



Poplar Bank News

We are a Respectful and Caring School

November 2014

Issue 3

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



School Improvement Plan
Respectful School
Differentiated Instruction and Assessment

Fall Progress Reports

Students will be receiving their progress report on Tuesday, November 11th. Parent Interview times will be sent home with reports.

Respect Bulletin Board – September & October



For the first 2 months of school, the Grade 7-8 students of Mme McDonald's class created a jigsaw display of a variety of rules of conduct that all students at Poplar Bank from Grade 1 to



Grade 8 should know and respect. My students thought it important to categorize these rules in four major themes (represented by the four colourful puzzle pieces): *Respecting School Rules* (i.e., dress code, chewing gum, wearing hats, proper way to ride the bus, use of technology, etc.); *Respecting Classroom Rules and Routines* (i.e., being prepared for class, listening attentively during lessons, raising your hand to speak, correct use of classroom materials, asking permission to leave the room, rules during lunchtime, etc.);



Respecting School Yard Rules (i.e., Hands off policy, correct use of school equipment, respecting borders, playing appropriate outdoor games, etc.); and *Respecting Friends* (i.e., treating others with respect, no bullying, politely waiting your turn, inviting others to come and play with you, using good conflict resolution strategies, etc.).



Upcoming Events

Nov. 11: Remembrance Day Assembly

Progress Reports Go Home

School Council Meeting

Nov. 13: Photo Retake Day

Nov.13-14: French Book Fair
Teacher/Parent Interviews

Nov. 14: PA Day (No School)

Nov. 17-21: Spirit Week

Nov. 17: French Book Fair

Nov. 25: Girls Area Intermediate Volleyball

Nov. 27: Boys Area Intermediate Volleyball

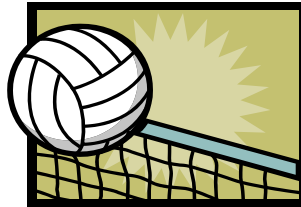
Nov. 28: Immunization Clinic for Grade 7's and Grade 8 girls



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 first ever in-house Poplar Bank Intramural League. The students have shown excellent comradery, 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 Juanita, Richard, Amparo, Ashley, Daniel, Crystal, Seema, Sneha, Yusef, Nico, Arsheeya, Sara A., Nick, Liukkor, Elicia, Katrina, and



Sarah W. 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 late November to wrap up the season. Looking forward to Basketball in January!

Mr. Maccarone

Poplar Pride At Its Best

The Poplar Bank Cross-Country team was well represented at the Regional Meet on Oct 17 at Bruce's Mill. We had 13 students who ran as fast as they could and displayed excellent results!

Congratulations to the grade 5 girls team- Olivia (10th!),

Caroline (11th!) Alejandra, Laura, and Maia. Their total scores got them a 4th place result!

Congratulations to Michael in grade 5 who finished in 6th place!

Congratulations to Jenica in grade 7 who finished in 2nd place!

Congratulations to Nicholas in grade 8 who finished in 1st place!

Congratulations to the grade 8 girls team- Elicia, Sara, Lauren, Feyi, and Katrina.

Way to go Poplar Pride!



Congratulation to Our New School Council!

.At the October School Council meeting, we held our yearly elections. Thank you to all the parents who attended. Congratulations to the following individuals who have been elected:

Executive

Jennifer Brett Fraser
Co-Chair
Petra Turco Co-Chair
Arun Chulliyil Treasurer
Amy Fischer Secretary

Coordinators

Nina Doiron
Volunteer Coordinator
Steven Bascevan
Fundraising Coordinator

Members at Large

Adrian Glauser
Lica McIntyre
Sarah Howson
Natalie Ocak
Kim Jagger
Kelly Barbarich
Karen Peck
Wendy Lebskin
Michelle Williams-Lee

Preeti Raj
Edna Bazante
Susan Thomson
Jennifer Casa-Todd



Library News

October was library month, and Poplar Bank celebrated reading with a **Book Bucket Challenge**.

Students and staff wrote their Bucket List of books read (in French and English) and challenged someone else to read too!

Completed Book Bucket Lists were posted in the library for everyone to see that Poplar Bank students are great readers!



Scholastic French Book Fair

We will be having a Scholastic Book Fair in the library this month. There will be a large selection of French books to browse and choose from. All purchases help support literacy, our classrooms and library.

**BOOK
FAIR
COMING SOON!**

The Fair will be open the following hours:

Thurs. Nov. 13: 7:45am—8:00 pm

Fri. Nov. 14: 7:45 am—11:00 am

Mon. Nov 17: 7:45 am—3:00 pm

At the Book Fair there will be two draws. Fill in a ballot to win \$50 in books (\$25 for you and \$25 for your class). Also, bring in a non-perishable food item for the Newmarket Food Bank, and you can enter a draw to win one of three prizes for \$10 in free books. What a great way to help the local community

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.

