



Poplar Bank News

We are a Respectful and Caring School

December 2014

Issue 4

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<http://poplarbank.ps.yrdsb.ca/>

School Improvement Plan
Respectful School
Differentiated Instruction and Assessment

Happy Holidays Everyone!

The Staff at Poplar Bank would like to wish all the families and friends of our School Community a very happy holiday season. We also extend our best wishes for a happy, peaceful, healthy and prosperous New Year in 2015!



LUNCH ASSISTANTS NEEDED AT POPLAR BANK

Poplar Bank is in need of hiring lunch assistants in the New Year to supervise students during the lunch hour. It is a paid position. Please call our office for further information.

Upcoming Events

Dec. 3rd School Council Mtg.

Dec. 9th Jr. Girls Volleyball Area

Dec. 11th Jr. Boys Volleyball Area

Dec. 18th Winter Celebration of Music 6:30-7:30pm

Dec. 22nd Winter Break

Jan. 5th First Day Back at School

Jan.15th Gr. 1 French Immersion Information Night



Fall Term Progress Reports

On November 13th, we were very pleased to see so many parents come out for parent interviews and discuss their child's progress, strengths and next steps for growth. If you have not had a chance to speak to your child's teacher this fall, please feel free to contact him/her by calling the school office. Your feedback is very important! In February 2015 you will receive more information on your child's progress and achievement in the provincial Term One Report Card.



Poplar Bank Intramural Sports Program

Sr. Boys & Girls' Volleyball Team

Congratulations to the girls and boys team for excellent participation during the area tournaments. Way to Go! Sr. Girls Team members are Crystal, Sneha, Seema, Kira, Rachel, Amanda, Jenna, Ashley, Katrina, Talia, Robyn, and Jordanna. Thank you Coach Green.

Sr. Boys Team members are Daniel, Arsheeya, Yussef, Nicolas M, Nicholas M, Richard, Gabriel, Denton, Liukkor, and Kaleb. Thank you coaches Sampson and Wansbrough!



Thank you to the Snack Shack Helpers who fundraised for the month of November
Jordanna, Michaela, Michelle, and Lauren.

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 conditions. Thank you for your cooperation on 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.



Holiday Toiletry Drive

Poplar Bank Public School will be participating in a community out-reach program this holiday season. From December 1st-18th, we are asking students and staff to bring in toiletry items from the following list. The donations should not be gift wrapped and must be individually packaged (rather than a “bulk” set), and need to be in the original packaging. All contributions will be dropped off at the Newmarket Food Bank on December 19th. Along with food, the Food Bank distributes much needed toiletry items to those in need in our local community.

Thank-you for your support of this important initiative!

Primary (grades 1-3): soap, toothbrushes, toothpaste, facial tissue (kleenex)

Junior (grades 4-6): shampoo, shower gel, nail clippers

Intermediate (grades 7-8): deodorant, shaving cream, disposable razors

Staff: toilet paper, sanitary products



R E S P E C T

The grade 8 students were involved in the Remembrance Day celebration that took place on Nov.11, 2014. They showed RESPECT during the assembly, and many of them helped in various ways. They reflected on RESPECTING soldiers, peace, and those in the service industry in writing their Remembrance Day post-cards.



Remembrance Day Assembly

On November 11th, we joined together as a school community and had a memorable Remembrance Day Assembly. It was great to see parents and friends of Poplar Bank at the assembly. Such an assembly is not possible without the work and collaboration of many people. Thank you to all of the classes for making the beautiful wreaths. Thank you also to our staff organizing committee and their students.

Library News

In November, the grade 7 and 8 students participated in a presentation from the Newmarket Public Library about some of the many resources available through the NPL website, as well as in the library itself. You may wish to visit the library over the holidays or check out their site at www.newmarketpl.ca



Thanks once again to all who supported our recent Book Fair! We especially appreciate the many food donations for the Newmarket Food Bank. This was a great way to help the local community and enter a draw to win some books.

Draw winners were Isabel from grade 1, Tyler from grade 2, and Brody from grade 5. The grand prize winner was Janna from Mme Slessor's grade 5 class. She won \$25 in books for herself and \$25 for her class!

Our team of amazing volunteers included our student library helpers, as well as parents Edna Bazante, Jody DeGagne, Amy Fischer and Rachel Rizzi.

