

# THE STONEHAVEN STAR

Stonehaven Elementary School,  
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## MARCH 2017

**Principal:** Paul Oabel **Vice Principal:** Susan Wansbrough  
**Superintendent:** Camille Logan 905-895-5155  
**Trustee:** Martin Van Beek 905-830-6776

### *Administrator's Message from Mr. Oabel and Ms. Wansbrough*

Mental Health and Strategies to Cope.

Our monthly Tea and Chat on March 1<sup>st</sup> spoke to Healthy Schools. One aspect of Healthy Schools is the Mental Health component which YRDSB and Stonehaven addresses regularly. Many children experience challenges from time to time and reach out to a trusted adult for support and guidance. A recent study indicated that "five thousand times a week young Canadians across the country reach out for help the "Kids Help Phone". When children reach out and receive support it is highly effective. However, it was also discovered that seventy-three percent of children who call for help are girls. It begs the question, "what about the boys?" Boys are less likely to express their feelings due to societal norms. Boys have traditionally been taught that "real men" do not show their emotions and should be strong. However, "bottling up" emotions can negatively impact boys' mental health and behavior.

There are several things we can do to support all children to speak out and stop stigma:

**Create a positive message:** show that it's okay to express emotions. Encourage to express how kids feel without judgement.

**Discuss healthy coping skills and self-care practices:** By doing this, students will be more aware of unhealthy thoughts and behaviours and better equipped to recognize them should they occur. This will also help them to receive the message that it's okay to take care of themselves.

**Mental Health and Benefits of Physical Activity:** When children are anxious they tend to focus on negative thoughts, which in turn may make them feel more anxious, creating a negative cycle. Participating in physical exercise may help break this negative cycle because your child is focused on the activity rather than negative thoughts. When exercising, the body releases hormones called endorphins, which calm the body and make the person feel good!

As we enter March and the Spring weather, ensure that you are keeping your child active throughout the week and on weekends. The benefits for your child(ren)'s well-being are tremendous and will assist in raising the whole child to develop healthy habits. If you have any questions please do not hesitate to call us at the office.

Sincerely,

P. Oabel - Principal

S. Wansbrough - Vice Principal

*\*With information obtained and adapted from the Canadian Mental Health Association*

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## NEWS FROM SCHOOL COUNCIL



All parents and guardians are invited to join us for our exciting Speaker Series. Here's some info for our March speaker. On **Wednesday, March 22<sup>nd</sup> at 7 PM**, Stonehaven Elementary School will host **Chris Vollum**, social media expert. Chris will weave information about responsible online navigation, mental health and wellness, as well as guidelines for screen time. Join us for an exciting and visual journey into the world of Snapchat, Twitter, Instagram, Facebook and more. And leave inspired, skilled and confident to support your family's journey through social media. Our kids are already engaged in this space. *We need to be engaged, too.* Please RSVP at [www.eventbrite.com](http://www.eventbrite.com) for free tickets and free babysitting for school-aged children.



At recent school events, we've had some students asking parent volunteers, "**Where does all the money go?**" We think this is a great question that deserves an answer. In the past year, **over \$16,000** in School Council funds have been allocated as follows: school curriculum (literacy and math) resources for all grades (\$6,000), technology (\$3,000), musical instruments (\$1,500), "Angel Fund" to help students in need (\$1,500), Forest of Reading library books (\$1,200), Wellness Day in May (\$1,000), tent for athletic events (\$800), speakers for intermediate students (\$750), and grade 8 graduation (\$500). Thank you to all families who have supported School Council initiatives and fundraising efforts. Thank you also to our wonderful parent volunteers who help make all of this possible.

**School Council Meetings:** March 6 and May 1. Everyone welcome!



**Subway** (Mondays) and **Il Bistro** pizza/pasta (Fridays) lunch orders must be placed through [www.HealthyHunger.ca](http://www.HealthyHunger.ca). We do not always have enough pizza to sell to students on Fridays so please pre-order online.



**Popcorn** orders must be placed through [www.SchoolCashOnline.com](http://www.SchoolCashOnline.com). We will sell a limited number of bags of popcorn to students in grades 1 through 8. Please do not send money with Kindergarten students on pizza days or popcorn days.

Please join us at School Council meetings, volunteer for ongoing initiatives and events, and keep communicating with us. Feel free to contact Shameela at [chair@stonehavencouncil.com](mailto:chair@stonehavencouncil.com) and checkout our School Council website at [www.stonehavencouncil.com](http://www.stonehavencouncil.com).