Keep your eyes open for Poplar Bank clothing orders coming soon!

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 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. 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.



Anti-Bullying Presentations at Poplar Bank

On Monday October 20, we welcomed iEngage with presenter , Anthony McLean to speak to the students about Anti-Bullying. Anthony is an actor and speaker based in Toronto. He has presented at hundreds of schools from Easter Canada to South Australia. iEngage presentations are upbeat and high impact with a combination of audience interaction, comedy, pop culture and “freestyle” raps to keep the kids engaged. Check out what our own students have to say about Anthony and his presentation!



Quotes from Grade 2

Si quelqu'un te dérange ou dérange ton ami, demande-lui gentiment d'arrêter. Si la personne refuse d'arrêter, parles-en à un professeur ou à un adulte.

J'ai appris que si quelqu'un te frappe, il ne faut pas le frapper, mais il faut le dire à un professeur.

J'ai aimé quand Monsieur McLean a dit : « Éloigne-toi de ceux qui te disent un mot méchant comme par exemple « tête de patate » et ignore-les ».

J'ai aimé quand il a dit d'aider les autres mais s'il y a une bagarre, ne t'y mêle pas. Éloigne-toi et demande de l'aide.

Aaron, Ally, Anwyn, Belinda, Danial, Daniel, Emmy, Jake, Jillian, Larissa, Lauren, Mila, Olivia, Ryan, Samieha, Samuel, William, et Zhengtong

Quotes from Grade 6

1. Anthony McLean nous a donné une présentation extraordinaire! Il nous a donné le message de ne pas intimider les autres et il l'a présenté en une forme drôle. J'aimais sa présentation car il nous fait rire, nous donne des bonnes histoires et des exemples de pourquoi intimider quelqu'un d'autre n'est pas gentil.

Kylie, 6^e Mme Jenicek

2. J'ai aimé la présentation car il nous incluait et il a expliqué que l'intimidation doit arrêter car ça peut faire mal aux autres. Samantha, 6^e Mme Jenicek

3. La présentation d'Anthony était formidable! J'aime comment Anthony nous a donné un message mais c'était encore amusant et drôle. J'espère qu'Anthony va revenir à Poplar Bank. Il était mon invité préféré. Olivia, 6^e Mme Jenicek

4. Ce que j'ai aimé de la présentation d'Anthony McLean était qu'il n'y avait pas juste un discours mais aussi des chansons, des histoires et la danse. Nous inclure dans la présentation nous a aidés à comprendre le mal que fait l'intimidation et être plus intéressés. J'espère qu'il reviendra.

Abigail, 6^e M. Korman

5. J'adorais tout! Absolument tout! J'aime le fait qu'il parlait de choses qu'on comprend comme les <<Raptors>> et le film <<Frozen>>. Il a mélangé l'aspect sérieux de l'intimidation avec l'aspect drôle. Il a fait beaucoup de blagues et il a dansé. Je regarderais la présentation encore une fois!

Kaylah, 6^e M. Korman

6. J'ai pensé que la présentation était spectaculaire! Anthony McLean a mis la présentation dans des mots qu'on comprend. Il était honnête en nous parlant. Il nous a dit honnêtement qu'il faisait du taxage, a été une victime et un observateur. Anthony a mis de la vie dans sa présentation, je voulais entendre plus. Le message était: <<Stand up, reach out, tell someone we won't stop till the bullying's done! Stand up, reach out, tell someone, don't underestimate the power of one! >> Tyla, 6^e M. Korman



Quotes from Grade 8

“We as grade 8’s think that the iEngage presentation was entertaining, engaging, and it really showed us the importance of kindness. The presentation taught us that being mean to people gets you nowhere. We think that his style of presenting was unique, and really kept us interested and engaged.”

Elicia, Lauren B., Hannah, Michaela, Kealyn

“The iEngage assembly was a very inspirational presentation that really grabbed our attention. It had the fundamentals of an anti-bullying presentation just with more humour and fun that really kept us grade 7 and 8’s engaged. He shared his experiences with us, we loved his funny stories, dancing, and especially his freestyle rap on My Little Pony, Unicorns eating bananas, and the colour purple!”

Crystal, Kyanna, Arsheeya, Nico, Katrina, Lauren M.

“Anthony McLean was really relatable. He was really funny and kept us engaged. He made us feel like we had been his friends for a long time. We loved how he danced, and constantly referenced the movie Frozen (Let it Go!). He was up to date with pop culture and social media, so he was cool! Even though it was a serious topic, he made it feel not serious while making us listen.”

