



# Poplar Bank News

We are a Respectful and Caring School

January 2015

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Admin Assistant: Lana Grigorovich  
Secretary: Mary-Lena Gruppuso

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Superintendent: Dianne Hawkins  
Trustee: Martin Van Beek

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

School Improvement Plan  
Respectful School  
Differentiated Instruction and Assessment

**The Staff at Poplar Bank would like to extend their best wishes for a happy, peaceful and prosperous New Year!**



## Upcoming Events

BACK TO SCHOOL



- |           |  |
|-----------|--|
| Jan. 5th  | Back to School   |
| Jan.15th  | Gr. 1 French Immersion Info Night 7pm                    |
| Jan.16th  | PA Day No Classes (French Immersion Registration begins) |
| Jan.21st  | Jr. Co-Ed Volleyball Areas                               |
| Jan.23rd  | Scientists in the School Gr. 6                           |
| Jan. 26th | Earth Rangers Presentation (1:15-2:15pm)                 |
| Jan.27th  | Scientists in the School Gr. 5                           |
| Jan.28th  | Grad Photos (Grade 8)                                    |
| Jan.29th  | Scientists in the School Grade 3                         |
| Jan.30th  | Skating at Magna Gr.1-3 (9-11am)                         |



# Poplar Bank Volleyball Program

## Jr. Boys & Girls' Volleyball Team

Congratulations to the Junior Girls Volleyball team for their fantastic play at the Area Tournament held at Alexander Muir on December 9. Even with the unexpected absence of their coach Mme Irwin, the girls were able to finish a strong 3rd place! Way to go Abigail, Emery, Hayley, Angelina, Olivia A., Alejandra, Caroline, Maia, Claire, Safiyah, Olivia B., and Kiernan. Substitute Coach- Mme Sampson



The Junior Boys Volleyball team will unexpectedly continue its season in January with the Area tournament being re-scheduled. Coach Mr. Korman has great expectations for his team and is trusting Mr. Maccarone to be a positive replacement to bring the boys success at the tournament. Good luck to Mitchell, Dwight, Donovan, Adam, Voshon, Sean, Ethan T., Jack, Brody, Michael, Bradley, Jacob, Jaden, Soroush, and Taylor.

## **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.



## **Throwing Snowballs: Not Allowed at School**

Now that the snowy weather is here, we need to remind all students that we enjoy the snow, we play in it, we make snowmen and even snowforts, but we do not throw or kick snow. Students who throw snowballs or kick snow will receive immediate consequences. There are no warnings. Please counsel your child(ren) that throwing and kicking snow can result in serious injury to others and is not allowed.



## Holiday Toiletry Drive

Poplar Bank's Holiday Toiletry Drive was a success! Thanks to everyone in our school community who made donations of toiletry items for those in need in the local area. The boxes were delivered to the Newmarket Food Bank for distribution.



## Snack Shack



Snack Shack has been a great success in December with the addition of Holiday Treats and Candy Cane Grams! Thank you to all the students who helped run this successful fundraiser, and for all the contributing students!

## R E S P E C T

In December, our Grade 6 students focused on the theme of respect of celebrations and family traditions. Through discussions, conversations and paragraph writing, students understood the importance and the value of holidays such as Chanukah, Diwali, Kwanza and Christmas. Here are some excerpts.

*Le jour de la Saint-Nicolas*

Le jour de la Saint-Nicolas est le 4 décembre 2014. C'est le jour quand ta famille pense aux personnes qui ne sont pas aussi chanceuses que nous. Les familles préparent différents types de gâteries et de nourriture pour les aider. Tu dois mettre cette nourriture près de la fenêtre pour que Saint-Nicolas la ramasse et la donne aux personnes qui en ont besoin. Pour te dire merci, il te laisse un beau cadeau.

Alina, 6J

*Le lendemain de Noël*

Une de mes favorites célébrations est le lendemain de Noël. Je peux aller magasiner avec mon papa. Nous nous réveillons tôt pour aller au centre commercial. Les magasins où je vais changent toujours mais une tradition est d'aller dans la ligne devant H&M. Mon papa et moi, je sommes toujours parmi les premiers à recevoir les cartes cadeau de 100,00 \$. J'aime le lendemain de Noël car c'est amusant et c'est une tradition d'y aller avec mon père.

