



Poplar Bank News

We are a Respectful and Caring School

April 2014

Issue 8

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Eco Team News



This year, **Earth Hour will take place on Saturday, March 29th at 8:30 pm.** In support of Earth Hour, all schools and workplaces are encouraged to participate in the York Region District School Board's Earth Hour/Power Hour on Friday, March 28th. Students and teachers will be able to check Poplar Bank's electricity savings to see firsthand the impact of our Lights Off/ Monitors Off Hour efforts! They can access the school board's Plant Services' EcoWatch energy tracking website from a school networked computer to witness the school's real time energy usage display.

The eco-theme for March was "Turn Off Computers & Monitors." By encouraging PBPS staff and students to power off all computers and monitors at the end of each day, we are trying to maximize the building's overall energy consumption. The Energy Conservation team will be affixing "Monitors Off" stickers to serve as a reminder.

Entire school participation in Earth Hour/Power Hour, in which the whole school turns off all lights and electronic devices (i.e., computers, printers, etc.), can be claimed for points in the Ontario EcoSchools certification program.

Please take part in Earth Hour on March 29th at home too, remembering that saving energy should take place every day!

Continue the great work to keep Poplar Bank "green"!

Lunch Assistant Positions Available

We are in need of lunchtime school assistants for Monday to Friday from 11:55 a.m. – 12:55 p.m. as well as occasional help. This is a paid position and we are accepting applications now in the office.

UPCOMING DATES

Monday April 7	Pizza Day
Wednesday, April 9	Anti Bullying Day of pink
Monday April 14	Pita Day
Friday April 18	Holiday, Good Friday, no school
Monday April 21	Holiday, Easter Monday, no school
Thursday April 24	Pizza Day
Monday April 28	Pita Day

R E S P E C T

During the month of March the students in grade 2 were able to show how they demonstrate respect on a daily basis, such as by sharing, telling the truth, being kind to all classmates and helping to clean up in the class and school yard.
-Grade 2 Teachers

Bullying by Fola Gr.3

Bullying is the worst enemy of young children. That common saying may contain some sense, but according to my research, that is not all true. Because not much bullies bully for fun. Some people bully for power, others bully because of size and age, but most people bully for the most popular reason, racism. All the mysteries and more about bullying will be solved today, by my essay.

Bullying is a purposeful attempt to control another person through verbal abuse, exclusion, or physical abuse. According to the Canadian Institute of Health Research (<http://www.cirhrisc.gc.ca/e/45838.html>), Canada has the ninth highest rate of bullying in the 13-yrs-olds category on a scale of 35 countries. Also, at least 1 in 3 adolescent students in Canada have reported being bullied recently. Among adult Canadians, 38% of males and 30% of females reported having experienced occasional or frequent bullying during their school years. In addition, 47% of Canadian parents report having a child victim of bullying.

People bully others for many reasons. Most people bully to gain popularity or power. For most people, bullying can leave emotional scars on someone, or low self esteem.

After I have identified the negative impact of bullying, here are my five suggestions on how to control bullying in schools:

- The Mayor should have an anti-bullying assembly for all the students in Toronto because I believe that if you put 70,000 heads together, bullying can be reduced to a minimal level.
- Put all bullies in one room and tell them to get along so that they can see what they've done wrong.
- Make a school for bullies to teach them how to be good.
- Encourage parents to talk to their children about the negative effect of bullying on other children. For example, my mother always tells me not to judge others by what they look like or how they react to something.

School Council

Spring is a busy time for council activities. Our April meeting date is yet to be determined. At this meeting we will focus on allocating funds to various school priorities. We are also beginning to prepare for spring events including the Move-a-thon on May 23rd, and the annual Family Fun Fair in June. You can follow along via our @PoplarBankSC Twitter account.

Grade 1 French Immersion Registration



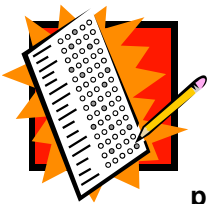
Registrations are still being accepted daily on a first come first serve basis in the school office from 8:00 am – 3:00 pm. If you have a child you would like to enroll, please call the school office at 905-953-8995 for more information.



