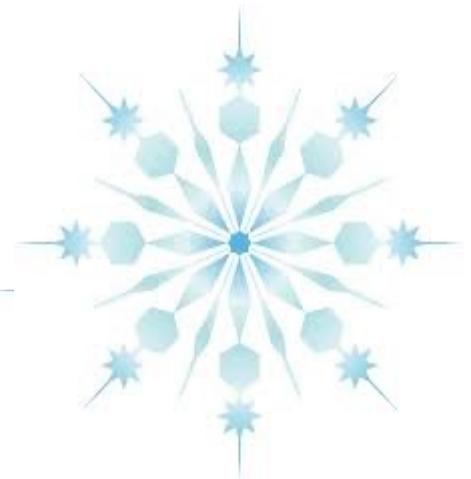
January at a glance

8—Welcome Back!

18—Literacy Night (Gr. 3-6)

19—PA Day

Feb. 2—PA Day



STUDENT ALLERGIES

Due to the severe allergy to peanuts / nuts and shellfish of several of our students, we are asking that NO peanuts / nut products or shellfish be brought into the school for snacks or lunches. If you would like a list of nut free snack and lunch ideas please visit:

<http://snacksafely.com/>



Eco & Healthy Schools Update

There will be updated news and events about Healthy School initiatives and information in the front hall cabinet. Currently, we are encouraging students to “BOOMERANG” their snack and lunch waste every Friday. Reminder boomerang cut-outs have been created and distributed to every classroom by student members on the Healthy School Team. Our goal is to bring awareness to all the excess garbage and packaging created and hopefully encourage more families to buy in bulk and use reusable containers.

The other initiative for the months of December & January is for staff and students to pack at least three of the four food groups each day for snack and lunch. This is called the “**Healthy Lunch Challenge**”. All classes have been provided with a tracking calendar. Each class has a Healthy School Representative(s), and they have been recording the number of students in their classroom that participate in this challenge. Students are also encouraged to initial their name on the Student Voice Board located outside of the library on the days that they participate in the challenge to remind and encourage others to think about healthy food choices. Continuing from last year, Mount Joy has received funding so that healthy snacks can be provided in “grab and go” bins three times a week outside of the library. These snacks include a fruit and/or vegetable and one other food group for students to take if they choose to.

What’s in your child’s lunch?

All parents want their child to eat well, but packing healthy lunches can often be a challenge! Here are some ideas to make lunches a little less stressful:

- Keep a list of healthy lunch and snack ideas.
- Involve your children in planning their lunches; let them pick their fruits and vegetables.
- While packaged cookies and granola bars are convenient, pack fruits or vegetables for at least one snack.
- Soup, leftovers, rice or pasta dishes can be heated in the morning and stored in pre-heated thermal containers.
- Send a reusable water bottle.

Children will not always eat their entire lunch. Be sure to offer other healthy meals and snacks throughout the day.



Project Good Person

As part of an ongoing initiative in Mr Berger's classroom, his grade 8's have dedicated their school year to making the world around them a better place through acts of kindness. As December is the season of giving, the Grade 8 students decided to show their gratitude for the hard working members of the York Region Police force. The YRP put their lives on the line to allow students to grow up in a safe community. The students wanted to show their appreciation so they planned a surprise visit to the station at McCowan and Carlton. After writing, drawing and designing works of thanks, they headed off on their mission (thanks YRT). The officers were so shocked by the good will of the students and were excited for the coffee as well as donuts that the Grade 8's provided. We are very proud of these students and how they are not only succeeding at school but also becoming better global citizens.

Our Website!

Please bookmark this website so you can check to see what is happening at Mount Joy PS.

<http://mountjoy.ps.yrdsb.ca/>

Our website aims to be more environmentally friendly by reducing the amount of communication sent home on paper.



Please **DO NOT** send any food items to school to celebrate your child's birthday or other holidays. Mount Joy is a Healthy School and we do have students who are allergic to certain food items. Thank you for your understanding.



This year, our Intermediate boys' volleyball team seemed to begin their training for a highly competitive and intensive season earlier. One of the reasons for this development is that Mount Joy volleyball has become the standard to which other area schools aspire to. As coach, part of my responsibility is to provide the athletes with a competitive experience that they will remember. It was one of our most lucrative seasons to date as the team persevered to win a total of 4 invitational tournaments! The true reward however, has been watching the interest of volleyball in our younger students grow exponentially. This has been a direct result of our team, their success, their camaraderie and leadership in the sport. It has been a pleasure to coach this year's team as we strive to attain the same success in the years to come.

Mr. Sennema



Handwashing

Children share many items throughout the school day and at home including books, puzzles, computers, water bottles and sports equipment. Sharing can spread germs that can cause sickness, especially during cold and flu season. Correct hand-



washing is the best way to prevent the spread of infection.

