



Poplar Bank News

We are a Respectful and Caring School

March 2015

Issue 7

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



[School Improvement Plan](#)
[Respectful School](#)
[Differentiated Instruction and Assessment](#)



**WE WOULD LIKE TO WISH ALL OUR FAMILIES A
SAFE AND
ENJOYABLE MARCH BREAK!**

Don't let the below-freezing temperatures fool you: at 2 a.m. on Sunday, March 8th, 2015, our clocks will move an hour ahead to begin Daylight Savings Time!



RESPECT

This month the grade 5 bulletin board helped promote our school initiative for the month of February. We partnered with the Heart and Stroke Foundation and participated in Jump Rope Heart on February 20th.

The grade 5 students focused on "Respecting Our Heart Health". Their goal was to remind the students of Poplar Bank what activities they could do in order to respect their hearts and their health. Some of their suggestions were: make sure to get 8 hours of sleep, eat vegetables, and participate in daily exercise such as skipping and swimming. Continue making healthy choices Poplar Bank!

Lunch Assistant Positions Available

We are in need of lunchtime school assistants for Monday to Friday from 11:55 a.m. to 12:55 p.m. as well as occasional help. This is a paid position and we are accepting applications now in the office.

Grade 1 French Immersion Registration

Registrations are still being accepted daily on a first come first serve basis in the school office from 8 a.m. to 3:00 p.m. If you have a child you would like to enroll, please call the school office at 905-953-8995 for more information.

Poplar Bank Basketball

Senior Girls Basketball

Congratulations to the Senior Girls Basketball Team who won the third place ribbon at the Area tournament on February 17th!

Unfortunately, Tristan was ill and unable to participate. We missed her leadership and skill. The girls played with lots of heart and they advanced to the Final Four, losing by only five points in their last game. Coach, Mme Hodge, enjoyed working with this group of athletes. They demonstrated good sportsmanship and were excellent ambassadors for Poplar Bank.

“Bravo” to the following team members: Crystal, Sara, Jordanna, Lauren, Feyi, Seema, Charlotte, Jenna, Rachel and Tristan.



Senior Boys Basketball

Senior Boys Basketball Team had a great season! They played very well at the Area Tournament on February 18th at Phoebe Gilman, winning many games and working together as a team. Congratulations to Liukkor, Arsheeya, Daniel, Richard, Pierson, Brycen, Gabriel and Nicholas.

Thank you Coach Mme Sampson

Upcoming Events

Mar. 1st	Scientist in Class (Gr. 7, 7/8, 8)
Mar. 8th	Daylight Savings Begins (1 hr. ahead)
Mar. 9-12th	Curling
Mar. 13th	PA Day (no school)
Mar. 16-20th	March Break
Mar. 23rd	Back to School
Mar. 26th	Snow Valley Winter Elective (resch. From Feb. 27)
Mar. 26th	PIZZA LUNCH CANCELLED FOR ALL GRADES (Resch. To Thurs. June 18th)
Mar. 27th	Author Visit (Michael Wade) 8:15-9:05 am Jr. 9:15-10:05 am Int.
Mar. 31st	Scientist in the School (Gr. 4) AM and PM



Snack Shack



Snack Shack will be open for the month of March to support the music program. Popcorn will be sold for \$2 a bag.



Library News



On Friday, March 27th, our grade 4-8 students will have a visit from author Michael Wade. Michael is the author of the best-selling series “And Then It Happened”. These books are very popular with many of Poplar Bank’s students and we are looking forward to Mr. Wade’s presentations!

On the day of the presentations, Michael Wade will bring signed copies of his books for any students and staff, who wish to make a purchase at a special author-visit price. The books cost \$5 each, or a complete set of twelve books costs \$35, including gst.

In other news . . . The Forest of Reading program 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. Students in grade 1 and 2 have been listening to the Prix Peuplier books, and the grade 2 children are working on their Reading Passports, with activities related to each book. After hearing the first five books in the competition, the children voted for their favourite, and Le Cadeau des Frères Bravo was the winner! We are now reading the final five books, will vote for our favourite, and then have to decide between the top two books. The students are excited to hear these excellent stories by Canadian authors!

