



Poplar Bank News

We are a Respectful and Caring School

May 2015

Issue 9

Principal: Natasha Baage
Admin Assistant: Lana Grigorovich
Secretary: Mary-Lena Gruppuso

Phone Number: 905-953-8995
Superintendent: Dianne Hawkins
Trustee: Martin Van Beek

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

SPRING

School Improvement Plan
Respectful School
Differentiated Instruction and Assessment



Upcoming Events

- | | |
|--------------|--|
| May 8th | Enrichment Band Performance Gr. 1-8 Period 1-2 |
| May 12th | Badminton Areas
School Council Meeting |
| May 13th | Skills Ontario Gr. 7&8 Presentation 8:15—9 am
Water Festival Gr. 4's |
| May 15th | Track & Field Day at Denison Gr. 4-8 |
| May 18th | Victoria Day (No School) |
| May 20th | VIP Program (Grades 3,7,&8) |
| May 21st | French Immersion Gr. 1 Orientation
Information (10:45-11:15am)
Spring Concert (6:15—7:30 pm) |
| May 22nd | Movie-a-thon |
| May 26/27/28 | Jr EQAO |
| May 29 | Pioneer Village Trip—Gr. 3 |



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.

RESPECT CORNER

As part of the Grade One Social Studies curriculum students learn to identify some elements of respectful behaviour that they can practise in their everyday lives (e.g., sharing, not damaging the natural environment, listening attentively to others). Our classroom focus throughout this year has been on developing the understanding that it is important to treat oneself and others with respect and that our environment deserves the same consideration. April's emphasis on Earth Hour and Earth Day has served as a springboard for our theme in May which is: Respecting our School Environment. The students will continue to engage in activities such as helping keep our school yard clean, turning off the lights in the classroom, bringing in reusable containers during lunch time, and participating in our classroom recycling program. In May, Grade 1 students will also create an art piece illustrating a personal goal for respecting the environment which will be displayed on our bulletin board in the front foyer.

Thank you, Grade One Team.

Grade 8 Quebec City Trip

The grade 8 students had a wonderful trip to Quebec City from April 20-23. Many memories were created from their stay at the majestic Chateau Frontenac, the many visits to cultural sights, and they experienced the French language first hand. It was a great trip to celebrate the end of their grade 8 year, as they now look forward to their graduation celebration in June, and their move on to high school. Thank you to the staff at Poplar Bank who helped support this trip, to their parents who helped fund the trip, and to their staff supervisors who shared the experience with them- Mme Sampson, Mr. Maccarone, and Mme Baage. *C'est vraiment une belle province!* "



Grade 8 Graduation



This year's Poplar Bank Grade 8 Graduation will be on Wednesday, June 24th, 2015. The ceremony will start at 6:00 p.m.. Please mark this in your calendars. More information will follow.

Track & Field Day

Poplar Bank will be having a school Track and Field day again this year for all grades 4-8 students. It will be held Friday, May 15 at Denison S.S, during the school hours. Students and Teachers will be walking to the High School to use their facilities, where students will be able to demonstrate their athleticism. After this day, teachers and coaches will be able to select students to compete at the Area Track and Field Meet held in June at Stouffville Arena (June 10 for intermediates, June 11 for juniors). Students will receive more information in the coming weeks.



Jr Boys & Girls Basketball

The Junior Boys Basketball Team had a winning season! They won many games in their exhibition tournament at Mazo de la Roche on March 31st, as well as beating Park Ave during a practice game. In addition, after school and lunch practices paid off as we wish them Congratulations on WINNING the AREA Tier 1 Championships on Thurs, April 30th, held at Denison Secondary School!! They each won 1st place ribbons, and are giving Poplar Bank another red banner that we will put in the gym with PRIDE! They went undefeated in their five games, beating Terry Fox (19-14), Holland Landing (25-18), Park Ave (16-10), Terry Fox (20-17), and Clearmeadow in the Finals (21-19). All close games with a well deserved finish in overtime! Great playing boys! Congratulations to Mitchell, Dwight, Ethan, Jacob, Sean, Voshon, Michael, Donovan, Adam, and Brody. Good luck as you prepare for the Regional Tournament!



Thanks to Coaches Mme Sampson and Mme Hodge- Nous sommes tres fiers!"

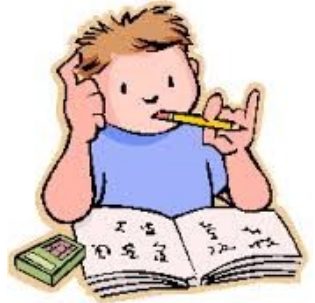
The Junior Girls Basketball Team has a great season, participating in several tournaments and practicing at lunch. They won their first three games at Area and almost won the 4th game (down by one basket). The girls had tons of enthusiasm and spirit and were such fun to coach.

