



Poplar Bank News

We are a Respectful and Caring School

December 2015

Issue 4

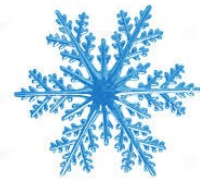
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School Improvement Plan
Respectful School
Differentiated Instruction and Assessment



Happy Holidays Everyone!

The Staff at Poplar Bank would like to wish all the families and friends of our School Community a very happy holiday season. We also extend our best wishes for a happy, peaceful, healthy and prosperous New Year in 2016!

Upcoming Events

- Dec. 7th**—Jr. Boys Volleyball Area
- Dec. 8th**—Jr. Girls Volleyball Area
- Dec. 9th**—School Council Meeting
- Dec 18th**—Carol Singing 10:30 –11:15am
- Dec. 21st**—Winter Break Begins
- Jan. 4th**—First Day Back at School
- Jan.14th**—Gr. 1 French Immersion Information Night
- Jan. 15th**—Gr.1 French Immersion Registration begins

LUNCH ASSISTANTS NEEDED!

We are in need of lunch-time school assistants, for Monday to Friday from 11:55- 12:55 p.m. This is a paid position. If you are interested, please contact the school office.



Poplar Bank Intramural Sports Program

The 2015/2016 Poplar Bank Intramural Volleyball Season has begun! Students in grades 4 - 8 have the opportunity to get some exercise and show their school spirit while competing in weekly matches during morning recess in the gym. Juniors in grades 4 - 6 will play matches on Day 2, while Intermediates from gr. 7 - 8 play on Day 3. The league benefits greatly from grade 8 volunteer students who help to set up equipment, keep score, and officiate the Junior games. Sportsmanship and fair play will take centre court in our gym, and we are all looking forward to a season full of volleys, spikes, and fun! Go Poplar Bank!



Snow Valley



"The Jr/Int grades are going to Snow Valley on Friday, February 19th, 2016! Please hand in your selection form by December 4th! What a great opportunity for your child to experience a day on the hills at Snow Valley with their friends! Tubing, Skiing, or Snowboarding...so difficult to choose! Encourage your child to enjoy this great Winter Adventure! Speak to Mme Sampson if you have any questions."

Library News

The Library at Poplar Bank has been a busy place this fall!

Meeting real authors is a wonderful way to promote literacy, and we are fortunate to receive support from School Council to ensure such opportunities for our students. In early October, the grade 6, 7 and 8 classes participated in a presentation with Canadian author and illustrator, Marthe Jocelyn. Our school was part of the launch of a new book series called The Secrets, and some students attended an evening event to meet all seven authors of the series. On November

24th, the grade 1 and 2 children attended a presentation from author H el ene Boudreau where they learned about the writing process (getting a good idea, beginning writing, and completing your best work). Students saw a real "spread" for a book and heard that it can take years to make changes to a story until it is ready for publishing.

Our English Book Fair earlier this year was a huge success thanks to the efforts of a team of parents, and student volunteers! The French Book Fair took place from November 25th-27th and we were happy to see many of you there. All proceeds from the



Book Fairs are used to purchase new books and resources for our classrooms and library. Over the next few months, the students at Poplar Bank will be participating in The Forest of Reading, an initiative which promotes Canadian books, publishers, authors and illustrators. There are ten nominated books in each category, including French and English, fiction and non-fiction titles. We are excited about this reading opportunity and extend our thanks to Poplar Bank's School Council which supports this program.

French Immersion Information Sessions and Registrations

Information sessions for the French Immersion (FI) program will take place at French Immersion schools on January 14, 2016 at 7 p.m. Please visit YRDSB's website in January 2016 (<http://www.yrdsb.ca/Programs/fi/Pages/Program-Locations.aspx>) to find the FI program location for your elementary school location. FI registration will begin January 15, 2016. Parents or guardians of Senior Kindergarten students entering Grade 1 in 2016, and wishing to enrol in the FI Program, can visit or call the school office and request an *Office Index Card - short version*. The Office Index Card must be signed by the principal of the home school. Parents or guardians then take this form, along with one piece of identification showing their address to the designated FI program location to register between January 15 and February 12, 2016. This eliminates the need to provide duplicate enrollment information or to pre-register.