ECO News

Last month, as you may have heard, our school participated in Battery Blitz. Battery Blitz is a contest that helps out the environment by recycling batteries so they don't end up in landfills and polluting the environment around us. We encouraged families, students and teachers in the school to bring in their used batteries that no longer work to recycle them. So far our school has collected around 324 pounds of batteries. From the Eco Club, we are proud of how many batteries have been brought in. We still encourage families to send their children to school with their used batteries.

Last month, our theme at Eco Club was cutting back on the usage of paper towels in our schools. We have even distributed posters in each classroom about where the paper towels come from. Our theme this month is to continue being the Ecofriendly School we are, “Are your computers off?” we want students and teachers to turn the computers off in the computer lab, library and even at home once they are done using them. This will reduce the amount of electricity used in our schools and homes every day.

This month we are also doing a fun activity, the students in Eco Club are participating in a sculpture contest in which they build a sculpture consisting of recycled objects. The winning team’s sculpture will be placed in the display case in front of the office.

By Alex and Victoria (7B)



Primary Class Size 2015-2016

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



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.

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.



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.

Student Safety is our #1 Priority!

It has come to our attention that the school bus companies, that provide before and after school transportation to our eligible bus students, experience difficulty addressing direct parental queries and concerns unless parents are able to provide them with the child's bus Route Number. When needed, parents may visit the Board transportation website at www.schoolbuscity.com to locate their child's bus Route # so that the school bus companies can respond to parent inquiries and concerns in a timely manner.

It is important for students to use the crosswalks at Woodspring and Spruce Grove, and Bonshaw and Woodspring. In order to increase student safety, we would like to ask you to review the following with your child(ren):



Procedure for Crossing With The Crossing Guards - 3 Whistle System:

1st Whistle: CHILDREN REMAIN ON THE CURB. The Guard only proceeds to the center of the roadway to stop traffic.

2nd Whistle: When traffic has stopped, the Guard will blow a second whistle to advise the children to cross the road. **NO RUNNING OR BIKE RIDING PERMITTED IN THE CROSSWALK.**

3rd Whistle: After the children have been safely crossed and the Guard is out of harm's way, a third whistle will be blown to indicate to the drivers it is now safe to proceed.



Arriving to School on Time is Key!

We would like to thank all students who arrive to school on time and thank their parents/guardians for their effort and support. Getting to school on time and into the classroom with all other students significantly contributes to academic and social success and allows students to be part of the group. Teacher's lesson plans even at the beginning of the day or session are carefully constructed to introduce new concepts or routines that are vital to student learning. Late arrivers interrupt precious instructional time and make it difficult for those arriving as well as those already seated to attend and stay focused at the task at hand. Missing even a few minutes can cause children to fall behind or feel left out. Most importantly, however, arriving on time impresses upon your child the importance of school and helps develop valuable habits and responsibilities that in the future will help them succeed both in school and the work place.

Please note these important times:

7:50 Outdoor supervision begins

7:55-8:05 Students enter the school

8:05 Instructional time starts

11:55 am - 12:55 pm Lunch Hour

2:35 pm Dismissal

Some other things to consider

If children are late arriving to school, they miss important social time with their peers before school begins. Students who are late often feel embarrassed or selfconscious. The beginning of class is the time when important announcements are made and instructions provided. Students arriving late to class not only miss announcements but late arrivals disrupt the routine of the classroom. A last-minute rush can be stressful for the child, and get him\her in the wrong frame of mind. Missing even five or ten minutes of the day can make it harder for a student to understand the material

Tips for being on time

The morning can be a very hectic time. Here are some effective tips for getting your child up and out the door on time. Get your child to bed at a reasonable hour. Set realistic and consistent schedules and rules at home. Getting ready for school should be a part of the child's overall routine; something that is expected of him/her every day. Do whatever is necessary the night before to save time in the morning, such as setting out clothes, packing lunches and setting backpacks at the door. Avoid distractions that can slow your child down, like TV or games. Set your alarm to get up earlier if you're running late regularly. Unfortunately, we often hear, "But I'm only 5 minutes late." If a student is a mere 5 minutes late each day, the accumulated number of minutes over time is shocking.