Great job girls! We are very proud of you!
Mme Jenick, Mme Tummon



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. A letter will be sent home in early April detailing the specific testing dates for each grade level. If you have any questions, please do not hesitate to contact the school. Parents are



Girls on the Run

For all the girls in grades 3, 4 and 5 who already signed-up for the program, here are the program dates:

May: 5, 6, 11, 13, 19, 20, 25, 27

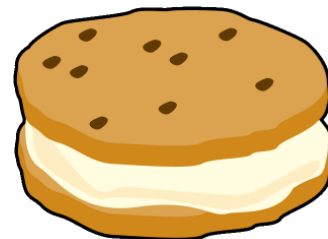
June: 2, 3, 8, 10

See you then!



Snack Shack

Icecream sandwiches will be sold during the month of May.



Scooters, Skateboards, 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.

Student Safety & Bikes at School

If students are going to ride a bike to school, please note the following:

1. Have students walk their bike on and off the school property.
2. Students are not to ride bikes around the property before school or and directly after school. They must wait until 6:00 p.m.
3. Retain a description of the bike and the serial number at home.
4. Students are encouraged to wear a safety helmet.
5. Remember to lock your bikes.



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.



Library News



Our Forest of Reading vote and celebration was held in the library on Monday, April 27th. Students from grades 3-8 earned invitations to this event by independently reading 5 of the 10 books in the program for their grade level. We are very proud of all participants! Provincial results of the winning books will be announced in May, but the favourite books selected by Poplar Bank readers were as follows:

Prix Tamarac Express (gr 3&4): Guiby

Prix Tamarac (gr 5&6): le journal de guerre d'Emilio

Silver Birch Express (gr 4): The Great Bike Rescue

Silver Birch Fiction (gr 5&6): Saving Houdini

Silver Birch Non-Fiction (gr 5&6): The Extraordinary Life of Anna Swan

Red Maple Fiction (gr 7&8): Dead Man's Switch

Red Maple Non-fiction (gr 7&8): Last Train

The children in grades 1 and 2, were read all 10 books for Prix Peuplier, and each class voted for their favourite. The most popular book at Poplar Bank was “Le voleur de couche”.

We extend special thanks to the Parent Council who purchased these books for our students!

Music News

CONGRATULATIONS to our Glee group “Vocal Harmony”, who performed at “ShowChoir Canada” and wowed the audience with a spectacular performance! Two of our members; Ashley and Ian, were asked to audition for other musical opportunities after being seen at the competition.

CONGRATULATIONS to our Junior/Intermediate Choir, who sang beautifully at the music festival and received an amazing GOLD PLUS!!

CONGRATULATIONS to our Junior Band who played wonderfully at the music festival and received a GOLD!!

CONGRATULATIONS to our Advanced Band who did an outstanding performance at the music festival and received a PLATINUM!!

All groups received an invitation to perform at the Musicfest Nationals due to their amazing accomplishments!

Way to go!!!!!!!

REMINDER:

THE POPLAR BANK SPRING CONCERT “FOCUS ON FESTIVALS” WILL BE HELD ON THURSDAY, MAY 21ST AT 6:30PM IN THE GYM. See you there!!!!

Musically Yours, Mme Smith



School Council Update



APRIL ALLOCATIONS

At our last council meeting we were able to allocate funds to many school initiatives including the music program, grade 8 graduation, head lice check, Win It program, Earth Wind Water and Fire Assembly, and science activities. Our next allocation will be at the June meeting.

PARENT ENGAGEMENT NIGHT

Thanks to all the parents who came out to our Parent Engagement Night on “Parent-Teacher Communication”. Highlights of the evening will be in the June newsletter.

MOVE-A-THON

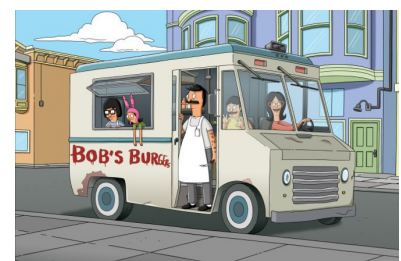
In late May we are very excited to once again be organizing a Move-a-thon for students with the help of Poplar Bank student and DJ from Grade 8. This is a fun morning of music and movement for all students. All students are welcome to participate, and students are also encouraged to bring a small donation – funds raised go towards programs in our school. Information will go home with students later in the month.

