

# Ramer Wood Public School

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Mrs. Carol Pink

Superintendent of Schools  
Mr. Paul Valle  
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Mr. Allan Tam  
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## From the Office

January/February 2019

### *Happy New Year and Welcome Back to School!*

Thank you to the entire Ramer Wood Public School community for an exciting four months. As a learning community we have set high expectations and we certainly intend to keep doing the little things in order to achieve the big things. We also wish Ms. Ghadirian, who has been our prep coverage teacher well and welcome to Ms. Rand-Jones who is returning from leave the end of January.

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Throughout Term One our goals of Mathematics, Equity and Mental Health and Well-being as outlined by YRDSB, are interconnected in our School Plan for Improvement. As we continue to build our partnership with families and the community, we applaud you for attending, supporting and cheering on your child(ren) in school events, volunteering in many ways and working with teachers to support learning. Our School Council members contribute by responding to issues integral to improving student achievement. School Council, along with your support are fundraising towards the purchasing of technology resources and other school materials to ensure your child experiences the various 21<sup>st</sup> century learning opportunities. **Please join us at our next School Council meeting on Wednesday, February 13 a 6:30 p.m.**

Our staff at Ramer Wood Public School continues to develop an inclusive and respectful school climate through distributive leadership; bringing equity, innovation, knowledge, skills and passion towards improving student achievement. Let us also highlight some of our student and staff involvement in the many opportunities available including morning announcements, Girls and Boys Junior and Intermediate Sports, Intermediate Trips to Maple High School and the learning received around coding, JK Observation Week, Gr. 6 VIP Program, Gr. 2 Fire Department Program, Student Leadership Spirit Days, and our monthly Leader by Example Assemblies and our annual Winter Concert. A huge thank you to our volunteers, as well as cooperative education students from Markville High School who have all worked responsibly in supporting programs and healthy living initiatives throughout the first term.

Your child is bringing home their First Term Report Card on February 13, 2019. This report contains information relating to both your child's learning skills and academic performance relative to the Ministry of Education's grade level expectations. Both of these areas are important. If students do not have good or excellent learning skills, then this may impact their ability to perform academically to the best of their ability. If your child is still receiving an N (needs improvement) or an S (satisfactory) in any of the learning skills, then attention must be paid to their personal goals. When you read your child's report with them talk about how you can support their intended improvements for the second term of school. Your child's teacher will comment on how he or she will be supported at school. These learning skills are life skills, which, when mastered, may support students to future success regardless of the academic/career pathways they choose.

**Upcoming P.A. Day:**  
**Friday, January 18, 2019**

Please visit the school website:  
[www.ramerwood.ps.yrdsb.ca](http://www.ramerwood.ps.yrdsb.ca)

We appreciate your ongoing support and invite you to keep this vibrant partnership happening! Our strength is effective communication of a shared purpose and common vision which is continued student progress and achievement for all.

*Kind regards,*  
**Mrs. Carol Pink, Principal**

**Next School Council Meeting:**  
**Wednesday, February 13, 2019**



## Kindergarten Registration to Commence January 18, 2019

Kindergarten registration will commence on January 18, 2019 for the 2019-20 school year. Registration forms are available on YRDSB's website: [www.yrdsb.ca](http://www.yrdsb.ca).

Children who turn four or five years old during 2019, live within the school boundary and whose parents are public school tax supporters will be eligible to register for kindergarten. A kindergarten information session for parents is being planned for this spring.

For more information please visit the YRDSB website or contact our school office at (905) 471-6512.



## Student Attendance

Regular and punctual attendance affects school success and is expected of all students. It is important that students, families and school staff work together to ensure regular attendance.

Our school day begins at 8:45 a.m. Students are expected to be in class, on time. As stated in the YRDSB Guide to the School Year 2018-2019.

**Parents/guardians are expected to notify the school as soon as possible if your child will be absent or late".** All attendance is recorded on EDSBY. **Please be advised that all students need to be on time for the start at 8:45 a.m. and after lunch at 1:35 p.m. of the each school day.**

We do our best work as a school when students are present, and late arrivals miss out on classroom instruction.