Student Safety

No Parking in the Fire Route at Front of School



NO PARKING

At the front of the school we have a “Kiss & Ride” where parents may drop off or pick-up their child. It is not a

place where parents or visitors can park their vehicle and leave it unattended. In recent months, a few people have received hefty tickets from the York Regional Police for parking in this “Kiss & Ride” because it is a **FIRE ROUTE**. If there is a fire or emergency, fire trucks and emergency response vehicles will not be able to get proper access to the school.

Thank you in advance for your cooperation on this safety matter.

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

The bus loop is to be used by buses only for the pick up and drop off of students. Cars are NOT ALLOWED to go through the bus loop as indicated by the “No Entry” sign 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.



School Council December Update

Thank you to all families who participated in our QSP and Lamontagne fundraisers this fall. At the School Council November meeting we were able to contribute \$5000 towards technology in our school that will go towards purchasing laptops and iPads for our classrooms. Our December meeting takes place Wednesday December 3 at 6:45pm and will allocate other funds to school priorities.

We are very thankful for the many parents and grandparents who have contributed their time and energy to school council initiatives so far this year. We have a team of parents

helping with Pizza Lunches on Thursdays, preparing our healthy Crunchy Munchy snacks every week, and participating on committees such as Fun Festival. We invite everyone in the Poplar Bank community to join us for a family skate on the last day of school in 2014 at the RiverWalk Commons in Newmarket. We'll see you at the rink between 6:30 – 8 pm on Friday December 19th.

To contact School Council please email:
poplar.bank.ps@sc.yrdsb.edu.on.ca
or drop by a council meeting!



Winter Electives Day

Winter Electives are here again! On January 30th and February 6th and 27th, 2015, students from Grade 1 to 8 will be participating in a variety of different electives. Primary students will be skating and may want to try on their helmets and skates to make sure that they fit.



ECO Team

The Eco-Team's latest initiative is having members 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 containers.

We want to congratulate Mme Kendall, Mme Smith, Mme Mc Graw and especially Mme Moubarak's classes for the excellent effort they are putting into helping the environment by making eco-friendly decisions every day. (Mme McDonald's art room is reminded to 'turn off the lights' to conserve energy when you leave the 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

Notes from the Music Room

CONCERT NEWS!!!!!!

“Winter Celebration of Music”, “Une celebration hivernale de la musique” will take place on:

THURSDAY, DECEMBER 18TH from 6:30-7:30pm in the gym at Poplar Bank PS.

The students who will be performing are: All grade 1-3 classes, Primary Choir, Calixa Lavallee, Stage Band

All primary students will need to arrive at 6:15pm.

Intermediate students will need to arrive at 6:45.

Please stay tuned for information regarding holding rooms and attire for the performances. This year, the Primary Choir will not need to wear their music t-shirt.



Congratulations to CALIXA LAVALLEE who performed at the “QUEST” conference on Thursday, November 20th. They sang beautifully and everyone was impressed with their caliber of singing!

French Immersion Registration

Information sessions for the French Immersion (FI) program will take place at Poplar Bank P.S. on January 15, 2015 at 7 p.m. FI registration will begin January 16, 2015. In order to streamline the registration process, parents or guardians of Senior Kindergarten students entering Grade 1 in 2015, and wishing to enroll in the FI Program, can visit or call the school office 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 Poplar Bank P.S. To register between January 16 and February 13, 2015. This eliminates the need to provide duplicate enrollment information or to pre-register.

YRDSB's FI Accommodation Plan provides long-term consistency and equity of access to all students 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 1-8 FI program may be provided over more than one school during the course of a student's FI education. This will allow flexibility in addressing community needs and the opportunity to use existing space in schools. More information is available on the Board's website: www.yrdsb.ca. Please note: Some of the FI accommodation plans will require facility modifications or the development of new schools and will require short-term transition plans that might include overflow while we work toward the long-term vision. Overflow refers to situations in which the Board directs students to attend a school other than their community school or optional program for a specific period of time, as defined in Policy #108.





