



Poplar Bank News

We are a Respectful and Caring School

May 2017

Issue 9

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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

Upcoming Events

- May 3 Jr. Girls Basketball Regionals
- May 4 Jr. Boys Basketball Regionals
- Music Concert Grades 4 to 8 (6:30 pm to 8:00 pm)
- Round 3 Immunizations (Grades 7 and 8)
- May 10 Sr. Badminton
- May 12 Beach Day Spirit Wear
- May 16 Sr. Badminton Regionals
- May 17 Musicfest Nationals (Niagara Falls)
- May 19 School Track and Field (Grades 4 to 8)
- May 22 Victoria Day Holiday
- May 24 Primary EQAO (May 24th to May 26th)
- School Council Meeting
- May 29 Junior EQAO (May 29th to June 1st)



We are in need of lunchtime 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.

Grade 1 French Immersion Registration

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

EQAO Testing



This month 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 (May 24th to May 26th). Students in grade 6 complete three subsets, namely reading, writing and Math in English (May 29th to June 1st). For parents interested in finding out more about the EQAO tests, please visit the website at <http://www.eqao.com>. If possible, please avoid taking vacations or booking appointments for your child during this time frame.

Year Book 2016/2017

Do you have your Yearbook yet, for the low price of \$26.00? You have until May 10th to do so on schoolcashionline.com.



Grade 8 Graduation



This year's Grade 8 Graduation will be on Tuesday, June 27th. The ceremony will start at 6:00 p.m. in the Poplar Bank Gym. Please mark this date in your calendars (please see attachment for further details).

Immunizations - Grades 7 and 8 Students Information



Round 3 of the Hepatitis B vaccine and HPV vaccine for all Grade 7 students as well as the HPV for Grade 8 females (second dose) will be taking place the morning of May 4th.

Scooters, Skateboards and Roller Blades

Please refrain from allowing your child to bring these items to school as this presents a safety hazard. These are expensive items and we cannot be responsible if they are lost, stolen or damaged while on school property. They also represent a storage problem in the classroom.



York Region Public Health Announcement

In the 2017/18 school year, York Region Public Health will visit all elementary schools to provide school immunization clinics to Grade 7 students. The clinics offer vaccines for Hepatitis B, Human Papilloma Virus (HPV) and Meningococcal A, C, Y, W-135 at no cost.



Under the Immunization of School Pupils Act, meningococcal vaccine is required for school attendance, unless an exemption is filed with public health. Hepatitis B and HPV vaccines are recommended, but not required for school attendance.

Parents of students entering Grade 7 in fall 2017 will receive consent forms in the mail in June. Please complete the consent form and return it to York Region Public Health to allow your child to participate in the immunization clinics. Detailed instructions can be found on the forms and accompanying letter. If the consent form is not completed, your child will not be able to receive vaccines at the clinic.

Parents and guardians who do not consent should still complete the forms and return them, indicating that you do not authorize York Region Public Health to immunize your child.

Visit york.ca/immunizations and click on School Immunization Clinics for more information.

Did you know? If your child has missed a required vaccination on Ontario's routine immunization schedule, he/she can receive the vaccine at one of York Region Public Health's Community Immunization Clinics. These evening clinics are offered throughout the summer, giving students the opportunity to catch up before returning to school. Visit york.ca/immunizations and select Community Immunization Clinics to learn more.

Student Safety & Bikes at School

If your child is going to ride a bike to school, please note the following: Have students walk their bike on and off the school property. Students are not to ride bikes around the property before school or directly after school. They must wait until 6:00 p.m.

- ◆ Retain a description of the bike and the serial number at home.
- ◆ Students are encouraged to wear a safety helmet.
- ◆ Remember to lock your bikes.



Library News



On April 21st, the Primary students participated in a French author presentation. Alexandre Gagnon’s book Soufflé en Vie brings characters to life through a combination of balloon art and cartooning. Monsieur Gagnon explained his experiences as an author, and how it is important to be persistent and not give up. Learning something new takes practice, and it is okay to make mistakes. Students were actively engaged in

his presentation, including cheering on their teachers as they experimented with balloon art!

Eco News - Reduce, Reuse & Recycle



L'Équipe Verte Update

Happy Belated Earth Day!

Our Eco-Ambassadors took on an impressive leadership role by presenting at both the school assembly and to their assigned classes creating interactive messages with power point presentations, posters and props.