Community and Health Services  
Public Health Branch

## Be food safe when packing lunches

Keep children safe by using these four simple food safety steps when preparing and packing lunches and snacks:

- **Clean:** Wash your hands before preparing food. Wash all fruits and vegetables (even those that are pre-washed and those with skins or rinds) under cool running water. Wash lunch bags and storage containers every day.
- **Chill:** Use an insulated lunch bag with ice packs to ensure that food is kept cold at 4°C (40°F) or below. Refrigerate foods prepared ahead of time until you are ready to pack lunch.
- **Cook:** Use an insulated thermal container to keep lunches hot at 60°C (140°F) or above. Bring soups to a rolling boil and stir prior to packing them in a thermal container.
- **Separate:** Store lunches in the fridge above and away from raw meat, poultry and/or seafood. Throw out any hazardous foods (such as cheese, sandwiches and yogurt) that come home in your child's lunch bag.



For more information about creating a healthy school food culture, visit [brightbites.ca](http://brightbites.ca)

This material is provided by York Region Public Health.



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## REESOR PARK PUBLIC SCHOOL

69 Wootton Way  
Markham, Ontario  
L3P 2Y5

**Tel:** 905.294.6558  
**Fax:** 905.294.7722

### Grade 1 French Immersion Information Sessions and Registrations

#### Information Sessions

Information sessions for Grade 1 entry into the French Immersion (FI) program will take place at French Immersion schools that have a Grade 1 program on January 17, 2019 at 7 p.m.

Please visit YRDSB's website in January 2019 <http://www.yrdsb.ca/Programs/fi/Pages/Program-Locations.aspx> to find the FI program location for your elementary school location.

#### Registration

FI registration will begin on January 18, 2019. Parents or guardians of Senior Kindergarten students entering Grade 1 in 2019, and wishing to enrol in the FI Program, can visit or call their home school office and request an *Office Index Card - short version*. This 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 the designated FI program location to register, between January 18 and February 8, 2019. Registration during this period is not first come, first served.

#### Late Registrations

Late registrations are those submitted after February 8, 2019. Late registrations will be treated on a first-come, first-served basis and will be considered subsequent to registrations received during the registration period should overflow be necessary.

#### Accommodation Plan

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. Space requirements at some schools may mean that siblings are in different schools for primary dual track French Immersion programs due to differing grade structures. Like any of our schools across the Board, changes to school boundaries, and/or the accommodation model for the French Immersion program may need to be considered when new schools open, a school experiences enrolment growth, and program changes occur. 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](http://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.

Lynne Girdler  
Principal, Reesor Park Public School



## Extreme Weather Conditions – Winter

During the cold winter months it is important that students come to school dressed for the weather conditions. This includes: boots, hats, scarves, snow pants, warm coats and mittens or gloves. We also encourage having an extra pair of socks and pants in our child's bag, in case they get wet.

All students are expected to go out for morning recess and lunch hour recess, weather permitting. We monitor the weather throughout the day, including temperature, wind chill, sun/cloud conditions and wind velocity. In [extreme weather conditions](#), such as ice pellets or extremely high wind chill factors, the Administration may decide to shorten recess breaks or keep students indoors.

Students with illnesses serious enough to prevent them from participating in recess or other outdoor activities should stay at home until their condition improves. This will also prevent the spread of illness to others.



## WOULD YOU ENJOY COLLABORATIVELY LEARNING THE ONTARIO CURRICULUM THROUGH THE ARTS?

If so, the York Region District School Board offers an **Elementary Integrated Arts Program** at Baythorn Public School. If you are currently in grades **four or five**, you may apply for the **arts@baythorn program**, where you will have the opportunity to explore the disciplines of Dance, Drama, Visual Arts, and Music in a **cooperative learning environment**.

