



# Poplar Bank News

We are a Respectful and Caring School

March 2016

Issue 7

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[www.poplarbank.ps.yrdsb.edu.on.ca](http://www.poplarbank.ps.yrdsb.edu.on.ca)



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



## Daylight Savings

*Get ready to spring ahead with the clocks on Sunday March 13th.*



## Upcoming Events

March 9th— **Rescheduled Skating for grade 1 & 2—9—10am**  
March 14th—18th—March Break  
March 21st—Scientists in the School (Grade 1 all day)  
March 23rd—Scientists in the School (Grade 1 AM only)  
March 25th—Good Friday (Holiday)  
March 28th—Easter Monday (Holiday)  
March 30th—Roland Bidou Concert 1:10– 2:10pm  
March 31st—Mental Health Session for Parents

## **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.



## Primary Class Size 2016-2017



Dear Parents/Guardians, The Board continues to respond to the Ministry of education's mandated requirements related to primary class size. In doing so, this has allowed us to make great gains in creating primary classes that maximize teacher time with students in support of their learning. As principal, I am working with my Superintendent and Board staff to plan for the upcoming school year. Each school board in

the province will have to meet Ministry expectations. In general, on a board-wide basis, 90% of primary classes must have 20 or fewer students, and only 10% may have up to 23. In addition, while classes in grades 4-8 will not have a hard cap, each school board will be required to demonstrate a regional average of approximately 26 students to one teacher. As we proceed through the planning process, I will be sure to keep you informed as to how our school will be meeting with Ministry requirements. If you have any questions, please feel free to contact me.  
Sincerely, Mme Baage, Principal

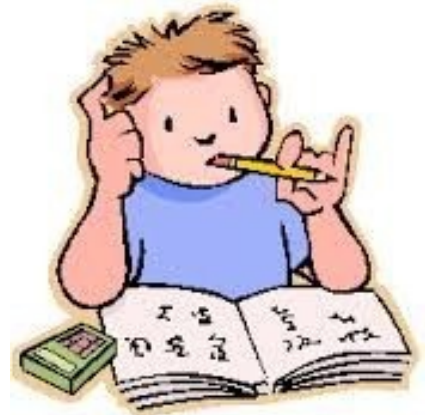
## Student Council

Student Council has been planning a number of Spirit Days to help boost the students' mental health at Poplar Bank. On the Valentine's Celebration day of Feb 12 students all wore Red, White, and Pink clothing to celebrate the day!

Also, earlier in February, Fri, Feb 5, students had fun wearing their Pyjamas at school. Pyjama Day is always a highlight of the year and it was a success again this year. Stay tuned for upcoming Spirit Days such as Twin Day and Crazy Hair Day!

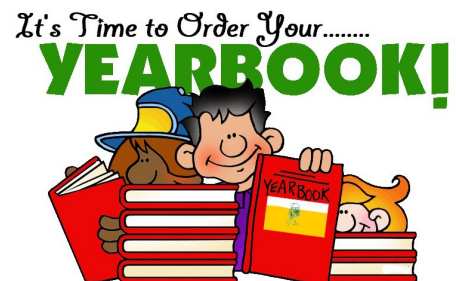
## Spring Provincial Testing Update: EQAO

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 6 students will take part in the testing between May 25- and June 8. If possible, please avoid taking vacations or booking appointments for your child during this time frame. More information will follow soon.



## YEARBOOK! YEARBOOKS! YEARBOOKS!

Until APRIL 30th, yearbooks will be on sale for \$26.00! Beginning March 1st, you will be able to use the SchoolCashOnline option to reserve your copy of this wonderful keepsake. Don't miss out on this opportunity! Make our memories yours forever!





## Winter Fun at Poplar Bank!

We have had numerous winter activities for our students this year. Grades 1-6 participated in Skating Days at the Ray Twinney Arena, and all of the days were a huge success! Thank you to Mme Hodge and all the teachers for supporting this fun winter activity and getting our kids on skates! Thank you to the parents who came to help tie up skates and simply cheer on our students on the ice!

The grade 7 and 8 students got to participate in Curling this year! Two days were scheduled- one for each grade- and both days were a huge success! The York Curling Club in Newmarket provided us with fantastic volunteer experts that taught about the game, and the students got to practice their skills and strategic game play on the ice. Many of them were introduced for the first time to this great winter sport and although most were beginners, the intermediates were engaged the whole time with smiles on their faces. Thank you to Mme Hodge and all the teachers for supporting this winter activity for our intermediates!

