



Poplar Bank News

We are a Respectful and Caring School

February 2016

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Admin Assistant: Lana Grigorovich
Secretary: Diana Hogan

Phone Number: 905-953-8995
Superintendent: Dianne Hawkins
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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

- February 3 PA Day
- February 6 Bowling (Grades 2 and 3)
- February 8 Bowling (Grade 1)
- February 9 Snow Valley Junior/Intermediate Trip
- February 14 Valentines Day
Senior Girls Basketball Areas
- February 15 Senior Boys Areas
- February 16 Skating (Grades 2 and 3)
- February 20 Family Day
- February 21 Greg LeRock Concert (Grade 3 and 4)

LUNCH ASSISTANTS NEEDED!

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.



Reduce, Reuse, Recycle

The Eco-Team is collecting clean, folded **milk bags** (the clean plastic bags that hold the 3 milk bags) so they can be reused. Mrs. Taylor is helping us to team up with a retirement community that will weave the bags into mats that will be shipped to Costa Rica & Africa. These mats save lives, keeping people off the bacteria laden ground when they sleep. There is a milk bin in the front hall (where students pick up their milk cartons), to collect the milk bags. Thank you for your support!



Message from our Trustee

We are now halfway through the school year. This is a good time to reflect on all that your child has learned and to look at setting goals for the rest of the school year.

Our Board believes that student well-being and achievement go hand-in-hand. 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.”

The Ministry of Education has recently identified [four priorities for well-being](#): positive mental health, safe and accepting schools, healthy schools, and equity and inclusive education. As a Board of Trustees, we will continue to further work in all of these areas to support student well-being in line with these priorities.

There are many resources on the Board website to help support student well-being, including tips for [talking about mental health](#), [managing stress](#), [packing healthy lunches](#) and [addressing incidents of bullying](#).

Creating a healthy, safe and welcoming learning environment is key to helping our students reach their full potential. All of us have an important role to play in creating an environment that enables our students to thrive.

I wish you all the best for a healthy, happy and successful 2017.

Intramural Basketball

The gym has come alive during morning recesses from January through to March with Intramural Basketball action! Nearly 100 students from grades 4-8 have signed up to participate in our in-house basketball league at Poplar Bank. Junior students in grades 4-6 will play each other every day 3, while Intermediate students from grades 7-8 play on each day 5. The league is an excellent chance for students, regardless of skill, to participate on a competitive team emphasizing sportsmanship, respect, and fair play. In addition, we have some awesome grade 8 leaders officiating the games between Junior students. This Basketball season comes after our Intramural Volleyball league, and before our Intramural Badminton league which begins in April. It's all-around fun and hoops in Poplar Bank's Intramural Basketball league. Go Poplar Bank!



Girls Basketball



The Grade 7 and 8 Girls have been busy practicing during this Basketball Season. Good luck to Abigail, Emery, Angelina, Maia, Alejandra, Avgustina, Caroline, Maya, Olivia, and Hailey as they prepare for an exhibition tournament at Denison High School, exhibition games at Poplar Bank, and the Area Tournament at Phoebe Gilman on Feb 14! Coach Mme Sampson is proud of their efforts and early improvements to their skills!

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 during all practices as well as the area tournament at Clearmeadow Public School. Team members included: Austin, Draco, Danny, Luka, Claire, Alijah, Aryn and Vanessa.

Winter Electives

Event Dates

Skating

February 16 Grades 2 and 3

Snow Valley

February 9 Grades 4 to 8

Bowling

February 6 Grade 2 and 3

February 8 Grade 1

Our Winter Electives program is continuing this month. Our intermediates had very successful Curling days! We also had successful skating days in January with more to come this month. In addition, some classes will be going Bowling this month which is new this year! Our Snow Valley day is also fast approaching for Thurs, Feb 9. There will be a student meeting on Monday, Feb 6 when bus information will be shared. Thank you for supporting these extra-curricular activities for our students as they benefit their social engagement with their peers.



Fun Festival - Volunteers Needed

Join us on Thursday, February 23 at 7:30 pm in the school's staff room for our first meeting. Over the past 10 years, the annual Fun Festival has raised thousands of dollars to benefit our school and to help our students succeed. Amazing!



