



Regency Acres P.S.

York Region District School Board



Regency Griffins

From the office of Regency Acres

December can be a hectic time for all of us. When we are stressed, it is good to smile, relax and let go of some of the things that are bothering us. It will go a long way in improving our mood and the mood of those around us. It is a good time to remember all of the good things in our lives. Family time is always important to make time for. Here are some suggestions:

Aurora Public Library: Visit their website for events <http://>

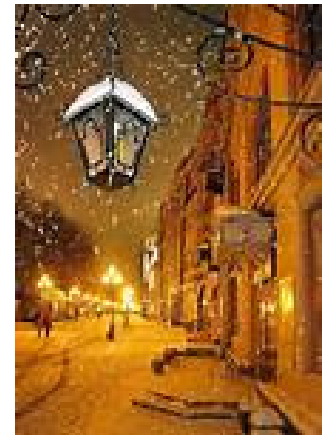
www.library.aurora.on.ca/

York-Durham Heritage Railway: Santa Train Rides from Nov 14 to Dec 16 2014 <http://www.ydhr.ca/trips-santatrain.php>

Go skating: Here is the Aurora Recreation Guide <http://www.aurora.ca/Thingstodo/Pages/Recreation/Skating-and-Shinney-Hockey.aspx>

Make some crafts. Google Crafts for kids or try: <http://www.enchantedlearning.com/crafts/>.

For those who celebrate Christmas, Merry Christmas, those who celebrate Hanukkah, Happy Hanukkah, those who celebrate Kwanza, Happy Kwanza. Whatever your plans or celebrations this holiday season, may they be wonderful, relaxing and full of enjoyment.



Season's Greetings from the Staff at Regency Acres P.S

In the spirit of the holidays, staff, students and parents are encouraged to support the work of the Aurora Lion's Club, Salvation Army and the Aurora Food Pantry through donations to the Regency Acres' 'Mitten Tree.' Rather than giving teacher

gifts', students are encouraged to place hats, mittens or food items under the mitten tree located in the school foyer. After placing your gift under the tree please complete a holiday card (beside mitten tree) for your child's teacher.

School Council has generously donated \$500 to our Mitten Tree Drive.



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Holiday Concert

Thursday, December 11,
7– 9 p.m.

Families and Friends of
Regency Acres are invited
to enjoy an evening
celebration of the Arts.



Come out and listen to the sound of
music as the Primary Choir sings for
your enjoyment.

The Grade 7 and 8 Bands will be
performing a selection of songs.

Art pieces created by students will
be on display.

All are welcome



KINDERGARTEN REGISTRATION EARLY 2015

Kindergarten registration will commence January 16, 2015 for the 2015-16 school year. Registration forms are available on YRDSB's website: www.yrdsb.ca. Children who turn four or five years old during 2015, 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 us.

Student Council

Student Council will be selling Candy Canes .50 cents each or 3 for \$1.00 on December 18. That will be the ONLY day that Candy Canes will be sold. Thank you.



Inclement Weather

The imminent arrival of winter reminds us of the possibility of snow days. The School Board cancels bus transportation should they believe that it is unsafe to send them out on the roads and if a long wait in the cold could put students at risk. On these days the schools remain open in order for our students to have a safe place to stay during the day.

Our teachers who are able to get to school provide programs for our students, although modified. We do not support students phoning their parents in order to go home once they have arrived. Please be reminded that the schools remain open and your children will be cared for, safe and busy.

A reminder that during inclement weather the following radio stations will be notified of any bus cancellations:

CJCL 590 AM; CKDX 88.5 FM;
640 AM; JACK 92.5 FM; NEWS
680 AM; CHAY 93.1 FM; CJBC
860 AM; CJEZ 97.3 FM; CFRB
1010 AM; CHFI 98.1 FM; CHUM
1050 AM; CHUM 104.5 FM;
CKFM 99.9 FM; CHIN 1540 AM;
CJBC 860 AM; CBC 99.1 FM.

Beginning in December all bus cancellation, inclement weather and school closure information will be available on our school website and Board website

QSP

A Message from QSP.

Go SHOPPING at www.QSP.ca and you'll be supporting our school at the same time. Our school group number is 9988 and the internet site is open to take your order 24 hours a day. No line-ups, no gift wrapping and free delivery anywhere in Canada. QSP also offers a free e-card service.

A gift of a magazine subscription is like giving a gift every month for an entire year!

THANK YOU FOR SUPPORTING OUR
FAMILY READING MAGAZINE
FUNDRAISING CAMPAIGN!



Check Us Out!

Link to Regency Acres Website.



Intermediate Tryouts

Basketball teams: Intermediate basketball tryouts will take place during the month of December. The tryout schedule is located outside of Mr. Lanning's room or on his website.



Thank you Gardening Club

The Gardening Club has been meeting weekly since October to start cleaning and cutting back the front garden in order to prepare for winter. We will meet in the spring when it is time to get back into the garden and move plants, cut back spring foliage, and of course, look for all those snails!!! Well done primary students and parents who also volunteered their time to complete some of those bigger tasks.

