



Poplar Bank News

We are a Respectful and Caring School

February 2016

Issue 6

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



School Improvement Plan
Respectful School
Modern Learning, Math, Mental Health



Additional Elementary and Secondary P.A. Days

As a result of provincial labour negotiations, a **P.A. Day** has been added for all York Region District School Board elementary schools on **Friday, May 6, 2016** and secondary schools on **Friday, June 3, 2016**. You can see the full updated school year calendars on YRDSB's [website](#). These additional P.A. Days are mandated by the Ministry of Education. On these dates, teachers will be taking part in professional development on provincial education priorities identified by the Ministry of Education.

Upcoming Events

February 12– Dental Screening (Grade 2 and 8)
February 15– Family Day (Holiday)
February 17– Report Cards go home
February 18– Primary Winter Concert (6:30-7:30pm)
February 19– Snow Valley for grade 4-8
February 23– Sr. Boys Basketball Areas
February 24– Skating Grade 1&2 / Pink Shirt Day
February 25– Sr. Girls Basketball Areas / Skating Gr. 2/3 & 3
February 26– Jump Rope for Heart

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.



Message from our Trustee

Although winter still feels far from over some days, we are now halfway through the school year. With report cards coming home, this is a good time to review progress and celebrate what your children have learned both inside and outside of the classroom. This is also a good time to set goals for the months ahead.

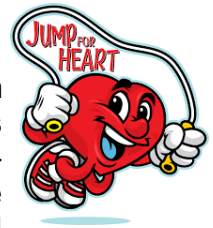
One of our goals set out in the Board of Trustees' [Multi-Year Plan](#) is to "continuously increase student achievement and well-being through a culture of caring and learning." Developing this supportive culture includes engaging parents/guardians and other members of the school community in public education and working together to create safe and supportive school environments that enable students to thrive.

As parents/guardians, there are many ways you can get engaged in your child's education and support their learning, including talking with them about school, communicating with teachers, attending school events or school council meetings, and volunteering in the school. However you get involved, know that you are making a difference.

On behalf of the Board of Trustees, I wish you all the best an enjoyable and successful second term.

Jump Rope for Heart

Poplar Bank students will be participating in Jump Rope for Heart again this year! On February 26th, students will participate in heart healthy activities in the gym. Activities will be led by our grade 7 and 8 student leaders. As a good will gesture, we are asking our PBPS families and students to consider donating to this worthy cause. We ask that students NOT go door to door for donations. Thank you for your help and support!!



Rainbows Program

This new year the **Rainbows** program is starting at Poplar Bank. **Rainbows** is a wonderful program run by trained facilitators aimed to help children grieving a loss in their family or a changing life situation such as:

- divorce
- the death of a parent
- families coping with grave illness
- homes where a parent is incarcerated
- families where one parent has never been part of the child's life
- or other painful transitions

Objectives of the Rainbows program:

- to give children an understanding of the grief experience
- to provide an opportunity for emotional healing
- to assist in building a stronger sense of self-esteem
- to teach appropriate coping mechanisms
- to connect with an educator and feel comfortable and secure to express feelings and emotions



Depending on the number of participants, groups will run for Primary, Junior, and Intermediate divisions. If you feel your child or children may benefit from this program, please contact the program coordinator/facilitator **Sara Thomas** at **(905) 953-8995**.

Intramural Basketball

Swish!

The Poplar Bank Intramural Basketball League has begun! Students from grades 4 to 8 are enjoying weekly matches in the gym during first recess. Junior students in grades 4, 5 and 6 play on Day 2, while Intermediate students from grades 7 and 8 play on Day 3. The league gives students of all skill levels the opportunity to learn about cooperation, sportsmanship, and respect while participating in an inclusive and competitive environment. The league also provides a chance for grade 8 students to show their leadership skills as they officiate their own matches, as well as those played by the junior grades. The season runs from late January up until the March Break. The gymnasium will be alive with true, green and gold school spirit promoting a physically and emotionally healthy lifestyle. Go Poplar Bank!

Intramural Girl Basketball

The Intermediate Girls' Basketball team is practicing and playing exhibition games in preparation for the Area tournament at the end of February. We wish the players good luck with their season! Team members include: Amanda, Charlotte, Jenna, Kaitlyn, Rachel K, Rachel Y, Talia, Tristan, Abigail, Emery and Hailey.



Volleyball News

Congratulations to the Junior Co-Ed Volleyball team for a successful season! The athletes represented Poplar Bank very well by demonstrating team spirit and a positive attitude. In the area tournament the team rallied and beat Park Ave to win 3rd place overall out of 12 teams. Team members included: Maya B., Olivia, Alejandra, Maia R., Ethan, Michael, Brody and Joshua.