Heart and Stroke Corner—December 2014 Edition

Tip of the Month

Host An Active Holiday Party: At times during the holidays we sometimes feel like we've eating too much and moved not enough! Here are some ideas to still party hearty- but also healthy- this holiday season! **ACTIVITIES:** *Pull out the tubes and toboggans and head to a local hill — don't forget the hot chocolate! *Rent some ice time and have a good ol' hockey game *Meet at a laser tag center or indoor climbing gym for an hour of fun before everyone heads to your house for nibbles *Give a holiday twist to favorite party games: Musical chairs, holiday charades, pin the carrot on the snowman **FOOD:** *Pour your favorite soup into a slow cooker, and guests can serve themselves (See Recipe Below) *Serve veggies with healthy dips: salsa, hummus —and perennial kid fav — ranch dressing (choose the reduced fat version) *Replace chips with air-popped popcorn or healthy party mix



Recipe of the Month

Hearty Tuscan Soup

As the nights get colder, this soup is the perfect addition to the weeknight meal repertoire. Whether you cook it on the stove or in the slow cooker, you'll want to snuggle up with a bowl on the couch or serve it at your next holiday party.

Nutritional Information (per serving – 1 cup): Calories: 138, Protein: 7g, Fat: 2 g, Saturated Fat: 0 g, Dietary cholesterol: 0 mg, Carbohydrate: 25 g, Dietary fibre: 5 g, Sugars: 6g Sodium: 351 mg, Potassium: 531 mg

Ingredients

- 15 mL (1 tbsp) extra virgin olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 10 mL (2 tsp) dried oregano leaves
- 5 mL (1 tsp) dried basil leaves
- 2 mL (1/2 tsp) hot pepper flakes
- 125 mL (1/2 cup) brown rice
- 1 can (796 mL/28 oz) no salt added stewed tomatoes
- 750 mL (3 cups) sodium reduced chicken or vegetable broth
- 1 can (540 mL/19 oz) mixed beans, drained and rinsed
- 1 pkg (300 g/10 oz) frozen chopped spinach

Directions

1. In soup pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano, basil and hot pepper flakes for about 10 minutes or until softened. Stir in rice to coat.
2. Add tomatoes, broth, beans and spinach; bring to boil. Cover and simmer for about 40 minutes or until rice is tender.
3. Slow cooker variation: Combine all the ingredients in slow cooker and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
4. Frozen vegetable option: Omit spinach and add 500 mL (2 cups) frozen mixed vegetables

Question of the Month

Q: How can I give my holiday cookie tray a healthy makeover?

A: It is possible to slash calories and boost the nutritional value of your favorite baked treats without sacrificing flavor.

1) Choose better fat: Switch to oil instead of butter or lard for your baked goods. **2)** Use nutritious flour: Swap out the all-purpose white flour, and bake cookies made from whole grain wheat, oat, barley, quinoa, chickpea or almond flour instead **3)** Try a no-bake approach: For quick and delicious pseudo-cookies (that look like rum balls!) use your favorite nut butter, and blend in oats, dried fruit or nuts. Look online for “no bake cookies” to find great recipes **4)** Add healthy ingredients: Instead of candy-coated chocolate or toffee bits, choose recipes that call for nutritious ingredients, such as: nuts, dried fruit, seeds, bran buds, shredded apple or carrots **5)** Cut back on calories from fat: Replace up to half of the fat in recipes with pureed black beans, pureed sweet potato or squash or apple sauce. Your cookies will be more dense and moist, and will still be delicious! This also ups the fibre content!

Homework Support for Math



There are many ways in which you can support your child with the math concepts learned in class. Our students learn best when material is made into some sort of a game. Whether it is bingo, memory or any other “game” type situation, most students will find themselves very much engaged in the task. Below are a few ideas or tips for at home support as well as websites that you may find useful.

- Create math vocabulary flashcards for daily review
- Create a math memory game Ex. Match the pattern picture with the pattern rule, the 3D shape with two descriptions etc...

Helpful Websites:

<http://soutien67.free.fr> : The site contains resources and activities for all subject areas of elementary school.

<http://lasourisweb.com> : La Souris’ page has a number of links to resources in French for elementary school-aged children.

www.pepit.be : This site has numerous activities which children can use to reinforce skills learned in the classroom. These activities are organized by grade/age level as well as subject area. Simply scroll down and select!

<http://www.edu.gov.on.ca/elearning/homework.html> : This website is helpful for students in Grades 7 & 8 who need support at home for Math. This is an online tutoring resource that has been made available to you by our Ministry of Education.

Mme Gwyn

Math Lead Teacher

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