



Poplar Bank News

We are a Respectful and Caring School

March 2017

Issue 7

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



*School Improvement Plan
For Student Achievement and Well Being
Respectful School, Modern Learning, Math and
Mental Health*

Daylight Savings Time

The date for Daylight Saving Time spring forward 2017 when we turn our clocks one hour ahead is coming soon, meaning we will get an extra hour of daylight at the end of the day. Don't forget to change your clocks on March 12, 2017 at 2 a.m.



Upcoming Events



- | | |
|-------------|--|
| March 1 | Writing Workshop (Grade 7 & 8) |
| March 13-17 | March Break |
| March 17 | St. Patrick's Day |
| March 20 | Sibbald Point Outdoor Education Centre (Grade 4) |
| March 22 | Music Alive (Advance Band) |
| March 28 | Earth Hour |
| March 31 | Music Alive (Calixa) |

Message from our Trustee

With spring approaching and the hours of daylight increasing, now is a good time to enjoy the outdoors and our natural environment. Did you know that our Board has five [outdoor education centres](#), and students have opportunities to visit them and other outdoor learning spaces throughout their schooling? This is part of our commitment to giving students an opportunity to learn in and about the natural world. This learning supports students in gaining a deeper appreciation for nature and the importance of environmental sustainability.

“Modelling continuous environmental sustainability” is one of the goals outlined in our [Board of Trustees’ Multi-Year Plan](#). We believe that we all have a role to play in reducing waste and protecting our environment. Our students, staff members and families continue to show leadership when it comes to supporting student learning and initiatives to reduce our ecological footprint.

Spending time outside as a family also provides a great opportunity to support and enhance your child’s learning outside of school. Whether visiting a park or museum, reading with your child in your home language or asking questions about their day at school - know that there are many ways you can support their education and that you are making a difference.

I hope you all have a happy and safe March Break and enjoy the warmer weather ahead.

Fun Festival



Thank you to everyone who attended our first meeting to kick start the planning process!

This year, the Fun Festival will be held on Thursday June 8, 2017. But before the big day, there is a lot of work to do. That is why we are asking for new adult volunteers who are parents or family relatives to lend us their time and energy.

There are so many ways that adult volunteers can help. Starting soon, we will need help with making donation requests to local businesses that have generously contributed to our event before. We will also require assistance with collecting and packaging approximately 2,000 small prizes.

Your help is especially needed during the week of the Fun Festival and on the event day to help supervise the Theme Basket Raffles, Inflatables, Midway Games, Used Book Sale, Silent Auction, Penny Raffle and many other activities.

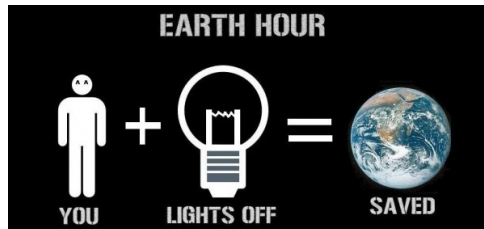
If you can commit even just a few hours of time, please contact Julie Song Fun Festival Coordinator by phone or text at 416-648-2479.

Eco News - Reduce, Reuse & Recycle

Our Eco-Team is excited about our latest initiative to collect **milk bags** to make mattresses for people in need. We are teaming up with a local retirement home that will **reuse** the bags by weaving them into mattresses that are water-proof, bug-proof and easy to clean. There will be a prize for the class that collects the most bags. Students are asked to hand in their bags to the Eco-Ambassador for their classroom. For more information on this initiative check out: [CTV Toronto: Milk bags to mattresses](#)



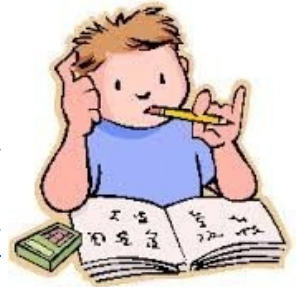
We continue to collect **poptabs** to be **reused** as material to make wheel-chairs, and room 116 collects **used markers** to be **recycled**.