YRDSB's FI Accommodation Plan provides long-term consistency and equity of access to all students in York Region and will enable YRDSB to continue to offer the FI program to all who wish to enrol. The FI program will be offered in Dual Track or Single Track settings, in a variety of configurations. In order to meet community needs and optimize available space in our schools, a community's Grade 1-8 FI program may be provided over more than one school during the course of a student's FI education. This will allow flexibility in addressing community needs and the opportunity to use existing space in schools. More information is available on the Board's website: www.yrdsb.ca. Please note: Some of the FI accommodation plans will require facility modifications or the development of new schools and will require short-term transition plans that might include overflow while we work toward the long-term vision. Overflow refers to situations in which the Board directs students to attend a school other than their community school or optional program for a specific period of time, as defined in Policy #108.

Snack Shack is BACK!

Snack Shack-"La Cabane a Collation"- has been "open" since November 23rd. Thank you to all those who have purchased snacks, such as Frozen Yogurt, for our grade 8 fundraiser! We will continue selling until the end of December! Bring in a toonie and thanks for your support!



Dressing Students in Cold Weather Wear

We ask that children are appropriately dressed for the weather including a warm hat, gloves, scarves, coats, snowpants and boots at this time of the year. We send the students out for either the full or shortened recess in the cold winter weather. We keep a close eye on all weather conditions, including wind chill before making our decisions. When conditions



necessitate, we may decide that the students remain inside for recess. We are aware that during the winter we will see changing temperatures, however, it is best to be prepared for the coldest weather conditions. Thank you for your cooperation in this matter

Throwing Snowballs: Not Allowed at School

Now that the snowy weather is here, we need to remind all students that we enjoy the snow, we play in it, we make snowmen and even snowforts, but we do not throw or kick snow. Students who throw snowballs or kick snow will receive immediate consequences. There are no warnings. Please counsel your child(ren) that throwing and kicking snow can result in serious injury to others and is not allowed.



Respect

The grade 8 students were involved in the Remembrance Day celebration that took place on Nov. 11, 2015. They showed RESPECT during the assembly, and many of them helped in various ways. They reflected on RESPECTING soldiers, peace, and those in the service industry in writing their Remembrance Day postcards.

Remembrance Day Assembly

On November 11th, we joined together as a school community and had a memorable Remembrance Day Assembly. It was great to see parents and friends of Poplar Bank at the assembly. Such an assembly is not possible without the work and collaboration of many people. Thank you to all of the classes for making the beautiful wreaths.



Thank you also to our staff organizing committee and their students.

Bus Information—Inclement Weather Conditions

The cold weather season is just around the corner. 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. Re-

member 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 con-

ditions; 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.



Punctuality Counts!

Punctuality is an important life-skill valued by school, employers in the workforce, and society. We continue to experience a number of



students arriving late for school. The morning bell rings at 7:55 a.m. and classes begin sharp at 8:05 a.m. Students who walk to school or who are driven to school **must** be in class before the start of the National Anthem. Otherwise, they are marked as late and this is

recorded on their report card. Strategies to help students who are repeatedly late can include making up lost time or a letter to parents. Severe cases will be referred to Attendance & Counseling Services. Please ensure that your child arrives on time ready to learn.

Student Safety

No Parking in the Fire Route at Front of School at the front of the school we have a "Kiss & Ride" where parents may drop off or pick-up their child. It is not a place where parents or visitors can park their vehicle and leave it unattended. In recent months, a few people have received hefty tickets from the York Regional Police for parking in this "Kiss & Ride" because it is a FIRE ROUTE. If there is a fire or emergency, fire trucks and emergency response vehicles will not be able to get proper access to the school.