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.

There will be a meeting during the day on Wed, Feb 17 to discuss the details with the students, and to inform them of which bus they are on. Busses will depart at 7:30am (be at school at 7:15am) and busses will return to the school between 4-4:15pm. Parents are to make arrangements to pick up their child promptly on that day.

Dates

Skating	
February 24	Grades 1 + 2
February 25	Grades 2/3 class + 3
Snow Valley	
February 19	Grades 4 — 8



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 or Ice: Not Allowed at School

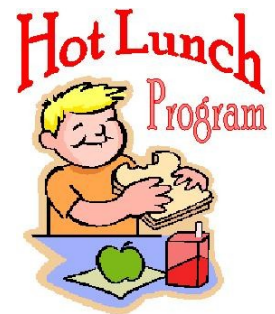
Now that the snowy weather is here, we need to remind all students that we enjoy the snow, we play in it, we make snowmen and even snowforts, but we do not throw or kick snow or ice. Students who throw snowballs or kick snow will receive immediate consequences. There are no warnings. Please counsel your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



IMPORTANT INFORMATION: HOT LUNCH

We have decided to offer one LAST CHANCE to sign up for the Hot Lunch Program for this term. Orders placed will be for March-June. We will be accepting online orders only. Please go to www.schoolcashionline.com to place your orders. The last day to place orders will be Friday, Feb. 19, 2016.

Thank you,
Poplar Bank Hot Lunch Committee



Primary Concert

On Thursday, February 18th, there will be a Primary Concert starring all of the amazing primary classes as well as the magnificent Primary Choir!

The students need to be in their holding room at 6:15pm. There will be a note sent home with holding room details. The concert will be from 6:30pm—7:30pm.

See you there!!!

-Mme Smith



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.



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 LUNCHESES E.G. PIZZA DAY, MR. SUB, MR. GREEK WILL BE CANCELLED. IF YOU SEND YOUR CHILD TO SCHOOL THAT DAY PLEASE REMEMBER TO SEND A LUNCH AS WELL.**

Bus Cancellation due to Inclement Weather

"Parents- please be aware that should the York Region District School Board" cancel bus transportation services due to weather in the upcoming weeks of winter, please note that the school normally remains open. However, please note that if you drive your child to school, there will

be no bus transportation after school either. When you come to pick up your child from school, please come inside the school using the main front doors and wait in the foyer. Your child will be waiting in the gym with supervising teachers from 2:15pm-2:35pm. A teacher will bring

your child to you in the main front hall/foyer once you present yourself to a designated teacher in the foyer. Thank you for your patience on these often crazy winter days, should we get dumped on with a lot of snow!"

In the case where your child normally walks to school and you make the decision to keep them at home. You will be required to call in the absence for your child.

Snack Shack

Snack Shack will return for the month of February! Thank you for supporting the school with your purchases!



PBPS Spirit Wear is HERE!!!!

Mme Kendall is organizing a Spirit Wear sale. Items will be available using School Cash Online until February 21st. A table will be set up at the Primary Winter Concert February 18th. Please speak to Mme Kendall regarding sample sizes. Please take time to read the information about each product. The youth sizes do run small, so please remember this when making a size selection. If you are unsure as to what size is appropriate, please send your child to see Mme Kendall at recess so that he/she may try on the sample sizes.

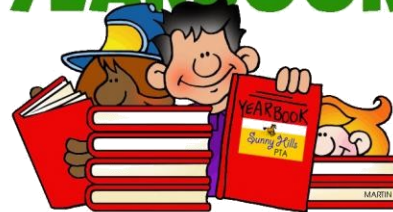
*****All sales are final!! No refunds or exchanges.*****

Year Book

Students/parents will be able to purchase a full-colour (80-page) yearbook for \$26.00 dollars, starting in February until May 1st. Students will be given an order form/envelop to take home sometime soon in February. Payment options will be cashonline, cash or cheque.

More details to come.

It's Time to Order Your.....
YEARBOOK!



Library News

One of the resources, available for Poplar Bank's students, is an online collection of resources through the school's subscription to the Tumble Book Library. Our subscription, allows the children to access picture books, read-along chapter books, graphic novels, non-fiction books, educational videos, and more. There are over 400 titles that are linked to the Ontario curriculum, in both French and English. Please encourage your children to use this invaluable resource. The passwords to access the school subscriptions. They are as follows:

www.tumblebooklibrary.com (username: poplar, password: books) and
www.tbcejr.com (username: poplar, password: login).



(Click on the pictures to access the website.)