**Speaker Series for Parents**

We are very excited to present 6 fantastic speakers, with funding provided by the Ministry of Education's PRO grants to 8 schools and Bully Free Community Alliance. All talks and childcare for school age children are FREE, but please RSVP at [www.eventbrite.com](http://www.eventbrite.com). Stay connected with Newmarket Parent Network's Facebook page about these events and other parent resources. We look forward to seeing you soon!



**Alyson Schafer, Therapist**

Date: Wednesday, January 18<sup>th</sup> from 7 to 8 PM  
 School: Crossland PS, 255 Brimson Dr., Newmarket  
 Topic: Empowering Independence in our Children



**Jordan Axani, Mental Health Researcher**

Date: Monday, February 27<sup>th</sup> from 7 to 8 PM  
 School: Newmarket High School, 505 Pickering Cres.  
 Topic: What's Your Big Lie? (Mental Health Program)



**Chris Vollum, Social Media Expert**

Date: Wednesday, March 22<sup>nd</sup> from 7 to 8 PM  
 School: Stonehaven ES, 875 Stonehaven Ave., Newmarket  
 Topic: Social Media Fitness for Parents



**Tad Milmine, Bullying Ends Here & Una Wright, YouthSpeak**

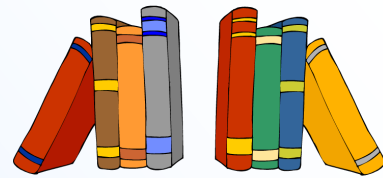
Date: Tuesday, April 18<sup>th</sup> from 7 to 8:30 PM  
 School: Rogers PS, 256 Rogers Road, Newmarket  
 Topic: Overcoming Bullying and Life's Challenges



**Jennifer Kolari, Connected Parenting**

Date: Monday, May 8<sup>th</sup> from 7 to 8:30 PM  
 School: Glen Cedar PS, 915 Wayne Dr., Newmarket  
 Topics: Saying "NO" when the World says "YES and Practical Strategies for Dealing with Anxiety

# Learning Commons



**Forest of Reading®:** Please encourage your child to be reading the wonderful Canadian literature that has been nominated through the Forest of Reading® program. Students are asked to return the books when they are finished reading them so other students may enjoy them. Students are required to read a minimum of 5 books in order to vote for their favourite Canadian Forest of Reading book in mid April.

**Overdue or Lost Library Books:** Students are asked to please read and return all borrowed library books including the Forest of Reading selections. Other students are anxiously waiting to read these books. Thank you.

**Author Visits:** On Tuesday, March 7 Rob Laidlaw is coming to Stonehaven and will be presenting to grade k-4 students. He is a Canadian author who has written books about animals and the issues and challenges that some animals face. His most recent book *Elephant Journey* has been selected in the 2016 Forest of Reading program.

On Tuesday, April 4 Kevin Sylvester will be here to present to grades 5 through 8. Kevin is also a Canadian author who has written many books including the *Neil Flambe* series and his most recent young adult novels *Minrs* (Red Maple Award Winner) and *Minrs2*.



Please visit our website frequently for updates:  
<http://www.yrdsb.ca/schools/stonehaven.es/Pages/default.aspx>

Follow us on Twitter @ stonehavenes

**When Buses are Cancelled, but the School is Open;**

Following our Safe School Arrivals Program, the office is required to call EVERY student who has an unexplained absence from school regardless whether they are bus students or walking students. **Please call the school and leave us a message regarding your child's absence even on snow days. Our answering machine is on before and after school hours to allow you to leave a message at anytime. We thank you for helping us keep our students' safe.**



**When School buses are cancelled due to inclement weather, Please note;**

- There are no Lunch Lady, Pasta, Pizza or Subway Lunches
- There are no Special Events or Field Trips.
- There may be a modified Program in your child's class due to numbers of students attending and/or absences of some teachers.
- **Please send a lunch with your child.**

**School Bus Cancellation Notice**

- A decision to cancel school bus service will be **region-wide** meaning all school buses, vans and taxis will not operate.
- **School bus routes may be cancelled when severe weather may not be affecting all municipalities in York Region.** Both the YRDSB and YCDSB operate many regional educational programs. Students attending these programs are transported over large attendance areas encompassing several municipal boundaries. This limits the ability to cancel bus service using a municipality or zone methodology.
- When bus service is cancelled all school tests and/or examinations will be cancelled and re-scheduled.
- Student trips involving the use of school buses will also be cancelled.

