

# THE STONEHAVEN STAR

Stonehaven Elementary School,  
875 Stonehaven Avenue, Newmarket, ON L3X 2K3  
Phone: (905) 898-2077 Fax: (905) 898-3762  
Email: [stonehaven.es@yrdsb.ca](mailto:stonehaven.es@yrdsb.ca) Website: [www.stonehaven.es.yrdsb.ca](http://www.stonehaven.es.yrdsb.ca)



## SEPTEMBER 2016

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

### *A Message From Mr. Oabel and Ms. Wansbrough*

*On behalf of the staff and office, we welcome all students, returning and new to Stonehaven Elementary School. We hope your summer was relaxing, refreshing and that you are recharged to begin the new year. As your administrative team, we are looking forward to working with the students, teachers, support staff and parents on making our school a place where we pursue excellence in all aspects of education.*

*The month of September and a new school year brings renewal, excitement and unlimited possibilities to all. We are committed in ensuring all classrooms are authentic places of learning. We are constantly engaging in partnerships with the community to support student learning. Working and communicating is key to Stonehaven's success.*

*As such we are holding a "tea and chat" where parents are invited to come in for tea and chat with the administrative team. September's theme is "transition to school, and preparing your child for the year ahead". We are looking to hold the tea the school from 9:00am to 9:45am on Wednesday, September 21, 2016. All parents are welcome.*

*Our first school Council meeting is Tuesday, September 20th, 2016 in the school library. All are welcome to attend. Ms. Wansbrough and I are looking forward to working with all of you throughout the year.*

*Wishing you and your family a successful school year.*

*Paul Oabel, Principal Sue Wansbrough, Vice-Principal*

**Please visit our website frequently for updates:**

<http://www.yrdsb.ca/schools/stonehaven.es/Pages/default.aspx>



**Follow us on Twitter @ stonehavenes**

### **Message from School Council**

We extend a warm welcome to new and returning families! We are looking forward to another fantastic year at Stonehaven ES. The role of School Council is to provide information and advice on school matters and to help strengthen the important relationships among school staff, parents/guardians, school community members and the greater Newmarket community.

All members of the school community are encouraged to attend School Council meetings. Getting involved gives you the opportunity to be part of a team working to ensure a high quality of education for all students. **Our first meeting will be held on Tuesday, September 20<sup>th</sup> from 6:30 to 8 p.m. in the school library.** If you plan to attend and require babysitting during this meeting time, please email Shameela at [info@stonehavencouncil.com](mailto:info@stonehavencouncil.com) so that we can book high school students to babysit.

Stonehaven School Council will also continue to fundraise in order to support curriculum-based initiatives, student and family events, grade 8 graduation, technological needs, music programs, literacy programs, sports programs, in-school Angel Fund and community outreach programs. We are very proud of our accomplishments, contributions and community spirit! Our first fundraiser kicks off this week! To bring awareness to the United Nations' International Day of Peace on September 21<sup>st</sup>, we will be selling **candles of hope** for \$2 each or 3 for \$4. Each candle comes with information related to the UN goals for sustainable development and building blocks for peace. Look for more information this week.

Here are some other important upcoming dates:

Mon., Sept. 19 <sup>th</sup> & Fri., Sept. 23 <sup>rd</sup>	Subway & Il Bistro pizza/pasta lunch programs start
Wed., Sept., 28 <sup>th</sup> @ 5:30 – 7:30 p.m.	<b>Meet the Staff BBQ</b>
Wed., Oct. 5 <sup>th</sup>	Popcorn Wednesdays start
Mon., Oct. 31 <sup>st</sup>	Halloween Dance

Other events that we are planning include a Holiday Artisan Market in November, our annual White Elephant/Loonie Sale in December (please save your garage sale type items to donate for our sale), Family Movie Night in the winter and Cake Walk with a pre-Mother's Day Artisan Market in April. School Council is always looking for new ideas, so please feel free to contact us with suggestions.

Just a reminder...Subway and Il Bistro lunch program orders must be placed through [www.HealthyHunger.ca](http://www.HealthyHunger.ca). Also, new this year, Meet the Staff BBQ orders and popcorn orders will be placed through [www.SchoolCashOnline.com](http://www.SchoolCashOnline.com) using student ID numbers provided by the school. Throughout the school year, we will encourage all families to pay online in order to maximize efficiency and accountability and to minimize the amount of cash that school staff need to handle. At the Meet the Staff BBQ, we will have computers set up and volunteers to help families register online.

We welcome parent volunteers. Please join us at School Council meetings, volunteer for ongoing initiatives and events, and keep communicating with us. We also welcome high school students who would like to complete volunteer hours by helping at events.

Please contact us at: [info@stonehavencouncil.com](mailto:info@stonehavencouncil.com) and checkout the School Council website at [www.stonehavencouncil.com](http://www.stonehavencouncil.com) for more information.

# Library News



## **Library Orientation:**

Our library orientation and book exchange for grades 1 – 8 students has begun and it will continue into the second week of school. Kindergarten students will begin their book exchange as soon as their library cards arrive.

## **Library Open Book Exchange times:**

All students in Grades 1-8 will be able to sign out two books/magazines at a time. Open Book exchange times are Days 1 – 5 period 6 for grades 1—3, Days 2 and 4 period 1 for grades 4-6 and Day 5 period 7 for grades 7 and 8. Kindergarten students will be able to sign out one book at a time and they will exchange their books once a week on a scheduled library visit. The library book exchange time and date for each kindergarten class will be on the classroom newsletter sent home by the homeroom teacher.