But it can only happen with the voluntary support and hard work of moms, dads and family relatives like YOU. That's why we're asking all parents to consider volunteering for this important fundraising event.

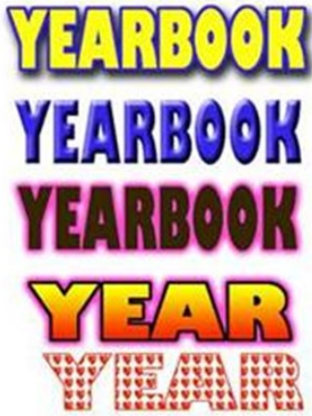
There are so many different parts of the Fun Festival you can help with such as the Silent Auction, Basket Raffles, Inflatables, Face Painting, Midway Games, Prizes, Food Trucks, the Used Book Sale, Set-up, Clean-up and so much more. Volunteer for what interests you most – and meet other parents in the process!

Free childcare will be provided in the afterschool room next door. To find the staff room, simply turn right after entering the school and walk down the hallway.



Have questions? Interested in volunteering but unable to attend? Please contact Julie Song, Fun Festival Coordinator by phone or text at 416-648-2479.

Year Book 2016/2017



FEBRUARY 1st, 2017.

This year is another milestone for Poplar Bank. We are still growing strong as a French Immersion community. We will be having our SIXTH full-colour (80-page) yearbook, worth \$26 dollars (taxes included). We want to recognize all that we have experienced as a community at Poplar Bank. Share in the moments in this remarkable time capsule of the events and people that made this year unique!!!

PBPS families will be able to purchase a yearbook using only School-CashOnline.com. If you order your copy of the book by March 10th (before March Break), your child's name will be added to our school's YEARBOOK DRAW in order to win a FREE YEARBOOK.

Be sure your child has this special keepsake to help them remember the memories, fun and friends in this school year. ORDER YOUR COPY AS SOON AS



For families wishing to sponsor a page, please add \$5.00 to the initial price. For advertising, please submit a business card (to Mme McDonald) with an extra fee of \$15.00. Thank you, in advance, for your support!

REMEMBER THAT
SchoolCashOnline.com will be the only method of payment

Year Book Cover Contest

Goal: To create a colourful piece of artwork that will be selected to be in the FRONT COVER of this year's yearbook (a total of 58 colourful artworks in all). Up to 5 artworks will be selected from each homeroom. First Place Winner also gets a FREE YEARBOOK!

What you need to do...

To enter our contest, you need to have the following on a white sheet (8 ½ X 11) of paper (portrait side only):

- ◆ The French logo (BIGGEST): **Ensemble, nous sommes UNIS**
- ◆ The English logo (smallest): **Together We Are One**
- ◆ P.B.P.S. or Poplar Bank P.S. or Poplar Bank Public School
- ◆ 2016-2017
- ◆ Symbols / drawings reflecting ideas that unify us as a school (i.e., families, communities, friends, clubs, teams, etc.)
- ◆ IN COLOUR, erase all pencil marks
- ◆ Use dark, VIBRANT colours, instead of pale, light colours
- ◆ Clear, LARGE, thick lettering (preferably center logos on page)
- ◆ School mascot (optional) – lion or lion's paw
- ◆ Name (first and last) & grade in bottom right corner (in black pen, not in sharpie or in pencil)

Disqualification: If any information from above is missing or spelling mistakes.

Due date is no later than Friday, March 10th (7 weeks from now).

