



Poplar Bank News

We are a Respectful and Caring School

January 2016

Issue 5

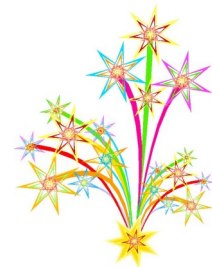
Principal: Natasha Baage
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Trustee: Martin Van Beek

www.poplarbank.ps.yrdsb.edu.on.ca



School Improvement Plan
Respectful School
Modern Learning, Math, Mental Health



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

Upcoming Events

- January 4th—Sibbald Point, Grade 2
- January 5th—Sibbald Point, Grade 2
- January 6th—Sibblad Point, Grade 4
- January 7th—Sibbald Point, Grade 4
- January 11th—Sibblad Point, Grade 7
- January 12th—Freeze Out Bullying Assembly—10:30am
- January 14th—Grade 8 Girl YRPH—Meningitis
- January 27th—Jr Co-Ed Area's Volleyball

LUNCH ASSISTANTS NEEDED!

We are in need of lunch-time school assistants, for Monday to Friday from 11:55- 12:55 p.m. This is a paid position. If you are interested, please contact the school office.



Volleyball News

Congratulations to the Junior Girls Volleyball team on a successful season! The team won 9 of 10 exhibition matches against Mazo, and 3 of 4 games against Terry Fox. In the Area tournament, the team won 4 of 5 games, and advanced to the final four. After a loss to Clearmeadow, the girls rallied, and beat Terry Fox to win 3rd place overall out of 12 teams. Team members included: Maya B., Maia R., Olivia, Alejandra, Caroline, Abby, Laura, Kaitlyn, Maggie, Claire, Aryn and Vanessa. Mme Nicholson and Mme Hodge enjoyed coaching this group of athletes. Bravo!



Winter Electives

Winter Electives are here again, grades 4 –8 will be going to Snow Valley, and grades 1–3 will be going skating twice in January and February and grades 4– 6 will be skating once as they get to go to Snow Valley. Grades 7–8 will be going curling in January.



Dates

Skating

January 13	Grades 5 + 6
January 20	Grade 2/3 (class) + Grades 3 + 4
February 3	Grades 1 + 2
February 24	Grades 1 + 2
February 25	Grades 2/3 class + 3

Snow Valley

February 19	Grades 4 — 8
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Curling

January 21	Grade 8
January	Grade 7



Inn from the Cold

This year Poplar Bank has sponsored a local shelter, Inn from the Cold. Inn from the Cold is a shelter for the homeless and those at risk. It provides a warm and safe place to sleep, three nutritious meals, hygiene facilities, professional counseling services and employment opportunities. Throughout ten days in December, (7th-17th), Poplar Bank has raised \$261.82. We'd like to thank all of the students and teachers who donated to this great organization. Big thank you to Kyra S and Kira T for your help in running this collection !

Note from the Caretakers

From a caretaking point of view we would like to say thank you to Teachers, Students and Administration for the ongoing support in keeping our school a beautiful place to learn, play and grow. Everyone's help is noticed.



Library News

Once again this year, Poplar Bank's students will have the opportunity to participate in the Forest of Reading. This Ontario Library Association programme celebrates Canadian books, publishers, authors and illustrators. There are ten nominated books in each category, including French and English, fiction and non-fiction titles.

Many Junior and Intermediate students have already begun reading the excellent selection of books. They must read a minimum of five of the ten books in their programme in order to vote for their favourite. Primary students will be read all ten books in their category before the vote. Voting takes place across the province of Ontario, and the winning books will be announced in May.

We extend special thanks to Poplar Bank's School Council for supporting this program for our children.



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

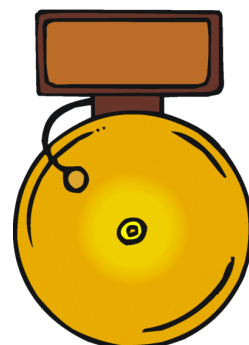


Snack Shack has been a great success in December with the addition of Holiday Treats and Candy Cane Grams! Thank you to all the students who helped run this successful fundraiser, and for all the contributing

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



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. 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 weather conditions. Thank you for your cooperation in 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.