To learn more about the **arts@baythorn** program, you and your family are invited to attend an information evening at Baythorn Public School on:

**Thursday, January 17, 2019 @ 7:00 p.m.**

Applications will be available at [bit.ly/arts\\_application2019](http://bit.ly/arts_application2019) online after the January 17th, 2019 info night.

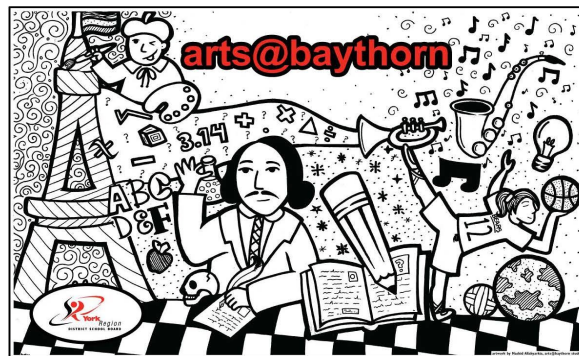
APPLICATION DEADLINE: FEBRUARY 9TH, 2019 AT 4:00 PM

If you require further information, please call us at Baythorn Public School (905) 889-7992.

Kate Kurek  
Principal

The Arts Team

Aileen Matrakoukas  
Vice Principal



Community and Health Services  
Public Health Branch

## Dress for winter play

In Canada, it's cold from December to March. Here are some tips to keep your children warm and comfortable at school:

- Dress children in three layers – an inner layer to keep moisture away from skin; a middle layer to retain body heat; and an outer wind-breaking layer
- Let children put on their own outerwear at home so they know how to do so at school too
- Pack extra dry clothes such as socks, mitts and pants, and remind children to change as soon as they get their clothing wet
- Have them wear a hat that covers their ears and head
- Try a neck warmer without loose ends that covers their chin and face
- Have them wear mitts instead of gloves; mitts help keep their fingers together and warm
- Have them wear boots that are roomy enough for wool socks and their toes
- Stay active in the cold – make snow angels and build snow castles to keep warm
- Learn more about staying warm in [extreme cold](#)

Children dressed for the weather are always ready to play with other children at school and feel included. Taking breaks outside the classroom helps children learn, be attentive and focus.

For more information on physical activity visit [york.ca/healthyschools](http://york.ca/healthyschools)

This material is provided by York Region Public Health.



## Math Corner - January Activities

### Questioning

Using effective questions when talking about math, supports the development of your child's mathematical reasoning. The use of questioning provides children with opportunities to share and clarify their ideas, draw conclusions, and explain and explore new strategies. With good intention, we often rush to provide our children all the information they need to solve a math problem. By giving your child this information too quickly, they may not think deeply about the problem or engage in [mathematical thinking](#).

Here is a list of questions you can ask to support your child's mathematical thinking:

- How did you solve the problem?
- What did you do?
- What strategy did you use?
- How did you estimate what the answer could be?
- What would happen if ...?
- Tell me what is the same? What is different?
- How do you know?
- How did you know where ...?
- How did you know which ...?
- How did you know when ...?
- How do you know your/our answer is reasonable?
- Would this work every time? Can you/we think of any examples that don't work?
- Have you/we found all the possibilities? How do you/we know?
- What have you/we discovered about \_\_\_\_\_ while solving this problem?

What have you/we learned?

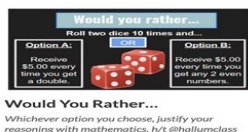
### Activities:

#### Primary/Junior - Math Before Bed

On [Math Before Bed](#) there are a variety of images that promote mathematical thinking. Show your child an image and ask them "what do you notice? what are you wondering about?". This promotes mathematical thinking - and then you can have them investigate one of their wonderings and come up with a solution. What a great time to ask them the questions above to really uncover what they are thinking!! <https://mathbeforebed.com/>

#### Junior/Intermediate - Would You Rather Math

On this site, there are a variety of scenarios that your child will be able to make a choice and use reasoning skills to justify their mathematical thinking.