The school will be celebrating **Earth Hour** on Tuesday March 28th, with our annual “**Lights Out**” Campaign. Everyone is invited to celebrate the day at home on the official day of Saturday March 25th from 8-9pm. For more information and to sign up please check out: www.earthhour.org

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 24th to June 1st. If possible, please avoid taking vacations or booking appointments for your child during this time frame.



Friendship Week



We had a successful Friendship Week from February 13th to 17th to promote Valentine's Day and Healthy Schools Mental Health Initiatives. Fun activities were conducted in classes, and the Healthy Schools Team organized some Stress Relievers throughout the month! Let's beat the "winter blues"!

Library - Role of Government and Responsible Citizenship

As part of the grade 5 Social Studies unit about the Role of Government and Responsible Citizenship, Christina Bisanz, the Newmarket Councillor for Ward 7, came to Poplar Bank and did a presentation for the students on February 13th.

What follows is some of their feedback:

- ◆ We learned about the 3 levels of government (federal, provincial, regional/municipal) and their responsibilities.
- ◆ Being a councillor is a part-time job. You can be elected if you are 18 and a Canadian citizen. Municipal elections are every 4 years in October, and the next election is in 2018.
- ◆ Everything that goes on in Newmarket has to be approved by the majority of the 9 members of Council (the mayor, regional councillor who is also the deputy mayor, and the councillors for each of the 7 wards).
- ◆ Christina Bisanz talked about Newmarket and especially Ward 7, and the changes that were made over the years, and future changes. We heard about trying to keep some green space in Newmarket, bike lanes, bus lanes, the Town Hall on Mulock, the Old Town Hall repairs, Riverwalk Commons, community events like “Touch A Truck”, bylaws for trailers and boats in a driveway, and that there is going to be a new trail from Lake Simcoe to Lake Ontario!
- ◆ She prepared a very nice presentation that was well-organized, and she was very patient with us. I liked her slideshow. She told us about how building houses affects the environment and animal habitats.
- ◆ Many of the changes that are happening now are for our future.
- ◆ We prepared questions for her before she came, and she answered all our questions and explained everything very well.
- ◆ I was really happy that I could ask my questions and get them answered.
- ◆ She was very interactive with the students.
- ◆ She was part of Student Council when she was in school. She encouraged me to be a politician when I am older.
- ◆ Thanks for the bracelet and the Community Report!
- ◆ Thanks for coming! I think you should stay councillor, and if I was allowed to vote, I would vote for you.
- ◆ I want to thank her for coming and sharing what is in the real world.



Canada

Speech and Language Program

The Summer Fluency Program

Dates: July 10th – 28th, 2017 (Mondays through Fridays)

Location: 2-150 Duncan Mill Rd (Don Mills & York Mills Rd.)

Times: 9:00 am – 12:00 pm

Fee: \$1600

SPACE IS LIMITED! If you have any questions, and to book an assessment, please contact Lea J. Ayuyao, Speech-Language Pathologist, (416) 491-7771 ext. 220,

leaa@speechandstuttering.com



The Speech & Stuttering Institute is a registered charitable organization dedicated to:

- ◆ The development and delivery of speech therapy programs
- ◆ Supporting research into better treatment methods
- ◆ Providing education in communication disorders

THE SUMMER FLUENCY PROGRAM is made possible in part due to the generous support of the RBC Foundation.

Senior Boys' Basketball

Our boys played in the Area's tournament on February 15th and went undefeated until the finals where they lost by one basket! Good try boys! They also played in the Denison Huskies Tournament on February 1st and they went undefeated here to finish first! A great season with great talent!

Senior Girls' Basketball

Congratulations to the Intermediate Girls Basketball Team who played in the Area Tournament at Phoebe Gilman on February 14th. They played very well and had some very close games! The girls also proved their skills at the Denison Huskies Tournament on January 31st finishing in 2nd place! Way to go Abigail, Emery, Hailey, Angelina, Augustina, Maia, Maya, Caroline, Olivia, and Alejandra! Coach Sampson is proud of your efforts!



