



The PRIME

February, 2018

Volume 6, Issue 4

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Schools
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**SCHOOL DAY
TIMES**
For all Students JK-8

7:50-8:00 a.m.
Yard Supervision

7:55 a.m.
Entry Bell

8:05-9:45 a.m.
Learning Block

9:45-10:15 a.m.
Recess

10:15-11:55 a.m.
Learning Block

11:55 a.m.-12:55 p.m.
Lunch (all students
outside from 11:55 a.m.-
12:30 p.m.)

12:55-2:35 p.m.
Learning Block

2:35 p.m.
Dismissal

Sir John A. Macdonald Public School
45 Murison Drive, Markham, ON, L6C 0J4
t. 905.888.5777 f. 905.927.2082
www: <http://sirjohnamacdonald.ps.yrdsb.ca/>
email: sir.john.a.macdonald@yrdsb.ca
twitter: @sjamps



Administrator's Message

Teachers are working at all grade levels to provide opportunities for students to learn in new and exciting ways – to improve critical thinking skills, problem solving skills, **communication skills, and be 'future-ready'**. Check out [SJAM intermediate students in the news](#) – thanks to Ms. Dudani and Mr. Hamilton! This recent news article highlights our intermediate students and a real world task focused on math skills and collaboration – without the traditional math textbook! Congratulations to all on the wonderful learning opportunities this culminating learning task provided and the opportunity to speak about learning with our local media!

We encourage you to please ask your child(ren) what they are learning at school, how they know they will be successful, what feedback they have received through the practice work in class (assessment FOR learning), and what their next steps will be to improve.

As a reminder, all schools in the YRDSB have a focus on 3 M's - Mathematics, Mental Health and Modern Learning. If you are interested, here is a 4 ½ minute video for you to learn more about the [Comprehensive Math Program](#) taught across the province of Ontario. We will continue to share highlights of student achievement in relation to our board and school priorities on our school Twitter feed and in our school newsletters.



Below, you will see some resources on STRESS. Daily homework and assignments, grade 3 gifted screening, projects, report cards, co-curricular lessons, choosing a high school, moving, dealing with loss, making new friends, trying out for a school team, talent show or club – can all be sources of stress for our students.

Stress is like a violin string....just like a guitar or violin string needs to have the right amount of stress or tension to make music, we all need some stress in our lives to get us moving and motivate us to be our best. But if the string is stretched too tightly, it will break. Human beings operate similarly to the guitar string: we need just the right amount of stress to perform well and feel good, but too much stress can make us snap! Please do check out the resources on STRESS in this issue of The Prime to learn more. **Let's take care of our MENTAL HEALTH!**

Stress is a normal, everyday occurrence. We tend to think of stress as a bad thing, but a certain amount of it actually helps us feel alert, energized and interested in life. **However, too much stress, particularly when we don't have any control over it, can** make people unhappy and can interfere with their ability to respond to everyday tasks and challenges.

(cont'd on Page 2)

2017-2018
Professional
Activity &
Training Days
(No School for
Students)

Friday, February 2, 2018

Friday, June 4, 2018

Thursday, June 28, 2018
11:05 a.m. DISMISSAL
FOR ALL STUDENTS

Friday, June 29, 2018

2017-18
School Holidays
(School Closed)

Family Day
Monday, February 19,
2018

March Break
March 12-16, 2018

Good Friday
Friday, March 30, 2018

Easter Monday
Monday, April 2, 2018

Victoria Day
Monday, May 21, 2018

Administrator's Message (cont'd)

Taking control of stress

Simple stress relievers include thinking more optimistically, talking to a trusted adult, taking a breather or doing something active, like running or playing basketball.



How to recognize stress in your children

It's not always easy to recognize when kids are stressed out, short-term behavioural changes such as mood swings, acting out, changes in sleep patterns can all be indications. Some kids experience physical effects, including stomachaches and headaches. Others have trouble concentrating or completing schoolwork. Still others become withdrawn or spend a lot of time alone.



Stress Lessons – for kids and parents

Learning to manage stress can be fun for both you and your child. Please check out [**FREE "Stress Lessons"**](#)

(Source: *Stress Lessons – Parent's Guide* - The Psychology Foundation of Canada).