School Council Update

- ◆ School Council held its third meeting for the 2016-17 school year on January 25th. Thank you to our dedicated parents for being a part of council and sharing their valuable ideas.
- ◆ PIZZA LUNCH CO-ORDINATOR NEEDED! We have been so fortunate to have Marcela Diaz-Granados as our pizza lunch co-ordinator for the last five years. She has done an outstanding job and we thank her for running this awesome program for our families! We don't want to lose our pizza lunch option and, therefore, are reaching out to the parent community to ask for a parent volunteer willing to run the program. Please contact the school or Marcela for details marceladiazgr@gmail.com.
- ◆ Parent Talk Series – Poplar Bank, along with seven other community schools, and Bully Free Community Alliance have been working together and have put together six engaging and interesting presentations for parents. Please review the informational flyer in this newsletter and mark the dates in your calendars.
- ◆ We're on Facebook!! <https://www.facebook.com/PoplarBankPS>. Feedback from parents indicates that many parents have not joined Twitter yet, but many are using Facebook. As a result, we have created a Poplar Bank Facebook page to share information with our school community. Please like our page to keep up to date on school activities. <https://www.facebook.com/PoplarBankPS>
- ◆ New Technology! 46 New Chromebooks have been added to our school for classroom use. Thanks to our school community and fundraising efforts for making this happen!!
- ◆ Currently, we continue to fund the Scientists in the Classroom. This past month, school council funded Saidat Vandenberg who performed in French an anti-bully show (\$960.50) and Math Manipulatives (\$1,000).
- ◆ Healthy Schools Committee – Our application to the Regional Municipality of York has been approved and Poplar Bank will be receiving \$400 to continue implementing healthy initiatives at our school, such as the Play Program, Activity Boxes, Nutrition and Mental Health workshops.
- ◆ The Fun Festival Planning Meeting will be held on Thursday, February 23rd in the school staffroom. It takes a village to run this fantastic event for our school community and we need volunteers, so please join us for the meeting! It's a great way to meet other parents and be involved in your school.
- ◆ Our school has installed a water bottle refilling station! In keeping with our ECO team initiatives, we have Poplar Bank water bottles for sale. Please visit www.schoolcashionline.com to order one today!
- ◆ Our next meeting has been rescheduled to March 8th, 2017 at 6:45 p.m. in the staff room. We have rescheduled the meeting so we do not conflict with the Parent Talk Series being held on March 22nd. 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.

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.

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.



Library News



The Forest of Reading program continues with students avidly reading and attentively listening to a variety of fiction and non-fiction books in both French and English to determine their favourite titles for Prix Peuplier, Prix Tamarac, Silver Birch and Red Maple. We encourage all students to take part. Voting takes place in the spring, so there is still lots of time to experience this excellent selection of literature. Go Poplar Bank!

Healthy Schools

Poplar Bank's Healthy Schools student leaders from grade 4-8 have been planning some activities for February for Mental Health month. With the support of the Public Health nurse, Lindsay DeBeer, the student leaders will make and present "Mindful Bottles" for each of the primary classes. During the month, we will also have health related morning announcements, special entry music, and activities such as "les gestes de gentillesse" (random acts of kindness) to promote optimism, empathy, and respect.



Healthy Schools

Active, organized play for children in grades 1-3 continues at morning recess under the leadership of student Play Leaders. Hockey and other cooperative winter games have been played. Student leaders have also attended workshops about helping to mentor younger children and assisting them with basic conflict resolution techniques.

We appreciate the efforts of all of the students and teachers involved in Healthy Schools, and we encourage everyone to participate in activities and spirit days at Poplar Bank!

MONTHLY NEWSLETTER

February 2017



HEART &
STROKE
FOUNDATION

Heart&Stroke
JUMP
ROPE FOR HEART

Tip of the Month



NATIONAL HEART MONTH

HEALTHY HEART TIP

Eat less sodium. Don't add extra salt to your meal. Be cautious of pre-packaged food as they contain excessive amounts of salt for flavor and preservatives.

Question of the Month

Q: How can I maintain a healthy weight?

A: For the fastest and most effective way to maintain a healthy weight would be to Exercise, Regular physical activity burns calories and builds muscle both of which help you look and feel good and keep weight off, Reduce screen time , Watch out for portion distortion, Eat 5 servings of fruits and veggies a day , Don't skip breakfast.

Recipe of the Month

Chocolate Fudge Cookies

Makes 24 cookies

Total cook time 15



Ingredients

250 mL (1 cup) pitted Medjool dates (about 12) or prunes, chopped
75 mL (1/3 cup) low fat milk
50 mL (1/4 cup) soft non-hydrogenated margarine
175 mL (3/4 cup) whole-wheat flour
75 mL (1/3 cup) unsweetened cocoa powder
2 mL (1/2 tsp) each baking soda and baking powder
60 mL (1/4 cup) granulated sugar
1 egg
5 mL (1 tsp) vanilla extract

Directions

In large microwaveable bowl combine dates, milk and margarine. Cover and microwave on High for 1 minute or until steaming. Using a fork or potato masher, mash the date mixture. Let cool slightly.