The students made, decorated and sold ‘eco-cleaners’ (a solution of vinegar & water) to help us clean without chemicals.

We also collected milk bags to be woven and reused as bed mats for the less fortunate by Pam Taylor’s mother’s retirement home.

Our next exciting initiative is the edible student garden that Veronica Jouaneh has spear-headed to provide an opportunity for the whole school to be a part of the process of growing food: planning, planting, watering, weeding, harvesting and eating!



School Matters!



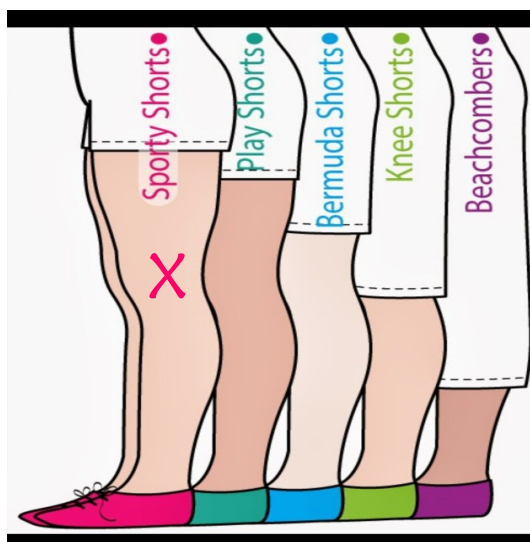
Dress Code

As the warm weather is fast approaching, we are asking parents to discuss and review the Dress Code with their children. It is the expectation that all students follow the Dress Code protocol.

GOAL: Students will dress in an appropriate manner, conducive to a positive learning environment.

Students will ...

- ◆ wear tops that cover their midriff – tops must meet bottoms without midriff showing at any time (e.g. when raising the arms)
- ◆ not wear any top or dress that is strapless or has a low neckline or a plunging back
- ◆ make sure that undergarments are covered at all times
- ◆ not wear articles of clothing with inappropriate slogans or pictures
- ◆ not wear sheer see-through clothing
- ◆ not wear tube tops and muscle shirts
- ◆ not wear sporty shorts (see shorts length guide) that exposes the buttocks at any time (e.g. when sitting or bending):



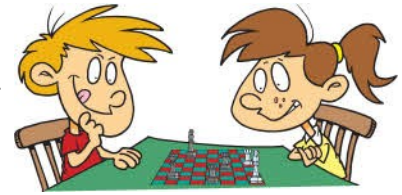
- ◆ wear shoes at all times
- ◆ not wear beach flip flops or Heelys as they present safety risks
- ◆ not wear caps, hats, bandanas, hoodies or head coverings indoors (exception – religious coverings).

Consequences for not following the dress code will begin with a discreet warning by the home-room teacher and the student will be asked to change or cover up inappropriate clothing. Repeat offences will be referred to the school office and reflection sheets will be filled out and parents will be contacted.

We thank you in advance for your help and cooperation.

Chess Club

The Chess tournament at Bogart P.S was thrilling and exciting. We learned so much about Chess while still having fun in the process. We got to play 9 games of chess with other opponents from different schools. This was both nervous and really fun.



One of the best parts of the day was spending time with our friends outside of a traditional school day and overall was a great experience. I would love to do this again! – Peter B.

On April 27, 5 members of the Poplar Bank Chess Club were invited to go to Bogart to represent the school based on their in-school standings. At the tournament, there were other schools which totaled 9 teams. Bogart supplied us with younger fill-ins due to our school starting fresh this year and not having a junior team. We came in 6th place but had tons of fun along the way! – Tate Y.

Poplar Bank Outdoor Garden

On behalf of the Poplar Bank Community, I would like to thank Veronica Jouaneh for her efforts in putting together the plan for constructing the Poplar Bank garden.

I would also like to thank Veronica, Mr. and Mrs. Glauser, Mr. Koch and Mateo for giving up their precious Sunday to construct the raised garden beds.

The ECO team and the school are excited and are looking forward to planting vegetables and herbs as soon as the weather permits.

Natasha Baage



Poplar Bank Badminton Team

Our 2017 Poplar Bank Pride Badminton team has been officially selected! Over 40 students in grades 7 and 8 elected to try out for the team in early April. Congratulations to Abigail, Janna, Rebecca, Olivia, Samantha, Emery, DJ, Mitchell, Ethan, Stan, Michael, and Joshua for making the final squad. This team will be paired off into 2 boys' pairs, 2 girls' pairs, and 2 mixed pairs to take part in the Area Championship Tournament on May 10 at Huron Heights Secondary School. In the meantime, Coach Pichora and Coach Maccarone are scheduling practices and exhibition matches leading up to the final tournament. Let's Go Pride!



