



Poplar Bank News

We are a Respectful and Caring School

November 2015

Issue 3

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School Improvement Plan
Respectful School
Differentiated Instruction and Assessment



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. 11:** Remembrance Day Assembly
- Nov. 17:** Photo Retake Day
- Nov. 17:** Sr. Boys' Area Volleyball
- Nov. 19:** Sr. Girls' Area Volleyball
- Nov. 27:** PA Day (No School)



Poplar Pride At Its Best

Cross-Country Area Meet - Oct 8th

For the month of September, Poplar Bank students were practicing their running skills during their lunch hour to prepare for the area meet. On October 8th, 90 students attended the cross-country area meet at George Richardson Park. It was a great day with 24 students placing in the Top 40, and 13 students qualifying for Regionals!

The Grade 5 Girls Team of Nadia J. (14th) Caitlyn J. (16th), Jackie Y. (18th), Sophi C. (29th) and Ella W. (48th) finished in 2nd place overall.

The Grade 6 Girls Team of Caroline A. (2nd), Olivia A. (4th), Kaitlyn H. (26th), Laura A. (27th), Alejandra G. (30th) also finished in 2nd place overall. Both teams will be heading to Regionals.

Joining them will be Tia M. (Gr.4) who finished 10th, Michael M. (Gr.7) who finished 2nd, and Jenica W. (Gr.8) who finished 2nd.

Good luck to all 13 participants at Regionals on Oct 15!



Many thanks to their wonderful coaches; Mme. Sampson, Mme. Tummon & Mme. Wansbrough!



Cross-Country Regional Meet - Oct 15th

On October 15th, 13 Poplar Bank students represented our school at the Regional Cross-Country Meet at Bruce's Mill in Stouffville. It was an exciting day and our students had some great results!

Congratulations to Caroline A. (2nd), Olivia A. (2nd), Michael M.(3rd) and Jenica W. (2nd) for your top place finishes!

The Grade 6 Girls Team (Caroline, Olivia, Kaitlyn, Alejandra and Laura) finished an overall 5th place with their team score!

Thank you again to our amazing coaches Mme. Sampson, Mme. Tummon, and Mme. Wansbrough!!

Grade 4	
Tia M.	39th
Grade 5	
Jackie Y.	66th
Sophi C.	107th
Nadia J.	113th
Ella W.	127th
Caitlyn J.	129th
Grade 6	
Caroline A.	2nd
Olivia A.	3rd
Michael M.	3rd
Alejandra G.	106th
Kaitlyn H.	116th
Laura A.	157th
Grade 8	
Jenica W.	2nd





School Council November Update

School Council is off to a very busy year! Thank you to all the parents and families who are showing support for our initiatives. Our activities and fundraising support our school and kids! Here is an update on what's happening:

- ◆ Thank you to everyone who has ordered magazines through our **QSP** campaign. A portion of sales continues to go back to Poplar Bank for any sales during the year on QSP.CA using code 3738911.
- ◆ So far this year school council funded \$1000 for supply teachers to allow coaches/teachers to take 90 students to Area Cross-Country and students to Regional Cross Country. \$5000 was directed to technology in classrooms. \$500 was allocated towards an author visit for the grade 1 and 2 classes.
- ◆ December 9th is one of our main allocation meetings and other projects and activities will be funded then. Revenue from Fun Festival, QSP, lunch programs, and other fundraising support a variety of programs and activities.
- ◆ We had a presentation from Jenny Krughkov, our Public Health Nurse to talk about **Healthy Schools** and different projects that can encourage healthy activity and well-being for our students. Our Healthy Schools committee has subsequently met and is off on a number of different projects – see the Healthy Schools update on Pages 6/7 for all the details as they take on the challenge of improving our outdoor space, activity at recess, and more.
- ◆ **School Cash Online** is a new system this year that allows the school to collect funds for school trips, activities, etc. Using this system for ordering of school lunches will save many, many hours of volunteer time previously spent counting money, sorting cheques, and compiling orders. Your support in using this system is much appreciated! Overall orders are down this term. We hope as more people register for this program, our orders will increase again for January.
- ◆ Our next meeting is scheduled for Wednesday, December 9th at 6:45 p.m. in the school library. You can visit our Twitter account for council and school news, community events, and parent resources. We are **@PoplarBankSC** and you can view the Twitter feed via our school website, as well.

Library News - Canadian Author Visits



In mid-September, seven Canadian authors (Kelley Armstrong, Eric Walters, Marthe Jocelyn, Norah McClintock, Vicki Grant, Teresa Toten, and Kathy Kacer) released a seven-book series called "The Secrets". Fourteen York Region schools were chosen for a special presentation regarding The Secret Series. On October 7th, Poplar Bank's Grade 6's, 7's and 8's welcomed Marthe Jocelyn with open arms!

Marthe Jocelyn talked about how the books in the new series start with a girls' orphanage that burns down. She said that the younger girls were found foster homes, but the older girls (main characters: Dot, Malou, Sara, Tess, Toni, Cady and Betty) were sent off with a bit of pocket money and a clue to their past. While Marthe Jocelyn was here, she also talked about some of her other books. Did you know she's also an illustrator? She wrote a few kids books with her daughter.

Later that day, six of the authors went to a couple of local book stores to promote and sign books, and some of Poplar Bank's students were there.

Our school was also invited to an author meet and greet/book reading event in Thornhill at Brownridge Public School. Several students from our school attended, along with their parents and our librarian, Mme Hodge.

by Alicia S (Grade 7)

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 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.