Student Class Placement for September 2014

We will soon begin the process of organizing classes for the 2014-2015 school year. The student placement process focuses on creating balanced classes. A great deal of time is spent to ensure that each student's academic and social needs are taken into consideration. Parent input is one factor considered in the placement process. If you have any information about your child's learning needs or know peers he/she works well with, please inform Mme Baage in writing by April 30. Please be advised that we cannot accommodate requests for particular teachers, or straight grade classes.

Grade 3 & 6 EQAO



In a few short months, our grade 3 and grade 6 students will take part in the provincial EQAO testing. Students in grade 3 French Immersion write only the Mathematics subtest, which is given in French. Students in grade 6 complete three subsets, namely reading, writing and Math in English. For parents interested in finding out more about the EQAO tests, please visit the website at <http://www.eqao.com>. Our Grade 3 and Grade 6 students will take part in the testing between May 26th to June 6, 2014. **If possible, please avoid taking vacations or booking appointments for your child during this time frame. A letter will be send home in early April detailing the specific testing dates for each grade level. If you have any questions, please do not hesitate to contact the school. Parents are asked to avoid scheduling appointments or holidays during the dates noted above.**

Grade 8 Graduation

This year's Poplar Bank Grade 8 Graduation will be on Tuesday June 24th, 2014. The ceremony will start at 6:00 p.m. Please mark this in your calendars. More information will follow.

Lost & Found



All lost and found items will be out on display until April 18th. Please take this opportunity to take a look through to find lost items before they donated.



Library News



"I read to discover new things"

The learning focus in the library this month is having students learn to independently choose a book that meets their needs by following these simple guidelines:

- Identify the purpose for choosing a book. What is my intention in reading this book? (to learn, to enjoy, to read to my family?)
- Do I want to read a fiction book or a non-fiction book?
- What are my interests?
- Is this the "just right" book for me? Did I do the 5 Finger Test?
- Read 1 page of the book; for every word that is difficult to decode or to understand raise 1 finger. **If 5 fingers are up the book is too difficult and you are encouraged to choose a book you are able to understand and enjoy.**
- Retell what you read on that page to someone else. **If you are unable to talk about what you have read the book is too difficult and you are encouraged to choose a book that you are able to understand and enjoy.**

At home, I strongly encourage parents to talk to their child about their book choice. Please help your child understand that good readers do NOT choose thick books, good readers choose books that they enjoy, understand and can learn from. It is a beautiful thing when children fall in LOVE with reading. They tend to do so when they feel successful and when they enjoy what they are reading.

Happy Reading!

Mme Hampton

Learning at Home: Parent & Student Corner

Research at & Online Access @ Home:

To access our Library collection Search Computer from home:

- go to our school website: www.poplarbank.ps.yrdsb.edu.on.ca
- click on: **Library**
- click on: **Library Collection LINK**
- or go directly to: www.poplarbank.ps.yrdsb.edu.on.ca/Library

SEARCH LIBRARY CATALOGUE or use any of the YRDSB selected research sites including:

Grolier Online Encyclopedia <http://go-kids.grolier.com>
username: dsbyork password: dsby7692

Link to Learning & mediasmarts.ca are additional valuable and safe online sources of information.

TECH TIME at The Newmarket Library

For more information see this website

<http://www.newmarketpl.ca/kids/tech-time-kids>



Music News!

The Music Festivals are well underway at Poplar Bank! Congratulations to the amazing performances of the ensembles to date. On Tuesday, March 18th, the BEGINNER BAND received a GOLD! and on Monday, March 24th, the ADVANCED BAND received a PLATINUM! *Awesome!!!!* We are looking forward to the other ensembles demonstrating their musical expertise at the festival. On Saturday April 12th, the Glee ensemble "CrescenDOES" will be competing at Show Choir Canada in Toronto. Good luck!! Popcorn will be sold again in April! Don't forget your tooney!