Intramural Badminton

The spirit of friendly competition is alive and well in the Poplar Bank gym as we are in the middle of our Intramural Badminton leagues. Nearly 100 students have been separated onto 3 Junior (gr. 4-6) teams and 3 Intermediate (gr. 7-8) teams. Players choose partners from their teams and play Badminton matches against pairs from opposing teams for one day each week. Players split time across 3 courts in the gym, each winning pair gets to keep their spot on the court for up to three matches in a row, after which they give the next pair on their team a chance on the court. Birdies are flying, rackets are swinging and students are smiling! The league is a great way to get some exercise, work on Badminton skills, and practice fair play and sportsmanship. Go Poplar Bank!

Junior Girls' Basketball

The Junior Girls' Basketball team won the Area banner on April 25th! The girls played with skill and heart, and we are so proud of their accomplishment! Un gros bravo to Alijah, Aryn, Caitlyn, Ceilidh, Claire, Jackie, Jaylah, Nadia, Tia, Vanessa.

Junior Boys' Basketball



The Junior Boys' Basketball team should be very proud of themselves for winning the Area Tournament on April 27th. The boys played their best basketball of the season. On deck, Regional Tournament against all the other Area winners from around YRDSB.

Music



Congratulations to all of the ensembles who participated in the “Music Alive” Music Festival this year! All of the groups made Poplar Bank **very** proud!!

Primary Choir:	PLATINUM
J/I Choir:	GOLD
Calixa Lavallee:	PLATINUM
Junior Band:	GOLD PLUS
Advanced Band:	PLATINUM

GOOD LUCK to the Advanced Band who will be performing in “Musicfest Nationals” on Monday, May 17th in Niagara Falls.

Musically Yours,
Mme Smith

YRDSB Survey for Parents/Guardians

Parents/guardians are invited to participate in a survey before May 19. This survey provides an important opportunity for parent/guardian voice. Results will be used to guide planning to support student achievement and well-being.

The English version of the survey is available online. Paper surveys are available in English, Simplified Chinese, Traditional Chinese, Farsi, Gujarati, Hebrew, Korean, Punjabi, Russian, Sri Lankan Tamil, Urdu and Vietnamese. Please contact the school to request a paper copy.

We value your input and encourage you to complete the survey. The information you provide will be anonymous, considered confidential and kept in strict accordance with all relevant legislation.

Please contact the school if you have any questions.

Indoor Shoes for Students

This is a reminder that students must always have a pair of indoor running shoes at school that they change into and wear in the school and in the gym. Not only will this reduce the amount of dirt, sand and mud tracked into the classrooms; it will also increase student foot safety as they will not have to go in stocking feet in the school.

Fun Festival

SAVE THE DATE à The Fun Festival is on Thursday, June 8th at 5-8pm!

Our annual fundraising event will have 4 Inflatables, Midway Games, Raffle Baskets, Food Trucks, Vendors, Face Painting, a Photo Station, a Silent Auction and hundreds of prizes to be won!



NEW this year are professional Comic Book Artists who will draw cartoon caricatures of students.

ALL TICKET ORDERS DUE BY FRIDAY, MAY 26th

- ◆ Ticket order forms and information will be sent home with students the first week of May. Please purchase activity tickets using www.schoolcashionline.com in order to receive 10 additional bonus tickets. All other ticket orders do NOT receive bonus tickets.

NEW TICKET INFORMATION!

- ◆ Invite your friends, family relatives & neighbours! Now, they can use www.schoolcashionline.com to purchase tickets even if their child(ren) do not attend Poplar Bank P.S. Once they have signed into School Cash Online with their login, tell them to click on the tab “York Region District School Board” to see all items available and choose Poplar Bank P.S. Fun Festival to purchase activity tickets. Their ticket orders will be available for pick-up starting Thursday, June 1st at the school office or at the Activity Ticket Sales Booth on the event day.