Be attentive and seek professional help if:

- Stress is interfering in your child's life, stopping them from doing the things that are important
- Your child is constantly seeking abnormal amounts of reassurance
- Your child is not coping well with daily stressors
- As a parent, you would like to discuss parenting strategies and ways of increasing your child's resilience with a professional

...and as always, as partners in education for our children, please do let our SJAM staff know of any concerns - so we can strategize together – as we care and are committed to the well-being of all!



Administrator's Message (cont'd)

What can I expect on the Ontario Report Card? The report card describes how well your child has achieved the overall curriculum expectations for each subject and how well your child has demonstrated the development of learning skills and work habits essential to succeed in school and daily life. The Term 1 report card represents evidence of student learning that has been gathered from September to the end of January.



Your child's teachers have written clear, personalized comments to provide meaningful feedback about your child as a learner. Teachers use their professional judgement to decide which aspects of learning, strengths, and next steps are most important to highlight for your child in a particular subject. Specific suggestions for how you can support your child's learning at home may also be provided.

For some subjects, the N/A box will be checked to indicate "no instruction for subject/strand for this reporting period." This means your child's achievement in some subject areas (e.g., a strand in Mathematics, The Arts) may appear blank for this reporting period. A letter grade or percentage mark for these areas will be provided on the June report card.

- Term 1 Report Cards go home – Wednesday, February 14th, 2018
- Term 2 (Final) Report Cards go home – Wednesday, June 27th, 2018

Reminders -

- Friday, February 2 – PA Day
- Wednesday, February 7 – Winter Walk to School Day
- Friday, February 9 – last day for French Immersion registrations. Anyone registering after this date are taken on first come first serve basis. Please note Office accepting registrations from Monday to Friday 8:30 am to 1:30 pm for the new school). All other registrations continue Monday to Friday as noted above.
- Wednesday, February 14 – Term 1 Report Cards go home with all students
- Monday, February 19 – Family Day – no school
- Wednesday, February 21 – Chinese New Year celebration! All are welcome to join us from 1:00 – 2:00 PM
- Friday, February 23 - Grade 8 Course Selections are due in Career Cruising
- Wednesday, February 28 – New School Information Meeting here at SJAM, meet the new Principal Mr. Kevin Ko, 7:00 – 8:30 PM
- If your child(ren) are going to be absent – please call our school office at 905-888-5777 BEFORE 8:00 AM.



COMING SOON!

LEGO Robotics after school program (ages 8+) and a Robotics 101 after school program (ages 4-7) run through <https://stemminds.com/>

Both programs will run on Wednesdays after school from March 21 – June 6. Details will be sent out to all families soon!

Parking Lot Best Practices

As previously communicated, we appreciate everyone's support with our school parking lot. Like most schools, our parking lot is very busy at entry and dismissal times. Our foremost goal is safety for all students, staff and community members, and we need your help.

In the interest of improved traffic flow during drop off and pick up, we would ask for your continued support with current procedures:

- All drivers drive with particular care in and around the school. We share a common interest in providing a safe environment for our almost 700 students and we ask that all drivers approach the school patiently, with consideration for pedestrian traffic, and other drivers.
- When dropping off a child (or children), drivers are asked to pull into the furthest available curbside spot in the Kiss and Ride, and take care when merging back into the inner driving lane. No student should be dropped off from the inner driving lane and subsequently walk between vehicles.
- At no time should a vehicle be left unattended or otherwise parked in the Kiss and Ride as parking is not permitted.
- Parents are to pull away from the Kiss and Ride as quickly and as safely as possible.
- Parents are not permitted to use the bus loop at the front of the school to drop off or pick up their children. This is a designated Fire Route and is permitted to accommodate only school buses.
- Our parking lot is designed as a one way loop, please do not drive against the traffic. And for the safety of all children, no student should be dropped off from the inner parking lot and subsequently walk between vehicles
- We would ask, most of all, for your cooperation in supporting our traffic plan, and we appreciate your patience in dropping off and picking up your children. We thank you for your support in helping to improve drop off and pick up times at the school, and we would encourage you to review these procedures with your children. As always, we remind parents that walking to school or the bus stop (if your child(ren) qualify) is the best way to alleviate traffic congestion and both an environmentally friendly alternative to driving as well as a healthy choice.

