



# Poplar Bank News

We are a Respectful and Caring School

November 2016

Issue 3

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[www.poplarbank.ps.yrdsb.edu.on.ca](http://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



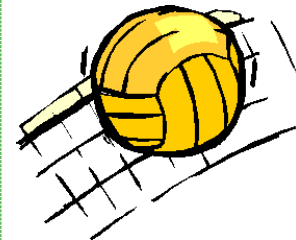
## LUNCH ASSISTANTS NEEDED!

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.



## Upcoming Events

- Nov 4:** Dance-a-thon Closing Assembly
- Nov 7:** Dental Screening Grades 2 + 8
- Nov. 8:** Photo Retake Day
- Nov. 11:** Remembrance Day Assembly
- Nov. 17:** Sr. Boys' Area Volleyball
- Nov 22-25:** French Book Fair
- Nov 24:** Parent / Teacher Interview Night
- Nov. 22:** Sr. Girls' Area Volleyball
- Nov. 25:** PA Day (No School)
- Nov. 28:** Grade 7 VIP Program
- Nov 30:** Sr Girls' Regional Volleyball



# Poplar Pride At Its Best

## Cross-Country Area Meet - 2016

Congratulations to our Cross-Country Team members who competed at the Area Meet at George Richardson Park on October 6. We had 104 Poplar Bank competitors who raced against many schools in our Area in each of their age groups. Many great results were accomplished including a first place finish by Olivia Allen! In addition, the Grade 7 girls finished an overall first place to win a school banner! We had 10 students qualify for the Regionals Meet at Bruce's Mill in Stouffville and they competed on Oct 19. They all raced very well and showed Poplar Bank Pride!. Coaches Mme Sampson and Mme Lauzon are extremely proud of all our results!

### Area Results

Tyke Girls (Grade 4)	Lila	9 <sup>th</sup>
Atom Girls (Grade 5)	Tia	8 <sup>th</sup>
Junior Girls (Grade 6)	Jackie	12 <sup>th</sup>
Intermediate Girls (Grade 7)	Caroline	3 <sup>rd</sup>
	Olivia	1 <sup>st</sup>
	Janna	20 <sup>th</sup>
	Christina	19 <sup>th</sup>
Intermediate Boys (Grade 7)	Michael	3 <sup>rd</sup>
Senior Boys (Grade 7)	Mitchell	8 <sup>th</sup>



## Cross-Country Regional Meet - 2016

All of our Poplar Bank runners did an excellent job at the Regionals Race on Wed, October 19<sup>th</sup>, at Bruce's Mill. Thanks Coach Mme Sampson for cheering them on, as well as our parent volunteers!

### Regional Results

Tyke Girls (Grade 4)	Lila	40 <sup>th</sup>
Atom Girls (Grade 5)	Tia	43 <sup>rd</sup>
Junior Girls (Grade 6)	Jackie	33 <sup>rd</sup>
Intermediate Girls (Grade 7)	Caroline	2 <sup>nd</sup>
	Olivia	5 <sup>th</sup>
	Janna	72 <sup>nd</sup>
	Christina	154 <sup>th</sup>
Intermediate Boys (Grade 7)	Michael	7 <sup>th</sup>
Senior Boys (Grade 7)	Mitchell	66 <sup>th</sup>



## Volleyball News

The Senior Girls and Boys Competitive Volleyball teams are well under way in preparation for their Area Meets that will happen on November 22 and 23. Good luck to them as Coaches Maccarone, Sampson, and Lauzon train them well!



### SENIOR GIRLS VOLLEYBALL

The gym is alive with serves, spikes, volleys, and bumps as the Senior Girls look to build on their Championship run from last year! The girls will be practicing hard to prepare for the Area Championship Tournament to be held right here at Poplar Bank on Nov. 22. The team is comprised of Alicia, Abigail W., Hailey, Angelina, Olivia A., Caroline, Abigail L., Alejandra, Kiernan, Emery, Maia, and Charlotte from grades 7 and 8. Wish us luck as we *serve* up some fierce competition! Go Pride Go!