Sports News

On February 27th, Poplar Bank's Senior Girls Basketball team traveled to Phoebe Gilman for their area tournament. The girls had a very successful and rewarding day full of hard physical work. They won their first game against Phoebe Gilman. Then they lost by only a few baskets in the second game against Park Avenue. The girls continued to win their games after that beating Alexander Muir, Glen Cedar, Terry Fox and Denne in order to meet Park Avenue again in the semi-finals. At this point, the girls had played two games back to back and they really poured everything they had into this third game in a row against Park Avenue. They kept up with Park Avenue basket to basket for the first half but lost ground in the second half as energy levels were just depleted. Overall, they placed third and really should be commended for their unwavering effort and basketball skills. Fantastic job! Congratulations to Hannah, Maya, Jade, Rayden, Slava, Tamara, Stephanie, Megan, Crystal and Sara. Special thank you to coach Hodge for all her expertise and donated time. Thanks to coaches Mme Hodge and Mme Hazelwood".

School Attendance

This is a reminder that school starts at 8:05 a.m. An early entry bell rings at 8:00 a.m. Students are expected to be in their classrooms for 8:05 a. m. Punctuality is very important to school routines and student success.

A Key to Success

One of the most important things your child can do to achieve academic success is also one of the most basic: going to school every day. In fact, research has shown that your child's attendance record may be the biggest factor influencing their academic success. Here are some additional tips to help your child arrive to school on time:

1. Choosing outfits ahead of time is a great idea, of course. It also never hurts to have them pick a back-up in case have changed their mind when it's time to get dressed
2. Check the night before for any due library books, permission slips and homework to turn in.
3. Put the backpacks by the front door.
4. Limit or refrain from allowing the children from using electronics.
5. Monitor their overall progress and help them stay focused on the task at hand. Give them both a ten- and five-minute warning before it's time to go.
6. Bonus Tip! Check your watch, cell phone, or timepiece of choice against the school bell to see if it rings when your clock says it should.



Student Busing Eligibility

Did you know that students' busing eligibility changes throughout their school career? Your son/daughter's eligibility to ride the school bus may change according to their grade and distance from home to school. Below are the provisions for eligibility identified in the Board's Transportation Policy #680:



- All YRDSB students in Grades JK-3 who live within 1.2 km of their school are not eligible for transportation
- All YRDSB students in Grades 4-8 who live within 1.6 km of their school are not eligible for transportation
- All YRDSB students in Grades 9-12 who live within a transit served area are not eligible for transportation.

To view Board Policy #680 Student Transportation, please visit www.yrdsb.edu.on.ca. For more information about bus transportation and to determine your son/daughter's eligibility please visit www.schoolbuscity.com.



How to Help Your Child at Home With Math

Why is a belief in our children's ability to learn mathematics essential?

(Source: Doing Math With Your Child K to 6:
A Parent Guide, Ministry of Education)

Understanding mathematics builds confidence and opens doors to many jobs and careers. Understanding mathematics enables us to:

- Solve problems and make sound decisions
- Explain how we solved a problem and why we made a particular decision
- Use technology (such as calculators and computer applications) to help solve problems
- Understand patterns and trends so that we can make predictions (for example, we can keep track of how much juice is consumed so that we know how much juice to buy each week)
- Manage our time and money (for example, we can calculate how much time we need to get to work, how much food we need to make meals and how much money we need to buy food)
- Handle everyday situations that involve numbers (such as figuring out when the next bus will arrive and dividing a recipe)

Before your child can learn mathematics, he or she needs to believe in his or her ability to do so. That's where you come in. You can be your child's first role model for learning. When you engage with your child in a supportive, relaxed atmosphere, your child will enjoy taking risks while having fun with math!