Thank you in advance for your cooperation on this safety matter.

Requests for Ill Students

Frequently we receive requests from parents to allow a child to remain indoors at recess or lunch hour due to illness or a cold. Unfortunately, we cannot accommodate these requests. We have no staff to supervise these students; all our supervi-

sors are in the school yard. It is our belief and the recommendation of the York Region Health Services, that students who are too ill to go out for recess are too ill to come to school. The only time students are permitted to stay in at

recess times or lunch hour occurs when Environment Canada announces severe winds and cold conditions.



Winter Electives

Winter Electives are here again, grades 4 –8 will be going to Snow Valley, and grades 1—3 will be going skating twice in January and February and grades 4– 6 will be skating once as they get to go to Snow Valley. Grades 7—8 will be going curling in January.



Dates

Skating

January 13	Grades 5 + 6
January 20	Grade 2/3 (class) + Grades 3 + 4
February 3	Grades 1 + 2
February 24	Grades 1 + 2
February 25	Grades 2/3 class + 3

Snow Valley

February 19	Grades 4 — 8
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Curling

January 21	Grade 8
January	Grade 7



Holiday Toiletry Drive

Poplar Bank Public School will be participating in a community out-reach program this holiday season. From November 30th-December 11th, we are asking students and staff to bring in toiletry items from the following list. The donations should not be gift-wrapped. They need to be individually packaged (rather than a “bulk” set), and must be in the original packaging. All contributions will be dropped off at the Newmarket Food Pantry on December 12th. Along with food, the Food Pantry distributes much needed toiletry items to those in need in our local community. Last year, the Poplar Bank school community participated in a similar drive and our donations were very much appreciated!

Thank-you once again for your support of this important initiative!

- Primary (grades 1-3):** soap, toothbrushes, toothpaste, facial tissue (kleenex)
- Junior (grades 4-6):** shampoo, shower gel, nail clippers
- Intermediate (grades 7-8):** deodorant, shaving cream, disposable razors
- Staff:** toilet paper, sanitary products



ECO Team

The Eco-Team's latest initiative is having members check every classroom to see if the **lights have been turned off** and to make sure that **recycling, compost and garbage** have been sorted into the appropriate containers.



We are proud to announce that Eco-Club has started up once again. As a result we have begun to do "Trashless Tuesdays". We hope that your child will help our school stay green. We recommend that your child brings reusable water bottles and reusable plastic or glass containers to minimize the amount of trash that goes into our trash cans everyday. Eco-team has many projects and big plans to make our school and our environment more green. *Thank you, Charlotte Eco-Ambassador.*

We hope that you also will help and contribute to help our school and environment. We will report back next month with our naughty and nice list! In the meantime, please remember to: compost food waste at home, as at school, recycle paper, cardboard and plastics, reuse what you can, AND turn the lights out when you leave the room.

**WE ARE WORKING TOGETHER TO CREATE A CLEANER,
MORE RESPONSIBLE ENVIRONMENT**

Reporting to the Office Reminder

Whenever a parent or visitor comes to the school, he or she **must always** come directly to the office. If a parent, grandparent or caregiver needs to drop something off for a student, we will take the item and call the student from class or the yard to the office.

Parents, grandparents and caregivers are not to go into the school halls/classrooms or yard to meet students.

This causes unsafe conditions as only school staff have access to those areas during the school day. All other people are considered to be strangers. Please share this with your child's grandparents, other relatives and caregivers.

Thank you in advance for your cooperation.



Unsafe Crossing of Our Bus Loop

The bus loop is to be used by buses only for the pick up and drop off of students. Cars are NOT ALLOWED to go through the bus loop as indicated by the "No Entry" sign We continue to see students and parents walking through the North bus loop both before and after school.