In another bowl, combine flour, cocoa powder and baking soda and powder; set aside.

Using an electric mixer, beat sugar into date mixture. Beat in egg and vanilla until combined. Gradually add flour mixture and beat until combined.

Using a tablespoon (15 mL) or mini ice cream scoop drop batter on parchment paper lined baking sheet about 5 cm (2 inches) apart. Bake in center of 190°C (375°F) oven for 10 to 12 minutes or until just firm to the touch. Let cool on pan on cooling rack. Repeat with remaining batter.

Calories: 74, Protein: 1g, Total fat: 2g, Saturated fat: 0g, Cholesterol: 8mg, Carbohydrate: 14g, Fiber: 2g, Sugars: 10g,
Added sugar: 2g, Sodium 45mg, Potassium 123mg

“Love yourself enough to live a healthy lifestyle ”

- Unknown



Newmarket Parent Network
Support ~ Encourage ~ Engage



Bully Free
Community Alliance

Speaker Series for Parents

We are very excited to present 6 fantastic speakers, with funding provided by the Ministry of Education's PRO grants to 8 schools and Bully Free Community Alliance. All talks and childcare for school age children are FREE, but please RSVP at www.eventbrite.com. Stay connected with Newmarket Parent Network's Facebook page about these events and other parent resources. We look forward to seeing you soon!



Alyson Schafer, Therapist

Date: Wednesday, January 18th from 7 to 8 PM
School: Crossland PS, 255 Brimson Dr., Newmarket
Topic: Empowering Independence in our Children



Jordan Axani, Mental Health Researcher

Date: Monday, February 27th from 7 to 8 PM
School: Newmarket High School, 505 Pickering Cres.
Topic: What's Your Big Lie? (Mental Health Program)



Chris Vollum, Social Media Expert

Date: Wednesday, March 22nd from 7 to 8 PM
School: Stonehaven ES, 875 Stonehaven Ave., Newmarket
Topic: Social Media Fitness for Parents



Tad Milmine, Bullying Ends Here & Una Wright, YouthSpeak

Date: Tuesday, April 18th from 7 to 8:30 PM
School: Rogers PS, 256 Rogers Road, Newmarket
Topic: Overcoming Bullying and Life's Challenges



Jennifer Kolari, Connected Parenting

Date: Monday, May 8th from 7 to 8:30 PM
School: Glen Cedar PS, 915 Wayne Dr., Newmarket
Topic: Saying "NO" when the World says "YES and Practical Strategies for Dealing with Anxiety

March Break Day Camp

Spring Into Scanlon

Participate for
one-, two- or
three days!

MARCH
14 - 16



For ages
6-12

Click here to register now!

ONE DAY \$45 TWO DAYS \$90
THREE DAYS (OR THREE CAMPERS) \$115

THE DAY CAMP RUNS

9 am - 4 pm

Drop-off from 8:30am - 9am

Pick-up until 5pm



Celebrate maple
syrup season in
the forest at
Scanlon Creek!

Make Maple Syrup
Build Fires & Shelters
Learn Orienteering
Photograph Nature
And more!



Lake Simcoe Region
conservation authority

For more information:

Visit LSRCA.on.ca or contact
SCNC@LSRCA.on.ca or
905-895-1281 x116

Tap Into Spring

Celebrate maple syrup season!



Bring your family and celebrate maple syrup season at Scanlon Creek! Learn about maple syrup making while you identify and tap maple trees, collect sap, and help boil it down to delicious maple syrup!

Adults (19+) - \$10
Children (4 - 18) - \$5
Children 3 and under are free.

This program runs at Scanlon Creek Conservation Area on Saturdays and Sundays in March and April!

Choose your date:

March 18, 19, 25 or 26
April 1 or 2

Choose your session:

9:30am - 11:30am
12:30pm - 2:30pm

Click here to register!