Ghazal, 6D

*Noël*

J'adore être avec ma famille pendant le temps des fêtes. Noël est ma journée préférée de toute l'année. Je ne dors jamais bien la veille de Noël. Je suis toujours trop excitée. Nous ouvrons beaucoup de cadeaux, passons du temps ensemble à jouer des jeux et à parler.

Kiernan, 6D

*Chanukah*

Je célèbre Chanukah avec ma famille. Nous allumons les bougies de la ménorah pendant plus d'une semaine. Nous jouons parfois avec une toupie nommée un dreidel. J'aime passer ce temps avec mes proches.

Sean, 6J

## Library News



**Forest of Reading**  
by the Ontario Library Association

Over the next few months, the students at Poplar Bank will be participating in The Forest of Reading program. The Forest of Reading is an initiative of the Ontario Library Association which celebrates Canadian books, publishers, authors and illustrators. There are ten nominated books in each category, including French and English, fiction and non-fiction books.

Primary students will read or be read all ten books in their category, while Junior and Intermediate students will need to read a minimum of five of the ten books in their program in order to vote for their favourite book. Voting takes place across the province of Ontario, and the winning books will be announced in May.

We are excited about this reading initiative and we extend special thanks to Poplar Bank's School Council who purchased these books for our children.

## 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 cooperation.



### 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](http://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**

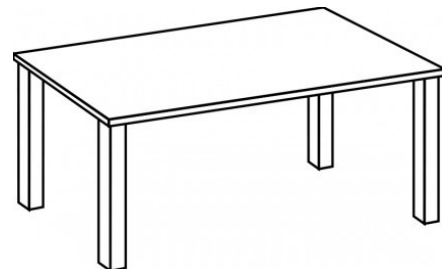
**ALL TRIPS OUTSIDE OF THE SCHOOL WILL BE CANCELLED**

**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's Starting Jan. 5th, 2015

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

Our December Council meeting was an allocation meeting where we were able to fund some special school projects with funds raised from various council initiatives. Some of the projects include the Forest of Reading program, Music, Greg LeRock concert, Families in Need fund, and Fosnot Math Kits.

Parents are welcome to sit in on any council meeting: The remaining scheduled meetings for this school year are February 10, April 8, May 12, and June 3. Meetings take place in the school library at 6:45pm. Council members and other parent and grandparent

volunteers are also involved in the school and other committees including Crunchy Munchy snack preparation, Pizza Lunch help on Thursdays, Fun Festival Committee. You can check the council Twitter account @PoplarBankSC for updates on these and other council activities. You can also email the school council at [poplar.bank.ps@sc.yrdsb.edu.on.ca](mailto:poplar.bank.ps@sc.yrdsb.edu.on.ca) Please note this is a corrected email address. An incorrect address was published in an earlier newsletter.

**Please note that the Hot Lunch order forms as well as milk order forms are being sent home. They are for the 2nd half of school year and to be returned by Jan. 15h, 2015.**



## Winter Electives Day

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, January 30th and 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.



## ECO News: The Earth Rangers are coming.....

### And they have challenged us with the Battery Blitz Mission

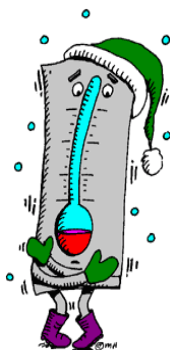
Did you know that batteries shouldn't be thrown out in the garbage? They need to be disposed of responsibly.



The Battery Blitz Mission is designed to challenge schools to **collect as many batteries as possible**. The entire school can participate in this mission! Collection receptacles will be set up at your school on the day of the show (Monday, January 26<sup>th</sup>) and will be picked up 2 weeks later by Call2Recycle. The challenge is to fill the box with as many batteries as possible during a 2 week time frame! We have a battery recycling partner we're working with (Call2Recycle). There is a prize for the school that brings in the most batteries. (Batteries to be weighed by Call2Recycle)

**WE ARE WORKING TOGETHER TO CREATE A CLEANER, MORE RESPONSIBLE ENVIRONMENT**

## 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.**



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## French Immersion Registration

Information sessions for the French Immersion (FI) program will take place at Poplar Bank P.S. on January 15, 2015 at 7 p.m. FI registration will begin January 16, 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 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 Poplar Bank P.S. To register between January 16 and February 13, 2015. 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. 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](http://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.





