



Poplar Bank News

We are a Respectful and Caring School

February 2015

Issue 6

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



School Improvement Plan
Respectful School
Differentiated Instruction and Assessment



R E S P E C T

Mme Bimo's Grade 7 students have been doing some goal setting activities regarding character traits. As their New Year's resolutions for 2015 they have emphasized the themes of respect, responsibility, honesty, initiative, perseverance, courage and optimism.

Upcoming Events

Feb. 5 Jump Rope for Heart
Kick Start Assembly 9:15 am

Feb. 6 Snow Valley
(Gr. 4-8)

Feb. 13 FI Registration Last Day

Feb. 16 Family Day (No School)

Feb. 17 Sr. Girls Basket Ball Areas

Feb. 17 Greg LeRock Concert 12:30



Feb. 18 Sr. Boys Basket Ball Areas

Feb. 20 Jump Rope for Heart

Feb. 23 Public Health Dental
Screening (Gr.2 & 8)

Feb. 27 Snow Valley (Gr. 4-8)

Skating at Magna Ctr.
(Gr. 1-3) 9-11am



Poplar Bank Volleyball Program

Jr. Boys Volleyball Team

The Poplar Bank Pride Junior Boys Volleyball Team fought their way to a third place finish in the top tier at the Area Championship Tournament. The tournament was hosted on Jan. 8 at Alexander Muir Public School. The boys enjoyed 3 wins in a row to start off the day, earning a spot in the consolation finals. After a thrilling battle for the coveted third place ribbon, the Pride emerged victorious. Congratulations goes out to Sean, DJ, Jacob, Mitchell, Donovan, Voshon, Adam, Michael, Ethan, Jack, Brody, Noah, and Bradley for showing their dedication and sportsmanship during an awesome day. Thank you also goes to assistant coach Jordanna H. for her valuable expertise and encouragement, and co-coach Mr. Shane Korman.
- Mr. Maccarone



Intramural Basketball League

Poplar Bank's first Intramural Basketball league has recently gotten underway with immense participation from students ranging from grades 4 to 8. Students of all skill levels were welcome to sign up and join a team as the Junior league includes students in grades 4 to 6, while the Intermediate league includes grades 7 and 8. Students play once a week against each other in the spirit of sportsmanship, respect, and fair play. The gym has already hosted some riveting basketball matches as we play our way through the season which wraps up before March Break. The younger students benefit greatly from grade 8 volunteers who referee and keep score for the matches. Thanks to Liukkor, Arsheeya, Daniel, Yussef, Nick, Crystal, Sara, Mitzi, Amparo, Sneha, Richard, Juanita, and Seema.
- Mr. Maccarone



Girls on the Run

On January 23rd, girls in grades 3, 4 & 5 participated in an information session about the Girls on the Run program and brought home a postcard highlighting the program and how to register. If you did not receive this information and would like to, you can go online to www.girlsontherun.ca or have your daughter visit Mme Hazlewood in room 123 to get another postcard. Girls on the Run is a positive youth development program which combines training for a non-competitive 5K run/walk with an interactive curriculum to develop self-respect and healthy lifestyles of 8 to 11 year old girls. The curriculum addresses many aspects of girls' development – their physical, emotional, mental and social well-being. Lessons provide girls with the tools to make positive decisions and to avoid risky adolescent behaviours. In the spring at Poplar Bank, the program will be offered. Girls will meet twice a week for ten weeks after school from 2:45 to 4:00pm.

Spaces are limited! Registrations are accepted on a first-come first-served basis so register as soon as possible. If you don't have access to a computer at home, please contact the office at (905) 953-8995 to make arrangements to access a computer at school to register for your child.

Every girl is #1!



Dressing Students in Cold Weather Wear

We ask that children are appropriately dressed for the weather including a warm hat, gloves, scarves, coats, snowpants and boots at this time of the year.

Please remember to send an extra change of clothes for our primary and junior students incase of wet pants from snow and puddles. We send the students out for either the full or shortened recess in the cold winter weather. We keep a close eye on all weather conditions, including wind chill before making our decisions. When conditions necessitate, we may decide that the students remain inside for recess. We are aware that during the winter we will see changing temperatures, however, it is best to be prepared for the coldest conditions. Thank you for your cooperation on this matter.



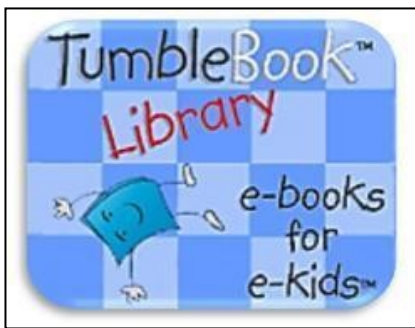
Snack Shack

Snack Shack will be open for the month of February in celebration of Valentine's Day!



