



February 2015

# Redstone Review

## Administrators' Message

**Diana Dal Bello and Jennifer Anderson**

It is hard to believe that we have moved into the second half of this school year! The time has been well spent with a great deal of academic success and growth demonstrated by each child throughout the school. It is also a very busy time in our school office with the planning for 2015-16 school year underway. In order for us to have an accurate picture of our student body, it is important that we account for all students expected to be with us next year. If you are planning to move from the Redstone Public School area this coming September, please notify the office with a note, phone call or email.

Your child's first term report card will be sent home on **Wednesday, February 18th, 2015.** These report cards are based on work completed during the first term and are written in accordance with the guidelines of the Ministry of Education's Growing Success policy. They include strengths and next steps and are written so that they are easily understood by parents and students. As always, please feel free to contact your child's teacher if you have any questions and concerns.

Looking ahead to February, staff and students will be celebrating Lunar New Year and Black History Month. We look forward to celebrating, in school, the various contributions that have been made.



**Redstone Public School**  
**235 Redstone Road**  
**Richmond Hill, Ontario**  
**L4S 2E2**

**Principal**

**Diana Dal Bello**

**Vice Principal**

**Jennifer Anderson**

**School Phone: 905-508-1073**

**Superintendent**

**Rita Russo**

**905-884-4477**

**Trustee**

**Carol Chan**

**905-881-8762**

**School Website**

**[www.redstone.ps.yrdsb.edu.on.ca](http://www.redstone.ps.yrdsb.edu.on.ca)**

**Transportation Services**

**1-866-287-7837**

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## School Council

We would like to thank members of our School Council for their continued support of our school Milk Program. It is a huge success and milk is enjoyed on a regular basis by many of our students.

Please note that our next School Council meeting will take place on **Monday, February 9th at 7pm** in the Library. Come on out and join us!

## WINTER TIPS

Dress for changes in the weather. Unless it is extremely cold or icy, students will go out for recess.

Send extra socks with younger children—they tend to like to play in the wet areas. Boots are a must for everyone.

Take extra precautions with your driving. The conditions change quickly during this time of year and we want to keep everyone safe.

*Treat the earth well. It was not given to you by your parents:  
it was loaned to you by your children*

*~An Ancient Kenyan Proverb*

## Intermediate Basketball

The Boys Intermediate Basketball are off to an excellent start. They have already won two tournaments, one at Ashton Meadows and one at Moraine Hills. The Girls Intermediate Basketball are beginning their tournament season and we look forward to positive results. The coaches of are impressed by the level of commitment displayed by both these teams. Thanks to Mr. Grey and Mr. Stoddart for leading the boys. And also a big thanks to the Girls' coaches, Mr. Dixon, Mr. Grey and Ms. Cancelli.

## Mixed Junior Volleyball Team

Congratulations to our junior co-ed volleyball team as they placed 3rd out of 12 teams at our area tournament. It was a fitting end to our outstanding season. The team has shown incredible growth, spirit, and sportsmanship. Thanks to all the parents who showed their support by driving and cheering us on at our games. Your coaches are proud of all of you!! Way to go Roadrunners!!!

Mrs. Cheung &  
Ms. Cancelli

Red Maple  
Tournament



## Host a student visiting from abroad

Can you offer ...

- a caring and secure environment
- an English speaking home
- a private room
- three meals (and snacks) daily
- a home within reasonable distance to a YRSDB school

*Families are compensated \$900/month to cover the cost of hosting (effective July 1, 2013). A Police Vulnerable Sector Check (PVSC) is required for every member of the household over age 18. School year and summer placements are available.*



homestay@yrdsb.edu.on.ca | 905 884 2046 ext 254  
www.yrdsb-international.ca



## Lunch Assistants Needed

If you are interested in working as a Lunch Assistant during the lunch hour, please contact Mrs. Muench in the office. We need persons who are available every day between 12:50 and 1:50 to supervise students during the lunch period.

## Message From Our Trustee

The arrival of February is an exciting and busy time in our schools. It marks the mid-point of the school year, the end of secondary exams and the arrival of mid-year report cards. February also brings us longer daylight hours, the beginning of the end to winter and of course, the excitement of the approaching spring break!

It is my hope that at this point, parents have seen signs of academic growth and development in their children. I encourage all parents to carefully review their child's report card and reflect on the learning that has taken place since September. Now is a good time to celebrate your child's accomplishments and set goals for the rest of the school year.

