



# Silver Pines Public School

### *May/June Calendar of Events*



- May 4 – Gr 4 ROM Trip
- May 5 - Volunteer breakfast (7:45am-9:30am)
- May 5 – Gr 3 Pioneer Village trip
- May 5 – Jr. Girls Basketball Regionals
- May 6 – PA Day
- May 11 – Arts Night (7pm)
- May 17 – FitSpirit 5K Event
- May 17 – Gr 3 Swim to Survive
- May 18 – KG Orientation
- May 19 - Intermediate Badminton Regionals
- May 19 – Gr 7 Swim to Survive
- May 20 – Jump Rope 4 Heart
- May 24 – Gr 3 Swim to Survive
- May 25 – Special Needs Track & Field
- May 26 – Round the Bend Trip for KG
- May 26 – Gr 7 Swim to Survive
- May 31 – Gr 3 Swim to Survive
  
- June 1 – Fun Fair (3:30pm-6:30pm)
- June 2 – Gr 7 Swim to Survive
- June 3 – PA Day
- June 8/9 – Charlie's Angels (7pm)
- June 15 – 25<sup>th</sup> Anniversary
- June 15 – Area Track & Field
- June 23 – Graduation
- June 28 – Grade 8 Grad trip

**Principal:** Lindsey Diakiw | 905.508.7303  
**Vice Principal** Trish Yeates | 905.508.7303  
**Superintendent:** Rita Russo | 905.884.4477  
**Trustee :** Corrie McBain

<http://www.silverpines.ps.yrdsb.edu.on.ca>  
**SILVER PINES is on TWITTER @pines\_ps**



## *Message from Administration....*

In the coming two months we will be busy. We have our Charlie's Angels production and Kindergarten Information Night for our new parents. We have Music Night and our 25th Anniversary Open House as well as our Family play Day. Our Grade 3 and 6s will be involved in writing EQAO and our Junior intermediates will be competing in Track and Field. May and June are always the busiest months of the school year as we plan for next year while continuing our work to achieve academic success and well being for our students.

Our staff have been working on addressing our challenge of practice. We have been engaged in building a comprehensive math program across grades. Ensuring we have a balance of mini-lessons, meaningful problems and games and Puzzles.

Our Fun Fair on June 1st will be a community building event and be a lot of fun. Come, bring your family and friends. Food and fun for all ages!!

As the weather gets warmer encourage your child to walk or ride their bikes to school. Exercise improve their physical and mental health.

Our book fair was a huge success this year. We sold over \$6200 in books and other resources and I was able to select \$800 in new chapter books and picture books to add to our Library collection. As well, we now have \$1200 in cash rewards (our commission) that could be used for future resources for Silver Pines.

A BIG thank you to the many staff and parents who offered their time at recesses and lunches, to help out with the many roles needed to make the Fair run smoothly.

If you have any requests for class placement for your child please let your child's teacher know.

Please remember to be sun smart in the coming two months as we get warmer and sunnier days ahead. Have a wonderful spring!

Best Regards,

*Lindsey Diakiw*

Principal

*Trish Yeates*

Vice Principal

**SILVER PINES is on TWITTER**

**@pines\_ps**



We will be tweeting as often as possible Tweets will keep you informed of upcoming dates and reminders as well as interesting information and daily events happening at school. Follow us on twitter

# Be SUNSMART

One bad sunburn in childhood can double the risk of developing skin cancer (Canadian Cancer Society). Help protect you and your family:

- Reduce sun exposure between 11 a.m. and 4 p.m. or when the UV index is three or more
- Seek shade or create your own shade
- SLIP! on lightweight clothing that covers your arms and legs
- SLAP! on a wide brimmed hat and UV protected sunglasses with wraparound frames and even shading
- SLOP! on sunscreen and lip balm with SPF 30 or higher and reapply every two hours
- Keep babies under one year of age out of the direct sun

For health-related information call York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca/healthyschools](http://www.york.ca/healthyschools)

York Region



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## New Health Curriculum information Night and School Council

We will be having our School Council meeting on **Monday May the 2nd** and will be having a short presentation on the new Health curriculum that night. If you are interested in some information regarding this curriculum please join us at 7pm in the Library for our council meeting.



### A PARENT'S GUIDE

## TO THE REVISED HEALTH AND PHYSICAL EDUCATION CURRICULUM, GRADES 1 TO 12

In Ontario, the curriculum identifies what students should know and be able to do by the end of each grade or course.