Library News

One of the resources, available for Poplar Bank's students, is an online collection of resources through the school's subscription to the Tumble Book Library. Our subscription, allows the children to access picture books, read-along chapter books, graphic novels, non-fiction books, educational videos, and more. There are over 400 titles that are linked to the Ontario curriculum, in both French and English. Please encourage your children to use this invaluable resource. For username and password information contact your child's teacher or the librarian (roxanne.hodge@yrdsb.ca).



<http://www.tumblebooks.com/library>



<http://www.tbcjr.com/>

Science Contest

Kidz Lab Challenge: Invent a Sport



In just 157 days, the 2015 Pan Am/Parapan Am Games are coming to Canada. 7,600 top athletes from the Americas and Caribbean will compete in 16 municipalities across southern Ontario. To help us get excited about the Games and science, Scientists in the School has created a Kidz Lab Challenge, asking students to invent a sport. The contest is open to all grade 1 to 8 students in the Scientists in School's service. Fabulous prizes await the winners! For more information, please contact Mme Rudyk or the following website:

<http://scientistsinschool.ca/pdfs/2014-15-KLC-package.pdf>

Student Safety

No Parking in the Fire Route at Front of School

At the front of the school we have a “Kiss & Ride” where parents may drop off or pick-up their child. It is not a place where parents or visitors can park their vehicle and leave it unattended. In recent months, a few people have received hefty tickets from the York Regional Police for parking in this “Kiss & Ride” because it is a FIRE ROUTE. If there is a fire or emergency, fire trucks and emergency response vehicles will not be able to get proper access to the school.

Thank you in advance for your cooperation on this safety matter.



NO PARKING

Reporting to the Office Reminder

Whenever a parent or visitor comes to the school, he or she **must always** come directly to the office. If a parent, grandparent or caregiver needs to drop something off for a student, we will take the item and call the student from class or the yard to the office. Parents, grandparents and caregivers are not to go into the school halls/classrooms or yard to meet students. This causes unsafe conditions as only school staff have access to those areas during the school day. All other people are considered to be strangers. Please share this with your child’s grandparents, other relatives and caregivers. Thank you in advance for your co-operation.



Unsafe Crossing of Our Bus Loop

The bus loop is to be used by buses only for the pick up and drop off of students. Cars are NOT ALLOWED to go through the bus loop as indicated by the “No Entry” sign. We continue to see students and parents walking through the North bus loop both before and after school. We need your help in stopping this unsafe practice. When dropping off or picking up your child, please reinforce with him/her to use the sidewalks off Bonshaw adjoining the school property. It is an unsafe practice to cross between parked busses or walk through the bus loop and this must stop immediately. Please also remember to never enter the bus loop with your car or to park in the loop. Thank you for helping us keep all students safe.



Bus Information—Inclement Weather Conditions

As you have noticed, the winter season has arrived!. We would like all parents to be aware of the following bad weather procedures followed by the York Region District School Board. If the road conditions force the cancellation of the school buses, local radio stations will be notified as soon as possible, normally no later than 6:30 a.m. During severe weather conditions, please tune in to one of the radio stations listed below

for up-to-date information. Remember that buses are cancelled in the morning then the buses will not be operating in the afternoon. Therefore, if you drive your children to school in the morning you must also be able to provide transportation for them after school at 2:35 p.m. Radio stations that will be notified of bus cancellations are: CFTR 680, CKEY 590, CFRB 1010, CHFI 98.1 and

CKAN 1480. You have the right, as a parent, to keep your child(ren) at home in severe weather conditions; however, the school will probably be opened even though transportation has been cancelled.

A bus cancellation message will also be available at www.schoolbuscity.com and by following the YRDSB on Twitter.



When buses are cancelled in the morning, and schools are still open, parents who choose to send their children to school are reminded of the following important things:

STUDENTS WHO DO NOT TAKE THE BUS NEED TO CALL IN AND REPORT THEIR ABSENCE

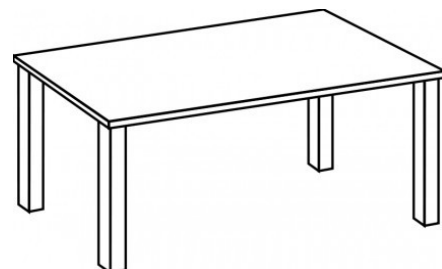
ALL TRIPS OUTSIDE OF THE SCHOOL WILL BE CANCELLED

ANY SPECIAL DAY (SPIRIT DAY, HAT DAY ETC.) WILL BE CANCELLED

ANY PLANNED HOT LUNCHES E.G. PIZZA DAY, MR. SUB, MR. GREEK ETC. WILL BE CANCELLED. IF YOU SEND YOUR CHILD TO SCHOOL THAT DAY PLEASE REMEMBER TO SEND A LUNCH AS WELL.