Elizabeth, Yvonne, Jordanna, Mikayla

“The presentation was informative and interesting in a fun way. He used his dance moves and personal stories to teach students how to respond and deal with bullying. He also showed us videos where people had to react to situations, and this helped us know what to do if it happened to us.”

Feyi, Jack, Pierson, Eve, Richard

“We loved his personality and his way of teaching us at the same time not boring us. We admired how he genuinely wanted to help us with these situations occurring at school and outside of school.”

Yussef, Sarah, Michelle, Erika

School Council November Update



At our last council meeting the new council for the 2014/2015 year were elected. Many thanks to all those who were part of council and volunteered for the past year. We are happy to welcome many new parents and thrilled that our volunteer group includes many additional parents who help organize and support activities such as the QSP fundraiser, Pizza Days, Move-a-thon, Smoothie Day, Fun Festival, etc. We appreciate the time of all parents – whether it’s one hour a week or one hour a month!

Crunchy Munchy is in full swing again. Fresh fruit or veggies (at this time of year, apples) are provided in a bin to each class for students who have forgotten their snack or still hungry. We also provide small bags of dry cereal. Thanks to the parents who give their time every week to help prepare these snacks, and thanks to one of our families who have donated many boxes of cereal.

This year we have lunch programs offered every day, including Mr. Greek, Pita Pit, Pasta Lunch, Pizza Day, and Mr. Sub. If you did not get a chance to order in September, extra forms are available from the office and if submitted by the 15th of the month, your order can be added for following month.

Our QSP fundraiser has wrapped up, but you can continue to order magazines online at www.qsp.ca using the Poplar Bank code 3738911. Magazines make wonderful gifts and sales from QSP help support initiatives in our school.

Our November Council meeting is at 6:45pm on Tuesday November 11th in the school library. All parents are welcome to join us with your ideas, concerns or questions. You are welcome to sit in our meetings just to hear more information about what’s happening at our school and council. We also post council, school, and community news on our Twitter account @PoplarBankSC which you can also view on the school website.

L'ÉQUIPE VERTE/ECO-TEAM UPDATE

Our Eco-Team has 2 representatives from each class from grade 3-8 who meet weekly under the leadership of Mme Hampton, Mme Tummon, Mrs. Davis & Mme Rudyk to brainstorm ways to make the school community as environmentally friendly as possible. Last year we earned a **bronze** designation from the **Eco Schools**, thanks to initiatives like our **green bin program**, promoting **litterless lunches** and **reusable water bottles** (instead of single use plastic water bottles).

This year we're going for **gold**! We're well on our way, thanks to 2 trees we recently planted on our property. They were donated by the Town of Newmarket, and picked up by Mme Hodge.

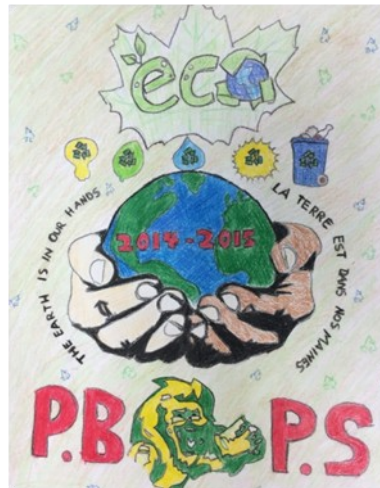


On October 22nd we had many eco-team members help plant a flowering pear tree by our rock garden and a Rose of Sharon tree out front, to eventually offer a shady place to relax when it's hot out, and to improve our air quality.

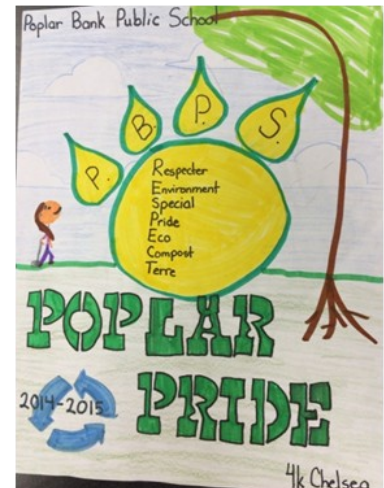
We are proud to announce the winners of our **Poplar Pride, Eco, Respect & Me Poster Contest**:



1st place Elizabeth G. gr.8



2nd place Matthew D. gr7



Honourable Mention
Chelsea H. gr.4

This contest was the initiative of our relatively new head custodian Mrs. Davis. She remembers fondly being a part of the Eco team at her school when she was a student, and wants to share her passion for looking after the environment with our students. We were very impressed with the outpouring of effort and creative ideas from all our students from grade 2 to 8. All the posters are proudly exhibited in the display cabinet when you enter the school!



