



# Silver Pines Public School

## May | June Calendar of Events

### May

- 1st - Silver Pines Film Festival "What's in a Name?"
- 3rd - Kortright Centre trip for Gr 4
- 8th - Pioneer Village trip for Gr 3
- 9th/16th/23rd - Swim to Survive for Gr 7 (Pappas)
- 10th - Ripley's Aquarium trip for Gr 6
- 14th - Track & Field at Silver Pines PS
- 14th - Track & Field for Special Needs (Stouffville Arena)
- 14th - Round the Bend trip for Gr 1
- 15th - Round the Bend trip for Kindergarten
- 15th - Arts & Music Night at 7pm
- 17th - Immunizations for Gr 7
- 20th - Victoria Day NO SCHOOL
- 21st to 31st - EQAO testing for Gr 3 and Gr 6
- 29th - Kindergarten Orientation at 6pm



### June

- 3rd - PA Day NO SCHOOL
- 4th - Jump Rope for Heart
- 6th/13th/20th - Swim to Survive for Gr 7 (Kaduk/Radia)
- 6th - Area Track & Field (Langstaff SS)
- 11th/18th/25th - Swim to Survive for Gr 3
- 13th - Grade 8 Graduation trip to Rinx
- 21st - WE Day / Soccer 4 Sick Kids Tournament
- 25th - Graduation for Gr 8 (The Avenue Banquet Hall)
- 27th - Last day of School

**Principal:** Lindsey Diakiw | 905.508.7303

**Vice Principal:** Lisa Hascal | 905.508.7303

**Superintendent:** Liz Davis | 905.884.4477

**Trustee:** Corrie McBain

<http://www.silverpines.ps.yrdsb.ca>

Follow us on twitter: @pines\_ps



## ***Message from Administration.....***

Spring has sprung and so have many new and exciting opportunities and activities at Silver Pines Public School. We are excited to roll out the red carpet for our annual film festival on Wednesday, May 1st. This year, the title of our festival is "What's in a Name?" We look forward to seeing you there!

Our athletics department is providing many opportunities for our students to stay active. In April, our Girls and Boys basketball teams will put their newly acquired skills to the test at our area tournaments. We wish them the best of luck! We also have many other events lined up for May and June including Swim to Survive, Arts Night, Track and Field and Jump Rope for Heart. At the end of May, our Grade 3 and 6 students will partake in the provincial EQAO assessments. Details will be sent at a later date. As we approach the final months of school, we begin the process of organizing classrooms for September. We work hard at placing students in the most positive learning environment possible. We take into account the students' learning styles, personality traits, social dynamics, and gender balance. If you would like to share in this process, you are invited to send information about how your child learns best and any other pertinent information that will assist us in making the best placement possible.

Please do not ask for a particular teacher. Staff teaching assignments see continual adjustments to the end of the school year and occasionally into the summer months.

With the warm weather back again, please encourage your child to walk or ride their bikes to school. Exercise improves their physical and mental well-being. Be sure to review safety rules when moving to these new activities. Also, please remember to be sun-smart and protect your children's skin against potential harmful rays.

Thank you for your understanding and cooperation as we work together for the well-being of all our students. Enjoy the warmer weather!

*Lindsey Diakinw*

Principal

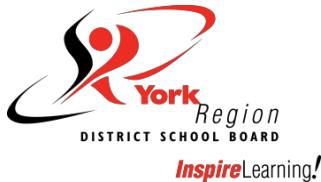
*Lisa Hascal*

Vice Principal

### **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





Looking for summer learning and fun activities for students entering Senior Kindergarten to Grade 8? Summer Institute offers academic, recreational and athletic programs and activities with intentional links to the Ontario Curriculum.

The program runs for six weeks during July and August. It is offered at 11 school sites around York Region.

For more information on dates, programs and locations, please visit the Summer Institute page on [www.yrdsb.ca](http://www.yrdsb.ca).

Registration opens March 7. Families can now register online, as well as in person or by mail.

<a href="#">Aldergrove SI @ Aldergrove PS</a>	150 Aldergrove Dr., Unionville
<a href="#">Armadale S.I.</a>	11 Coppard Ave., Markham
<a href="#">Crosby Heights S.I.</a>	190 Neal Drive, Richmond Hill
<a href="#">Discovery S.I. located at Teston Village PS</a>	80 Murray Farm Lane, Maple
<a href="#">Lakeside S.I.</a>	213 Shorecrest Road, Keswick
<a href="#">Lake Wilcox S.I.</a>	80 Wildwood Ave., Richmond Hill
<a href="#">Maple Leaf S.I. located at Glen Cedar PS</a>	915 Wayne Dr., Newmarket
<a href="#">Milliken Mills S.I. located at Highgate PS</a>	35 Highgate Dr., Markham
<a href="#">Oscar Peterson S.I.</a>	850 Hoover Park Drive, Stouffville
<a href="#">Sixteenth Avenue S.I.</a>	400 Sixteenth Avenue, Richmond Hill
<a href="#">Unionville Meadows S.I.</a>	355 South Unionville Ave., Markham
<a href="#">Woodbridge S.I.</a>	60 Burwick Avenue, Woodbridge



# The Importance of Spatial Reasoning



Spatial reasoning is the ability to mentally manipulate shapes and orientate ourselves in everyday environments. These skills are an essential part of learning math, science and engineering. Engaging toddlers early in activities like puzzles may help improve spatial reasoning skills over time.