Junior Basketball

The Junior Boys and Girls Basketball teams will be getting started soon. Good luck to everyone at try-outs! Thank you Mme Hodge for coaching the girls and to Mr. Korman for coaching the boys.

Music

Music ensembles at Poplar Bank are in full swing! Children are all working very hard at preparing for the upcoming music festivals.

“Music Alive” is a local music festival where students have the opportunity to perform for other schools and hear other schools perform. I am very excited to demonstrate the musical excellence of the students at Poplar Bank. Parents are invited and encouraged to come and watch the performances. For each ensemble, the **performance attire** is the **black music t-shirt, black/dark bottoms** and **black/dark shoes**.



Group	Date	Location	Time
Advanced Band	Wednesday, March 22nd	Newmarket Theatre 505 Pickering Crescent (Attached to Newmarket High School)	9:30 am
Calixa Lavallee	Friday, March 31st	Cosmo Music 10 Via Renzo Drive Richmond Hill, ON	9:30 am
Primary Choir	Thursday, April 6th	Cosmo Music 10 Via Renzo Drive Richmond Hill, ON	9:30 am
Junior Band	Monday, April 10th	Newmarket Theatre 505 Pickering Crescent (Attached to Newmarket High School)	9:30 am
Junior/ Intermediate Choir	Wednesday, April 12th	YCDSB Centre for the Performing Arts 525 Westminister Drive Thornhill, ON	10:15 am

Poplar Bank’s annual “**Focus on Festivals**” **music concert** will take place on **Thursday, May 4th** in the gym from **6:30-8:00 pm**. The following groups will be performing: Grade 4 recorders, Junior/Intermediate Choir, Junior Band, Advanced Band and Calixa Lavallee.

The **Advanced Band** will be performing in Niagara Falls in the **MUSICFEST NATIONALS** competition on Wednesday, May 17th. How exciting!!!

Thank you for supporting the music department’s popcorn sales.

Musically Yours,
Mme Smith



“Music is the universal language of mankind”-Henry Wadsworth Longfellow

Year Book 2016/2017

This year is another milestone for Poplar Bank. We are still growing strong as a French Immersion community. We will be having our SIXTH full-colour (80-page) yearbook, worth \$26 dollars (taxes included). We want to recognize all that we have experienced as a community at Poplar Bank. Share in the moments in this remarkable time capsule of the events and people that made this year unique!!!



PBPS families will be able to purchase a yearbook using only SchoolCashOnline.com. If you order your copy of the book by March 10th (before March Break), your child's name will be added to our school's YEARBOOK DRAW in order to win a FREE YEARBOOK.

For families wishing to sponsor a page, please add \$5.00 to the initial price. For advertising, please submit a business card (to Mme McDonald) with an extra fee of \$15.00. Thank you, in advance, for your support!



Year Book Cover Contest

Goal: To create a colourful piece of artwork that will be selected to be in the FRONT COVER of this year's yearbook (a total of 58 colourful artworks in all). Up to 5 artworks will be selected from each homeroom. First Place Winner also gets a FREE YEARBOOK!

What you need to do...

To enter our contest, you need to have the following on a white sheet (8 ½ X 11) of paper (portrait side only):

- ◆ The French logo (BIGGEST): **Ensemble, nous sommes UNIS**
- ◆ The English logo (smallest): **Together We Are One**
- ◆ P.B.P.S. or Poplar Bank P.S. or Poplar Bank Public School
- ◆ 2016-2017
- ◆ Symbols / drawings reflecting ideas that unify us as a school (i.e., families, communities, friends, clubs, teams, etc.)
- ◆ IN COLOUR, erase all pencil marks
- ◆ Use dark, VIBRANT colours, instead of pale, light colours
- ◆ Clear, LARGE, thick lettering (preferably center logos on page)
- ◆ School mascot (optional) – lion or lion's paw
- ◆ Name (first and last) & grade in bottom right corner (in black pen, not in sharpie or in pencil)