COMMUNITY AFTER SCHOOL PROGRAM
Starting September 23, 2014

For students in grades 6 to 8

Program includes cooking, sports, games, leadership and healthy eating!

Alexander Muir Public School

**Tuesdays and Thursdays
2:45 p.m. to 5:30 p.m.**

\$5 per day



For more information please visit
www.york.ca/dropzone or call
905-953-5300, press 2, ext. 2821

Financial assistance available





Heart and Stroke Corner—November 2014 Edition

Tip of the Month

PICKY EATING SOLUTIONS: Some kids won't eat anything with cheese (even pizza!). Other kids turn their nose up at anything with whole grains. Sometimes in order to eat chicken it has to be piping hot but eggs have to be cold. Quirky eating habits can cause parental frustration and worry. To help, we offer some tips — and peace of mind. **"Too crunchy:"** Steam or roast vegetables to soften them up, or add them to soups and stews. (See 'Vegetarian Chili' recipe below) Choose naturally soft fruits such as mango, banana and ripe melon. **"Too bitter:"** Some kids are super-tasters, which means the bitter flavor you barely detect overpowers their taste buds. Choose sweeter options such as red peppers, carrots and beets instead of stronger tasting cauliflower or rapini. Or, try pairing vegetables with richly-flavored tomato sauce, low-fat ranch dressing or a sprinkling of Parmesan cheese. **"Too mushy:"** Serve raw vegetables more often, and think beyond carrots and celery. Try serving raw green beans, cauliflower, broccoli and sugar snap peas. If you do cook them, steam them for just a few minutes so they retain their crunch. Stick with firm-fleshed fruit such as strawberries, apples and grapes. **Let them choose:** Kids may be more likely to eat vegetables if they've have a hand in choosing what they want or how they're prepared. So take them shopping and see what tempts them, whether it's a funny shape, neat colors or even a cool name!



Recipe of the Month

Vegetarian Chili

Half of the beans in this recipe are puréed and the vegetables are cut up small so picky eaters won't even know they're there!!

Nutritional Information (per serving – 1 ¼ cups): Calories: 323, Protein: 16g, Fat: 4 g, Saturated Fat: 1 g, Dietary cholesterol: 5 mg, Carbohydrate: 61 g, Dietary fibre: 12 g, Sodium: 514 mg, Potassium: 1,323 mg

Ingredients

- 2 cups (500 mL) fresh diced tomatoes (3 medium)
- 1 cup (250 mL) canned navy beans, drained and rinsed
- 1 can (5.5 oz/156 mL) tomato paste
- 1 cup (250 mL) frozen corn
- 1 can (19 oz/540 mL) chickpeas, drained and rinsed
- 1 green onion sliced
- 1 tsp (5 mL) onion powder
- 1 tsp (5 mL) garlic powder
- 2 tsp (10 mL) chili powder
- ¼ cup (60 mL) grated light cheddar cheese
- 1 red pepper and green pepper, diced

Directions

1. In a food processor, purée tomatoes, navy beans and tomato paste. Transfer to a large stock pot.
2. Add the rest of the ingredients and simmer over medium heat for 20 to 25 minutes, stirring occasionally. Note: This recipe freezes really well. Portion into a lunch size meal and freeze your lunches for the week.
3. Portion into 4 bowls and top with a sprinkle of cheese and green onions.

Question of the Month

Q: My daughter's lunch continually comes home uneaten. She says she doesn't have enough time to eat. How can I make sure she gets the food she needs through the day?

A: Uneaten lunch is a hot topic among parents. If your child's lunch box is still full at day's end, try these ideas: **Quick bites:** Make sure the foods you pack are quick to eat. Send bite-sized favorites, such as cubed cheese, chicken, chickpeas, baby tomatoes. **Too much?** Are you sending too much food? Kids have smaller appetites than adults, and prefer small meals more often. They can be eating enough to sustain their appetite, but it may look like they've barely touched their meal because your serving size was too large. **Child's choice:** If you send foods that your child loves, she will make time to eat. Engage her in the lunch-making process so she can choose what she likes best. **Rethink recess:** Too often, recess snacks are actually "treats"-chocolate, candy, chips or pastries. These treats fill kids up, leaving little room for healthy lunch options. Instead, pack healthy protein and fibre-rich snacks that will sustain your child's level energy until her next meal- no-nut butter on crackers, greek yogurt, cheese string etc. **Post-school mini-meal:** If kids come home famished, offer a healthy after school snack. **The key?** Don't stress. When children are hungry, they will eat! You may find that breakfast or dinner will be larger meals, and that's OK too. Concern is warranted when meals at home are being skipped too.