Lake Simcoe Region
conservation authority

For more information:
905-895-1281 x116
SCNC@LSRCA.on.ca
www.LSRCA.on.ca

Mind your health

Mental health is a part of our overall health. It can determine how we think, what we feel and how we behave. Our mental health can have a great impact on our relationships, self-esteem and ability to learn new things. Mental health issues can happen to anyone regardless of age or circumstance.

Did you know that one in five students struggle with mental health? This is why it is so important to talk to your children about mental health and be able to recognize signs of poor mental health.

What are signs of poor mental health?

- Avoiding friends and family
- Rebelling against authority
- Not doing things they used to enjoy
- Frequent mood swings
- Getting significantly lower marks in school

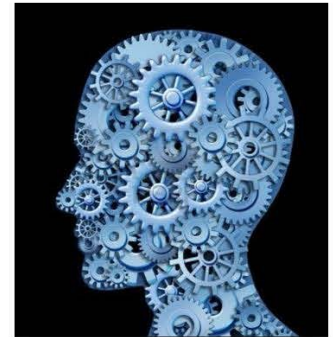
What can you do as a parent to help your children develop good mental health?

- Encourage children to talk about their feelings
- Respect their feelings
- Stay positive and avoid being judgmental
- Take children to their family doctor to explore concerns

Your child can speak over the phone or chat online with a counselor from Kids Help Phone at 1-800-668-6868 or kidshelpphone.ca

For more information visit york.ca/healthyschools

This material is provided by York Region Public Health.



Coping with stress

Stress affects everyone regardless of age and is a normal part of everyday life. Limited amounts of stress can actually motivate us to achieve our goals, but excessive stress can have overwhelming and debilitating effects on our lives. This is why it is so important to have the right tools to positively cope with life's stressors.

Tips to help parents and children positively cope with stress:

- Spend time with your children and try to understand how they are feeling
- Do activities as a family; physical activity is an excellent way to burn off stress
- Give children a chance to calm down; teach them different breathing and relaxation exercises
- Implement a bedtime routine to help children wind down at the end of the day
- Ensure children get the recommended amount of sleep based on their age; tired children get stressed easier

Other great tips to cope with stress:

- Talk to a friend or trusted adult
- Deep breathing
- Physical activity
- Play with a pet
- Get creative; play music, paint, draw or dance
- Stay on top of schoolwork and prioritize workloads
- Ask for help



For more information please visit york.ca/healthyschools

This material is provided by York Region Public Health.

Healthy friendships and relationships

Feeling connected and close to others is an important part of good mental health. Friendships and relationships are a big part of a child's educational experience and can greatly impact how students feel and behave in school.

Healthy friendships and relationships:

- Make challenging times more manageable for your child
- Increase your child's resiliency
- Promote your child's social skill development as well as teaches him or her how to positively relate to others
- Builds your child's confidence, self-esteem and sense of belonging



How can parents help children develop healthy relationships?

- Model healthy relationships at home
- Encourage your child to participate in group activities and hobbies
- Provide opportunities for social interactions outside of school
- Encourage diversity by inviting your child to get to know children from different backgrounds
- Be open and non-judgmental when talking to your child about friendships

Having a positive social support system is important in maintaining positive mental health, which contributes to overall wellbeing.

For more information please visit york.ca/healthyschools

This material is provided by York Region Public Health.

Take five – breathing exercise

Deep breathing is one of the best ways to manage emotions and cope with stress. Deep breathing exercises can quickly change a stressful response into a relaxation response.

Try this breathing exercise with your child:

1. Start with one hand – stretch your fingers out like a star
2. With your other hand use your pointer finger to trace the hand that is stretched out
3. Trace your hand – slowly slide up one side and down the other side of each finger
4. Breathe in through your nose and out through your mouth
5. Now put the last two steps together – breathe in through your nose as you trace up one finger and breathe out through your mouth as you trace down. Keep going until you have finished tracing your hand.



This simple relaxation tool can be performed by anyone, anywhere and at any time.

For more information please visit york.ca/healthyschools

This material is provided by York Region Public Health.