-Five minutes late each day for 188 instructional days in one school year is a total of 940 minutes.

-940 minutes =15.67 hours, a lot of learning can happen in 15 hours.

School Council Update

The first planning meeting for the 2015 Fun Festival will take place at 6pm on Monday March 9th in the school library. If you are interested in getting involved in this great annual event please email Pam Scheps pamscheps@rogers.com The next school council meeting is April 8th at 6:45pm in the school library. This is an allocation meeting where funds raised through council initiatives will be earmarked for various school projects. In the past we have been able to fund projects such as Scientists in the School, Forest of Reading, classroom iPads, curling in the gym, lice check,

and music instrument maintenance. All parents are welcome. For more information on council activities and community news you can check out our Twitter feed @PoplarBankSC via the home page of the school website. To get in touch, please drop by a council meeting or email poplar.bank.ps@sc.yrdsb.edu.on.ca



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,	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 4,11,18	JUN 12

PLEASE NOTE THAT PIZZA LUNCH HAS BEEN CANCELLED FOR MARCH 26TH FOR ALL GRADES DUE TO SNOW VALLEY TRIP AND RESCHEDULED TO JUNE 18TH. THANK YOU FOR YOUR COOPERATION. IF YOUR CHILD IS AT SCHOOL FOR MARCH 26TH PLEASE SEND A LUNCH WITH YOUR CHILD.



Music News

The festival season is quickly approaching us. The students in Advanced Band, Junior Band and Junior/Intermediate Choir have been working really hard on their pieces that they will be performing. This year, Poplar Bank has been chosen to host the music festival for the day on April 16th. The Advanced Band will perform in the morning and the Junior Band will perform in the afternoon. The Junior/Intermediate choir will be performing in the morning on April 9th at Cosmo Music. Parents are invited and encouraged to go and watch any of the performances. Calixa Lavallee will give back to the community instead of going to the music festival this year. They will be sharing their beautiful voices at one or two Retirement Homes in the area this spring. A permission form with more details about the registration and bus costs will be sent home soon.

On another note, the grade 8 Glee ensemble "Vocal Harmony" has been working very hard in preparation for the "Show Choir Canada" competition on Friday, April 10th at the Queen Elizabeth Theatre in Toronto.

The amazing Primary Choir and Stage Band are finished for this year.



Winter Electives Day

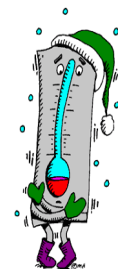
The Grade 4-8 students enjoyed skiing, snowboarding and tubing at Snow Valley. Some students engaged in several activities at the school, including outdoor physical education and cool art projects

Primary grades 1-3 enjoyed their days skating at Magna Centre. We would like to thank all the parents and friends of Poplar Bank who have volunteered to be chaperones and take part in the winter elective activities! These were fun days of winter fitness!



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.**



Immunization Information:

If you have recently updated your child's immunization, please inform the York Regional Health Services. The York Region Health Services is required by law to keep and check immunization information for all children attending school in York Region. As of May 2003, York Region Health Services collects immunization information directly from parents/guardians of all York Region students. All communications regarding immunization should be directed to: York Region Health Services at 1-877-4649675.



Reminder: Poplar Bank is a “Nut-Aware” School



We have a number of students and staff who have life threatening allergies to nuts and nut products. The most important thing you can do to help keep everyone safe is to avoid sending any foods from home that contain peanuts, nuts or nut products in student lunches and for snacks. Please read the labels to see if peanuts/nut products are present in the foods you are packing for school lunches and snacks. Students who accidentally bring food containing nuts will be asked to take it to the office and a replacement snack will be provided and the food item will be sent home.