We need your help in stopping this unsafe practice. When dropping off or picking up your child, please reinforce with him/her to use the sidewalks off Bonshaw adjoining the school property. It is an unsafe practice to cross between parked busses or walk through the bus loop and this.

must stop immediately. Please also remember to never enter the bus loop with your car or to park in the loop.

Thank you for all your support in making sure that our children are safe.

Music News

Music is in full swing at Poplar Bank! The beautiful and amazing sounds of Advanced Band, Junior Band, J/I Choir and Calixa Lavallee can be heard through the halls as they prepare for upcoming Music Festivals in the spring. In December, Calixa Lavallee will perform and spread holiday cheer at the "Barton Retirement Residence".

Musically Yours,
Mme Smith



Message From Our Trustee

It is that time of year when our schools brim with energy and excitement for the many diverse celebrations taking place across our region. I am always happy to join the festivities happening in our schools and appreciate the efforts of our students, staff and community members to bring the holiday season alive.

As we wind down 2015, I would like to take this opportu-

nity to thank our parents and guardians for their support of our students and staff over the past few months. A school community is only as strong and welcoming as the people who make up that community. Our students, staff and community members have continued to demonstrate respect, character and commitment in their work and interactions over the last few months. As a trustee, I consider myself very

fortunate to work with such supportive community and staff members.

On behalf of all of the trustees and staff of the York Region District School Board, I would like to wish you and your families a very happy holiday season.

All the best for 2016!

Healthy Schools



With the help of York Region Public Health, Mme Nicholson, and a number of our junior students who have volunteered to be PLAY Leaders, we will be launching a PLAY program three days a week during morning recess. Over 20 junior students have signed up to receive leadership training that will assist them in leading a variety of games and activities for our primary students.

We will be working to bring more activities and outdoor resources to our junior and intermediate students as well.

We are still looking for items for our classroom Outdoor Activity Boxes. Double length skipping ropes, soccer balls, large bouncy balls for foursquare, and basketballs are high on our student request list.

School Council Update

The next School Council meeting is Wednesday December 9 at 6:45pm in the library. It is an allocation meeting where contributions will be made towards school priorities. The Healthy Schools Committee will also be sharing their plans to improve our outdoor space and encourage physical activity and fun at recess.

We are in the midst of organiz-

ing some events for Poplar Bank parents and families including a workshop for parents on mental health and children, and Tea & Talk sessions with our Public Health Nurse.

Thanks to everyone following us on Twitter @PoplarBankSC to keep up to date on council activities, community events, and parenting resources.

As we close out the calendar

year, a HUGE thank you to the many parents who are in our school helping for a few hours each month or many hours every week! Pizza Days, special events, Outdoor Activity Boxes, Crunchy Munchy, fundraisers, lunch programs are all possible with parent and grandparent support!

Happy Holidays from everyone on School Council!

Sports

Intermediate Boys

The Intermediate Boys team played in the Area Tournament -Tier 1 held at Poplar Bank on Wed, Nov 25th. The boys played with a lot of effort in their games and displayed true Poplar Bank Pride! They finished 3rd overall which is a great accomplishment! Way to go Boys! Coaches Sampson and Wansbrough congratulate Sean, Voshon, Dwight, Mitchell, Adam, Jacob, Denton, Gabriel, and Brycen.



Senior Girls

Congratulations to the Senior Girls' Volleyball team who were undefeated and came in first place at our area tournament held at Phoebe Gilman on November 30th. The girls played hard and displayed excellent sportsmanship.

Mme Green would like to thank the following girls for an excellent volleyball season Jenna, Amanda, Robyn, Talia, Rachel T, Charlotte, Abigail, Keirnan, Emery and Angelina.