Snow Valley Day! On Fri, Feb 19, our Grade 4-8 students got to participate in a winter activity at Snow Valley Ski Resort in Barrie. Some students went skiing, some snowboarding, and some tubing! What a great way to end the school week! It was a great winter snowy day, and the students enjoyed their time on the hills with their friends. The chalet breaks were also part of the fun! Thank you to the parents who came to watch and to those who participated in the winter activities with the kids. Thank you to Mme Sampson and all the teachers who supported this fun winter day on the slopes!

For those students who couldn't attend Snow Valley, some of them participated in fun activities at the school, including varying Art projects, Outdoor Recreational activities, as well as Media/Tech exploration! Thanks to the teachers for supporting extra-curricular activities at Poplar Bank!

## Senior Boys' Basketball

The Senior Boys' Basketball Team played in the Tier One Area Tournament on Tues, Feb 23 at Phoebe Gilman. They played great resulting in third place. They had many wins and a couple of really close losses. Coach Sampson would like to say Thanks and Congratulations to the Grade 7 and 8 Boys- Mitchell, Dwight, Adam, Voshon, Jacob, Brycen, Dylan, Kieron, Gabriel, and Donovan.

## Girl Basketball

The Intermediate Girls Basketball team participated in the Area tournament on Thursday, February 25<sup>th</sup>. The girls finished second in their pool, but lost in the next round despite an excellent effort. Poplar Bank is proud of the talent and sportsmanship demonstrated by this group of athletes! Mme Hodge extends best wishes to the grade 8 players who will be moving on to high school, and looks forward to working with the grade 7's again next year. Congratulations to Tristan, Charlotte, Jenna, Talia, Rachel Y, Amanda, Kaitlyn, Emery, Abigail, Hailey and Rachel K.



## Library News

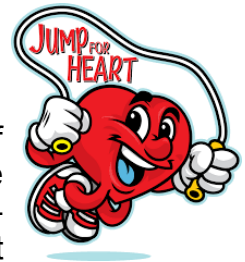
The Forest of Reading programme continues until mid-April, and there are many avid readers from grade 3-8 who are independently reading books for the Tamarac, Silver Birch and Red Maple awards. In particular, there has been lots of discussion about the thought-provoking titles in the Red Maple fiction category for grade 7 and 8. Topics such as homelessness, war, death, injustice, divorce, learning disabilities, abusive relationships, family dynamics, loyalty, friendship and resilience are addressed in the selection of books in this category. Students in the primary grades have been listening to the Prix Peuplier tales, and the grade 2 children are working on their Reading Passports, with activities related to each book. The students are excited to hear these excellent stories by Canadian authors!



## Jump Rope for Heart

Great news Poplar Bank! Our Jump Rope for Heart activity day went off quite well. All classes rotated around the 4 stations set up by our Jump Rope for Heart representative Laura! Students were able to practice jumping, doing the limbo, hula hoop hopping as well as racing through the pylons. Great fun was had by all. Our **unofficial** total for monies collected has surpassed our goal of \$2500.00!! You should be very proud of all your great work!!

Envelopes will be collected until Friday March 4th. Please keep an eye out in our April newsletter for our official fund-raising total!  
GO POPLAR BANK!!



## Students without a lunch

We would like to remind you that if your child does not have a lunch, in an emergency situations we are sometimes able to provide left over pizza from students who were away and didn't get their pizza. Please note that we cannot always provide a lunch for students who do not have a lunch. Students will always be required to receive permission from parents before we provide any lunch to them.

## Peanut Substitutes



Parents / Guardians we would like to remind you that all peanut / tree nut products are strictly banned from schools. In the YRDSB this restriction includes all peanut butter substitutes (i.e WOW Butter) as well as Nutella and any other nut type products. While the different products claim to be nut free, it mimics a known allergen that causes anaphylaxis in some children to the degree that it is indistinguishable from the allergen. It is a convincing substitute, opening up the possibility that it can be confused as peanut butter, or worse yet, peanut butter could be confused as this soy-based product. Please see click below to provide more information in regards to this matter.