Lunch Drop Off Table (outside office in Foyer)

Students should be arriving to school with their lunches. If lunch was forgotten for students, please drop off on designated lunch table with student's name and teacher's name along with grade. Lunch Drop Off table will be located just outside school office in foyer.



Punctuality Counts!

Punctuality is an important life-skill valued by school, employers in the workforce, and society. We continue to experience a number of students arriving late for school. The morning bell rings at 8:00 a.m. and classes begin sharp at 8:05 a.m. Students who walk to school or who are driven to school **must** be in class before the O Canada song

begins. Otherwise, they are marked as late and this is recorded on their report card. Strategies to help students who are repeatedly late can include making up lost time or a letter to parents. Severe cases will be referred to Attendance &

Counseling Services. Please ensure that your child arrives on time ready to learn.



Requests for Ill Students

Frequently we receive requests from parents to allow a child to remain indoors at recess or lunch hour due to illness or a cold.

Unfortunately, we cannot accommodate these requests. We have no staff to supervise these students; all our

supervisors are in the school yard. It is our belief and the recommendation of the York Region Health Services, that students who are too ill to go out for recess are too ill to come to school. The only time students are permitted to stay in at recess times or lunch hour occurs when

Environment Canada announces severe winds and cold conditions.



Student Dismissal Time

If you know that your child will be picked up early before dismissal time, please remember to write this in your child's agenda book. The agenda book is to be used for communication between parents/guardians and teachers. This will eliminate calling into classrooms and disrupting

class time. Also if any changes for students that go on the bus and will be picked up by parents/guardians or a designated person, please write this in agenda book as well. If it's a last minute change to pickup, please call into office to notify.



School Council Update

The next council meeting is Tuesday February 10 at 6:45 pm in the school library. All members of our school community are welcome. All classes, many this past month, have had the opportunity to have Scientists in the School in their classroom as a result of council fundraising. Another special council funded activity coming up is curling that will be set up in the gym. For those of you that missed submitting forms for our lunch programs

you can pick up extra forms at the school office and submit form and payment by February 13 to be included in March lunches. The Fun Festival committee will soon start planning our annual event that students and families look forward to all year. To get involved with any council activities, to offer ideas or ask questions please come to a meeting or email poplar.bank.ps@sc.yrdsb.edu.on.ca For more council and community

news please check our Twitter account @PoplarBankSC. Please note: 1st session of hot lunches has now come to an end. Next session of hot lunches begins the week of February 9th, 2015



HOT LUNCH ORDERS – Session 2 FEB—JUNE 2015



	MR GREEK (MON)	PITA PIT (TUES)	PASTA (WED)	PIZZA (THUR)	MR SUB (FRI)
FEB	FEB 9,23,	FEB 10, 17, 24	FEB 11, 18, 25	FEB 12,19,26	FEB 13,20,27
MAR	MAR 2, 9,23,30	MAR 3, 10, 24,31	MAR.4, 11,25	MAR 5,12,26	MAR 6,27,
APR	APR 13,20,27	APR 7, 14, 21,28	APR 1, 8, 15,22,29	APR2,9,16,23,30	APR10,17,24
MAY	MAY 4, 11, 25	MAY 5, 12, 19,26	MAY 6, 13, 20, 27	MAY 7,14,21,28	MAY1,15,22,29
JUN	JUN 8	JUN 2, 9	JUN 3, 10	JUN 4,11	JUN 12

MR. GREEK™



MR. SUB

ECO News: The Earth Rangers Came to Poplar Bank

. And they have challenged us the Battery Blitz Mission

Did you know that batteries shouldn't be thrown out in the garbage? They need to be disposed of responsibly. Instead of throwing used or dead batteries in the wrong recycling bin, bring them to school where Call2Recycle will ship them out so they can be transformed into new metal objects like golf clubs and pots. We will be competing against other schools. The school with the highest number of pounds of batteries wins their choice of a pizza party or ice cream truck treats for the whole school! The goal is to help remind us that batteries need to be disposed of responsibly.