VOLUNTEERS NEEDED - GIFT BASKETS RAFFLE, POPCORN & CLEAN-UP

- ◆ From Monday, June 5th through Thursday, June 8th, parent volunteers are needed to supervise the Themed Gift Basket Raffle during school hours. Volunteers will help set up the Gift Basket display tables and sell raffle tickets to students. If you can volunteer for a 2-hour shift (or more!), please email poplarbankfun@gmail.com
- ◆ A parent volunteer is needed for popcorn on the event day. This role is small but important! It requires the purchase of 6 giant bags of Kernals popcorn which will be packaged into 500 small snack bags. The cost of popcorn will be covered. If you can do this, please email poplarbankfun@gmail.com
- ◆ Clean-up volunteers between 8-9pm on June 8th are also needed after the Fun Festival closes. Dads – we need you! Please email poplarbankfun@gmail.com

POP-UP “GAZEBO-STYLE” TENTS

- ◆ If you own a pop-up tent, please consider lending it to the school for use on the event day. The Fun Festival is an outdoor event and to provide shelter from the weather, we need all the tents we can find. To loan a tent, please contact Julie Song at jools.song@gmail.com

School Council Update

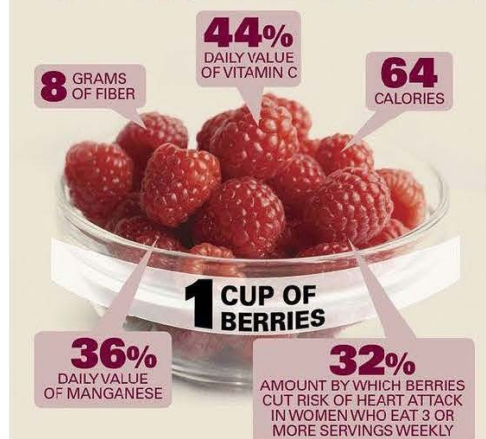


- ◆ **Spring Fundraiser** - Thank you to everyone who participated in our Blooms and Cookies fundraiser through QSP. We are still tallying orders and will have the amount raised in the next newsletter. Items will be delivered on Thursday, May 11th and pickup will be available at the school from 2:30 to 6:00 p.m. We hope you all enjoy your purchases. Thanks again! We appreciate your support!!
- ◆ **Fundraising \$\$ at work** - Over the last few months, school council has funded \$778 for Richard Scrimger, author visit and writing workshop, \$2,000 for Music Program (instrument cleaning and repairs), \$900.00 for Soren Anti-Bullying Presentation, \$550 for Tumblebook Subscription, \$860 for gym equipment and science manipulatives, and \$2,700 for Scientist in the Classroom programs. These programs would not be possible without the fundraising efforts of our school community. Thank you!!
- ◆ **Garden** - The PBPS Garden Committee and the school EcoTeam are proud to announce the installation of our raised garden beds. We would like to extend a huge thank you to Adrian Glauser for constructing and installing the garden beds for us, and to Veronica Jouaneh for organizing and overseeing this project. Over the next few weeks, students will be busy prepping and planning for planting. We would be very grateful for any donations of gardening gloves, hand tools, watering cans or vegetable plants you might have to offer. Students who are interested in participating in the garden should speak to Mme Rudyk.
- ◆ **Parent Talk Series** – Poplar Bank, along with seven other community schools, Bully Free Community Alliance and Newmarket Parent Network have organized six engaging and interesting presentations for parents. The next Parent Talk is on Monday, May 8th, 7 to 8:30 p.m. at Glen Cedar P.S. The topic is Connected Parenting - "Saying NO, when the world says "Yes" and Practical Strategies for Dealing with Anxiety. Please visit www.eventbrite.com, search for events in Newmarket, for more information and to register. The informational flyer will be circulated soon.
- ◆ **Fun Festival** – Planning is well underway. Ticket forms will be sent home shortly, so keep a lookout for them. We are continuing to look for volunteers to help. Please contact the Fun Festival Coordinator, Julie Song, by phone or text at 416-648-2479.
- ◆ **Social Media** – Are you on Facebook? If so, please follow us at <https://www.facebook.com/PoplarBankPS> to have school activities and important dates and reminders appear in your News Feed. We're also on Twitter. Follow our tweets @poplarbank_ps. If you are not on Twitter, you can visit the school website to scroll through our Twitter feed.
- ◆ **School Council Meeting** - Our next meeting will be on Wednesday, May 24th, 2017 at 6:45 p.m. in the staff room. 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. Thank you.



Tip of the Month

Your Heart Will Love You Back



Question of the Month

Question: I am ready to start living a more heart-healthy life and want to change my diet. Where do I start?

