

MAY 2017



The Stonebridge Story

168 Stonebridge Dr., Markham L6C 2Z8

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Follow us on twitter: @stonebridgePS

A Message from the Administration

PRINCIPAL
Yvonne Chan

VICE-PRINCIPAL
Shelley Jones

SUPERINTENDENT
Erik Kilji

TRUSTEE
Billy Pang

Secretaries

- Mrs. Fernandez
- Mrs. Khan
- Ms. Shum

School Day Schedule

8:45 am Entry

8:55-10:35
Learning Block

10:35 - 11:05
Recess

11:05- 12:45
Learning Block

12:45-1:45
Lunch

1:45-3:25
Learning Block

3:25
Dismissal

This school year, to improve student achievement and well-being at Stonebridge, we have worked on a variety of Mental Health strategies. We kicked off our work in December with a month of gratitude where students throughout the school focused on being thankful for both the big and little things in their lives. Many of our primary classes practice breathing strategies and mindfulness activities to help students be ready to learn on a regular basis. In the winter months, several of our teachers participated in a Resiliency Project where they participated in three days of training and returned to school to implement this learning in their work with students. One of the main concepts we have been learning about is Self-Compassion. More information can be found about Self-Compassion on page 3.

In order to engage parents and the community in supporting the well-being and mental health of our students, we hosted an evening about "Fostering Academic Success Through Resiliency". Our teachers created centres for parents to explore breathing strategies, understanding the brain and making stress balls. Michelle Cassidy, the Mental Health lead with YRDSB was our guest speaker for the evening. She emphasized the importance of the parent-child relationships and that the time spent with your child promotes good mental health. Family meal time was one strategy that Michelle outlined to help support the need to belong. She suggests that at least once a week, the family share a meal together where there is no technology, and positive conversation. Michelle was kind enough to share her presentation with us and it has been added to our website. There are many web resources and books listed at the end of her presentation that you might be interested in.

At the end of May each school year, our grade 3 and 6 students write a provincial wide assessment on reading, writing and math. This year our Grade 3 students will be writing EQAO on Wednesday, May 24th; Thursday, May 25th, and Friday May 26th. Students in Grade 6 will be writing from Tuesday, May 30th to Thursday, June 1st, 2017. We ask that you make every attempt to ensure that your grade 3 or grade 6 student is at school on time, rested and ready to do his/her best work during this provincial assessment. If you have any questions or concerns, please contact your child's homeroom teacher.

It is hard to believe that we only have two months left in the 2016/2017 school year. The weather is getting warmer and soon it will begin to feel like summer. At school, we will continue to be very focused on curriculum expectations right through to the end of the school year. With the warmer weather and longer days, it is important to encourage a balance between homework completion and outside play at home. Children need 60 minutes of heart pumping activity each day to be healthy. This activity helps children to improve their fitness, grow strong, maintain a healthy body weight and do better in school. Reducing the amount of screen time (TV, computers, Nintendo DS and iPods/phones) will give children enough time to play outside, complete their homework and read every night.

Yvonne Chan and Shelley Jones

Stonebridge School Council News

School Council

Members

2016-2017

Co-chair

Garth Morris

Siva Mylswamy

Treasurer

Wendy Wei Sun

Council Members

Sharon Seecharan

Hermeet Parmar

Micol Mihaila

Ting (Ken) Xu

Frank Liu

Virginea Ho

Betty Lum

Zahra Husain

The Stonebridge School Council is proud to present our first Fantastic Fun Fair. All families are welcome to join us for an evening of fun rides and attractions. We look forward to seeing you all out to celebrate our school and community.

The next School Council meeting will be held on Monday, June 5th, 2017 from 6:30 pm to 8:00 pm in the Staff Room for our final meeting of the year. Everyone is welcome. Thank you for your support,

The School Council



Mental Health Week at Stonebridge

Intermediate students in Ms. Gangbar's class and Ms. Toszegi's class at Stonebridge have been learning about self compassion. They have been learning about the importance of self-care and being kind to yourself. These grade 7 and 8 students have been sharing their learning with all the students at Stonebridge through a bulletin board titled "I MATTER". Parents can help us in our learning by talking about these concepts at home.