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 7:55 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 start of the National Anthem. 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.



Bus Information—Inclement Weather Conditions

The cold weather season is just around the corner. 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. Re-

member 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 con-

ditions; 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 WILL BE CANCELLED. IF YOU SEND YOUR CHILD TO SCHOOL THAT DAY PLEASE REMEMBER TO SEND A LUNCH AS WELL.**

Student Safety

No Parking in the Fire Route 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.

French Immersion Information Sessions and Registrations

Information sessions for the French Immersion (FI) program will take place at French Immersion schools on January 14, 2016 at 7 p.m. Please visit YRDSB's website in January 2016 (<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 15, 2016. Parents or guardians of Senior Kindergarten students entering Grade 1 in 2016, 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 15 and February 12, 2016. 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. 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.

Rainbows Program

This new year the **Rainbows** program is starting at Poplar Bank. **Rainbows** is a wonderful program run by trained facilitators aimed to help children grieving a loss in their family or a changing life situation such as:

- divorce
- the death of a parent
- families coping with grave illness
- homes where a parent is incarcerated
- families where one parent has never been part of the child's life
- or other painful transitions

Objectives of the Rainbows program:

- to give children an understanding of the grief experience
- to provide an opportunity for emotional healing
- to assist in building a stronger sense of self-esteem
- to teach appropriate coping mechanisms
- to connect with an educator and feel comfortable and secure to express feelings and emotions

Depending on the number of participants, groups will run for Primary, Junior, and Intermediate divisions. If you feel your child or children may benefit from this program, please contact the program coordinator/facilitator **Sara Thomas** at **(905) 953-8995**.



Tip of the Month

LESS MORE

TALKING
PLANNING
SODA
JUNK FOOD
COMPLAINING
WORRYING
DOUBTING
LAZING AROUND
FROWNING
INSECURITY
WEAKNESS
IGNORANCE
HATE
UNGRATEFULNESS

LISTENING
DOING
TEA
SALADS
ENCOURAGING
HOPING
BELIEVING
WORKING OUT
SMILING
TRUST
CONFIDENCE
UNDERSTANDING
LOVE
GRATITUDE

THIS YEAR
MORE FUN
LESS FEAR



Question of the Month

How do I get my kids to eat healthier in 2016?

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.

Recipe of the Month

Chicken and apple lettuce wraps

- ✦ 1 cup (250 mL) cooked chicken breast, diced (about 1)
- ✦ ½ cup (125 mL) red apple, diced
- ✦ ¼ cup (50 mL) celery, diced
- ✦ 2 tbsp (25 mL) raisins
- ✦ ¼ cup (50 mL) light mayonnaise
- ✦ 4 Boston lettuce leaves, whole, washed and dried



1 Directions

1. In a small bowl, mix together all the filling ingredients. This can be made the night before.

To serve, spoon about ½ cup (125 mL) of the filling down the centre of the lettuce leaf and wrap it up.

Note: Try different kinds of fillings such as ham and cheese, tuna, turkey and Swiss and salmon.

Per serving (1 cup filling and 2 lettuce leaves), Calories: 259, Protein: 24 g, Fat: 11 g* , Saturated fat: 2 g, Dietary cholesterol: 69 mg, Carbohydrate: 17 g , Dietary fibre: 2 g, Sodium: 288 mg, Potassium: 529 mg

* This recipe contains higher total fat per serving than is recommended by the Heart and Stroke Foundation. However, the saturated fat serving still meets the Foundation's criteria. Make sure that fat intake for other meals you consume the day you prepare this recipe is lower. The Foundation recommends that women consume 45 g to 75 g of fat a day, and men 60 g to 105 g daily.

"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity" John F. Kennedy