**The curriculum supports students to develop the skills and knowledge to:**



Understand themselves and others



Think critically, and make and promote healthy choices



Develop and maintain healthy relationships



Be safe, physically and emotionally



Be physically active for life and thrive

## Big Box of Cards Fundraiser

Thank you everyone for supporting our school Fundraiser of the Big Box of Cards. We will be calculating the totals and awarding the prizes in the weeks to come. If you have not returned your one box and you have not sold a box then please return the box in tact to the school now. Thanks to everyone for their support.



### Summer Institute at Crosby Heights PS

Looking for fun! Looking for excitement! Then look no further than the Summer Institute at Crosby Heights Public School. The Summer Institute is fun way for kids to be active and engaged over the summer while still keeping up their overall academic skills. From athletics and cooking to crafts and technology; we have it all!

The program begins **July 4 and ends August 12, 2016**. Students have the option of joining for the whole 6 week session or by individual weeklong sessions. Transportation is not provided and the fees for the program can be found in our brochure on the YRDSB website under Programs and Services. As well, before and after care information is also available in the brochure.

<http://www.yrdsb.ca/Programs/summer/si/Pages/Summer-Institute-Registration.aspx>

Registrations have begun and please note that all registrations should be delivered/mailed to Dr. Bette Stephenson Centre for Learning, 36 Regatta Dr., Richmond Hill On. L4E 4R1 (905-884-2046).

If you have any questions please contact the Regional Summer institute Office at Dr. Bette Stephenson.

**We look forward to seeing you for fun and excitement this summer!**



## **Planning on Moving??**

Each year at this time we begin to plan our staffing and classes for the upcoming school year. It is important for us to know how many students to expect for September at Silver Pines grades JK to 8. If your children (grades JK to 7) will not be returning to our school in the fall, please inform the office as soon as possible

## **Class Placement Process**

At the end of May, current homeroom teachers, in consultation with receiving teachers, appropriate support staff and the school administration, work to develop balanced classes that strive to best meet the needs of all our students. All class placement decisions are made after extensive planning, preparation, and discussion on the part of many people. Our primary goal is to develop balanced classes that reflect the diversity of our community and allow the variety of interests and talents of our students to emerge. To this end we consider gender, academic ability, interest, talent, behaviour, and ethno-cultural background when developing our student lists.

After working with your child over the course of this year, your child's teachers have a very good understanding of your child's strengths and needs, both academic and social. Each new year brings opportunities for all students to meet new friends and expand their circle of acquaintances. For this reason, class placement decisions based on friendships will not be considered.

Please be aware that we do not accept requests for specific teachers and/or for particular groups of students to remain together.

If you have information about your child that may have an impact on his/her ability to learn effectively, you are encouraged to share that information with his/her teachers at the beginning and throughout the school year.

Your active support in helping your child remain positive about the new challenges ahead is important for a smooth transition to the new class.

## HYDRATION: A KEY TO GOOD HEALTH

Drinking more water is one of those things that we all know we should do, but did you know that staying properly hydrated is equally as important as eating healthy foods?

Ensuring that you are well hydrated aids in the removal of toxins from the body, the delivery of oxygen to your muscles and can help lower your body temperature when working out. While drinking enough water is a key method to ensure proper fluid intake for hydration, the amount of fluids you consume in a day can be counted from: water, ice cubes, milk, juices, broths, soups, popsicles, teas and coffee.

Health officials recommend you limit your intake of fruit juices (avoiding punches or fruit cocktail beverages) and popsicles on a daily basis due to higher sugar content. Teas and coffees, contrary to popular belief, when consumed in moderation are not found to be dehydrating.

### So how much fluid does each of us need and what does it really do for us?

In the past experts have expressed that for the average person, 8 glasses of water per day is the optimal amount. Health Canada conducted a review of data on fluid intake needs as part of the Dietary Reference Intake process and found that "there are a wide range of intake amounts compatible with normal hydration," and an individual's body weight and height can become factors when calculating daily intake needs.

The Dietitians of Canada and Eat Right Ontario recommend aiming for a daily fluid intake of approximately:

children 1-3 years old	3 cups	girls 14-18 years old	7 cups
children 4-8 years old	5 cups	boys 14-18 years old	10 cups
children 9-13 years old	7 cups		

With the summer approaching, remember that the more you sweat, the more water you should be consuming to properly rehydrate your body. The same goes for exercising. If you don't consume enough fluid your body finds it difficult to produce enough sweat to regulate your internal temperature, which can lead serious conditions such as heat stroke.

You also need fluids to help your kidneys function properly. The kidneys are one of the most important organs in the human body as they remove toxins from the blood and body. Ensuring that you are consuming water on a day-to-day basis helps to promote internal kidney health.

Dehydration is serious business, and nothing to mess around with. Signs and symptoms that you are becoming (or are) dehydrated include, but are not limited to feeling sleepy, sluggish, hot, irritable, thirsty and hungry.