Answer:

There are many resources in your community to take advantage of that can help you to adopt more healthy eating habits. These include gathering advice from your family doctor, a dietician, or naturopath. As well, the Heart and Stroke Foundation website contains a multitude of healthy recipes that would appeal to a variety of palates (heartandstroke.on.ca; Health Information--> Recipes).

Some quick tips to act on right away:

1. Use a small plate or bowl to control portion sizes for meals
2. Keep fresh fruit and vegetables in your kitchen so that you will remember to eat them
3. Choose whole grain over white, refined grain products
4. Limit saturated and trans fats
5. Choose low-fat protein sources such as lean meat, poultry, and fish, low-fat dairy products, and eggs
6. Reduce the sodium concentration in your food
7. Plan meals ahead of time

Recipe of the Month

Turkey sweet potato pita enchiladas

This spicy new take on enchiladas will have your family helping in the kitchen to get it on the table faster. Lean ground turkey is a great source of lean protein and an easy way to fill the hunger gap.

Ingredients

- 1 large sweet potato, peeled and chopped (about 1 lb/454 g)
- 1 tsp (5 mL) canola oil
- 1 pkg (450 g) lean ground turkey
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 tbsp (15 mL) chili powder
- 2 tsp (10 mL) dried oregano
- 1/2 tsp (2 mL) ground cumin
- Pinch cayenne
- 2 whole wheat pitas, halved

Red sauce:

- 1 1/2 cups (375 mL) passata (tomato puree)
- 1/2 cup (125 mL) water or low sodium vegetable or chicken broth
- 1 tbsp (15 mL) chili powder
- 1 tsp (5 mL) ground cumin
- 1 large clove garlic, minced
- 2 tsp (10 mL) sodium reduced soy sauce

Instructions

1. Red sauce: In a saucepan, bring passata, water, chili powder, cumin and garlic to a simmer. Simmer for 10 minutes or until thickened slightly. Stir in soy sauce; set aside.
2. Cover sweet potato in a microwaveable bowl with water; cover and microwave for 5 minutes or until tender. Drain well and mash coarsely; set aside.
3. In a nonstick skillet, heat oil over medium high heat and cook turkey, onion, garlic, chili powder, oregano, cumin and cayenne for about 8 minutes or until no longer pink inside. Stir in mashed sweet potato.
4. Divide mixture among pita halves and place in casserole dish. Pour red sauce over top. Cover with foil and bake in preheated 400° F (200° C) oven for 15 minutes. Uncover and bake for about 5 minutes or until sauce is bubbly and pita are slightly golden and crisp. Makes 4 servings.



Nutritional information per serving

CALORIES 389; PROTEIN 29g; TOTAL FAT 10g (Saturated: 3g, Cholesterol: 97mg); CARBS 50g (Fibre: 9g, Total sugars: 12g, Added sugars: 0g); SODIUM 517mg; POTASSIUM 973mg.

“Health is like money, we never have a true idea of its value until we lose it.”
-Josh Billings

Connected Parenting

All welcome - please share!

Parenting Speaker Series

Monday May 8th
7:00 to 8:30 pm

Glen Cedar PS
915 Wayne Dr. Newmarket

This is one in a series of free speakers organized by Bully Free Community Alliance of York Region and Newmarket Parent Network, supported by Ministry of Education Parents Reaching Out grants and eight local schools.

Free Tickets And Childcare

Tickets and childcare are free, however we ask that you please book in advance. You can register for this and other speakers on Eventbrite.

Stay In Touch!

Newmarket Parent Network and Bully Free Community Alliance are on Twitter and Facebook. We share parenting resources year round! Please connect with us!

Facebook: Newmarket Parent Network
Bully Free Community Alliance of York Region

Twitter: @NewmarketParent @BullyFreeYR



Newmarket Parent Network
Support ~ Encourage ~ Engage



Connected PARENTING

With Jennifer Kolari

Jennifer Kolari (MSW, RSW) is a Child and Family Therapist and Founder of Connected Parenting. Jennifer will be speaking on two topics:

Practical Strategies for Dealing With Anxiety

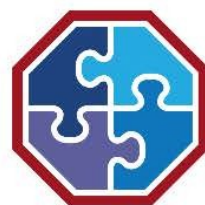
We are all born hardwired for how we handle anxiety, some of us are not anxious at all - some of us are very anxious. Life events and experiences can push us up or down the continuum. Some anxiety is good - it allows us to make good, safe choices but we want to make sure that our children control their anxiety so it doesn't control them. We don't want their worries and fears to get in the way of enjoying and participating fully in their lives.