Whichever option is chosen, justify your reasoning with math! <http://www.wouldyourathermath.com/>

To find out what your child will learn in math this year or to find other fun activities that you can do together as a family, please visit <http://www.yrdsb.ca/Programs/Math/Pages/default.aspx>.

## JANUARY 2019 - ACTIVE SCHOOL TRAVEL NEWSLETTER

**Welcome back!** For January, we have some tips for how to get outside and still have fun in the cold, including while you're walking or wheeling to school or the bus stop.

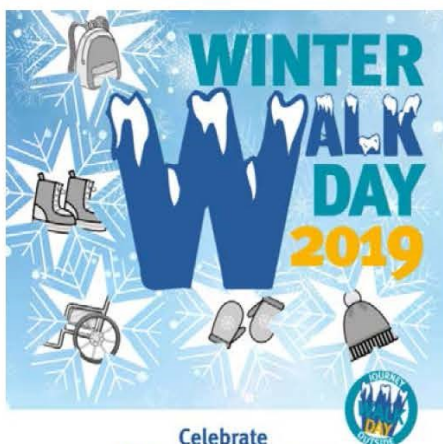
- Being dressed for the weather is the first step to enjoying the outdoors. Here are a few suggestions on how to stay warm:
  - Wear a base layer
  - Wear an insulating layer (wool socks, shirt and pants but not jeans or cotton)
  - Wear an outer shell (windproof jacket with a hood and snow pants with elastic or velcro fastening at the cuff)
  - Wear insulated waterproof snow boots
  - Have a hat that covers the ears (and a spare!)
  - Add a neck warmer
  - Finish with waterproof mittens
- Keep moving!
- Eat high-fat snacks to keep your body going.
- Drink water! Even though it's cold, the air is dry and your body can become dehydrated.

### February 6th, 2019 is Winter Walk Day!

Winter Walk Day is celebrated by schools across Canada on the first Wednesday of February each year. Walking and wheeling to and from school is fun every day, so we encourage you to journey outside throughout the entire month of February!



Winter Walk Day – February 6, 2019



Schools can visit <http://ontarioactiveschooltravel.ca/winter-walk-day/> to plan and promote a day for your school community. There are posters, activities and more! Let us know if you are interested in participating so we can support you! If interested please contact Reena Mistry [reena.mistry@yrdsb.ca](mailto:reena.mistry@yrdsb.ca).





# Playing it **safe** this winter

Injury prevention plays a key role in keeping children safe



**Check the weather forecast**  
before heading out into the cold

**Limit outdoor activity** when the temperature or wind chill factor falls below  $-25^{\circ}\text{C}$  ( $-13^{\circ}\text{F}$ )



**Play in safe areas,**  
as a family

**Children should always be supervised** by a responsible adult



**Sports equipment** should be free from damage, fit properly and provide good support



When playing on ice or snow,  
always wear a properly-fitted certified helmet for your winter activity



**Dress in layers** of warm, dry, reflective, windproof and waterproof clothing



**95% of all injuries** are both predictable and preventable

**Make sure winter play surfaces** are free of hazards – cracks, trees, rocks, bumps and bare spots and far from roads

**Ice on frozen ponds, rivers, lakes or canals** should be at least 10 cm thick before you walk on it

**Avoid areas** where there is visibly open water



Although all individuals are at risk of injury, children and youth are especially vulnerable



In York Region, unintentional injury in children under 20 years of age accounts for 10 deaths, 451 hospitalizations and 24,166 emergency room visits per year



Predictable and preventable injuries are the leading killer of Canadian children and youth under 20 years of age



The economic burden and cost of preventable injuries now stands at a staggering \$8.8 billion in Ontario and \$26.8 billion per year across Canada



In 2012, falls were the leading external cause of unintentional injury resulting in an ER visit among York Region children and youth under 20 years of age



Take obvious steps to eliminate safety hazards and prevent injuries by recognizing, changing and controlling unsafe environments, conditions and behaviours

**Help raise awareness of the impact of predictable and preventable injuries**



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**Community and Health Services**  
Public Health

**york.ca**

## CONCUSSION GUIDELINES FOR THE PARENTS/CAREGIVERS



### WHAT IS A CONCUSSION?

A concussion is a brain injury that cannot be seen on routine x-rays, CT scans, or MRIs. It affects the way your child may think and remember things, and can cause a variety of symptoms.