Self-Compassion: Having self-compassion means acting the same way towards yourself when you are having a difficult time as you would act towards another person. **Self-compassion means you are kind and understanding to yourself when confronted with personal failings - after all, who ever said you were supposed to be perfect?**

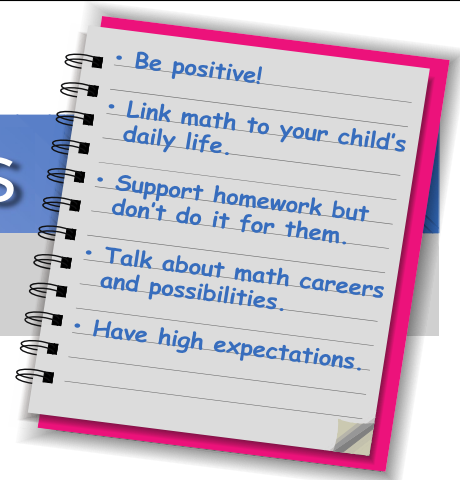


All student in grades 2-8 will be talking in their classrooms about the importance of self-compassion. They will be viewing statements of positive self affirmations such as "If you believe in yourself, anything is possible", "I am me and I am Okay!", and "I believe in my dreams.". They will have the opportunity to create their own motivational art to hang in the classrooms and hallways of Stonebridge.

Our Kindergarten and grade 1 students will be reading a book called "How Are you Peeling?" and talking about emotions. This book helps children to think and talk about their own emotions and learn to recognize emotions in themselves and others.

Math Tips for Parents

Supporting math learning and encouraging your child to love math



You are a math teacher!

We all know that reading with a child helps literacy skills, and that playing sports in the backyard teaches the value of teamwork and being physically active. But where are the life lessons for mathematics?

The truth is that we all use mathematics many times each day, but often don't realize it. From trips to the grocery store to swinging in a hammock, math is part of our daily lives.

Don't underestimate your own math skills. You can help your child learn math!

"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 NHL hockey players (P.K., Malcolm and Justin)

Math in everyday life

It is important to help children recognize that everyone uses math all the time. Here are tips to help your child have a positive attitude about mathematics.

Make learning math a positive experience. Don't talk negatively about math to your child—it can lead to "math anxiety" (a proven cause of low achievement).

When helping with homework, follow the method being taught. Don't teach short cuts that could confuse your child. Do not say, "Let me show you my way – it's simpler and faster."

Be relaxed and positive. You are not expected to be an expert. You are there to encourage learning.

This edition of "Math Tips for Parents" was written by Lynda Colgan, Associate Professor and Director, Queen's Community Outreach Centre, Faculty of Education, Queen's University

Healthy Bites at Stonebridge

As you may know, we began a Healthy Bites school snack program in February of this year. On a daily basis, a nutritional snack, composed of two food groups, is offered free of charge to students. Snacks are placed on the office front desk and students can help themselves from 9:30 until after first recess at 11:05. This program is managed through the School Nutrition Program (SNP). SNP is funded by the Ministry of Children and Youth Services through its lead agency, the Peterborough Resource Centre.



The goal of SNP is to provide access to nutritious meals and snacks for children and youth so they are ready to learn. Participation in a nutrition program can play an important role in maximizing student success and the healthy development of kids.

At Stonebridge we provided 1500 snacks in the month of March, even with the week of March Break off. Our goal is to ensure no child is hungry and thus having difficulty learning. We have many students that use this program daily. Please have a chat with your children and see if they are aware of the program and if so how often they are using it. While we encourage all who are hungry to snack, we have a limited funding base we hope our snacks will benefit those who are truly hungry. We encourage your feedback about the program.

The funding we receive for SNP is designed as a base or a foundation and schools are required to supplement this money through other sources. To operate successfully, SNP requires support from a variety of contributors including parents/caregivers, municipalities, schools, volunteers, local businesses, community organizations and national foundations. If you have an opportunity to support our students with this program, in kind donations can be made at the office or please feel free to contact administration. Volunteers are also needed to support and grow this program. We have received donations from a few families and this contribution is very much appreciated.

Thanks for helping us to build strong, healthy learners
Crunch Crunch Crunch!!!





Thank you, Stonebridge teachers and families for supporting our students' interest in taking part in the [Doodle4Google.ca](#) competition. With the deadline of May 2, 2017 past, we'll wait and see if any of our students win. Actually, with the thinking, planning, artistic expression and fun our students have already had, we can say that whether they win or not, they already are winners in their production of their own dynamic learning.



