



Poplar Bank News

We are a Respectful and Caring School

January 2017

Issue 5

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



School Improvement Plan for Student Achievement and Well Being

Respectful School

Focus Areas: Modern Learning, Math and Mental Health



The Staff at Poplar Bank would like to extend their best wishes or a happy, peaceful and prosperous New Year!

Upcoming Events

January 12	Curling—Grade 7
January 16	Skating—Grade 6
January 17	Junior Co-Ed Volleyball Areas
January 18	School Council Meeting
January 19 Night	Curling—Grade 8 / French Immersion Information
January 20	PA Day
January 23	Immunization Round 2– Grade 7 ONLY Magna Skating—Grade 4, Grade 4 & 5 and Grade 5
January 25	Grade 8 Graduation Picture Day
January 26	Mental Health Assembly Hip Hop Workshops for Primary / Intermediate / Junior
January 30	Skating– Grade 1

We would like to welcome Diana Hogan to our school who will be replacing Jennifer Bissonnette while on maternity leave . We wish you all the best Jennifer!



**Poplar Bank has officially joined Twitter!
Please follow us
@poplarbank_ps for up-to-date news from the school and council.**

Volleyball News

Congratulations to the Junior Boys' Volleyball team for a successful season! The athletes represented Poplar Bank very well by demonstrating team spirit and a positive attitude during all exhibition games as well as the area tournament.

Over the past few weeks, the Junior Girls Volleyball team practiced hard, continued to learn the game and improve as a team. The girls, successfully reached the final four of the YRDSB Volleyball Areas. Congratulations on a successful season.



Winter Electives

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

Dates

Skating	
January 16	Grade 6
January 23	Grades 4, 4/5, 5
January 30	Grade 1
February 16	Grades 2 & 3



Snow Valley	
February 9	Grades 4 — 8

Curling	
January 12	McDonald / Maccarone
January 19	Sampson / Bimo
Check with Sampson before sending in January	



Bowling	
February 6	Grades 2 & 3
February 8	Grade 1

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.

REMINDER GRAD PHOTOS

This is a reminder that Grade 8 Graduation Photos are going to be held on Wednesday January 25th.



Library News

As in previous years, Poplar Bank's students will have the opportunity to participate in the Forest of Reading. This Ontario Library Association program celebrates Canadian authors, illustrators and publishers. There are ten nominated books in each category, including French and English, fiction and non-fiction titles.



Many Junior and Intermediate students have already begun reading the excellent selection of books. They must read a minimum of five of the ten books in their program in order to vote for their favorite. Primary students will be read all ten books in their category before the vote which takes place across the province of Ontario in the spring.

We extend special thanks to Poplar Bank's School Council for their support of this program.

Holiday Toiletry Drive

Once again, Poplar Bank's Holiday Toiletry Drive was a success! Thanks to everyone in our school community who made donations of toiletry items for those in need in the local area. The boxes were delivered to the Newmarket Food Pantry for distribution.



Snack Shack

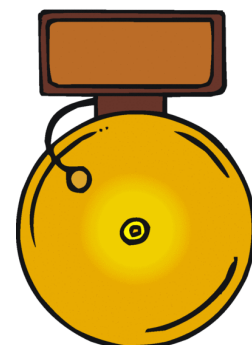


Snack Shack has been a great success in December with the addition of Holiday Treats and Candy Cane Grams! Thank you to all the students who helped run this successful fundraiser, and for all the contributing students!

Student Dismissal Time

If you know that your child will be picked up early before dismissal time, please remember to write this in your child's agenda book. The agenda book is to be used for communication between parents/ guardians and teachers. This will eliminate calling into classrooms and disrupting class

time. Also, if there are any changes for students that go on the bus (eg. students will be picked up by parents/guardians or a designated person), please write this in the agenda as well. If it's a last minute emergency, please call the office.



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.



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 entry 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.



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



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.

Immunization Information

If parents/guardians or students receive a letter from York Region Public Health requesting immunization information, here's what to do:

Update York Region Public Health on your child's immunization status in one of the following ways:

- ◆ Online at <https://eimmunization.york.ca>
- ◆ Fax documents to 905-895-6066 or 1-866-258-2026
- ◆ Mail immunization information to Immunization Services, Box 147, Newmarket, ON L3Y 6Z1
- ◆ Call York Region Public Health at 1-877-464-9675 ext. 73456

Eco-Team Update/Les Nouvelles de l'équipe vert

The Eco-Team's ongoing initiative is having its ambassadors 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 bins. We have noticed some of the classes are improving at putting hard plastics in the recycling bin, however we are still seeing some people put cucumbers and brown paper in the recycling bin instead of the compost.

We want to congratulate Mme Jenicek's class for helping the environment by making eco-friendly decisions every day. The after-care is reminded to turn off their lights when they leave a room.

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

IDAYR - Learning Disabilities Association of York Region

Free Workshops: Understanding Learning Disabilities and Attention Deficit Disorders



Newmarket: Wednesday, Jan 25th at CEC North – 130 Carlson Drive
 Keswick: Thursday, Feb 2nd at RL Graham P.S. – 70 Biscayne Blvd.