-Mr. Maccarone

### POPLAR BANK INTRAMURAL SPORTS PROGRAM

Intramural Volleyball has begun at Poplar Bank! Students in grades 4 - 8 have played their first matches in the gym against other student teams in our annual in-house Poplar Bank Intramural Sports League. The students have shown excellent athleticism, sportsmanship, and respect for one another while having loads of fun in the spirit of fair play. A big thank you goes to all supervising teachers as well as grade 8 students Safiyah, Emery, Abigail, Olivia, Angelina, Avgustina, DJ, Donovan, Kiernan, Keatyn, Voshon, Sean, Natalie, Alina, Tyla, and Jania for volunteering as officials to help keep score, referee, and lend a hand with setting up equipment. The winning teams for the Junior and Intermediate leagues will mix their rosters together in a fun championship match in early December to wrap up the season. Looking forward to Basketball in January!

- Mr. Maccarone



## Student Safety in the School Yard

Please note that supervision in the school yard begins at 7:50 am and after school, supervision ends at 2:45 pm. Parents are asked not to drop off



their children before 7:50 am. After school, students who walk home must be sure to leave school property and go directly home. This will help prevent unsafe situations from arising in and around school property.



## 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

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 helping us keep all students safe.



## 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. Remember 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

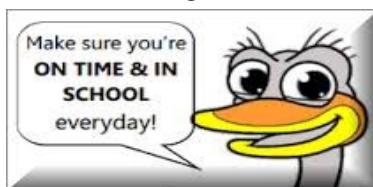
CKAN 1480. You have the right, as a parent, to keep your child(ren) at home in severe weather conditions; however, the school will probably be opened even though transportation has been cancelled.

A bus cancellation message will also be available at [www.schoolbuscity.com](http://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 8:00 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 end of the respect Songs and before O'Canada. 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.

## 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 supervisors 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.





## Healthy Schools

Our Student Leadership Teams have now been organized and it's great to see so many of our students involved in school events outside of the classroom. Here is an update on all Leadership Teams...



Healthy Schools- Mme Nicholson and Mme Roach have been busy training our Play Leaders to be engaged every 1st recess by bringing equipment out for the younger students to have a focussed game/activity to play. Our Crunchie Munchie program is also still very successful offering healthy snacks to each classroom. Mr. Maccarone has been busy with our amazing Intramural program as students have been practicing their volleyball skills and actively playing in the gym. Our competitive volleyball teams have also been training to prepare for their upcoming exhibition games and Area tournaments.

Eco-Team- Mme Rudyk has been busy with our environment conscious students who have been engaging all Poplar Bank students to be aware of our recycling and compost efforts. They are educating all teachers and students how to effectively reduce waste, and informing us how to be a more Eco-Friendly School.

Student Council- Mme Sampson has been busy with our Intermediate students encouraging them to be leaders in the school with various activities (Lunch Monitors, Office Announcements and Office Helpers, Photo Day helpers, and Snack Shack helpers). They are busy planning Spirit Days such as our September and October Blue Jays Wear Day, and our upcoming Halloween Dance-a-Thon. They will also be planning a School Colours/Spirit Wear Day (green t-shirts) for this month. And in the next few weeks, they will also be engaged in a Holiday toiletry and food drive with Mme Hodge.

Tech Team- Mme Lauzon has been busy with our technology savvy students as she has been training them to be "Tech Reps" in the school. They have the knowledge to assist teachers and students in the classroom for all their tech needs. They have taken a number of photos of students participating in many school events, and they have helped with the set-up of our assemblies.

Way to go Poplar Bank Student Leaders and Staff supervisors!

## Remembrance Day Assembly

On Friday November 11th we will be having our annual Remembrance Day Assembly. It will promptly begin at 10:25am. Parents are welcome to attend. There will be chairs set up at the back of the gym for you to enjoy the presentations.



## Snack Shack is BACK!

Poplar Bank has a Snack Shack! During the month of November, our grade 8's will be selling a variety of snacks, including Frozen Yogurt! Send a toonie with your child so they can buy a snack



## Library/Learning Commons News



At the end of November, Poplar Bank will host its French Book Fair. This year, our supplier is “Educo-Entrepôt. “. Please stop by the Library/Learning Commons at the following times to look at or purchase a variety of French resources. Hope to see you there!