Heath's and Leong's Grade 5 Students Create Models of Homes to Conserve Energy



In the Grade 5 Science curriculum, the students learn about conservation of energy and resources. Ms. Leong's and Ms. Heath's Grade 5 students have created models of homes to show practical ways that Canadians can sustain energy needs so that their energy needs and the future needs of Canadians can be met. Their models include LED bulbs, motion sensor lights, solar panels, low flow shower heads, programmable thermostats and low energy consuming appliances. With minds like these students, we have hope for the future of Canada regarding Canada's energy into Canada's next 150 years!



Ms. Haron's Students' Non-Fiction Books Displayed in the Learning Commons A Hit!



Recently Ms. Haron's Grade 2 Canadian authors displayed their non-fiction books in our Learning Commons. These books were about wildlife and combined learning from science and language arts. The table of contents showed features such as Appearance, Life Span, Habitat, Food and other interesting facts. The children were thrilled to see the Canadian maple leaf symbol attached to their books showing that they were Canadian authors and the spine label added with the correct Dewey Decimal number. Thank you for your great work, Ms. Haron's Grade 2's!

From the Learning Commons, **What we think...**



Welcome to another question from **What we think.**

What we think is a place for students to share what they think about questions posed to them about Canada, being Canadian and Canada 150. They are invited to write their thoughts and we shall be placing some of their thoughts in our newsletter.

This month's question is "**Canadians have fascinating backgrounds. What are the roots of your family?**"

Below are some of their answers received.

- ✳ Africa, Britain, and France
- ✳ Sri Lankan, Canadian
- ✳ China, Hong Kong, Taiwan and Indonesia
- ✳ Hong Kong, China, Canada
- ✳ Ukraine, France, England
- ✳ Sri Lanka/India
- ✳ China
- ✳ Jamaica



Welcome to Kindergarten[™]
THE LEARNING PARTNERSHIP



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.

Talk Read Sing Play every day!

See you on May 25, 2017 at 6:30pm in the gym!

Junior Girls Basketball Team

On April 25 our junior girls basketball team travelled to Buttonville P.S. to finish their season with some friendly competition. Going into the tournament with confidence, our girls proved how much grit and character Stonebridge has! Winning their first 2 games, our girls came 3rd in their pool and ended their season strong. Congratulations to all of the girls who, throughout the entire season, represented Stonebridge well. We are incredibly proud of you!!!

Congratulations Marina, Keira, Janelle, Avery, Joey, Andrea, Revay, Jade, Meilun, Chloe, Rashida and Simone.



Earth Month at Stonebridge

April was Earth Month at Stonebridge P.S. The staff and students worked on improving several of their environmental practices such as packing a Boomerang/Litterless lunch, reducing energy usage, cleaning up the community with the annual 'Pitch-in' campaign, and learning about endangered animals from the grade 4's in Mrs. Holmesshaw's class.



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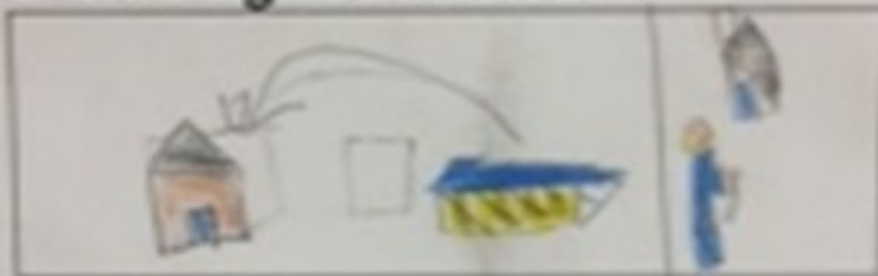
PITCH-IN CANADA

From Andy
Earth Month at Stonetridge P.S.

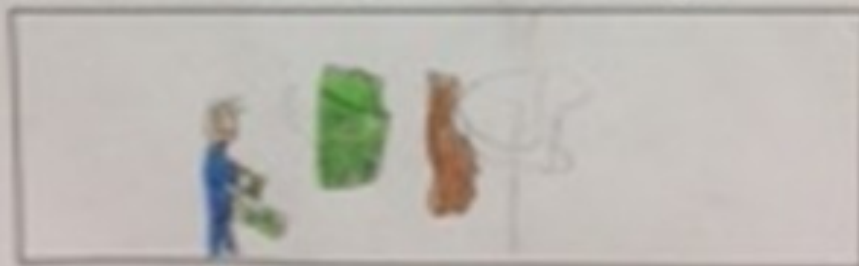
Week 1 Energy Savings — Lights Out on Sunny Days