Each session starts at 6:30pm to 8:30 pm there will be free childcare provided and light refreshments will be served. Students are also welcome to attend with their family. For more information and to pre-register contact pauline.costello@yrdsb.ca or jennifer.gillespie@yrdsb.ca 905-895- 5155 or LDAYR info@ldayr.org 905-884- 7933 (ext 24).

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French Immersion Information Sessions and Registrations

French Immersion registration will take place from January 20 - February 10, 2017

Information sessions for the French Immersion (FI) program will take place at [French Immersion schools](#) on January 19, 2017 at 7 p.m. FI registration will begin January 20, 2017. In order to streamline the registration process, parents or guardians of Senior Kindergarten students entering Grade 1 in 2017, and wishing to enrol in the FI Program, can visit or call their home school office (where your child currently attends) 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 your [designated French Immersion school](#) to register between January 20 and February 10, 2017. This eliminates the need to provide duplicate enrolment information or to pre-register.

YRDSB's FI Accommodation Plan provides long-term consistency and equity of access to all students



Caption describing picture or graphic.

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

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Parent Council

Happy New Year!! Welcome back to students, staff and parents! We hope everyone had a wonderful holiday season, and that 2017 is off to a great start!

Our next meeting is scheduled for Wednesday, January 18th at 6:45 p.m. in the staffroom. All parents are welcome! One of the items on our agenda will be fundraising and we are looking for input and feedback. 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.



Caption describing picture or graphic.



Tip of the Month



HERE ARE SOME TIPS FOR A HEALTHY HEART:

Don't smoke.
Maintain a healthy body weight.
Get regular physical exercise.
Eat a balanced diet.
Get regular physicals.
Eat less sugar and fat.
Minimize stress.
Know your family history.

Question of the Month

Q: I find it hard to make myself be active. What can I do?

A: YOU'RE more likely to keep going if you choose activities you enjoy, if you can fit them into your schedule, if you believe you'll benefit from them, and if you feel you can do them safely and correctly. Making a contract with a friend or family member also may help you keep your commitment. Setting small, realistic goals, checking your progress, and rewarding yourself when you reach your goal also can help. If you can stick with an exercise routine or physical activity for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit.

Recipe of the Month

Speedy Flatbread Pizza

Total cook time 15 min

Makes 4 servings



Ingredients

4 small whole wheat flour tortillas
1/4 cup (60 mL) pasta sauce
1 tsp (5 mL) Italian seasoning
1 clove garlic, minced
1 small red bell pepper, chopped
3/4 cup (175 mL) chopped fresh mushrooms
1/4 cup (60 mL) chopped lean ham or roast turkey
1 cup (250 mL) shredded part skim mozzarella
2 tbsp. (25 mL) chopped fresh parsley, optional

Directions

Place tortillas on large baking sheet in a single layer; set aside.
In a small bowl, stir together pasta sauce, herb seasoning and garlic. Spread evenly among tortillas.
Sprinkle each with red pepper, mushrooms and ham. Top with mozzarella.
Bake in preheated 400°F (200°C) oven for about 8 minutes or until cheese is melted. Sprinkle with parsley before serving, if using.

Calories 221, Protein 14 g, Total Fat 9 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 25mg g, Carbohydrates 21 g, Fiber 2 g, Sodium 539 mg, Potassium 263 mg.

"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity" John F. Kennedy



PRESENTS

EMPOWERING INDEPENDENCE

A COLLABORATIVE APPROACH TO RAISING KIDS WHO CAN

Today's children seem to lack the interest or enthusiasm for independence that other generations enjoyed. Why do we find it so hard to get our children to be punctual, do their chores and manage their school work without our constant nagging and supervision? In this talk, Alyson will discuss:

- The importance of giving children autonomy
- The factors that interfere with transferring responsibility to children
- The correct strategies to employ and how to keep kids accountable

Date: Wednesday, January 18th, 2017

Time: 7:00 pm - 8:00 pm

Place: Crossland Public School, 255 Brimson Drive, Newmarket

RSVP: www.eventbrite.com (search: Alyson Schafer)

Tickets are free but we appreciate your RSVP to help us prepare. Free childcare for school-age children is available through Eventbrite but must be reserved by January 12. Funding is provided by the Ministry of Education Parents Becoming Our Child in cooperation with Ambridge Village PS, Boxart PS, Chesters PS, Deer Creek PS, Keswick PS, Pajaro Park PS, Ripley PS, St. Michael's PS, the Kawartha Parent Network and the Tiny Tots Community Childcare Program.

Alyson Schafer is a therapist, bestselling author and internationally acclaimed parenting expert. Her approach that empowers families to live a more democratic unit. Her style is fast, witty, warm and engaging. She is the resident expert on the *Nancy Diaz Show*, *Canada AM* and a *Self* magazine Parents columnist. She is also a regular speaker, including the inaugural TEDx in Barrie. She also offers free parenting classes to www.mindfulparent.com