Studies show parents can do simple tasks to [foster math skills in preschoolers](#). Similarly, parents can also nurture spatial skills in a child. Here are tips to remember next time you play a puzzle or blocks with your toddler.

## Use the right words

[Preschool children](#) who hear their parents use spatial terms to describe the size and shape of objects, and then use those words themselves, perform better on tests of their spatial skills. Spatial terms are:

- words that describe shapes, such as "round," "square," "corner," and "straight edge"
- words that describe spatial concepts, such as "over," "under," "little," and "big"

Choose activities that require you to use spatial terms, such as blocks or puzzles. These activities give a child more opportunity to talk about spatial shapes and features.

You can also use spatial terms in daily activities, such as when cutting vegetables while preparing a meal.

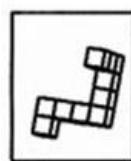
## Use gestures

Providing a gesture along with the spatial word helps children improve a child's understanding of the word. For example, when describing the spatial word "straight," move your hand straight up and down. Or trace what a corner looks like in the air. Using gestures gives children clues to the meaning of these words.

## Praise efforts, not results

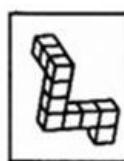
Many studies show praising a child's efforts nurtures a child's internal motivation to learn. While engaging with your child, give the appropriate type of praise. Do not say "You are good at puzzles." This type of praise focuses on performance and implies that [success is the result of innate ability](#), not effort. Eventually, the child will find a puzzle she is not good at, and may become discouraged. Instead, say "You did a good job building that castle!" or "That puzzle looked really hard, but you kept trying and you did it!"

Original:

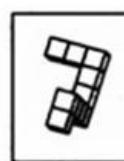


Two of these four shapes match the original.

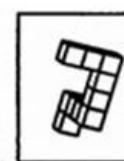
Which ones match?



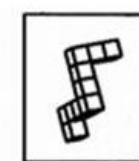
A



B



C



D



Welcome to Kindergarten (WTK) is a wonderful opportunity for families, schools and community partners to come together and celebrate active early learning. Active early learning ensures a smooth transition to school for every child. [Welcome to Kindergarten for All Children](#) shows that WTK Family Orientation sessions are for every child.

WTK has partnered with Chirp Magazine to provide a special WTK Chirp edition in our WTK bag of family resources this year. Chirp has also partnered with CBC to provide a series of [Online Chirp Episodes](#) that are very appropriate for children's viewing.

These online episodes are wonderful for families to view together with their children. They also provide wonderful opportunities for follow up with fun art, dress-up or simple science related activities. This type of family engagement that creates play-based activity and conversation is at the root of children's healthy, optimal growth and development.

Welcome to Kindergarten (WTK) programming provides a wonderful opportunity for families to engage with their new school and celebrate active play based learning that is the foundation for children's healthy, optimal growth and development.

That initial WTK family and school engagement starts a relationship that needs to be nurtured in supporting children throughout their school experience. Dr. Michelann Parr, from Nipissing University's Schulich School of Education, shares anecdotes, experiences, and practices related to family and school engagement in her most informative blog: ["engaging families, engaging schools"](#).

***Talk Read Sing Play every day!  
Kindergarten Orientation is May 29th at 6pm***

## **BIKE TO SCHOOL WEEK: May 27th to May 31st**



Let's get rolling! Bike to School Week runs from May 27 – 31. We ask all schools to register their schools by May 10<sup>th</sup> and actively promote Bike to School Week! All schools that register by May 10<sup>th</sup> will receive a package of incentives via school courier from York Region, while supplies last. The package includes a bike repair kit, valve lights, reflective bands, bicycle bells, front lights, posters and stickers! This package can be used as prizes to motivate students. Schools that registers after May 10<sup>th</sup>, will be notified where they can pick up an incentive package.

- To register visit the Bike Month website <http://www.bikemonth.ca/biketoschool>
- To assist in promotion at your school, visit the Getting Started Page <http://www.bikemonth.ca/getting-started>
- For free York Region general and event posters, visit the Event Posters Page <http://www.bikemonth.ca/posters>

If your school is planning a Bike to School Week event or celebration or require assistance to get started, email: [activeschooltravel@yrdsb.ca](mailto:activeschooltravel@yrdsb.ca)

## 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:

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.

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		

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.