Unless otherwise stated, schools will remain open and parents can make arrangements to transport their children to and from school even if school bus service is cancelled. **If buses are cancelled in the morning, they will not operate in the afternoon. Therefore students transported to school by parents will require the same transportation home.**

Parents, students and school staff are asked to access the following radio and television stations after 6:00 a.m. to receive bus cancellation information:

**RADIO**

|          |          |          |          |         |          |
|----------|----------|----------|----------|---------|----------|
| 590 AM   | 640 AM   | 680 AM   | 860 AM   | 1010 AM | 1050 AM  |
| 1540 AM  | 1580 AM  | 88.5 FM  | 89.9 FM  | 92.5 FM | 93.1 FM  |
| 94.9 FM  | 95.9 FM  | 97.3 FM  | 98.1 FM  | 99.1 FM | 99.9 FM  |
| 101.1 FM | 102.1 FM | 104.5 FM | 100.7 FM | 105.9   | 107.1 FM |



**TELEVISION**

CITY TV   CTV Barrie   CTV Toronto   CP24   GLOBAL NEWS

A bus cancellation message will also be available at [www.schoolbuscity.com](http://www.schoolbuscity.com) and by calling 1-877-330-3001, or by following @YRDSB and @YCDSB on twitter.

### **Kindergarten Registration**

Kindergarten registration will commence on January 20, 2017 for the 2017-18 school year. Registration forms are available on YRDSB's website: [www.yrdsb.ca](http://www.yrdsb.ca). Children born in 2012 or 2013, 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 on May 24th, 5:45pm to 7:00pm. For more information please visit the YRDSB website or contact your local school.



### **Greeting from our Trustee; Martin Van Beek**

With spring approaching and the hours of daylight increasing, now is a good time to enjoy the outdoors and our natural environment. Did you know that our Board has five [outdoor education centres](#), and students have opportunities to visit them and other outdoor learning spaces throughout their schooling? This is part of our commitment to giving students an opportunity to learn in and about the natural world. This learning supports students in gaining a deeper appreciation for nature and the importance of environmental sustainability.

"Modelling continuous environmental sustainability" is one of the goals outlined in our [Board of Trustees' Multi-Year Plan](#). We believe that we all have a role to play in reducing waste and protecting our environment. Our students, staff members and families continue to show leadership when it comes to supporting student learning and initiatives to reduce our ecological footprint.

Spending time outside as a family also provides a great opportunity to support and enhance your child's learning outside of school. Whether visiting a park or museum, reading with your child in your home language or asking questions about their day at school - know that there are many ways you can support their education and that you are making a difference.

I hope you all have a happy and safe March Break and enjoy the warmer weather ahead.

### Lost and found

Please remind your child to check the Lost and Found for any misplaced items. Parents/Guardians are also welcome to stop by the school and have a look. Any unclaimed items will be donated to charity on March 10.

Thank you



### \*\*\*\*Lunch Assistants Needed\*\*\*\*

Lunch assistants are needed to supervise students during the lunch hour from 12:15pm to 1:15pm. This is a paid position. Please contact the office at 905 898-2077 if you are able to help.

### Yearbook Sales available ONLINE ONLY this year!

The 2016-17 yearbook is now on sale! Yearbooks are available to purchase **online only** this year - no manual forms will be accepted at the school. Cost is **\$40**.

To order online and purchase by credit card, visit [www.jostens.com/yearbooks](http://www.jostens.com/yearbooks). Click on "Get started now" or "Shop yearbooks" and enter 'Stonehaven Elementary School', then select '2017 Yearbook'. You can also customize the yearbook by adding a student's name and fun icons to the front cover.

This year's yearbook will be chalk-full of colourful pictures of students in **all grades**, special events and spirit days at the school, fun field trips, teams and clubs and so much more!!

Last year the yearbook **sold out**, leaving some students disappointed. Don't miss out on this keepsake. Be sure to buy yours early!!



## Volunteers in our School

At Stonehaven E.S. we are very appreciative of our volunteers. In June 2012, YRDSB developed a policy for school volunteers. In order to volunteer in a school or attend field trips, the York Region District School Board requires all volunteers to have a Vulnerable Sector Screening (VSS) prior to commencing a volunteer position (must state YRDSB under reason for the request). This procedure will ensure the safety of all of our students.