November 23 - 7:45am-3:00pm

November 24 - 7:45am-8:00pm

November 25 - 7:45am-12:00pm



On October 27<sup>th</sup>, Poplar Bank’s students participated in an assembly by puppeteer and author, Chad Solomon. His presentation was very interactive and entertaining. Mr. Solomon’s performances are based on the teachings of the Anishinabek First Nations, and include respect, courage, honesty, wisdom, humility, truth and love. His books and graphic novels are part of the library collection at Poplar Bank, and we encourage the students to borrow them.

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## International Student Exchange Ontario

[www.iseontario.on.ca](http://www.iseontario.on.ca)

A proud tradition of providing reciprocal exchange programs for Ontario elementary and secondary students with France, Switzerland, Spain, Italy, Germany and Quebec!

Information meetings will be held at **Alexander Mackenzie High School** in Richmond Hill.

**Wednesday, November 16, 2016 and Tuesday, November 22, 2016 7:00-8:30 p.m.**

Rosalie Selick  
[rselick@rogers.com](mailto:rselick@rogers.com)



## School Council November Update

School Council is off to busy and productive year! Thank you to all the parents and families who are showing support for our initiatives. Here is an update on what has been happening:

- ◆ Lunch programs started in October. For those parents who support our lunch and milk programs, thank you! We hope you are enjoying a day or two when you don't have to make lunch for your kids! Our next ordering period will be in December for deliveries in January.

- ◆ We had our Halloween Dance-a-thon on October 31<sup>st</sup>. It was a huge success with the kids, who enjoyed a day of fun and exercise (in the form of dancing!) There were lots of awesome costumes! The Dance-a-Thon committee is busy tallying all the pledges received and will have a final total to announce at our Closing Assembly on Friday, November 4<sup>th</sup>. Our top fundraisers will be announced, and all students who brought in pledges will be in the draws to win some fantastic prizes. There will also be a few surprises for all students...so stay tuned!

- ◆ Our Crunchy Munchy program is once again in full swing. Crunchy Munchy is a morning meal program which is provided free of charge to all students in the school. The program is made possible thanks to funding grants from the Student Nutrition Program (a part of the Ministry of Child and Youth Services) and the Metro Green Apple grant. Each week a variety of healthy fruits, vegetables, grains and dairy are made available to any student who wishes to have them. So far this year, we have had a p-  
ples, oranges, celery, pumpkin seeds, strawberries, yogurt, bagels and so much more! Check out the bin in the office to see what is being offered each week.



- ◆ The QSP program is continuing to run online for those families who enjoy ordering magazines, wish to renew current subscriptions, or provide some as gifts. You can continue to order at [www.QSP.ca](http://www.QSP.ca) using code our Group ID: 3738911. A portion of sales continue to go back to Poplar Bank.

- ◆ So far this year, school council has funded \$1040.00 for school wide anti-bullying and Respect presentations, \$630.00 for author visits, \$2000.00 for Forest of Reading and \$1375.00 for the Primary A—Z reading program. At our next meeting, we plan to allocate \$5000.00 towards the YRDSB technology-sharing program, wherein the Board matches our contribution by 1.5, enabling us to have \$7500.00 to improve the technology in the classrooms.

Our next meeting is scheduled for Wednesday, November 9th at 6:45 p.m. in the school staffroom. All parents are welcome! 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.

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On behalf of the school community, Staff and all students, we would like to thank Karen, Veronica and Petra for planning and organizing The Halloween Dance-A-Thon which was a Major Important Fund-raiser for the school.

We would also like to thank Amy, Edna, Alex, Lauren and Jasmine who volunteered their time on the day of the Dance-A-Thon. Without our volunteers this event would not have been so successful.