# 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](mailto:lise.mcdonald@yrdsb.ca)



January

Good  
On  
One  
Side  
Paper





## Heart and Stroke Corner – January 2015 Edition



### Tip of the Month

#### IS EATING VEGGIES YOUR NEW YEAR'S RESOLUTION FOR YOUR CHILD?

##### Let them choose

Kids may be more likely to eat vegetables if they've have a hand in choosing what they want or how they're prepared. So take them shopping and see what tempts them, whether it's a funny shape, neat colours or even a cool name.

**In the produce section:** Try something new that's in season – like white asparagus, persimmons or Clementine oranges. Challenge kids to find a rainbow of fruits and vegetables. Stock up for a gorgeous salad with red peppers, orange carrots, yellow zucchini, green apples and purple cabbage.

**In the canned food aisle:** Canned vegetables and fruits offer most of the nutritional benefits that fresh has, except when the product is high in sugar or salt. Kids may go for canned choices like baby corn, mandarin segments and peaches. Choose fruit that's canned in fruit juice, not syrup. Vegetables should have "no added salt" or less than 240 mg sodium per ½ cup serving.

**In the freezer aisle:** Choose frozen options no added sugar, salt or sauce. Many kids are tempted by the bite-sized ease of peas, and love semi-defrosted mango as a snack. Plus, unlike fresh produce which can lose vital nutrients on the journey from farm to fork, frozen vegetables are picked fresh and then frozen within hours. This locks in the maximum amount of vitamins, minerals and antioxidants. Use frozen vegetable to make this recipe below:

### Recipe of the Month



#### Hearty Tuscan Soup

As the nights get colder, this soup is the perfect addition to the weeknight meal repertoire. Whether you cook it on the stove or in the slow cooker, you'll want to snuggle up with a bowl on the couch.

**Nutritional Information:** Calories: 138, Protein: 7 g, Fat: 2 g, Saturated Fat: 0 g, Dietary cholesterol: 0 mg, Carbohydrate: 25 g, Dietary fibre: 5 g, Sugar: 6 g, Sodium: 351 mg, Potassium: 531 mg

#### Ingredients:

- 15 mL (1 tbsp) extra virgin olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 10 mL (2 tsp) dried oregano leaves
- 5 mL (1 tsp) dried basil leaves
- 2 mL (1/2 tsp) hot pepper flakes
- 125 mL (1/2 cup) brown rice
- 1 can (796 mL/28 oz) no salt added stewed tomatoes
- 750 mL (3 cups) sodium reduced chicken or vegetable broth
- 1 pkg (300 g/10 oz) frozen chopped spinach
- 1 can (540 mL/19 oz) mixed beans, drained and rinsed

#### Directions:

1. In soup pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano, basil and hot pepper flakes for about 10 minutes or until softened. Stir in rice to coat.
2. Add tomatoes, broth, beans and spinach; bring to boil. Cover and simmer for about 40 minutes or until rice is tender.
3. Slow cooker variation: Combine all the ingredients in slow cooker and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
4. Frozen vegetable option: Omit spinach and add 500 mL (2 cups) frozen mixed vegetables.

### Question of the Month

**Q:** Why is physical activity so important for my children?

**A:** Physical activity strengthens their hearts and helps kids and teens maintain a healthy weight and healthy blood pressure, which may lower their risk of developing heart disease and stroke as they age. It's beneficial to start early, as active kids are more likely to become fit adults.

For health benefits, children and teens should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include both vigorous-intensity activities at least 3 days per week and activities that strengthen muscle and bone at least 3 days per week. Being active for at least **60 minutes** every day can help children and teens: \*do better in school \*improve mood \*maintain healthy body weight \*improve social skills \*improve self confidence \*learn new skills