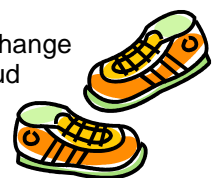
Top Tips for Parents

- Build strong, positive attitudes about math. When children feel positively engaged and successful, they are more likely to stick with an activity or a problem to find a solution.
- Begin with activities that meet your child's level of mathematical understanding. Early success in solving problems will build your child's confidence. Gradually move to activities that provide more challenge for your child.
- If you and your child are more comfortable in a language other than English, use it. Your child will understand concepts better in the language that he or she knows best.

For more information see: <http://www.edu.gov.on.ca/eng/literacynumeracy/parentGuideNum2012.pdf>

Indoor Shoes for Students

This is a reminder that students must always have a pair of indoor running shoes at school that they change into and wear in the school and in the gym. Not only will this reduce the amount of dirt, sand and mud tracked into the classrooms; it will also increase student foot safety as they will not have to go in stocking feet in the school.



Scooters, Skateboards, Roller Blades

Please refrain from allowing your child to bring these items to school as this presents a safety hazard. These are expensive items and we cannot be responsible if they are lost, stolen or damaged while on school property. They also represent a storage problem in the classroom.

Student Safety & Bikes at School

If your child is going to ride a bike to school, please note the following:

1. Have students walk their bike on and off the school property.
2. Students are not to ride bikes around the property before school or directly after school. They must wait until 6:00 p.m.
3. Retain a description of the bike and the serial number at home.
4. Students are encouraged to wear a safety helmet.
5. Remember to lock your bikes.

No Parking Fire Zone at the Front of the School

The front laneway of the school is a Fire Zone and there is no parking in this area. In the event that you need to come into the school, we would ask that you park your vehicle in the south parking lot. There is additional parking on the north-east side of the school, near the playground. *Parking in the Fire Zone at the front of a school will result in a fine from the Traffic Officer. Please comply with the signs to avoid a fine.*

Warm Weather is Around the Corner! Dress Code

With the warm weather upon us, we ask for your help to ensure that students are dressed in an appropriate manner conducive to a proper learning environment. Please review the following with your children: Shorts and skirts must be mid-thigh length or longer. Tops must meet bottoms without the midriff showing. A top must not be low cut and the straps must be at least the width of two fingers. Undergarments must be covered. Beach wear type clothing, such as tank tops with spaghetti straps, halter tops, tube tops and muscle shirts is not permitted. The bib on overalls must be attached to its straps. Sheer see-through clothing is not permitted. We thank you in advance for your help and cooperation.

Are you moving? Will you be here in September?



Please notify the school office if you will be moving and will not be at Poplar Bank in September. That would greatly help us out with our planning for next school year. Thank you in advance for your cooperation.

Spring is a busy time for council activities. Our next meeting is Tuesday April 8 at 6:45 pm in the school library. All parents are welcome to attend! This meeting will focus on allocating funds to various school priorities. We are also beginning to prepare for spring events including the Move-a-thon on May 23rd, and the annual Family Fun Fair in June. You can follow along via our @PoplarBankSC Twitter account.

ATTENTION PARENTS!

A NEW Magazine Sale is Coming Fall 2014!

MAGAZINES AND MEMORIES!



Coming Fall 2014, we will have annual **Magazine Subscription Program** (including more digital magazines!) and also an opportunity to purchase **Personalized Photo Memory Products** including; Photo Books, Labels, Cards, Calendars, Posters, Notepads and more!



our

Please help us by saving your Magazine orders and your personalized Photo purchases for our QSP Magazines and Memories Fundraising Program.

- **QSP** offers us great prices and product selection.
- **Our School** earns a profit, and the money raised goes towards programs and events that help to enrich our children's lives at our school.
- **Our Children** - Magazines - Help improve literacy skills; any reading material, including magazines, encourages children to read, or they model your reading behavior. Photo Products - Capture memorable moments of your children with the personalized photo products available.

If you wish to order your magazines early or purchase a gift you can go to www.QSP.ca anytime and support our school.

Use the QSP SEARCH feature using our school name to ensure our school gets the credit!