<http://www.yrdsb.ca/Programs/Healthy/Pages/Health-Issues.aspx>

## Music News

Congratulations to the Primary students who performed wonderfully at the Winter Concert! Music is in full swing at Poplar Bank!! We will be starting our music festival season very shortly. Here are the dates of the upcoming musical events



Group	Date	Location	Time
Advanced Band	March 22	Newmarket Theatre	12pm
J/I Choir	April 5 <sup>th</sup>	Cosmo Music	9:30am
Calixa Lavallee	April 5 <sup>th</sup>	Cosmo Music	9:30am
Junior Band	May 11 <sup>th</sup>	Newmarket Theatre	12pm

Parents/Guardians are welcome to come and support our fabulous musicians!!

On THURSDAY, APRIL 28<sup>TH</sup>, we will be having our Spring Concert at Poplar Bank. The grade 4s will be playing the recorder and the above ensembles will be performing. Please mark your calendar!!! Every member is important.

Musically Yours,  
Mme Smith

## 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 locker 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.

## Valentine's Day

Poplar Bank celebrated a wonderful Valentine's Day on Fri, Feb 12 with a Friendship Celebration for all (L'Amitie pour tous!). The Grade 7 and 8 students were divided into groups and dispersed into the Grade 1-5 classes to participate in various activities. They organized and led the younger students in a number of activities such as making Friendship Bracelets, Valentine's Vocabulary Sheets, and Games. Our leaders did a great job and it was an afternoon success! Thank you to Mme Sampson and the Intermediate Student Council for helping create this Friendship/Leadership Day!





## Flu

Student absences have increased recently within several schools in York Region, related to illnesses with respiratory and enteric symptoms.

**To protect staff, students and families from getting ill, remember to:**

- ◆ Stay at home when you are sick, and keep your child home if they are sick
- ◆ Keep healthy by eating healthy foods, being physically active and
- ◆ ensuring your immunizations are up-to-date, including the seasonal flu shot
- ◆ Avoid close contact with people who are sick
- ◆ Wash your hands often with soap and water or using an alcohol-based hand sanitizer when soap

and water are not available

- ◆ Cough and sneeze into your sleeve or a tissue, not your hand, and throw away used tissues immediately
- ◆ Avoid touching your face
- ◆ Clean and disinfect common surfaces

**Symptoms of respiratory and/or enteric illness can include:**

- ◆ Headache
- ◆ Chills
- ◆ Fever (over 38 degrees Celsius or 100 degrees Fahrenheit)
- ◆ Muscle aches and fatigue
- ◆ Runny nose
- ◆ Sneezing
- ◆ Sore throat
- ◆ Watery eyes
- ◆ Loss of appetite
- ◆ Nausea and vomiting
- ◆ Diarrhea

If you or your child are sick and do not improve, contact your health care provider.

Many viruses are commonly active at this time of year, for example norovirus and influenza (flu). Both viruses are very contagious and can be spread by contact with contaminated surfaces, such as door knobs or eating utensils. For more information, read the norovirus and flu fact sheets online at the following links:

[Norovirus fact sheet](#)

[Flu fact sheet](#)

Please click on the links above for more information.



## Mental Health

One of the priorities of the York Region District School Board is Mental Health, and Poplar Bank's Healthy Schools committee launched a campaign in February. Weekly themes related to health and happiness, kindness, physical fitness, and personal pride were promoted with music and activities. Students learned a breathing relaxation technique called "Take Five", they performed random acts of kindness (les gestes de gentillesse), Primary students participated in beach-themed relay races, Junior students played beach volleyball, and all classes were encouraged to participate in the "20 Things We Should Say More Often" challenge.

Mme Nicholson and Mme Hodge would like to extend special thanks to the Healthy Schools Club members, the grade 3 students who prepared posters for each week's theme, the library helpers who cut out the mini-hearts for the "gestes de gentillesse", and the Public Health nurse, Jenny Krugkov.













## Snack Shack

Snack Shack is now sold out for another round. Thank you for supporting this grade 8 fundraiser! Frozen Yogurt will be back in April!





### Tip of the Month

1. Drink Water. It's what you're made of! 
2. Do your exercise! 
3. Breathe fresh air. 
4. Go outside when the sun is out. 
5. Learn to relax. 
6. Eat your fruits. 
7. Eat your vegetables. 
8. Eat Whole Grains. 
9. White if you choose meat. 
10. Get to bed on time. 

### Question of the Month

*I find it hard to make myself be active. What can I do?*

**Answer:**

You're more likely to keep going if you choose activities you enjoy, if you can fit them into your schedule, if you believe you'll benefit from them, and if you feel you can do them safely and correctly. Making a contract with a friend or family member also may help you keep your commitment. Setting small, realistic goals, checking your progress, and rewarding yourself when you reach your goal also can help. If you can stick with an exercise routine or physical activity for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit.