### Steps:

1. Ask the office for a volunteer letter from the school—you will need to show this during the application process.
2. Complete a VSS application form online from York Regional Police. The reason for the request must state: York Region District School Board.
3. Pay \$30 for a VSS to volunteer (\$60 for a VSS paid position).
4. Bring your VSS to Stonehaven E.S. We will keep a photocopy on file (Original must be shown).
5. Sign a confidentiality agreement.
6. Each following school year, you will be required to sign an Annual Offence Declaration- available from the school office.

VSS can also be done in person at the following location:

Richmond Hill Station  
10720 Yonge St. (at Elgin Mills Rd.)  
905 830-0303 Ext. 7655





# EDUCATION AND COMMUNITY RESOURCE NIGHT (MANDARIN & CANTONESE)

## 约克区教育及社区资源介绍及讲座(中文)

**日期/Date:**

3月28日, 星期二  
Tues. March 28, 2017

**時間/Time:**

晚上五时半至八时  
5:30pm - 8:00pm

**地點/Location:**

Community Education Centre -  
North  
130 Carlson Drive  
Newmarket, ON L3Y 5H3

普通话主讲 (部分讲座内容以  
粤语, 提供普通话翻译)

Presentation will be  
in Mandarin. Cantonese  
translation available.

**网上报名Registration:**

<https://goo.gl/hSzbFg>

**查询 Inquiries:**

Minnie Wang 王姑娘  
416-358-2212  
mwang@ccsy.org

Cathy Ng 吳老師  
Cathy.Ng@yrdsb.ca

Jennifer Gillespie  
905-895-5155 ext. 212  
jennifer.gillespie@yrdsb.ca



### 节目内容 Information :

五时半至六时 登记, 社区资源介绍

5:30-6:00pm Registration, Community booths

六时至八时 讲座 6:00-8:00pm Presentations

◆ 新移民学校安置服务 School Settlement Services

◆ 網路欺凌行為 Cyber Bullying

◆ 安省教育系統 The Ontario Education System

提供托儿服务 (两岁或以上) Child minding services will be available.

### Presented by

**Inclusive School and Community Services, YRDSB  
Settlement Educational Partnership York Region  
York Regional Police**

This program is organized by:



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada





*Character Matters!*

**This Month's Character Trait is Perseverance**

We stick to a goal and work hard even in the face of obstacles and challenges. We complete all tasks and assignments.

# MARCH 2017

**MONDAY:** Subway  
**TUESDAY/THURSDAY:** Lunch Lady  
**WEDNESDAY:** Popcorn \$1.00  
**THURSDAY:** Cookies or milk \$1.00  
**FRIDAY:** Pizza/Pasta & Frozen Yogurt

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
|                           |  | <b>1 Day 5</b><br><br>Tea and Chat @ 9:00am   | <b>2 Day 1</b>   | <b>3 Day 2</b>   |
| <b>6 Day 3</b><br><br>School council meeting @ 6:30pm  | <b>7 Day 4</b><br><br>Author Rob Laidlaw visits grades K-4   | <b>8 Day 5</b>  | <b>9 Day 1</b><br><br>Dental Screening Gr. Jk/Sk,2,8<br><br>      | <b>10 Day 2</b><br><br>Dental Screening Gr. Jk/Sk,2,8<br><br> |
| <b>13 Day 3</b><br><br> | <div style="border: 1px solid black; padding: 5px; display: inline-block;">                         MARCH BREAK—NO SCHOOL THIS WEEK                     </div> |   |  | <b>17 Day 2</b><br><br>                                       |
| <b>20 Day 3</b>  | <b>21 Day 4</b>  | <b>22 Day 5</b><br><br>Guest Speaker-Chris Vollum<br>1:30pm Gr.'s 4-8<br>7-8pm for parents  | <b>23 Day 1</b><br><br>Yearbook Photos school teams /clubs<br><br> | <b>24 Day 2</b>  |
| <b>27 Day 3</b>  | <b>28 Day 4</b>  | <b>29 Day 5</b><br><br>Grade 8 Grad Photos<br><br> | <b>30 Day 1</b>  | <b>31 Day 2</b><br>Spirit Day—Celebrate your Heritage<br><br> |