School Council Update

- ◆ PIZZA LUNCH CO-ORDINATOR NEEDED! We are continuing to search for a pizza lunch co-ordinator! We have had one parent volunteer come forward (thank you!!), but they are only able to commit to every other Thursday. Therefore, we are looking for an additional parent who can commit to helping on the alternating Thursday (twice a month). There will be two of you, and you will work as a team and share the load. We don't want to lose our pizza lunch option! Please contact the school or Marcela for details marceladiazgr@gmail.com.
- ◆ Parent Talk Series – Poplar Bank, along with seven other community schools, and Bully Free Community Alliance have put together six engaging and interesting presentations for parents. The next Parent Talk is on March 22nd from 7 to 8 p.m. at Stonehaven P.S. The topic is Social Media Fitness for Parents. Please visit www.eventbrite.com, search for events in Newmarket, for more information and to register.
- ◆ We're on Facebook!! <https://www.facebook.com/PoplarBankPS>. Feedback from parents indicates that many parents have not joined Twitter yet, but many are using Facebook. As a result, we have created a Poplar Bank Facebook page to share information with our school community. Please like our page to keep up to date on school activities. <https://www.facebook.com/PoplarBankPS>
- ◆ The first Fun Festival Planning meeting was held on Thursday, February 23rd. Lots of exciting things planned! It takes a village to run this fantastic event for our school community and we need volunteers, so please contact the Fun Festival Coordinator, Julie Song, by phone or text at 416-648-2479.
- ◆ Our next meeting has been rescheduled to March 8th, 2017 at 6:45 p.m. in the staff room. We have rescheduled the meeting so we do not conflict with the Parent Talk Series being held on March 22nd. All parents are welcome to attend council meetings!



We will be providing child care in an adjacent room for those who require it. Please let us know in advance if you will be attending, and the ages and number of children who need minding.



Student Athletic Achievements

At this time we would like to acknowledge some of our students who have dedicated many hours and have worked extremely hard at their sport.

Congratulations to Megan and Alison who have just returned from the Nationals Competition in Vancouver, British Columbia for Indoor Rock Climbing!

Congratulations Ariana for placing 2nd overall and Zoe for placing 6th at the girls' gymnastics competition which took place in Orlando, Florida. The Poplar Bank Community wishes these girls luck in the upcoming Provincial Qualifiers.

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.” Pele



Kiss & Ride



A reminder to all parents that the Kiss & Ride Loop is to be used solely for the dropping off or picking up of students. Please do not park your car in the loop as this creates traffic congestion.

As well, for the safety of all students, it is encouraged that students exit the vehicle from the side closest to the sidewalk and not oncoming traffic.



No parking

School Attendance

School Matters!



Attend Today, Achieve Tomorrow

This is a reminder that the school day starts at 8:05 a.m. **Please note that the early entry bell rings at 7:55 a.m.** Students are expected to be in their classrooms for 8:05 a.m. when instruction begins. Students who enter the classroom after 8:05

am are considered late.

Punctuality is very important to school routines and student success!



Tip of the Month

1. Drink Water. It's what you're made of!



6. Eat your fruits.



2. Do your exercise!



7. Eat your vegetables.

3. Breathe fresh air.



8. Eat Whole Grains.



4. Go outside when the sun is out.



9. White if you choose meat.

5. Learn to relax.



10. Get to bed on time.



Question of the Month

Question: 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

From the list below, select what you need help with in order to find or secure sustainable employment:

- | | |
|---|--|
| <input type="checkbox"/> Finding and using information | <input type="checkbox"/> Using digital technology (computer skills) |
| <input type="checkbox"/> Communicating ideas and information | <input type="checkbox"/> Managing your learning (goal setting and action plans) |
| <input type="checkbox"/> Understanding and using numbers (math) | <input type="checkbox"/> Engaging with others ("soft skills" such as customer-service) |

The iWIN Program is offered at no cost to eligible learners by the York Region District School Board, with support from the Ministry of Training, Colleges and Universities.

DESIGN YOUR PATH TO SUCCESS



Book your assessment today!