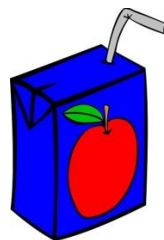
Reminder: Ministry of Education Food and Beverage Policy PPM 150: Setting the Standard for Healthy Eating in School: It's a fact: a healthy mind depends on a healthy body. Students who eat healthy food are better prepared to learn and are more likely to succeed in school. In 2011, The Ministry of Education has released a new School Food and Beverage Policy that includes comprehensive nutrition standards. The policy outlines that all food and beverages sold in schools on a regular basis must comply with healthy food and beverage nutritional standards. In a school year, schools do however have the ability to identify up to ten events at which foods/beverages that do not comply fully with the Healthy Food standards may be sold to students and parents. Good health is a prerequisite for good learning. The School Food and Beverage Policy offers a way to encourage healthy eating in schools, and brighter futures for students. For more information about Ontario's healthy schools initiatives, visit: www.ontario.ca/healthyschools

Food and Beverages At Poplar Bank

We do have celebrations for occasions such as: Halloween, Holiday Break, and Valentine's Day where we do have foods that do not all comply with the Food and Beverage nutritional standards. For these special classroom occasions, we do invite parents to send in healthy nut free snacks and treats (for example: fruits, vegetables, popcorn, licorice, juice). Prior to sending in these foods/beverages for the class for these class occasions, we ask that parents always contact their child's teacher to discuss what food/beverage would be needed for these class celebrations prior to sending in the food and beverages into school. Through the year, we only invite parents to send in nut-free foods and beverage donations for the above-noted class occasions. Please note that due to several reasons (anaphylactic, nutritional, equity and class time preservation), we do not celebrate individual student birthdays with food and beverages during the school day. Please do not send in any food or beverages to school to celebrate your child's birthday.

Thank you in advance for your understanding and cooperation in this matter.

Should you have any questions, please call the school office.



Greg LeRock Concert

On February 17th the grade 3, 4, and 5 students went to their first Gregg LeRock concert! The show was full of great sound, great songs and provided great French learning! Our students thoroughly enjoyed this amazingly energetic performer!

Here are some reviews from the students:

During the week of the 17th of February our grade 5 class went to a Gregg LeRock and DJ Ryan concert and it was great. I was so excited to go and it was really fun. Gregg LeRock is a French singer and he was really fun and nice I'd say. He invited a lot of students from our school on stage and it was really funny. I will probably recommend it to my little brother because he is sometimes trying to be cool and also my friends on my soccer team just to be funny. Although it was in French it was awesome.

-Alejandra G.

When we first got there I thought Newmarket theatre would be a little bit bigger but it was very cool. I also thought that there would be more schools there.

When Gregg got on stage I thought there would be like a whole band. I loved how he called people on the stage and how he wanted the boys then the girls. I thought it was really cool when he called Maggie on stage and she got to play guitar with him and got a cd and autograph. I thought it was pretty cool when he jumped of the stage and gave everyone a high five. I think Gregg is a very good dancer. I thought DJ Ryan was really awesome. I had so much fun totally worth it even if it was in French.

-Caleb D.

I loved all of the songs that he sang and that DJ Ryan sang along with Gregg LeRock for some of the songs. I also liked that it wasn't a long drive to get there and it was not that squishy as I thought it would be in the theatre. I also thought that there was going to be no lights and stuff but there was it was really fun. I recommend this concert to the grade 1 and grade 2 classes because they would enjoy this and learn about French words.

-Olivia A.

I liked the concert; it was interactive, fun and a good French experience. If I were to have the chance to recommend this concert to my friend I would. But the problem is none of my other friends not from school know French. But I would recommend it to another French school because it was fun and a good experience.