Healthy Schools

A group of 7 parents and 2 teachers met October 22 with our school public health nurse to discuss needs and ideas for Poplar Bank related to Healthy Schools. Many parents have contributed ideas and concerns.



Here are a few of the discussion items :

- ◆ need more activities outside for kids to play with (balls, etc.)
- ◆ junior students would also like access to the playground structures
- ◆ tarmac outside has no games or lines drawn, like foursquare
- ◆ challenge of having bins outdoors and roofed/lost balls
- ◆ physical activity during winter and especially during cold snaps when there are many indoor recesses in a row
- ◆ desolate look of schoolyard
- ◆ students unhappy with the type of playground structures that have replaced the old playground
- ◆ Crunchy Munchy is a great program, how to continue to encourage healthy eating
- ◆ is a community garden possible
- ◆ importance of including students in creating/running Healthy Schools programs

Here are some of the immediate action items :

- ◆ Until the end of November grade 4&5 students will have access to the playground Tuesdays and Thursdays at morning recess. Feedback will be reviewed at the end of the month.
- ◆ A parent is donating bags of tennis balls for students use outside
- ◆ Mme. Sampson & Mme. Nicholson going through older gym equipment supplies to find materials that can be used at recess
- ◆ We are investigating short and long term solutions for convenient storage for balls and equipment to be used at recess
- ◆ Working on establishing the York Region PLAY program, with a group of grade 4, 5, and 6 students receiving leadership training that will have them leading sports and activities with primary students in the school yard.
- ◆ Discussion and action on how to get balls outside and collect them
- ◆ Parents will be making a site visit to Hartman P.S. that built a permanent shed for outdoor storage and runs a full PLAY program with rotating equipment and activities daily
- ◆ Three parents are meeting with the Town of Newmarket to discuss the playground structure
- ◆ Crunchy Munchy is rotating in new choices of healthy fruits, vegetables, and grains
- ◆ Lines on tarmac for games being costed

Healthy Schools (cont'd)

This is only the start of our Healthy Schools plans for this year and beyond. We have a high energy group with expertise and passion for building a healthy school. If you have ideas, or see a way you could help with any of these plans, please get in touch with one of these parents, or e-mail jbrettfraser@rogers.com Jennifer Brett Fraser, Karen Peck, Jenny Krughkov, Amy Seiling-Fisher, Veronica Jouaneh, Edna Bazante, Alex & Jilan Koch, Susan Moy-Glauser.

Our first action item as a Healthy Schools team is to improve recess time, and the activity of our kids. We will be setting up boxes in each classroom for students to take out equipment and **RETURN** to their class at the end of the recess period. We are trying to keep this as low cost as possible and need your support! Please look through your garage or shed for equipment that is not being used, or pick up something to donate. We are accepting: soccer balls, skipping rope, sidewalk chalk, badminton racquets & birdies, bouncing balls for four-square. Have an idea or other resources to share? Please get in touch!



MONTHLY NEWSLETTER

November 2015



HEART &
STROKE
FOUNDATION

Heart&Stroke
JUMP
ROPE FOR HEART

Tip of the Month

Don't smoke			Keep blood pressure 120/80 or lower
Exercise five days a week for 30 minutes at a time or in divided increments			Eat a heart healthy diet, preferably Mediterranean in nature
Maintain a normal body weight and waist circumference of less than 35 inches			Limit alcohol intake to one drink daily maximum

Question of the Month

Q. How much exercise does my child need to be healthy?

More than 90 per cent of Canadian children aged five to 17 do not get the recommended 60 minutes of moderate-to-vigorous-intensity physical activity each day. "Parents often think that an hour a week on a sports team is enough for their kids," says Matthew Mayer, exercise physiologist, Heart and Stroke Foundation. "It's a great start, but it's not enough. Kids who are active for at least an hour a day feel happier, they do better at school and are healthier" Mayer adds.

Whether an activity is moderate or vigorous depends on the child's fitness level. Moderate activities will get children sweating a bit and breathing harder; playground games or bike riding are great examples. Vigorous activities will cause children to sweat and "be out of breath;" examples include running or swimming.

Recipe of the Month

Creamy Corn and Ham Soup (Recipe provided by Dairy Farmers of Canada ©)

- 2 tsp (10 mL) vegetable oil
- 6 cups (1.5 L) fresh corn niblets or 26 oz (750 g) defrosted frozen corn niblets
- 1 onion, chopped
- 3 cups (750 mL) 1% milk
- 3/4 cup (175 mL) ham, diced small
- 1 red bell pepper, diced small
- 1/4 cup (50 mL) fresh chives, chopped
- Pepper to taste

Directions

1. In a saucepan, heat half the oil over medium-high heat.
2. Sauté the corn and onion for 5 minutes, stirring. Add milk, season with pepper and bring to a boil.
3. Reduce heat to medium-low, cover and simmer 12 minutes.
4. With a slotted spoon, strain out 1 cup (250 mL) of niblets and set aside. Purée the remaining soup using a hand blender and strain. Adjust seasoning.

Topping

1. In a frying pan, heat remaining oil over medium heat.
2. Add ham and red pepper and cook 5 minutes.
3. Add the reserved corn and chives.
4. Divide hot soup into bowls. Spoon topping into center and serve.



Nutritional Information Per serving (1 of 8) Calories 157, Protein 9g, Total Fat 3g, Saturated Fat 1g, Cholesterol 10mg, Carbohydrates 26g, Fibre 3g, Sugars 8g, Added sugars 0g, Sodium 203mg, Potassium 434mg.

*"If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. **There are no limits...**there are only plateaus; and you must not stay there, **you must go beyond them**"*

Bruce Lee