### WHAT ARE THE SYMPTOMS AND SIGNS OF CONCUSSION?

**YOUR CHILD DOES NOT NEED TO BE KNOCKED OUT (LOSE CONSCIOUSNESS) TO HAVE HAD A CONCUSSION.**

THINKING PROBLEMS	CHILD'S COMPLAINTS	OTHER PROBLEMS
<ul style="list-style-type: none"> <li>Does not know time, date, place, period of game, opposing team, score of game</li> <li>General confusion</li> <li>Cannot remember things that happened before and after the injury</li> <li>Knocked out</li> </ul>	<ul style="list-style-type: none"> <li>Headache</li> <li>Dizziness</li> <li>Feels dazed</li> <li>Feels "dinged" or stunned; "having my bell rung"</li> <li>Sees stars, flashing lights</li> <li>Ringing in the ears</li> <li>Sleepiness</li> <li>Loss of vision</li> <li>Sees double or blurry</li> <li>Stomachache, stomach pain, nausea</li> </ul>	<ul style="list-style-type: none"> <li>Poor coordination or balance</li> <li>Blank stare/glassy eyed</li> <li>Vomiting</li> <li>Slurred speech</li> <li>Slow to answer questions or follow directions</li> <li>Easily distracted</li> <li>Poor concentration</li> <li>Strange or inappropriate emotions (ie. laughing, crying, getting mad easily)</li> <li>Not playing as well</li> </ul>

### WHAT CAUSES A CONCUSSION?

Any blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion (ie. a ball to the head, being checked into the boards in hockey).

### WHAT SHOULD YOU DO IF YOUR CHILD GETS A CONCUSSION?

**YOUR CHILD SHOULD STOP PLAYING THE SPORT RIGHT AWAY.** They should not be left alone and should be seen by a doctor as soon as possible that day. If your child is knocked out, call an ambulance to take him/her to a hospital immediately. Do not move your child or remove any equipment such as helmets until the paramedics arrive.

### HOW LONG WILL IT TAKE FOR MY CHILD TO GET BETTER?

The signs and symptoms of a concussion often last for 7-10 days but may last much longer. In some cases, athletes may take many weeks or months to heal. Having had previous concussions may increase the chance that a person may take longer to heal.

### HOW IS A CONCUSSION TREATED?

**THE MOST IMPORTANT TREATMENT FOR A CONCUSSION IS REST.** The child should not exercise, go to school or do any activities that may make them worse, like riding a bike, play wrestling, reading, working on the computer or playing video games. If your child goes back to activities before they are completely better, they are more likely to get worse, and to have symptoms longer. Even though it is very hard for an active child to rest, this is the most important step.

**www.thinkfirst.ca**  
**Before you Return to Play!**

*The ThinkFirst Canada Concussion resources were developed based on the Zurich Guidelines outlined in the Consensus Statement on Concussion in Sport and have been reviewed with great thanks to the ThinkFirst Concussion Education and Awareness Committee.*



## CONCUSSION GUIDELINES FOR THE PARENTS/CAREGIVERS



Once your child is completely better at rest (all symptoms have resolved), they can start a step-wise increase in activities. It is important that your child is seen by a doctor before he/she begins the steps needed to return to activity, to make sure he/she is completely better. If possible, your child should be seen by a doctor with experience in treating concussions.

### WHEN CAN MY CHILD RETURN TO SCHOOL?

Sometimes children who have a concussion may find it hard to concentrate in school and may get a worse headache or feel sick to their stomach if they are in school. Children should stay home from school if their symptoms get worse while they are in class. Once they feel better, they can try going back to school part time to start (eg. for half days initially) and if they are okay with that, then they can go back full time.