FUN FESTIVAL

One of the highlights of the Poplar Bank year is Fun Festival, taking place the evening of Thursday June 11th. This is a big fundraiser for our school, and a fantastic way to end off the school year. We are so excited to have the use of a very large inflatable “SpiderMountain” and laser tag courtesy of MuskokaWoods CityCamp. We will also have more inflatables, games, and food trucks. Here are some ways you can get involved:

- Donate prizes. We’re looking for small new prizes to use in our games area. Mini-flashlights, pencils, novelty items, would be great. A box to collect items will be in the school office.
- Contribute to your class raffle basket. Forms have gone home with the theme for your basket, and items will be collected starting May 11.
- Volunteer! We need parents or older siblings to help on the day of the event to run the games, set-up and take-down. Even half an hour of your time during the event is appreciated!
- We will also have our used book table. A box will be set up in the office to collect gently used K-8 books in English and French. Please go through your bookshelf and donate any books your children have outgrown.

To get involved now contact Pam Scheps pamscheps@rogers.com or watch for your Fun Festival package going home the week of May 11 with more info and ticket orders.



Our next school council meeting is Wednesday June 3rd at 6:45 pm in the school library.

Eco Team News



The Battery Blitz at Poplar Bank was a huge success! We collected 324 lbs of batteries in during the 2 week window of the contest. St. John Bosco school in Brampton won the challenge with 1,611 lbs. We continue to collect used batteries at the front of the school. Thank you to everyone who continues to help the environment by keeping the hazardous waste of old batteries out of our landfills.

For the month of May we will be doing something different on Tuesdays: every Tuesday will be trashless! We would like to encourage you not to put anything in your child's lunch bag that has a wrapper that needs to be thrown in the trash. **NO TRASH!!** All garbage bins will be removed from classrooms so that all waste will be sent back home unless it can be composted or recycled.

We are doing this for the best of our environment! We need to start using more items such as plastic containers. Please put your child's food in those reusable containers. Also using reusable water bottles instead of single use bottles that use a lot of energy to make and then to be recycled.

It would be a great help for the school and the environment in general, to just once a week not have anything thrown out in our garbage bins which then gets thrown out into the landfill sites. Little acts like this can make a big difference in our environment, it may not seem like it, but every little effort counts!

Thank you so much for cooperating with us and helping us make our environment a much better happy, safe and healthy place! -The Eco Team By: Alex.B and Victoria.B, Gr.7

The school wants to thank the Parent Council for generously funding the storyteller Cheryl Thornton who did a primary and junior/intermediate assembly on Wednesday April 29th about **Earth, Wind, Fire & Water.**



On Earth Day, Wednesday April 22, Poplar Bank PS participated in the country-wide initiative of "Turn out the Lights". All the lights were turned off for one hour to help raise awareness of Global warming. The Eco-Team presented many wonderful and creative presentations for almost every class. These presentations highlighted the importance of sorting our waste properly into the compost, recycling and garbage bins, turning off the lights when we don't need them, especially when we leave the room, and finally using G.O.O.S. paper (Good On One Side) whenever possible. The reaction was amazing, the classes learned lots and had fun playing lots of interactive games prepared by the Eco-Leaders. Although the Eco-Team only had a couple of weeks to prepare, the end product was outstanding!

Looking for something to do that's Eco-friendly?

- Try turning off the light for one hour every day
- Instead of playing on your computer, go outside and play with your friends, or talk with your siblings and family
- Go for a walk
- Use a watch instead of your phone or iPod Tablet

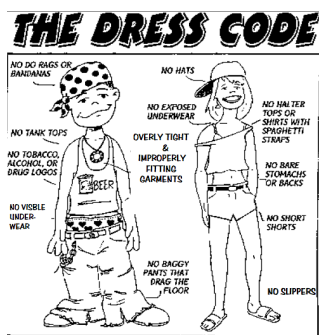
Reported by Eco-Leaders Alicia S. & Sam D. gr.6

Warm Weather is Here! Dress Code

With the warm weather upon us, we ask for your help to ensure that students are dressed in an appropriate manner conducive to a proper learning environment. Please review the following with your children: Shorts and skirts must be mid-thigh length or longer. Tops must meet bottoms without the midriff showing. A top must not be low cut and the straps must be at least the width of two fingers. Undergarments must be covered.



Beach wear type clothing, such as tank tops with spaghetti straps, halter tops, tube tops and muscle shirts is not permitted. The bib on overalls must be attached to its straps. Sheer see-through clothing is not permitted. We thank you in advance for your help and cooperation. If you have any questions, please call Mme Baage.



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.