Date: _____ Time: _____

This program is right for you if you are a resident of Ontario (19+) and need to:

- Enhance your employability skills
- Gain or upgrade computer skills for the workplace
- Prepare for college, university or apprenticeship programs
- Prepare for a High School Credit program or GED
- Gain confidence in life, work and studies

Our **iWIN Program** will help you reach your goals faster! Get individualized support from a highly qualified and experienced instructor and create a class schedule that **works for you.**

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@YRDSB
YRDSBMedia



Select the program(s) you'd like to learn:

Basic Computer Skills

Minimum time commitment - 8 classes

- Getting to Know a Computer**
 - Terminology
 - Hardware and software
 - Mouse skills
 - Keyboarding
- File Management**
 - Saving files to a hard drive or USB
 - Creating folders
 - Moving files
- Getting Started with Email**
 - Setting up a new address
 - Sending/receiving email
 - Attaching a document (résumé, picture, etc.)
- Basic Text and Image Skills (in MS Word)**
 - Working with documents
 - Moving text
 - Inserting pictures, clip art, shapes
 - Formatting images and shapes
 - Creating a basic chart/table
 - Using spell-check
 - Inserting, editing and removing a header/footer
- Internet Searches**
 - Conducting searches
 - Making searches more effective
 - Choosing reliable sites

Digital Technology for Effective Job Searches and Online Applications

Minimum time commitment - 8 classes

- Email for Employment**
 - Subject line
 - Address: to, cc, bcc
 - Reply, reply all, and forward
 - Body of email
 - How to attach a file
 - Formal/informal tone
 - Purpose of email
- Résumés and Cover Letters**
 - How to format
 - Salutations and closings
 - Purpose of letter
 - Appropriate language and tone
 - Inserting, editing and removing a header/footer
 - Applying to positions online

Soft Skills and Successful Oral Communication

Once a week

- Conversation Group**
 - Weekly topics for discussion
 - Appropriate language and tone
- Workplace culture and etiquette
- Body language
- Enhanced pronunciation
- Confidence building

High School Credit or GED Preparation

- Get individualized support and instruction while preparing for your high school credit program or GED (high school equivalency). All subjects are offered.

Computer Skills for Employment and Further Education

Blended learning using training software and instructional support

Minimum time commitment - 8 classes

- Microsoft Office Skills Introduction**
 - Word: creating and editing original documents, using proofing tools; templates, setting page layout
 - Excel: entering data, formatting worksheets; setting worksheet layout, creating formulas, exercises
 - PowerPoint: creating simple presentations
 - Publisher: creating basic publications; formatting objects, duplicating an existing tri-fold brochure
 - Outlook: making contacts; using the calendar
 - Access: creating relational database tables; field properties
 - Microsoft Office Skills Intermediate to Advanced**
 - Word: working with tabs, bullets and numbering; drawing objects, using building blocks, tables, mail merge, macros; Creating flyers using WordArt; images and tables
 - Excel: conditional formatting; sorting and filtering data, pivot tables and charts, security features; larger orders and charts
 - PowerPoint: slide show view, animations; inserting sound, charts, tables and objects; Creating presentations using animation and sound. Delivering presentations to a group.
 - Publisher: using master pages; customizing schemes; page set-up and layout. Creating an original tri-fold brochure and other business stationary such as gift certificate and flyers
 - Outlook: tasks; folders, mailbox options
 - Access: queries, creating forms; form and report controls, macros
 - Google at Work**
 - Once a Week
 - Gmail
 - Calendar
 - Drive
 - Sharing documents
 - Hangouts
 - Increasing Keyboarding Speed**
-
- English Language Skills**
 - Minimum time commitment - 8 classes
 - Grammar: parts of speech, word order; parts of a sentence
 - Mechanics: punctuation, capitalization, spelling
 - Writing complete sentences
 - Verb tenses, agreement
 - Math**
 - Minimum time commitment - 8 classes
 - Basic arithmetic
 - Money math
 - Time (time sheets, calendars)
 - Math for college

Employment and Academic Skills Upgrading