SJAM Eco Update

National Sweater Day

Did you know that polar bears suffer from climate change and global warming? To prevent global warming and climate change, we invited students to come to school wearing a sweater. The school lowered the temperature by two degrees to save energy and emit less greenhouse gases. It was a good chance to think differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely, not wastefully. National Sweater Day was designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada. If all Canadians lowered their thermostats by just two degrees Celsius, it would reduce greenhouse gas emissions by about four megatons — equivalent to taking nearly 700,000 cars off the road. WWF(World Wide fund for nature) is putting Canada on the path to 100% renewable **energy by 2050. Reducing Canadians' reliance on greenhouse gas emissions**-producing fossil fuels is a critical part of our plan. We challenge you to make a difference at home also and turn down the heat by about 2 degrees.



“So stay warm in the cold weather, come to school wearing a sweater!”

Written by Elijah S. and Krish G.!

SJAM Eco Leaders

School Bus Cancellations and Delays

To ensure the safety of students, school bus service may be cancelled due to inclement weather, extreme temperatures and/or poor road conditions. In these cases, parents and students should develop alternate care/transportation arrangements.

Cancellation decisions will only be made after thorough consultation with the Safety Officers of school bus companies servicing York Region and are based on several factors including precipitation, air temperature, road conditions and weather forecast.

Please note the following;

- A decision to cancel school bus service will be region-wide meaning all school buses, vans and taxis will not operate.
- School bus routes may be cancelled when severe weather may not be affecting all municipalities In York Region. Both the YRDSB and YCDSB operate many regional educational programs. Students attending these programs are transported over large attendance areas encompassing several municipal boundaries. This limits the ability to cancel bus service using a municipality or zone methodology.
- When bus service is cancelled all school tests and/or examinations will be cancelled and rescheduled.
- Student trips involving the use of school buses will also be cancelled.
- Unless otherwise stated, schools will remain open and parents can make arrangements to transport their children to and from school even if school bus service is cancelled. If buses are cancelled in the morning, they will not operate in the afternoon. Therefore students transported to school by parents will require the same transportation home.

Parents, students and school staff are asked to access the following radio and television stations after 6:00 a.m. to receive bus cancellation information:

RADIO

590 AM	640 AM	680 AM	860 AM	1010 AM	1050 AM
1540 AM	1580 AM	88.5 FM	89.9 FM	92.5 FM	93.1 FM
94.9 FM	95.9 FM	97.3 FM	98.1 FM	99.1 FM	99.9 FM
101.1 FM	102.1 FM	104.5 FM	100.7 FM	105.9	107.1 FM

TELEVISION

CITY TV CTV Barrie CTV Toronto CP24 GLOBAL NEWS

A bus cancellation message will also be available at www.schoolbuscity.com and by calling 1-877-330-3001, or by following @YRDSB and @YCDSB on twitter.

WE ARE HIRING!

York Region District School Board

- *Parents, are you interested in a **PAID job** at SJAM?*
- *Work daily from 11:55 a.m.-12:55 p.m.*
- *We need School Lunch Assistants to support students of all ages*



For more information:

- call the school office: 905.888.5777
- email Vice Principal — tara.wagg@yrdsb.ca
- drop-in the main office

Kids love our delicious specials brought back for the month of February.

THE MID-WINTER VALENTINE'S SPECIAL

Fall in love with this special holiday lunch!

**Chicken parmesan, Pasta in tomato sauce
& a mini Vanilla cupcake**



Gluten-friendly option is available online.

Available on the days we service your school for the month of February.



FEBRUARY SPECIAL

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

Pasta with meatballs in a homemade tomato sauce

*Available in **HALAL** and **VEGETARIAN** options.*

These items are available as a combo or entrée only.

Visit us on-line to see our full menu.

These specials are available until **February 28th.**

Place your orders today!



Don't forget February starts on a Thursday. Remember to place your orders for the new month by 10am the day before!

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!