MONTHLY NEWSLETTER

December 2015

HEART &
STROKE
FOUNDATIONHeart & Stroke
JUMP
ROPE FOR HEART*Tip of the Month*

Healthy Holiday Eating Tips

- Eat regular meals - skipping meals can lead to overeating.
- Stay hydrated - drink lots of water.
- Eat a protein-packed snack an hour before your holiday meal.
- Your mantra: 'Eat the best, leave the rest'
- No guilt! Enjoy your favorite holiday dishes, in moderation.
- Fill up on salad and fresh vegetables first.
- Think color! Colorful food makes a festive looking plate!
- Eat mindfully and put your fork down between bites.
- Get active! 10 minute bursts of activity boost your metabolism!

Question of the Month

Q. How do I keep my family active over the Holidays?

A: Make a family play date. The holiday break is the perfect time to do something fun as a family. Instead of sitting down to a board game (which your kids don't really like, anyway), visit indoor jump houses or trampoline facilities, rock climbing centers and playgrounds that have open play for kids.

Walk to see the holiday lights! Instead of piling in the car to drive around the neighborhood, bundle up and walk to see the holiday lights.

Develop an indoor scavenger hunt. Depending on the age of your children, you can develop a hunt that will get the kids moving around the house. Try a "Safari Hide-and-Seek" for the little ones using toy animals, or a "Money Scavenger Hunt" for the older kids, using Monopoly money. Just finding the most animals will delight the younger kids, and to give motivation to the teens, whoever wins gets time off from dish-cleaning or trash duty.

other activity that will get your kid's heart's pumping.

Number one, **like yourself**. Number two, you have to **eat healthy**. And number three, you've got to **squeeze your buns**. That's my formula." - Richard Simmons

MONTHLY NEWSLETTER Con't



Recipe of the Month

Homemade Macaroni and Cheese

The addition of sweet potato adds a very orange colour and sweet healthy flavour to a homemade favourite. With a few added veggies and a breadcrumb topping, this casserole has all the tasty components of a great weeknight **side dish**.

- § 1 small sweet potato (about 250 g/8 oz), peeled and chopped
- § 375 mL (1 1/2 cups) whole-wheat elbow macaroni
- § 30 mL (2 tbsp) soft, non-hydrogenated margarine
- § 45 mL (3 tbsp) enriched, all-purpose flour
- § 425 mL (1 3/4 cups) 1% M.F. milk
- § 175 mL (3/4 cup) shredded light, old cheddar cheese (18% M.F.)
- § 5 mL (1 tsp) Dijon mustard
- § 125 mL (1/2 cup) frozen peas, corn or diced carrots



Breadcrumb topping:

- § 60 mL (1/4 cup) seasoned breadcrumbs
- § 10 mL (2 tsp) soft, non-hydrogenated margarine, melted

Directions

1. Place sweet potato in microwaveable bowl with 60 mL (1/4 cup) of water. Cover and microwave on HIGH for 4 to 6 minutes or until very soft. Drain and mash with potato masher until smooth; set aside.
2. Meanwhile, in pot of boiling water, cook macaroni for about 8 minutes or until tender but firm. Drain well and return to pot.
3. In saucepan, melt margarine over medium heat and stir in flour. Cook, stirring for 1 minute or until thickened. Slowly whisk in milk and cook, whisking occasionally for about 8 minutes or until starting to bubble around the edge. Whisk in cheese and mustard until smooth. Whisk in sweet potato and add peas. Pour into macaroni mixture and stir until well combined.
4. Breadcrumb topping: In small bowl, combine breadcrumbs and margarine.
5. Scrape macaroni mixture into 2 L (8 inch) glass casserole dish and sprinkle with breadcrumb topping. Bake in 190 C (375 F) oven for about 15 minutes or until golden and bubbly.

per serving (250 mL/1cup), Calories: 285, Protein: 13g, Total fat: 9g, Saturated fat: 3g, Cholesterol: 12 mg, Carbohydrates: 40g, Fibre: 4g, Sugars: 8g, Sodium: 311mg, Potassium: 288mg