Sibald Point Outdoor Education Centre

Mission Statement:

Sibald Point Outdoor Education Centre is committed to providing programs **about the environment, for the environment, in the environment**, that are safe, engaging and experiential. Our goal is to foster future stewards of the earth who inquire about connections to one another and the world around them.

All grades 2, 4 and 7's had the opportunity to visit Sibald Point in January to enrich our science studies and promote physical activity outside. This is a ministry funded fieldtrip that is directly linked to the curriculum.

The grade 2's enjoyed beautiful sunny days in the brisk outdoors. Mme Bodrug & Mme Beglarova's classes had the good fortune to sight a fox shortly after they arrived. In the morning we went on an Animal Adaptation Hike through forest, field and wetland/lake ecosystems where we will stopped frequently to participate in activities that emphasize animal characteristics and adaptations.

The afternoon program culminated in an active, outdoor orienteering/simulation activity: Wonderful Water. Following an exploration of the water cycle and the ways in which we depend on water and can protect it, students embark on a hunt for water in 12 different forms. Students will had a chance to work with a 3D model of Lake Simcoe. (**Science and Technology, Social Studies, Physical Education**)



We encourage all our students at Poplar Bank to enjoy the great outdoors with their families. For more information about programs open to the public, please feel free to contact Trevor.eby@yrdsb.ca or jonathon.keith@yrdsb.ca

SIBBALD POINT OUTDOOR EDUCATION CENTRE

P: 905-722-9157 | Email: sibald.point@yrdsb.ca | Follow us on Twitter @SibaldPointOEC

Eco Schools Certifications:

Please note that each visit to Sibald Point counts toward our Eco Schools Certification, which our Eco-Team is working diligently towards our goal of achieving **Gold** again!

More Eco-News:

The Eco-Team is busy monitoring the classrooms with a new **traffic light system** to assess how well students are sorting their garbage from compost and recyclables.

Trashless Tuesdays continue, where we encourage students to help pack their own healthy lunches in **reusable** containers.



Grade 4 Trip to Sibald Point

We learned about animals in danger and how we can help them. After that, we went kick sledging. We stopped in the forest to play games. The games were really fun. We went kick sledging back to the cabin for lunch. After lunch, we went to a big field to play a game of animal survival.

By Sophia

Sibald's Point est une place pour étudier les animaux. C'est un parc provincial à Georgina. Les professeurs nous ont enseignés les provinces et territoires du Canada et de l'extinction des animaux. C'était vraiment amusant de faire la luge-patinette sur les sentiers. Nous avons aussi joué un jeu d'animaux. On a passé une bonne journée dans la forêt avec les amis et on est retournés très fatigués.

par Vivaan



ldayr • Learning Disabilities
Association of York Region

The right to learn, the power to achieve

Presents



MINDFULNESS EVERYDAY®

An Evening on Mindfulness and Learning Disabilities

Workshop: Mindful Parents – Resilient Children

With Heidi Bornstein and Sue Hutton from Mindfulness Everyday

The purpose of the evening is to provide parents with relevant information and skills on mindfulness and how it can benefit students with LDs. In addition, we will examine how social and emotional competencies can be supported through mindfulness.

This experiential workshop will provide parents with practical skills and knowledge about mindfulness: what it is, what are the benefits to both parents and children and how it can be practiced. It will deliver practical tips on practicing mindful awareness within family dynamics. The session will examine aspects of mindfulness specifically related to parenting and education:

- how parents can support their children through mindful parenting
- how practicing mindfulness can support students with LD and MID needs
- how mindfulness can support well-being for families

Heidi Bornstein is the founder of Mindfulness Everyday, a registered charity that has been delivering and designing custom programming for mindfulness in education since 2009 to students, educators, and parents since 2009 and is a member of The Resiliency Planning Committee for the YRDSB.

Sue Hutton has over 20 years' experience as a social worker, and leads mindfulness groups with Wellspring, social workers, and the disability community.

Time:

March 1st 2016
6:30pm — 8:30pm

Location:

York Catholic District
School Board Office
320 Bloomington Road
West Aurora, ON L4G 0M1

Cost:

\$10 LDAYR members
\$15 Non-LDAYR
members

Workshop fees are
transferable
and non-refundable.

How to Register:

Register by February 24

905-884-7933 x 23

info@ldayr.org

www.ldayr.org

Sponsored By:



Website: www.ldayr.org

Email: info@ldayr.org

Phone: 905-884-7933 ext. 23



Tip of the Month

Every seven minutes in Canada, a life is taken by heart disease or stroke. This February, more than 70,000 volunteers will canvass door-to-door across the country to help change this statistic. Join us by volunteering in your neighborhood this February. Visit www.heartandstroke.ca to learn more!