By Madeleine M. (gr4 Irwin, edited by Mme Rudyk)

Hi my name is Arnav, from the Eco-Team. You can help bring back the wild. The Earth Rangers brought in several animals like Echo the European Barn Owl who flew over us, and Spike the tortoise who peed twice on the presenter! We need to save lots of endangered animals, like the Eastern wolf. We watched a video and played a game. Everyone is encouraged to do what they can to look after our environment, to help save these animals and their habitats. For more information and to sign up to be an Earth Ranger, visit earthrangers.org

Co-written by Arnav (gr3 Parenteau) & Mme Rudyk

Winter Electives Day

Our students are excited to participate in Winter Electives this month! Students are skiing, snowboarding, or tubing at Snow Valley and we look forward to two fantastic Winter Activity Days! Some students will also be participating in fun activities at the school, and we wish everyone a great time. As part of the Physical Education program, the Primary students will have the opportunity to participate in ice-skating at the Magna Centre in Newmarket on Friday, February 27th. The grade 1 children will skate from 9-10am, while the grade 2 and 3 students will skate from 10-11am. All children will require skates and hockey helmets in order to be on the ice surface. We also request that the children wear gloves or mittens while skating. We would appreciate the assistance of parent volunteers for skate tying. If you are available to assist on either of the above dates, please meet us at the arena. Parents are welcome to skate with the children. All students are encouraged to participate in this fun, physical activity, but an alternate program will be offered at the school for those who cannot take part.



Use of Handheld Technology



Handheld technology is an excellent tool for student learning and may be used in class when the teacher has incorporated it into a lesson or student research activities. Please note that students may not however use cell phones or text message in class or on school property. Social networking with friends is important and we ask that it happen outside school hours. **If a student is ill, upset, hurt or would like to contact their parents, we ask student not to directly call or text their parents, but to let their teacher know and then, go to the office and seek assistance.** That way, school staff can be aware of your child's needs, ensure that your child's needs are addressed and that you are contacted. Should students bring cell phones to school, they must remain in their pocket or backpack on off mode, and not be taken out in class or on school property.

Staff will confiscate a student's cell phone if it is used inappropriately in class or on school property and it will be sent to the office where the principal will address the matter.

French Immersion Registration

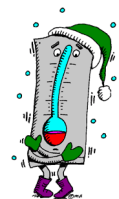
[French Immersion registration will continue to take place until February 13, 2015](#)

In order to streamline the registration process, parents or guardians of Senior Kindergarten students entering Grade 1 in 2015 and wishing to enroll in the FI Program, can visit or call the **home 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 your designated French Immersion school to register by February 13, 2015. This eliminates the need to provide duplicate enrollment information or to pre-register. Late applications will be accepted after February 13 and will be treated on a first-come, first-serve basis.



Weather Watch

All students from Grade 1 to 8 are expected to go out for every recess unless the principal or vice-principal decides that weather conditions are so poor that it would be detrimental for them to be outdoors. Students are to come to school ready for winter and prepared to be outdoors up to 40 minutes after lunch. **We always monitor the weather and, in extreme conditions e.g. wind chill; we keep the students indoors or shorten the recess breaks.**



Grade 8 News

Grade 8 Parents should be aware that this year's Grade 8 Graduation will take place on Wednesday, June 24, 2015 at 6 pm, at Poplar Bank P.S. Further details will follow. High School Registrations for Grade 8's are due Jan. 27th and the course selection process is beginning now. Course selections are to be completed by Feb. 23, 2015.



Our Field trip to the Fan & Boiler Rooms With Mrs. Davis (head custodian)

Written by Maggie M. & Elise H. Gr.4/5Irwin

Edited by Mme. Rudyk

Mrs. Davis invited our class to see the inside of the school to complement our science classes on forces (gr5) and pulleys & gears (gr4). In the Air Handling room there are lots of rooms. One little room, the fan room, has a big fan in it that keeps the school warm. A **large pulley** helps turn a heavy fan that circulates the fresh air that comes into the school after it passes through heated coils (what heats the air that heats the school). Did you know that our school has heating, but no air conditioning?

In the boiler room, beside the sink, there is something to flush out your eyes if anything gets in them. It's one of many safety precautions we saw, like the big red button that shuts the system down if it's overheating.

Mrs. Davis showing the pulley that rotates the centrifugal fan belt in the fan room. "A couple little belts & a pulley system and you've got power!" Mrs. Davis



Class reactions:

"It was awesome!" Cole H.

"It was cool to see how the school works." Ethan T.

"It was cool to see all the big machines." Sergio S.

"It was huge!" Laura A.

"I was scared it would blow up." Stanislav Y.

"Whoa!" Brody H.

"That was really cool!" Sophi C.