February may be the shortest of the 12 months, but it is a busy time. There is still lots of learning, and opportunities for growth, ahead. With that in mind, I wish you all an enjoyable and successful second term.

Sincerely,

Carol Chan  
Trustee

## York Region Arts Camp 2015

Experience the Arts  
in a New Way!

We are presently accepting applications from students interested in the York Region Arts Camp. The camp runs May 23rd—May 30th, 2015 at Camp White Pine in Haliburton, Ontario. The camp is suitable for students passionate about Drama, Dance, Music or Visual Arts.

York Region District School Board students from Grades 7 through 12 are eligible to apply.

Application Deadline:  
February 13, 2015

Please ask Mrs. Binicki, our Intermediate Visual Arts teacher, for further details and information.



## Take Note...

**PA Day—no school for students**

February 2

**Juniors at Snow Valley**

February 4

**Character Assembly 11:10**

February 6

**School Council 7:00**

February 9

**Carnaval de Redstone**

February 11

**No Homework Nights!**

February 12 & 13

**Intermediate Skating Trip**

February 13

**Family Day—No School**

February 16

**Pink Shirt Day**

February 25

**Intermediate Girls Area Basketball**

February 25

**Intermediate Boys Area Basketball**

February 26

**Character Assembly 1:50**

February 27



You may have seen our Greenies out reminding everyone to avoid idling in the drop-off zones. This causes unnecessary air pollution and it is very unpleasant for the teachers on duty who are breathing in all those fumes. Please help students get all their materials organized before getting in the car in the morning so drop-off can go smoothly and quickly, and remember that there are always teachers on duty making sure your children are safe after they are dropped off.



The Greenies are helping to keep things at Redstone green and clean! Thanks to our 'Eco Cops' and the hard work of our amazing caretakers, we are monitoring our green bins, recycling and garbage cans to see which classes are sorting their waste properly and working to minimize garbage. Please support our Great Garbage Can Challenge – an initiative to reduce the amount of garbage each class produces – by packing lunches and snacks with multi-use food containers and reusable water bottles. Thank you for helping us to teach our students to be environmentally conscious.

## Is Your Child Getting Enough Sleep?

AGE	TOTAL HOURS OF SLEEP	DAY TIME(NAPS) HOURS
1 week	16.5	8
1 month	15.5	6
3 months	15	5
6 months	14.25	3-4
9 months	14	3
12 months	13.75	2-3
18 months	13.5	2
2 years	13	1-2
3 years	12	1
4 years	11.5	
5 years	11	
6 years	10.75	
7 years	10.5	
8 years	10.25	
9 years	10	
10 years	9.75	
11 years	9.5	
12 years	9.25	
13 years	9.25	
14 years	9	
15 years	8.75	
16 years	8.5	
17 years	8.25	
18 years	8.25	

- Try to go to bed at the same time every night; this helps your body get into a routine.
- Follow a bedtime routine that is calming, such as taking a warm bath or reading.
- Limit foods and drinks that contain caffeine. These include some sodas and other drinks, like ice tea.
- Don't have a TV in your room. Research shows that kids who have one in their rooms sleep less. If you have a TV, turn it off when it's time to sleep.
- Don't watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Use your bed just for sleeping — not doing homework, reading, playing games, or talking on the phone. That way, you'll train your body to associate your bed with sleep.

**See the light in others, And treat them as if that is all you see**

~Dr. Wayne Dyer



## How can I get my child to eat breakfast?

Do you rush out the door for work with only a coffee in hand? Children learn best by watching their parents! Set a good example by giving yourself a few extra minutes in the morning to enjoy a healthy breakfast with your family. Here are some tips to make breakfasts quick and easy:

- Make pancakes or waffles ahead of time and freeze. Then just take out of the freezer and pop in the toaster. Serve with fruit and milk
- Boil and peel several eggs or make a few omelets one evening. Store in the fridge. Serve with toast and fruit
- Make a wrap by spreading peanut butter on a whole wheat pita or tortilla and wrap around a banana
- Make a quick breakfast shake with milk, yogurt, whole oats, frozen berries and a banana
- Enjoy a high-fibre cereal with milk and sliced fruit



For more information about how you can help your child's school create a healthy school nutrition environment, visit [www.nutritiontoolsforschools.ca](http://www.nutritiontoolsforschools.ca)



1-800-361-5653  
TTY: 1-866-252-9933

York Region Health Connection

Community and Health Services  
Public Health

[www.york.ca](http://www.york.ca)