To help keep the people in your home healthy, follow these simple steps:

Encourage children to sneeze into the bend of their arm rather than into their hands.

Make time for handwashing, especially before eating, after using the bathroom, blowing your nose, sneezing, handling garbage, touching animals, playing outdoors or visiting someone who is sick

Wash your hands whenever they look or feel dirty

**TOGETHER WE CAN MAKE
THE HEALTHY CHOICE THE
EASY ONE!**

For more information about preventing infections and proper handwashing, visit york.ca/preventinginfections

This material is provided by York Region Public Health.



Kindergarten Registration

Kindergarten registration will commence on January 19, 2018 for the 2018-19 school year. Registration forms are available on YRDSB's website: www.yrdsb.ca. Children who turn four or five years old during 2018, live within the school boundary and whose parents are public school tax supporters will be eligible to register for kindergarten. A kindergarten information session for parents is being planned for this spring. For more information please visit the YRDSB website or contact the school.

French Immersion Information Sessions and Registrations

Information sessions for the French Immersion (FI) program will take place at French Immersion schools on January 18, 2018 at 7 p.m. Please visit YRDSB's website in January 2018 (<http://www.yrdsb.ca/Programs/fi/Pages/Program-Locations.aspx>) to find the FI program location for your elementary school location. FI registration will begin January 19, 2018. Parents or guardians of Senior Kindergarten students entering Grade 1 in 2018, and wishing to enrol in the FI Program, can visit or call the school office and request an *Office Index Card - short version*. The Office Index Card must be signed by the principal of the home school. Parents or guardians then take this form, along with one piece of identification showing their address to the designated FI program location to register between January 19 and February 9, 2018. This eliminates the need to provide duplicate enrollment information or to pre-register.

YRDSB's FI Accommodation Plan provides long-term consistency and equity of access to all students in York Region and will enable YRDSB to continue to offer the FI program to all who wish to enrol. The FI program will be offered in Dual Track or Single Track settings, in a variety of configurations. In order to meet community needs and optimize available space in our schools, a community's Grade 1-8 FI program may be provided over more than one school during the course of a student's FI education. Space requirements at some schools may mean that siblings are in different schools for primary dual track French Immersion programs due to differing grade structures. Like any of our schools across the Board, changes to school boundaries, and/or the accommodation model for the French Immersion program may need to be considered when new schools open, a school experiences enrolment growth, and program changes occur. This will allow flexibility in addressing community needs and the opportunity to use existing space in schools.

More information is available on the Board's website: www.yrdsb.ca. Please note: Some of the FI accommodation plans will require facility modifications or the development of new schools and will require short-term transition plans that might include overflow while we work toward the long-term vision. Overflow refers to situations in which the Board directs students to attend a school other than their community school or optional program for a specific period of time, as defined in Policy #108.

January 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8 (Day 1) Welcome Back!	9 (Day 2) Sushi lunch	10 (Day 3) Pizza lunch	11 (Day 4) Subway lunch	12 (Day 5)	13
14	15 (Day 1)	16 (Day 2) Sushi lunch	17 (Day 3) Pizza lunch	18 (Day 4) Subway lunch Literacy Night (Gr. 3-6)	19 (Day 0) PA DAY	20
21	22 (Day 5)	23 (Day 1)	24 (Day 2) Pizza lunch	25 (Day 3)	26 (Day 4)	27
28	29 (Day 5)	30 (Day 1)	31 (Day 2) Pizza lunch			

JANUARY SPECIALS

Each month we feature specials and combos to bring you more variety. For the month of January your child can enjoy:

1. Turkey chili with mini whole wheat pitas

Seasoned ground turkey, kidney beans, diced tomatoes & veggies, flavoured with a variety of spices.

Gluten-friendly version available with baked corn chips

2. Bean Chili (vegetarian) with mini whole wheat pita

Tender beans, diced tomatoes and veggies, flavored with a variety of spices.

Gluten-friendly version available with baked corn chips

3. Chicken Teriyaki with steamed rice

Tender pieces of chicken tossed in teriyaki sauce served over a bed of jasmine rice.

These items are available as a combo or entrée only. Visit us on-line to see our full menu.

These specials are available until **January 31st**. Place your orders today!



Grilled cheese is back on the menu!

With overwhelming feedback from our customers, we are pleased to add back a favourite to our every day menu.

Available as of **January 8th** you can order our

Grilled Cheese sandwich

(made with real cheddar cheese).



Place your orders at www.kidskitchen.ca today!

Please check your school's menu as some restrictions may apply.

Ordering is easy!

Login to place your orders at www.kidskitchen.ca

Orders are accepted until 10am the previous business day (on Friday for Monday orders). A valid credit card is required.

We're here to help!

Live customer service: 8am – 3pm Monday to Friday.

Spend more quality time with your kids. Leave the lunches to us!

905.944.0210 | www.kidskitchen.ca | information@kidskitchen.ca