Heart and Stroke Corner – February 2015 Edition

Tip of the Month

February is heart month, so let's kick off 2015 by encouraging your whole gang to commit to a healthy goal that is great for your heart! Get started with these tips to help you achieve your goals. **"Let's walk more, drive less."** Rather than sitting idly in a car, picture your family enjoying time together biking, walking or wheeling to your destination. Now imagine your kids feeling happier, healthier and stronger as a result! **"Let's try a new sport."** Why not engage the family in cross country skiing or snow-shoeing? They are fantastic sports for families to enjoy. Cross country skiing is a great cardiovascular workout and snow-shoeing helps to improve muscle tone and balance. **"Let's cut down on screen time."** By cutting down on your child's use of electronics you can greatly increase your time as a family, which will leave you more time to explore the outdoors, indulge in board games or enjoy story time.

Recipe of the Month



♥ *Dark Chocolate Strawberry Hearts* ♥

Put even more love in your family's healthy eating habits with dark chocolate strawberry hearts! They are fast and easy to make and perfect for after dinner snacking. Make some heartfelt food!

Nutritional Information: Calories: 27, Fat: 1.4g, Carbohydrates: 4.08, Protein: 0.27g, Dietary Fiber: 0.5g, Sugar 3.24g

Ingredients:

1 pound large strawberries, washed
8 oz. dark chocolate, finely chopped

Suggested Toppings:

Finely chopped pistachios
Finely chopped peanuts

Directions:

1. Cut washed strawberries in half, then cut the top portion on the strawberries into a V shape.
2. Place dark chocolate in a bowl set over (not in) a saucepan of simmering water. Stir occasionally, until melted, 3 to 5 minutes. Remove from heat.
3. Line a baking sheet with waxed paper. One at a time, dip each strawberry in dark chocolate, twirling to coat; and place on waxed paper.
4. Chill chocolate-dipped strawberries at least 15 minutes to set chocolate. (Strawberries should not be stored in refrigerator longer than 1 hour as condensation drops may collect on the chocolate.)

Question of the Month

Q: "My ten-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. Pediatric nutrition experts say parents and children both play a role in healthy eating, and each have responsibilities. Parents: offer children a variety of nutritious foods at daily meals and snacks. Kids: decide how much they will eat. If you want to include a bedtime snack in your daily meal plan, go for it! Choose healthy options and let your child decide when she is full. Here are some tips: **DO** let hungry children eat a bedtime snack, even after a healthy dinner. **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. **DO** offer healthy choices such as fruit, yogurt, vegetables with hummus, nut butter on whole grain crackers, trail mix or dinner leftovers. **DON'T** allow children unlimited access to desserts like ice cream and baked goods. **DO** communicate with your child to ensure that they are eating because of hunger – not boredom. **DON'T** provide snacks out of habit; make sure your daughter is actually hungry.



Dear Parent/Guardian,

Supporting kids' health for more than 30 years, Heart&Stroke Jump Rope for Heart encourages kids to get active by skipping rope while they raise awareness and collect pledges for heart disease and stroke research. This program gives children the chance to jump and play alongside 750,000 other kids in more than 4,000 schools across Canada.

This year, the program will also feature simple challenges that teach kids the benefits of being active and eating healthy. It's a fun way for the whole family to learn how to live long, healthy lives. Support your child in this exciting journey for a great cause!

Are you and your child ready to be JUMPCREDIBLE?

Making a donation is an individual choice and not dependent on whether your child gets to participate in the event. This is an all-inclusive, non-competitive event.

Please consider supporting your child's fundraising efforts by making a cheque donation in the amount of your personal choosing in the attached envelope. All cheques should be written to "Heart and Stroke Foundation". All donations of \$15 or more are eligible for a tax receipt, so please fill in donor information on the pledge form! We kindly ask you to not send cash with your pledge form.

Students can also fundraise **online** at **JumpRopeForHeart.ca!** Online fundraisers may be eligible for incentive prizes for their donation. Sponsors donating online will also receive an automatic tax receipt.

For more information on Heart&Stroke Jump Rope for Heart, please visit **JumpRopeForHeart.ca**.

Our Heart&Stroke Jump Rope for Heart Event Day is on **February 20, 2015**

Cheques must be returned at the latest by **February 25, 2015**

Together, we can help protect hearts and keep all kids healthy.





We need your help!

Primary Winter Concert pictures needed!

Unfortunately, the pictures I have are not of adequate quality for the yearbook. Please forward any pictures of the Primary Winter Concert you may have.

Mme Lise McDonald
PBPS Yearbook Editor
lise.mcdonald@yrdsb.ca



February

CUT BACK