### WHEN CAN MY CHILD RETURN TO SPORT?

**IT IS VERY IMPORTANT THAT YOUR CHILD NOT GO BACK TO SPORTS IF HE/SHE HAS ANY CONCUSSION SYMPTOMS OR SIGNS.** Return to sport and activity must follow a step-wise approach:

- STEP 1)** No activity, complete rest. Once back to normal and cleared by a doctor, go to step 2.
- STEP 2)** Light exercise such as walking or stationary cycling, for 10-15 minutes.
- STEP 3)** Sport specific aerobic activity (ie. skating in hockey, running in soccer), for 20-30 minutes. **NO CONTACT.**
- STEP 4)** "On field" practice such as ball drills, shooting drills, and other activities with **NO CONTACT** (ie. no checking, no heading the ball, etc.).
- STEP 5)** "On field" practice with body contact, once cleared by a doctor.
- STEP 6)** Game play.

**NOTE:** **EACH STEP MUST TAKE A MINIMUM OF ONE DAY.** If your child has any symptoms of a concussion (e.g. headache, feeling sick to his/her stomach) that come back either during activity, or later that day, your child should stop the activity immediately and rest until symptoms resolve, for a minimum of 24 hours. Your child should be seen by a doctor and cleared again before starting the step wise protocol again.

### WHEN SHOULD I TAKE MY CHILD TO THE DOCTOR?

Every child who gets a head injury should be seen by a doctor as soon as possible. Your child should go back to the doctor **IMMEDIATELY** if, after being told he/she has a concussion, he/she has worsening of symptoms such as:

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1. being more confused            | 5. not waking up              |
| 2. headache that is getting worse | 6. having any trouble walking |
| 3. vomiting more than twice       | 7. having a seizure           |
| 4. strange behaviour              |                               |

Problems caused by a head injury can get worse later that day or night. The child should not be left alone and should be checked throughout the night. If you have any concerns about the child's breathing or how they are sleeping, wake them up. Otherwise, let them sleep. If they seem to be getting worse, you should see your doctor immediately. **NO CHILD SHOULD GO BACK TO SPORT UNTIL THEY HAVE BEEN CLEARED TO DO SO BY A DOCTOR.**

**www.thinkfirst.ca**  
**Before you Return to Play!**

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**Message From Our Trustee**

Welcome back. I hope everyone is feeling refreshed following the winter break, and that you had a happy and safe holiday season. While the weather may be colder, I also hope that you had time to enjoy this beautiful season in Ontario.

It is my honour to serve as your school board trustee and to uphold the [values](#) of York Region District School Board. The new [Board of Trustees](#) was sworn in on December 3, following the October municipal elections. Together, we look forward to moving forward the four priorities outlined in the [Trustees' Multi-Year Strategic Plan](#):

- Foster well-being and mental health
- Build collaborative relationships
- Champion equity and inclusivity
- Empower ethical leadership

There are a lot of exciting things happening in our schools and classrooms to foster and support student well-being and mental health. Ask your child what's happening in their school, and how they take care of themselves. As adults, we often focus on the health and well-being of the children in our lives, but it's also essential that we take care of ourselves. Taking time to do the things we enjoy and nurture our own health is also important and helps to model a healthy and active lifestyle for our children.





An important part of my [role as a trustee](#) is to listen, and I look forward to connecting with members of our school community in the coming weeks and months. We will continue working to build collaborative relationships with our communities and to keep you informed about the things happening in the school board. I wish you all the best as we enter 2019.

Allan Tam  
Trustee – Markham Wards 4 and 5



## January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Winter Break	2	3	4	5	6
6 (Eastern Christmas)	7	8 	9	10	11 Grade 6 VIP Program	12
13	14 Grade 8 Markville S.S. Guidance Program	15 	16	17	18 P.A. DAY No School for Students	19
20	21	22 	23	24	25 Grade 6 VIP Program Area Junior Volleyball Tournament	26
27	28	29 	30	31 Leader by Example Assembly	Feb 1 PA Day No School for Students	