Healthy Living



Recently, Mrs. Knowles and Mrs. Moffitt's Grade 6 classroom worked on a Nutritional Project with Fast Food Restaurants using Google Docs, Excel Spreadsheet and the Internet. They examined local fast food restaurants to find out how many calories, how much sodium and how much fat are in a typical fast food meal. They visited, via the Internet, McDonalds, Burger King and Wendy's, entered data on a Excel Spreadsheet, made charts to go along with their spreadsheets and analyzed their results in a Google document.

Josh S.

"Recently, I did a project on McDonalds, learning about the sodium and calories in a McDonald's meal. I used four different parts of a meal. I chose a Big Mac, fries, diet coke and an apple pie. The reason I chose this meal is because it is what I believe an average customer would order. Once I had finished doing the research, I

was astonished by the amount of sodium and calories in the meal. There was a grand total of 983 calories and that meal alone was 85% of your daily sodium intake. That leaves a little more than a tenth of your sodium, that you should have, in your other two meals.

This is a perfect example of why so many people are unhealthy, due to high sodium in fast foods which can also lead to obesity. The reason sodium is bad for you is because it raises your blood pressure and dehydrates you. Most people eat double

and triple the amount of sodium than they should and I think it is all because of fast food. I now know that eating fast food too much is bad for you. I will do my best to limit it as much as possible. Looking both ways before crossing the street is just as important as looking at the label or checking the nutritional guides before eating your food."

Daily recommendation of sodium is 1500mg and a teaspoon of salt is 2300 mg. Most Canadians consume, on average, 3000 mg of salt, each day!

F.Y.I.....Sodium (positive)* helps with muscle contractions, sustains ph levels in your body fluids & maintains overall body function

Sodium (negative) * causes high blood pressure, heart attacks, dehydration and affects your body image.

Exposed! The Truth About Nitrates and Nitrites

Sometimes some of our favorite foods aren't always the healthiest options. It is easy to get overwhelmed when you are on a tight schedule at the grocery store and only have a few minutes to review the product labels before having to make a decision.

One of the biggest health concerns to be aware of when grocery shopping, for yourself and your family, are the sneaky additions of **nitrates** in many pre-packaged foods. Nitrates are chemical compounds that have lately caused a lot of stir and consumer confusion. You might have heard of this term before, but do you know if they are good or bad for you? Well, let's talk about that for a minute, just to clear a few things up!

So what are these nitrates/nitrites exactly?

The simplest answer is that they are salt.

More specifically, nitrates are naturally occurring compounds found in small amounts within fresh vegetables like red beets, spinach, broccoli and even in your water. When you consume nitrates, your body works to break them down and convert them into nitrites.

Now, before you stop eating broccoli forever, note that food containing naturally occurring nitrates are often also a source of other nutrients (vitamin C, for example), which prevent the conversion of nitrites then into more harmful compounds. Now here is where things get interesting. Some food manufactures purposely add very high amounts of nitrates into foods, like packaged deli meats, bacon and hotdogs to keep those items fresher longer, enhance flavours and even add a reddish/pinkish colour. You can often find these enhanced and potentially harmful levels listed on packaged foods as potassium nitrate or sodium nitrate.

The reason why eating prepackaged foods with high levels of nitrates (then nitrites when broken down by the body) can be harmful for you, is that very high amounts of nitrite within the body is believed to potentially cause health concerns, like cancer. Yikes! Much like anything we eat, too much of one thing isn't good, and that is especially true when it comes to nitrates. While we all might love our bacon from time-to-time, it's important for your health to minimize your nitrate consumption and remember that good quality vitamins and minerals are best absorbed from fresh foods.

Tips on making smart nitrate food choices:

One of the best things you can do is **avoid prepackaged foods** as they are often heavily layered with the unhealthy levels of nitrates.

Eat Fresh! – Buying fresh produce will help to ensure you are well covered from any scary stuff without even having to think about it.

Substitute that breakfast bacon for slices of green or red peppers for the same crunch.

Swap those lunch time deli meats for freshly cooked and sliced chicken breast (perhaps from dinner the night before) or have some tuna.

Instead of that hotdog, try making a ground turkey taco meal with salsa and lots of vegetable stuffing – everyone loves a make-your-own station, and you still get to eat with your hands!

Watch out for **sneaky nitrate-free brands**. These still may contain other unhealthy additives. Always remember the golden rule that **fresher is better**.

While it might seem hard to always make the right nitrate choice, after reading this, you should have a better handle on what they are, what to look out for and some healthy living alternatives.

Did you know?

Kid's Kitchen is here to take the guesswork out of healthy food planning! Lunches are delivered fresh and hot to children at the school at lunch time. Let us take care of ensuring your heart healthy meals.

To find out more details visit www.kidskitchen.ca or call us at 905-944-0210.