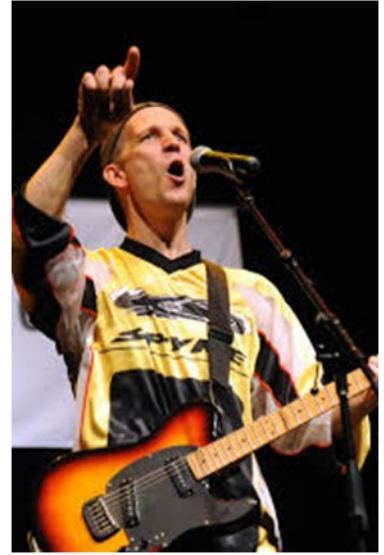
-Michael M.

Gregg LeRock travels all over Canada going to schools and playing wonderful music. I thought that Gregg LeRock was a good concert for people 10 and under because it's fun, he uses appropriate language and the songs are fun. It is also cool how he lets kids come on stage to dance, sing, and play the guitar.

-Owen B.

I personally enjoyed the concert very much. It was a lot of fun and the performances were better than I expected. The DJ was very good. I would recommend it to a friend because the experience for my first concert was awesome and it will probably be the same for them. I would recommend it to any French school so they can have an awesome Gregg Le Rock concert experience too.

-Abigail T.



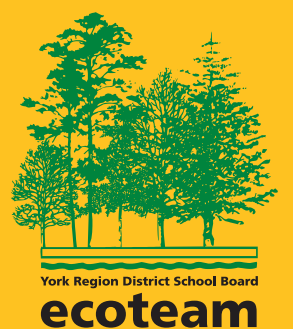
[Have You Changed Your Address or Phone Number? Are You Moving? Do we have your up-to-date email address?](#)

If you have changed your address, phone number, email address or plan on moving, please call the school office. It is very important that we have your up-to-date information in the event that we have to contact you for any reason.

March



Are your computers off?





Poplar Bank Public School Yearbook Cover Contest



Our annual Yearbook Cover Contest is about to begin! We want YOU to win a free FULL-COLOURED yearbook, worth \$25 dollars. We need to celebrate our achievements and dream of the future. Your drawing needs to reflect what you see our school becoming.

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 (first): **Rêvons ensemble**
- The English logo (second): **Let's Dream Together**
- P.B.P.S. or Poplar Bank P.S. or Poplar Bank Public School
- 2014-2015
- Symbols / drawings reflecting our future dreams as a school (i.e., clouds, thought bubble, dream scene)
- IN COLOUR, no pencil
- Use dark, VIBRANT colours, instead of *pale, light colours*
- Clear, LARGE, thick lettering
- School mascot (optional) - lion or lion's paw
- Name (first and last) & grade in bottom right corner (in black pen)

*Due date is no later than **Friday, April 10th** (after Easter Break).*

Please, only ONE colourful masterpiece per STUDENT!



Poplar Bank Public School Yearbook Order Form



This year is another milestone for Poplar Bank. This is our second year together as a French Immersion school. We will be having our FORTH full-colour (80-page) yearbook, worth **\$25 dollars** (taxes included). We want to recognize all that we have experienced as a community at Poplar Bank. Our logos this year are: "RÊVONS ENSEMBLE" and "LET'S DREAM TOGETHER". Share in the moments our students have lived, in **FULL-COLOUR!!!** Last day for orders is April 24th, 2015.

Please use one order form per family.

For school use only:

#	Student's Name	Teacher	Grade	\$25 Or cheque (#)
1				
2				
3				

For advertizing, please submit a business card with an extra fee of \$10.00. For families wishing to sponsor a page, please add \$5.00 to the initial price. Thank you, in advance, for your support!

v	Type of advertising	Family or Business Name	Page to Sponsor
	Business card		
	Sponsor a page		

(Please make cheques payable to Poplar Bank P. S.)

Please specify page you wish to sponsor.