~ N. Baage—Principal



## Parent-Teacher Interview Night

Dear Parents and Guardians of Poplar Bank Public School,

We will be holding Parent-Teacher Interviews at the school on Thursday, November 24<sup>th</sup> from 2:45-8:30 p.m. and Friday November 25<sup>th</sup> from 8:05 a.m. 11:05 a.m. If you need an appointment beyond 11:05 a.m. please make personal arrangements with your child's teacher. This school year, you will be able to schedule your Parent-Teacher Interviews online. If you wish to schedule a meeting with any of your child's teachers, please follow the instructions below. The schedule is done on a first come, first serve basis. We recommend that you schedule your interview as soon as possible so you can get your desired time slot.



**You will be able to make appointments November 10<sup>th</sup> at 9:00 am until November 23<sup>rd</sup> at 11:00 pm.**

### Instructions

1. Go to the Poplar Bank scheduling webpage at <https://poplarbank.parentinterview.com>
2. Enter the Parent Code (printed below) and click "Sign In"  
**Please make a note of your Confirmation #**
3. Fill in your contact information and click "Continue to Make Appointments"
4. Click on the name of a teacher with whom you wish to schedule an appointment
5. Click on "Available" for a time at which you wish to meet to have your meeting
6. Repeat Steps 4 and 5 until you have scheduled all the teachers you wish to meet
7. Click on "My Schedule" (top left of the page)
8. Print out, email or copy down your schedule and bring it with you

**The Parent Code is:  
pbps16**

**Do not share this code with anyone outside your school community**

Should you wish to delete an appointment you have made, click on "Delete" beside the meeting you wish to have removed from your schedule. If you decide to delete an appointment, that time slot will become available for other parents. There are no guarantees that you will be able to reschedule that appointment.

If you misplace your schedule, you may use your Confirmation # to retrieve your schedule from the website at any time. If you need help using the service, please email [support@parentinterview.com](mailto:support@parentinterview.com)

If you do not have access to the internet at home or in the workplace, please call Parent Interview toll-free at 1-866-810-0076, and someone will be happy to make your appointments with you.

We look forward to seeing you.

Sincerely,

The Teachers and Administration of Poplar Bank Public School

November



WHAT'S IN • WHAT'S OUT





### Tip of the Month



### Question of the Month

**Question:** What are some tips to get myself and my family active?

- Find a safe route to school and a walking buddy for your child.
- Encourage free play time, like a game of tag.
- Trail bike riding is a fun way to get the heart pumping while exploring nature.
- Swimming has many benefits. Whether at a local pool or lake, there are plenty of opportunities for having a good time while staying healthy.
- Split the hour of exercise into 10 or 15 minute periods of active bursts, like a short bike ride or a quick run.

### Recipe of the Month



Double Chocolate Brownies

Makes 16 Brownies

#### Ingredients

150 mL (2/3 cup) all-purpose flour  
125 mL (1/2 cup) granulated sugar  
75 mL (1/3 cup) unsweetened cocoa powder  
5 mL (1 tsp) baking powder  
1 mL (1/4 tsp) or less salt  
5 mL (1 tsp) pure vanilla extract  
5 mL (1 tsp) instant coffee granules  
50 mL (1/4 cup) soft margarine  
2 eggs  
125 mL (1/2 cup) unsweetened applesauce  
125 mL (1/2 cup) chocolate chips

#### Directions

In bowl, stir together flour, sugar, cocoa, baking powder and salt.

Mix vanilla and coffee to dissolve coffee.

In mixing bowl, beat margarine, eggs and vanilla mixture for 1 minute.

Add applesauce and beat just until blended.

Fold in flour mixture and chocolate chips just until blended.

Spread evenly in greased 8-inch (2 L) square pan.

Bake in 350°F (180°C) oven for about 12 minutes until outside edges are firm. Cool on rack

For more recipes visit  
[http://www.heartandstroke.com/HeartHealthy\\_Recipes.htm](http://www.heartandstroke.com/HeartHealthy_Recipes.htm)  
Anne Lindsay's Lighthearted at Home ©2010

Calories: 111, Protein: 2g, Total fat: 5g, Cholesterol: 23 mg, Carbohydrate: 16 g, Fiber: 1 g, Sugars: 10 g, Added sugars: 9g, Sodium: 89 mg, Potassium: 68 mg

*“Life is like riding a bicycle. To keep your balance, you must keep moving.”  
-Albert Einstein*