### Here are a few suggestions on how to be mindful of your water intake throughout the day:

Keep a Post-It-Note or notepad on your desk and write down how many glasses you have in a day, or alternatively write 1-10 and cross off each number after each glass.

Carry a reusable water container. Keep water with you as a reminder to take a few sips throughout the day to help reach your target.

There are many helpful phone apps like, Waterlogged or MyFitnessPal, that help you track your water intake.

Did you know that even sometimes when you think you feel hungry, you are actually just thirsty? As a helpful tip, when you feel like you want to start snacking, try having a glass of water first and then waiting 5-10 minutes to see if your hunger dissipates. If you find you are still hungry, then continue on to a healthy snack or meal. Looking to elevate the flavour of water? Try adding in cucumber slices & lemon, or raspberry & mint leaves, or lime & peach slices, or strawberry & basil leaves.





# MATH—COUNT YOURSELF IN!

## Make math part of everyday life!

“What are some math activities I can do to support my child’s math learning at home?”

### Math games

On no-homework days, quiet evenings, and during vacations, play math games. Math puzzles and games can show that math is fun. They also require trial-and-error thinking, enhance numeracy and logical thinking, and promote discussion. Many mathematicians say a love of puzzles and games inspired their math abilities.

### Math on TV

Watch educational television programs. Many offer websites with activities to do together, including free games, apps, math crafts, and songs.

### Math at the grocery store

Take your child grocery shopping. The grocery store is full of great math opportunities. You can talk to your child about how to weigh fruit on a scale or how to estimate the total cost of items as you fill your cart.

### Math in computer games

If your children enjoy playing on the computer, introduce them to fun and educational web-based games, such as “Mathfrog” and “Calculation Nation.”



*You are their idol. They look up to you. They don’t do a good job listening to you, but they do a fantastic job imitating you.*

– Karl Subban, retired Toronto school principal and father of three

### Calculating Time Children Spend at Home vs. School (Birth–Age 18)

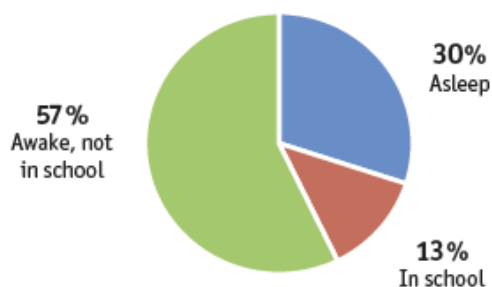
If a child sleeps for 8 hours in each 24-hour day:

- 8 hours asleep and 16 hours awake
- $365 \text{ days/year} \times 18 \text{ years} = 6,570 \text{ days}$
- $6,570 \text{ days} \times 16 \text{ waking hours/day} = 105,120 \text{ waking hours at age 18}$
- Average 6 hours/day at school
- Average 180 school days/year
- $180 \text{ school days/year} \times 6 \text{ hours/school day} = 1,080 \text{ hours/school year}$
- $1,080 \text{ hours/school year} \times 13 \text{ school years [kindergarten + 12 years through high school]} = 14,040 \text{ school hours}$
- $14,040 \text{ school hours} \div 105,120 \text{ waking hours} = .13356$

OR

Just 13.36% of all waking hours by age 18 have been spent in school!

How children really spend their time (Birth–18 years)





## MATH MANIA IN MAY

Math is all around us! Math is everywhere!

This month in the Learning Commons we are running Math Mania to promote mathematics and literature. All students will be given\* a Math Mania Passport and encouraged to take out various math books and/or books that have math in it, during the entire month of May. For every math book that students borrow, their Math Mania

Passport will be stamped. Once a student's Passport is filled (Primary students need to get 5 stamps and Junior/Intermediate students need to get 3 stamps) they can drop off their Passport in a box in the Learning Commons for a chance to win a \$10.00 Indigo gift card. The draw will be held on Tuesday May 31st and there will be three \$10.00 gift cards raffled off (one for Primary, one for Junior and one for Intermediate).

Stamps will be provided during regular Library exchange times. Primary classes can have their Passports stamped by their homeroom teacher during their book exchange.

## Makerspace

At first it was only an experiment, a trial, and we never thought that it could become something like this. For all of you we present our 2nd exhibition. Come and see our technology through time, eco friendly ideas, and makerspace constructions



## Donate old electronics

Do you have old electronics and items cluttering your home? Well you have got the chance to donate them to our Makerspace!



## Lightbulb in a bottle

The idea of the lightbulb in a bottle is an **eco-friendly** and easy idea to do. It is 100% **eco** idea and it could be used as a nightlight or a Christmas ornament and Ours will be on display