Tip of the Month

Packing lunches day-in and day-out can often be a chore. Here are some tips to help you pack lunches that are quick to put together, and include foods that everyone in the family likes. **Ensure that your family will like their lunches:** Have a planning session. Put together a list of lunchtime favourites. Listen to the concerns about smell and messiness. Set up a schedule so that everyone takes turns helping to prepare the lunches. Be sure to keep school lunches free of any restricted foods, such as nuts, when packing school lunches. **Keep supplies handy to make lunch packing easier:** Have everyone choose their own special lunch bag/box. Set up a lunch drawer that contains all the packaging needs – insulated containers, plastic containers, plastic wrap, stickers, napkins, straws, plastic spoons, knives and forks. Have a special shelf or area in the refrigerator for lunch fixings. Keep healthy snack choices such as whole grain cereal, nuts, seeds and dried fruit in the cupboard. Bake healthier snacks, such as whole grain muffins, on the weekend and freeze for a easy-to-pack snack. **Ideas for great lunches:** Vary the bread - try whole grain breads, tortilla wraps, crackers, bread sticks. Include bite-size vegetables, such as baby carrots, cherry tomatoes, red pepper slices with a yogurt or yogurt or bean-based dipping sauce. Include easy to-eat fruit like grapes, melon slices, orange wedges. Peel mini oranges. Enjoy leftover lunches based on the previous night's dinner. Pack thirst-quenching water in a reusable water bottle



Recipe of the Month

Pizza Muffins

March Break can be a busy time for both kids and parents! Here's an easy lunch or snack to grab and go in-between all those fun, active activities during the break!

Nutritional Information: Calories: 124, Protein: 6g, Total fat: 2g, Saturated fat: 1g, Dietary cholesterol: 35mg, Carbohydrate: 20g, Dietary fibre: 2g, Sodium: 166mg, Potassium: 161mg

Ingredients

- 1 cup cornmeal
- 1 cup whole-wheat flour
- 1 tsp dried oregano
- 1 ½ tsp baking powder
- ½ tsp baking soda
- 2 eggs
- 1 ½ cups buttermilk or light sour cream
- 2 tbsp tomato paste, divided
- ½ cup shredded light old cheddar cheese, loosely packed, divided
- ½ cup thinly sliced pepperoni
- Canola cooking spray

Directions

1. Preheat oven to 400° F (200° C). Spray a muffin tin very lightly with cooking spray. Do not use muffin papers; they will stick.
2. In a large bowl, mix together cornmeal, flour, oregano, baking powder and baking soda.
3. In a second bowl, combine the eggs, buttermilk, 1 tbsp (15 mL) tomato paste, and 1/3 cup (75 mL) cheese. Add it to the dry ingredients, and mixed until just combined.
4. Divide the mixture evenly in a 12 cup muffin tin. Top each muffin with a smear of tomato paste, a little cheese and pepperonis.
5. Bake for 20 minutes. Store in an air-tight container for one day or wrap individually and freeze.

Question of the Month

Q: "My nine-year-old has started pouring on the salt. How can I discourage him?"

A: What really matters is the food that your son is adding the salt to! The sprinkle we add from the salt shaker on the table accounts for just 5% of our daily sodium intake. The real problem — and where 77% of our sodium intake comes from — is processed and packaged foods. If your son regularly eats deli meat, hotdogs, pizza, burgers, canned soup, frozen foods and fast food, his sodium intake is likely too high. And if he likes salty condiments such as mustard, ketchup, barbeque or soy sauce, sodium numbers will escalate quickly. If this describes his diet, extra salt added at the table is adding fuel to the fire. However, if you often cook from scratch using healthy whole foods, a dash of extra salt on your son's dinner is likely not cause for concern. But if you are worried, replace the salt shaker with a bottled blend of herbs or spices that he enjoys. Despite the sodium recommendations for children, about 90% of kids aged one to 18 exceed the upper limit of sodium. Since high sodium intake is associated with the development of high blood pressure later in life, it is important to cut back on salty packaged foods. As you slowly reduce sodium from your child's diet, his taste buds will adjust and high sodium foods will soon be too salty for his liking.