**YORK HILLS CENTRE FOR CHILDREN, YOUTH  
AND FAMILIES PRESENTS...  
COFFEE AND CONVERSATION. A SERIES OF  
WORKSHOPS OPEN TO ALL OF THE COMMUNITY**

# **CHILDREN'S MENTAL HEALTH WEEK MAY 6- 11, 2019**

***Admission is free of charge***

## **Workshop Topics Include:**

- Working in Partnership with Schools
- Conscious Parenting
- The Importance of Play
- Gaming Addictions
- ADHD
- Anxiety

**Location: 402 Bloomington Road, Aurora, Ontario  
905-773-4323**

**To register for a workshop- please see the eventbrite link on the back of this flyer.**

# Workshop Descriptions

## **Monday May 6, 2019 - Working in Partnership with the school board to support child and youth mental health 6:30 - 8:30 PM**

It can be challenging to navigate how to work with your child's school when a young person is experiencing a mental health need. Families and caregivers may have questions about how much or what to share, or what support may be available. At YRDSB we are committed to working with families to support students mental health and well-being each day. This workshop will discuss strategies for working in partnership with your child's school to support their mental health, well-being and school success.

Presenter: Heather Carter, BA, BSW, MSW, RSW

To register visit: <https://www.eventbrite.com/e/york-hills-presents-working-in-partnership-with-the-school-board-to-support-child-and-youth-mental-health-tickets-58675358577>

## **Tuesday May 7, 2019 - Conscious Parenting 6:30 - 8:30 PM**

This workshop will provide parents of adolescents an opportunity to better understand their children and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? And why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these triggers. Conscious parenting includes awareness of ourselves as individuals, as parents and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of the workshop is introduce you to the concept of Conscious Parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

Presenter: Abner Lico, MEd DPE, Dipl-Psych, RP Member, CAPT

To register visit: <https://www.eventbrite.com/e/york-hills-presents-conscious-parenting-tickets-58855111222>

## **Wednesday May 8, 2019 - Please excuse the mess, we are making memories... the importance of play! 6:30 - 8:30 PM**

Time spent playing with your child is never wasted. This workshop presents that value of play across the lifespan with a focus on why our children need us to play with them and why we need our children to play with us. We will address why children need to play with suggestions of how to make space for play in busy lives. We will address ways to manage technology so that play can happen across different age groups. A combination of discussion, activity and sharing of resources will give participants a toolkit of strategies and ideas for use at home.

Presenter: Janet MacQuarrie, RP, Carolynne Warton, MA, RP

To register visit: <https://www.eventbrite.com/e/york-hills-presents-please-excuse-the-mess-we-are-making-memories-the-importance-of-play-tickets-58855540506>

## **Thursday May 9, 2019 -Everything you ever wanted to know about gaming addiction 6:30 - 8:30 PM**

Are you worried about the time your child is spending playing video games? Do you wonder how much is "too much"? Gaming addiction has become a current issue for many parents/caregivers of kids and teens, along with a focus on internet addiction. Join, for an evening discussing internet and gaming addiction, what warning signs to look out for, and what to do and where to turn if you suspect your child is addicted to video games.

Presenter: Stephanie Kersta, MSC, RP, and Carolyn Plater MSW, RSW

To register visit: <https://www.eventbrite.com/e/york-hills-presents-everything-you-ever-wanted-to-know-about-gaming-addiction-tickets-58856590647>

## **Friday May 10, 2019 - Bringing Your Family Into Focus 6:30 - 8:30 PM**

Being a parent can be the most rewarding and challenging job many adults will have in their lifetime. Most parents want to raise children to be happy, independent and successful but worry that mental health struggles may get in the way. The goal of this workshop is to provide valuable information to support caregivers of children and adolescents who experience challenges with focusing attention and managing impulsivity. Topics will include: understanding attentional problems, understanding how the brain comes into play, discovering family strengths and resources, coping strategies for caregivers and school based strategies for success.

Presenter: Shannon Freud, MSW, RSW and Stephanie DMello M.A, CP, RP (Qualifying), C.C.C.

To register visit : <https://www.eventbrite.com/e/york-hills-presents-bringing-your-family-into-focus-tickets-58857291744>

**York Hills Centre for Children, Youth and Families presents:**  
**Parenting your Anxious Child**

**What does anxiety look like in  
children and youth?**

**Join the conversation to learn about:**

**The cycle of anxiety**

**Signs and symptoms of anxious  
children/youth**

**Helpful strategies that  
parents/caregivers can use to  
support their child and more...**

**Presenters:**

**Jennifer Scott, RSSW, RP and  
Beverly Hilton, MSW, RSW**

**Location: Our Lady of the Lake Catholic College School  
185 Glenwoods Ave, Keswick Ontario, L4P 2W6**

**Part 1: Tuesday May 7, 2019**

**Part 2: Wednesday May 8, 2019**

**Time: 6:30 p.m.- 9:00 PM**

**To Register for both part 1 and part 2 through the Eventbrite**

**Part 1 - <https://www.eventbrite.ca/e/york-hills-presents-parenting-your-anxious-child-part-1-tickets-59324101986>**

**Part 2 - <https://www.eventbrite.com/e/york-hills-presents-parenting-your-anxious-child-part-2-tickets-59326642585>**