Thank you in advance for your support of our children and our school!

If you have an inquiry please contact QSP Customer Service, 1-800-667-2536



Tip of the Month

With the gardening season just around the corner you may have your mind on planting some flowers; but what about helping your children plant a garden they can literally sink their teeth into? Biggs, a Canadian horticulturalist and author, says the payoffs of vegetable gardening with kids go beyond expanding their palates. "The biggest benefit is fostering a love of being outdoors. There are a lot of fun things in a garden to stimulate creativity." Some of his ideas are: "Look for veggies that are easy to plant, fun to pick and appeal to young taste buds." Onion sets (small onion bulbs) are one of the easiest things for kids to plant. "Just push them into the ground." Veggies that have large seeds, such as beans and peas, are also good choices. "Opening a pod full of peas is almost like unzipping a zipper. Carrot's sweet flavour appeals to young taste buds, plus it's fun to pull them from the dirt." Choose plants based on a theme: **Pizza garden:** Basil, oregano, tomatoes, sweet peppers and onions **Salsa garden:** sweet peppers, onions, tomatoes and cilantro. Also, while people often think of container gardening as a second-best option, Biggs says veggies grow very well in containers. Plus, they offer a lot of advantages for kids: It's "their" garden and it's a manageable amount of work. Dig into Spring!



Recipe of the Month

Turn your child's veggie harvest into delicious dishes with this recipe.

Gazpacho (with multigrain croutons)

A tasty way to get a serving of vegetables! Can also be used as a pasta sauce!

Nutritional Information: Calories: 110, Protein: 3 g, Fat: 6g, Saturated Fat: 0.5g, Dietary cholesterol: 0 mg, Carbohydrate: 12g, Dietary fibre: 2 g, Sodium: 300 mg, Sugars: 6g, Potassium: 122 mg

Ingredients

- 3 cups (750 mL) tomato juice
- 2 tbsp (25 mL) canola oil
- 1/4 tsp (1 mL) hot sauce
- 2 tomatoes, chopped
- 1 seedless cucumber, peeled, chopped
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 small onion, coarsely chopped
- 1 carrot, peeled, coarsely chopped
- 1 clove garlic, coarsely chopped
- 1/4 tsp (1 mL) pepper
- Fresh cilantro for garnish

Croutons:

- 3 slices multigrain bread, cut into strips
- 2 tbsp (25 mL) canola oil
- 1 tbsp (15 mL) Parmesan cheese
- 1/4 tsp (1 mL) pepper

Directions

1. In a food processor, blend tomato juice, canola oil, hot sauce, tomatoes, cucumber, red pepper, green pepper, onion, carrot and garlic until almost smooth. Season with pepper and refrigerate for 2 hours. Serve with cilantro and croutons.
2. To prepare the croutons: Preheat oven to 350F (180C). Toss bread with canola oil, Parmesan cheese, and pepper. Place on baking sheet. Bake for 20 minutes, until crisp. Stir occasionally. Use to garnish the soup.

Question of the Month

Q: "My 10-year-old always wants a bedtime snack. Sometimes it's even bigger than her dinner. Is this normal?" **A:** Growth spurts can make children hungry any time of day! If your daughter's post-dinner snack is nutritious, then this end-of-day mini meal is a healthy idea. Choose healthy options and let your child decide when she is full. Here are some tips:

DO

- * ensure kids don't graze for hours from dinnertime until bedtime.
- * offer healthy choices: fruit, yogurt, vegetables with hummus, nut butter on whole grain crackers, trail mix
- * communicate with your child to ensure that she is eating because of hunger – not boredom, depression or stress.

DON'T

- * be concerned about the time of day. The idea that we gain more weight if we eat past 7 p.m. is a fallacy that's not supported by science.
- * allow children unlimited access to desserts like ice cream and baked goods.
- * provide snacks out of habit; make sure your daughter is actually hungry.
- * be fooled by kids who delay bedtime by asking for a snack.