Children don't always show the typical or obvious signs of anxiety that we might think of, sometimes demanding behaviour, extreme bossiness, temper tantrums and sleep disturbances can all be symptoms of anxiety.

In this workshop, you will learn about kids and anxiety, how to spot the warning signs, and what you as a parent can do to ease your child's anxiety.

Saying 'No' when the world says 'Yes'

With warmth and humour, this workshop will explore the delicate bond between children, teens and their parents. Using many of the skills therapists use in their work with clients, parents will learn to balance empathy with limit setting to strengthen and deepen their relationships with their children and teens. Connected Parenting will offer parents effective strategies to avoid power struggles, help their kids make safe choices and instill in their kids the confidence and resilience to say 'No' to their peers.



Do you have questions about bullying?
Arrive at 6:30 to ask questions 1-on-1.

**Bully Free
Community Alliance**



VIVAVIVAVIVA **VIVANext**



**we're building for the future
and the future is you**

your Community Liaisons



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York Region Rapid Transit Corporation

3601 Highway 7 East, 12th Floor
Markham, Ontario, L3R 0M3
☎ 905.886.6767
🌐 vivanext.com
✉ contactus@vivanext.com



➤➤ An important rule of planning transit is to build where people are, and where they want to go. That's why vivaNext is building dedicated bus lanes called rapidways in Newmarket, Richmond Hill, Vaughan and Markham. It's part of a region-wide rapid transit network.

why this project matters to you

- The vivaNext project is being built in your community and near your school.
- Once the rapidway is complete – with Viva buses riding in dedicated bus lanes – you will experience faster travel times, and wait for the bus in comfortable vivastations with heated waiting area during the colder months.
- The rapidway projects will reinforce strong north-south and east-west connections to other regional centres and other modes of public transit.

what's happening on Yonge Street in Newmarket this year

- Removing medians on Yonge, switching over to temporary traffic lights and shifting traffic to the east side of Yonge.
- Road widening on the west side of Yonge from Savage Road/Sawmill Valley Drive to Eagle Street.



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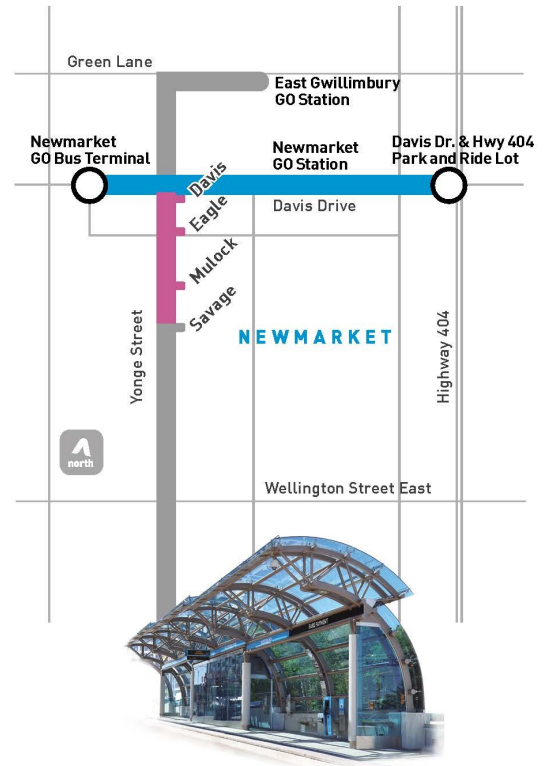


A Metrolinx vivaNext Project

- Pedestrian access will be maintained throughout the construction period, however temporary sidewalk detours may be required. Follow signs and cross at signalized intersections.
- Where bus stops and sidewalks are affected, directional signs will guide pedestrians to the nearest available option.
- Access to businesses and properties near work areas will be maintained.
- On occasion, night and weekend work will be required.
- During construction, we are committed to supporting businesses and keeping you informed about project activities.

safety first

- During construction, crossing at designated crosswalks is more important than ever.
- When crossing at a designated crosswalk, it's important to keep safety in mind. Be sure to stop, look, listen - and be aware of your surroundings.
- Follow signs for pedestrian sidewalk detours.
- Lane closures can change frequently. Drivers need to slow down and pay close attention to construction signs and road markings.



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we're committed to keeping you in the know

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03/2017