### Recipe of the Month

## Traditional hummus recipe

This Middle Eastern dip is traditionally made with chickpeas, tahini, lemon juice, and olive oil; it lends itself to several variations.

#### Ingredients

- 2 (15.5-ounce) cans no-salt-added chickpeas (garbanzo beans), rinsed and drained
- 2 garlic cloves, crushed
- 1/2 cup water
- 1/4 cup tahini (sesame seed paste)
- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

#### Instructions

1. Place beans and garlic in a food processor
2. Pulse 5 times or until chopped.
3. Add 1/2 cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.
4. Prepare and refrigerate it a day ahead; let it stand at room temperature for 30 minutes before serving
5. Garnish with a lemon wedge and fresh parsley sprig, and serve with Spicy Baked Pita Chips



#### Nutritional information per serving

CALORIES 44 (51% from fat); FAT 2.5g (sat 0.6g, mono 1g, poly 0.6g); PROTEIN 2g; CARB 3.8g; FIBER 0.8g; CHOL 1mg; IRON 0.3mg; SODIUM 109mg; CALC 21mg

*"One should eat to live, not live to eat"*

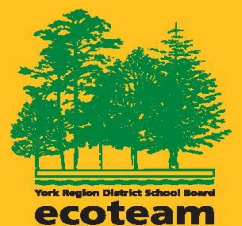
*Benjamin Franklin*



# March



## Are your computers off?





# \***March Break Fun!**

**Keep the kids busy with  
March Break Camps!**

## **March Break Camp Jr**

Ages: 6 to 9 yrs

9 a.m. to 4 p.m.

Magna Centre

Bar Code: 100708

Price: Res - \$170.50, Non-Res - \$200.50

## **March Break Camp Sr**

Ages: 9 to 12 yrs

9 a.m. to 4 p.m.

Magna Centre

Bar Code: 100709

Price: Res - \$170.50, Non-Res - \$200.50

## **Mad Science - Flight Academy Camp**

Ages: 6 to 12 yrs

9 a.m. to 4 p.m.

Magna Centre

Bar Code: 102549

Price: Res - \$255, Non-Res - \$285

## **YNBA Basketball Camp**

Ages: 9 to 12 yrs

9 a.m. to 4 p.m.

St. John Chrysostom Recreation Centre

Bar Code: 100848

Price: Res - \$195, Non-Res - \$225

**\*Extended Care is available for a fee at  
Magna Centre Camps only**

[newmarket.ca/camps](http://newmarket.ca/camps)

  
Newmarket

# \* Recreation Youth Centre & Sk8 Park (RYC) Drop-In Schedule

## March Break 2016

Day	Date	12 & Under	10 to 15 yrs	13+
Monday	March 14	10 a.m. to 1 p.m. 4 to 6 p.m.	1 to 4 p.m.	6 to 9 p.m.
Tuesday	March 15	10 a.m. to 1 p.m. 4 to 6 p.m.	1 to 4 p.m.	6 to 9 p.m.
Wednesday	March 16	10 a.m. to 1 p.m. 4 to 6 p.m.	1 to 4 p.m.	6 to 9 p.m.
Thursday	March 17	10 a.m. to 1 p.m. 4 to 6 p.m.	1 to 4 p.m.	6 to 10 p.m.
Friday	March 18	10 a.m. to 1 p.m. 4 to 6 p.m.	1 to 4 p.m.	6 to 10 p.m.

## \* March Break Registered Programs

Day	Date	Code	Location
Monday	March 14	102600	RYC
Tuesday	March 15	102601	RYC
Wednesday	March 16	102602	RYC
Thursday	March 17	102603	RYC
Friday	March 18	102604	RYC

### Prices per day:

Member: \$40 | Resident: \$50 | Non-Resident: \$70

The programs run for 9 a.m. to 4 p.m.

### Extended Care is available:

8 to 9 a.m. \$5 per day | 4 to 5:30 p.m. \$7 per day

## \* Upcoming Spring PA Day Programs

Great activities will be run by dedicated staff in a safe and fun environment. Programs will feature access to the Sk8 Park, gym, and games area, as well as a variety of passive and active games to balance out the day.

Date	Code	Location
May 6	105228	RYC
June 3	102593	RYC