HOT LUNCH ORDERS – Session 2 MAY—JUNE 2015

	MR GREEK (MON)	PITA PIT (TUES)	PASTA (WED)	PIZZA (THUR)	MR SUB (FRI)
MAY	MAY 4, 11, 25	MAY 5, 12, 19, 26	MAY 6, 13, 20, 27	MAY 7, 14, 21, 28	MAY 1, 15, 22, 29
JUN	JUN 8	JUN 2, 9	JUN 3, 10	JUN 4, 11, 18	JUN 12

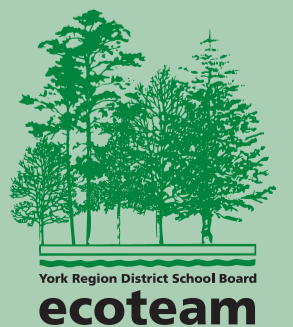
Have You Changed Your Address or Phone Number? Are You Moving? Do we have your up-to-date email address?

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.

May



CONSERVE!





Tip of the Month

Does your child say no to new foods? Getting your child to try something new can be frustrating. It can make mealtimes stressful for you, your child and the rest of the family. Try these ideas to get your child more interested in trying new foods. **1. Get your kids involved in the kitchen.** Children can wash fruit and vegetables, tear lettuce, mix batter or push the buttons on the microwave. **2. Work together.** Children can set the table and take the family's drink "orders" to help prepare for mealtime. Get the whole family to work together. **3. Try gardening.** Plant a garden and watch it grow! Good starter vegetables are carrots, green beans, lettuce, and onions. **4. Get creative.** Present foods in creative ways. Cut sandwiches into fun shapes with a knife or cookie cutter. **5. Have a dinner theme night.** Choose dishes that come from different parts of the world. Try Mexican, Chinese, Caribbean, Indian, or Thai. **6. Learn through games and activities.** Play games and do activities to learn about food. Put mystery foods in a paper bag and guess which foods they are by feeling or smelling them. **7. Go on a field trip!** Take an adventure to your local farmers market or a grocery store in a different neighbourhood, they may have new vegetables and fruit to learn about. **8. Make it fun!** Have nights where you have breakfast for dinner; make your own pizza night; build your own yogurt sundae bar; or just snack on veggies and dip with popcorn for dessert.



Recipe of the Month

Vegetable Kebabs

Barbeque weather is here! Enjoy your first barbequed meal of the season with these healthy easy to make Vegetable Kebabs!

Ingredients:

- 1/4 cup extra virgin olive oil
- 1 spring fresh rosemary, leaves removed, diced
- 1 clove garlic, minced
- 1 Tbsp lemon juice
- 1 Tbsp balsamic vinegar
- Pinch each salt & pepper
- 1 red pepper, cut into 1-in. square chunks
- 1 zucchini, cut into 1/2-in. rounds
- 1/2 red onion, cut into 1-in. square chunks
- 8 skewers
- 16 button mushrooms

Serves 4

Directions:

Whisk together olive oil, rosemary, garlic, lemon juice, balsamic vinegar, salt and pepper in a medium bowl. Add red pepper, zucchini and onion, and mix until they are well covered. Marinate, refrigerated, overnight or for at least an hour. If using wooden skewers, soak them in water for 30 minutes before use. Preheat grill to medium-high.

To skewer: Begin with a mushroom, then alternate threading the other vegetables onto all eight skewers; finish with a mushroom for each. Rub some oil onto the grill with a paper towel. Grill for five minutes, flip and cook another five.

Question of the Month

Q: My son would eat eggs every day if I let him. Should I?

A: Kids love to repeat their favourite foods, don't they? Eggs are a kid-friendly choice because of their neutral flavour and versatility, and they are a menu staple at my house. One egg contains 70 calories, 6 grams of protein and 5 grams of fat. Eggs also have an impressive list of 10 vitamins and minerals, including vitamin D and the brain-boosting nutrient choline. So, eggs are a nutritious choice. Your ultimate goal is to offer a variety of healthy foods to your son so he gets a wide range of nutrients every day. The overall diet matters more than one specific food, so I'd be curious what else he's eating and if his diet is balanced. If any single food shows up in all three meals, there would be room for improvement. Eggs received negative press in the past because of their cholesterol content and links to heart disease. But studies show that eating one egg per day is OK for healthy individuals – it does not increase the risk of heart disease or stroke. However, it may increase the risk of developing diabetes and for those with diabetes, it may increase the risk of heart disease and stroke. Individuals with diabetes, heart disease, stroke or high blood cholesterol should be aware of the amount of cholesterol from all sources they consume in a day. Of course, these studies are all conducted with adults. Studies on egg intake among children do not exist, unfortunately.