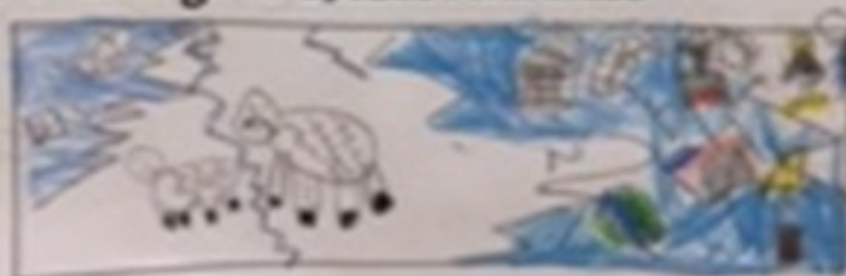
Week 2 Boomerang and Litterless Lunch



Week 3 Pitch-In Clean-up in the Community



Week 4 Endangered Species Awareness



Aurora's First-Ever INDIGENOUS FESTIVAL



*The New
Beginnings*
**POW
WOW**
in Aurora

Saturday, June 3, 2017 • 12 p.m. to 9 p.m.

Lambert Willson Park, 135 Industrial Parkway North

FREE ENTRY

POW WOW

Featuring traditional
dancing and drumming

FOOD FESTIVAL

Featuring traditional food
and classic favourites

MARKETPLACE

MULTICULTURAL PERFORMERS

Host Drum: Little Creek Singers
Co-Host Drum: Cold Water Ojibway
Arena Director: Mr. Mawla Shawana
Master of Ceremonies: Mr. Bob Goulais

SCHEDULE

12 p.m. Grand entry
1 to 5 p.m. Festivities
5 to 7 p.m. The feast
7 to 9 p.m. Festivities and
closing ceremony

No dogs permitted, service animals excepted. Thank you for your cooperation. We reserve the right to cancel, amend or change activities.



@WOWYorkRegion



WOWYorkRegion

Email: [woworkregion@gmail.com](mailto:wowyorkregion@gmail.com)

Women Offering Wisdom Conference

A celebration of South Asian Heritage month in York Region with **grades 8 - 12 girls**

Saturday May 6, 2017 | 8:30am - 4:30pm
Coppard Glen Public School, Markham

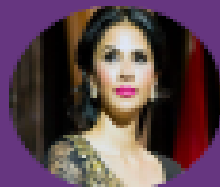
Register at <http://bit.ly/2oSUsvS>

Women Offering Wisdom is a community grassroots initiative dedicated to supporting the health and well-being of young diverse South Asian women in York Region.

Guest Speakers



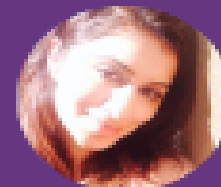
Nirmala Armstrong
Regional Councillor



Muneeza Sheikh
Lawyer/Social Activist



Rashmi Swarup
YRDSB Superintendent



Raz Soos
Life Coach/Speaker

Career Panel

Our career panel will profile **South Asian** women working in various fields such as **technology, business, healthcare, and media.**



Lady Pista



Uzma Jallaluddin



Ruchika Bindra



Saline Ali



Monica Sayal



Asma Syed

Coaching Circles

Coaching circles will focus on discussions to help students navigate **personal, academic, and career experiences** with mentors in the community. Students will have the opportunity to **build relationships and local networks.**

Workshops on...

- **Paint by Differences: Creative Expression**
- **Being an ally within and beyond South Asian communities**
- **Yoga & Mindfulness**
- **Self-Defense**
- **Bollywood Dance**



Human Endeavour
 COMMUNITY DEVELOPMENT

MAY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Popcorn On Tues. and Thurs. Pizza on Thurs.</i>	1	2 Grade 4 Scientist in the School Grade 2's Trip to Milne Park	3	4 Gr 4 Milne	5	6
7	8 Grade 4's Trip to Milne Park Grade 8 Trip to Harbourfront	9	10	11 Grade 7's Trip to Milne Park	12	13
14	15	16 Gr 8 Trip to	17	18 FUN FAIR!!!	19	20
21	22 <i>Victoria Day No School</i>	23	24 Grade 3 EQAO Assessment Fit Spirit!	25 8:55am-12:45pm Welcome to Kindergarten Night 6:00pm	26	27
28	29	30 Grade 6 EQAO Assessment 8:55am – 12:45pm	31	01	02 PA DAY No School	03