Door-to-Door Canvassers

As the face of the Heart and Stroke Foundation, each Canvasser visits approximately 20-25 houses on a specific route in his or her neighborhood and thanks residents for past donations, raises awareness of our cause and collects funds for the Heart and Stroke Foundation.

Online Canvassers

Online Canvassers raise funds for the Heart and Stroke Foundation by reaching out to their friends & family that they keep in touch with online. When you register as an Online Canvasser, you receive your own personal fundraising headquarters, where you can send emails directly to your online contacts, set a fundraising goal and track your fundraising progress!

Question of the Month

Q: I want to start weight training to become stronger and have more energy to play with my kids. Any tips?

A: Weight training is an excellent way to increase your metabolism, build muscle mass and overall feel great!

- Each exercise may require a slightly different weight.
- If you can do three sets of 15 to 20 reps with your weights with little or no challenge, your weights are too light.
- If you can't do three sets of 5 reps, then your weights are too heavy.
- Toning and strength training benefits from continuous work, so minimize long breaks between sets.
- When increasing your weights, decrease the amount of reps you do and progress up.
- Aim to increase your weights or core exercises every few weeks to continue to challenge your body.

Important: do not increase your weights just because you think you should. Listen to your body during the exercise and make your changes when you are ready. If you are unsure of your progress, set up challenge days by increasing your weights by 5% to 10%. Get a friend to spot, or engage the help of a professional.

Recipe of the Month

Mini Pizzas

Pizza has the potential to be a highly nutritious meal when prepared at home because you can control the fat, fibre and vegetable content. Your kids will love these fun little pizzas, especially if you get them to help make their own.

Quick fix tip

This is a no-fuss, no-muss recipe that can be made from leftovers in a jiffy. Store-bought pizza sauces are easy to use and convenient.

Ingredients

- 4 small tomatoes, thinly sliced
- 2 whole-grain English muffins, sliced in half
- 3/4 cup (175 mL) grated part-skim mozzarella cheese
- 1/2 cup (125 mL) pizza or tomato sauce
- Pepper to taste

Other suggested toppings: Leftover chicken or beef, red peppers, mushrooms, onions or tuna.

Instructions

1. Preheat your oven or toaster oven to 400°F (200°C).
2. Toast English muffin halves in oven until lightly browned (5 minutes).
3. Spread approximately 30 mL (2 tbsp) of sauce on each muffin half. Cover the sauce with overlapping tomato slices and other toppings of your choice.
4. Sprinkle each muffin half with salt and pepper and scatter mozzarella cheese to cover the tomatoes.
5. Place mini pizzas on a cookie sheet and bake until cheese is melted (5 minutes). Remove from oven and let cool.
6. Place in a plastic container with carrot and celery sticks on the side for your child's lunch box the next day.

Nutritional information per serving

- Calories: 359, Protein: 21 g, Fat: 11 g*, Saturated fat: 5 g, Dietary Cholesterol: 31 mg, Carbohydrate: 46 g, Dietary fibre: 5 g, Sodium: 788 mg**, Potassium: 567 mg



“Take care of your body. It's the only place you have to live”

Jim Rohn



Are your students ready for a FUN challenge?

Since 1982, students across Canada have become social ambassadors — raising millions of dollars — to support heart disease and stroke research through **Jump Rope for Heart**. Today more than 750,000 students in 4,000 schools throughout Canada are getting active and fundraising to help create more survivors.

How research saved Owen

Thirty years ago, kids like Owen didn't survive. Owen was born with HLHS — hypoplastic left heart syndrome — a condition where the left side of his heart was too small to pump blood through his body.

By his second birthday, Owen had endured four heart surgeries, a cardiac arrest and a stroke. To survive Owen needed either a three-stage surgery or a complete heart transplant.

After undergoing his fifth and final surgery in 2015, 7-year-old Owen was strong enough to play in the snow for the first time in his life!

Your support helps create survivors. Owen is living proof of it. By participating in Jump Rope for Heart you'll help give kids like Owen their best start to a healthy future.



Owen, Survivor, 7 years old

Ready, Set, JUMP!

Jump Rope for Heart encourages children to build healthy habits that reduce their risk of heart disease and stroke later in life by educating them on the importance of physical activity and healthy eating.



KIDS WHO RECEIVE
18 MINUTES
OF PHYSICAL ACTIVITY A
DAY ARE TWICE AS LIKELY
TO BECOME PHYSICALLY
ACTIVE ADULTS



BETWEEN THE AGES OF
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CHILDREN DEVELOP
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INTO ADULTHOOD