## ***Message from our Trustee Mr. Martin Van Beek***

As we start another school year, we are very pleased to welcome all of our new and returning families. I hope you all enjoyed the hot summer months and are looking forward to the start of school.

There is a lot to look forward to in the months ahead and many ways for families to engage with their child's learning. There is a strong connection between parent and family engagement and student achievement and well-being, and I hope that you will find opportunities to get involved.

In the coming year, trustees will continue to focus on the priorities that we set out in our [Multi-Year Plan](#): student achievement and well-being; the delivery of effective and sustainable educational programs; and the responsible stewardship of Board resources.

We know that partnerships with parents and families are essential to achieving these goals. However you choose to get involved, know that you are making a difference to your child's learning.

I wish you all the best for the upcoming school year.

**Medication**

If your child needs to take medication during school hours, please obtain the necessary forms for the administration of medication, from the office. For legal and safety reasons, written permission is required for ALL medication, including

**Inhalers, Benadryl, Advil and Tylenol.**

We request that medication be kept in the office. Please ensure that the medication is brought directly to the office. We strongly advise that you do not send medication to school with younger students.

The Cross Country club will be starting soon! The Area meet will be in October. Stayed tuned for more information.

**Mark your Calendar**

October **27th**— is Picture Day!

October **28th**—St. John's Babysitting Course

**Parking Lot Safety**

We are trying to keep the community safe here at Stonehaven, especially during pick up and drop off times. In order to ensure the safety of everyone we are asking that you drop off your child/ren on the north side of the parking lot and then continue moving. This is not an area where anyone should be parked. If you need to get out of your car, please find a parking space (in our lot or on Best Circle) and walk your child to the appropriate area. You are allowed to drop off your child on the north side of the parking lot, but you cannot wait in this area. Also, PLEASE keep moving forward once you have dropped off your child/ren, and do not back up. If you have a kindergarten student to drop off please pull up to the south end of the school and we will assist your child to the Kindergarten gate.

Thank you to all parents for helping us make sure all students are safe.

Mr. Oabel and Ms. Wansbrough will be out supporting this safety.

**Lunch/Snack Programs**

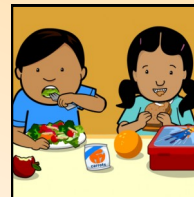
**MONDAY:** Subway

**TUESDAY/THURSDAY:** Lunch Lady

**WEDNESDAY:** Popcorn

**FRIDAY:** Pizza/Pasta

Please check out [www.HealthyHunger](http://www.HealthyHunger) to register for Monday & Friday lunches.





**Yard Supervision**

Outside yard supervision of students **begins at 8:10 a.m. daily** Please **do NOT** send your children to arrive at school **before** this time.

**Perfumes/Scents**

Please remember that we have several people who suffer asthma attacks from exposure to certain fragrances. If sending products to school with your child, i.e. hand sani- tizer, or deodorant please make sure it is **unscented**. Thank you for your consideration.

**Safe Arrival**

Please remember to call the school at **(905) 898-2077** when your child is absent. The answering machine can be used to leave a message at any time. Safe School Policy states that we have to account for every child every day. We will attempt to contact you if you have forgotten to call the school, but in the event that we cannot get hold of you, Safe School Policy states that we are to call the Police.

**Mark your Calendar**

September 28th is meet the staff BBQ!  
5:50pm-7:30pm

**Volunteering at Stonehaven E.S.**

Thank you for volunteering at our school! Please note that all our volunteers need to have a Vulnerable Screening Police Check.

If you completed a Police Check last year, and you would like to volunteer again this year, please complete a Volunteer Annual Offence Declaration form, (available from the office).

If you need to complete a Police Check, please let your child's teacher know and the office will give you a Volunteer letter to use in the application process.

**Please see the link below for more information:**

<https://www.yrp.ca/en/services/background-checks.asp>



**Character Matters!**

**The Character Trait for September is Respect**

We respect ourselves and treat others with courtesy, dignity, and positive regard. We honour the rights of others. We respect their belongings, the environment and the world around us.

# SEPTEMBER 2016

**MONDAY:** Subway  
**TUESDAY/THURSDAY:** Lunch Lady  
**THURSDAY:** Tuck Shop (Milk & Cookies \$1 each)  
**WEDNESDAY:** Popcorn  
**FRIDAY:** Pizza/Pasta

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 Welcome Back!  <b>First Day of School</b>	7	8	9
12	13	14 Reading Night for Parents (SK and Gr. 1 Parents)	15	16
19 Subway Lunch	20 School Council 6:30pm @ Library	21 Tea and Chat 9-9:45am Library	22	23 Pizza/Pasta Lunch
26 PA Day  	27 Safety Week	28 Meet the Staff BBQ	29 Terry Fox Run	30 Pizza/Pasta Lunch



York Region Public Health

# Bounce Back & Thrive!



Are you a parent or caregiver of children eight years of age and under?

## Join York Region Public Health's FREE Program for Parents!

Attend in-person sessions that are led by registered nurses and learn to:

- “Bounce back” from every day stress and hard times
- Relieve stress and calmly solve problems and conflicts
- Help your children handle disappointment, anger and frustration
- Help your children feel good about themselves, confident and hopeful for the future

For more information about **Bounce Back & Thrive!** contact York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or email us at [HC@york.ca](mailto:HC@york.ca)

Registration is available online at [york.ca/bbt](http://york.ca/bbt)



1-800-361-5653  
TTY: 1-866-252-9933

York Region Health Connection

Community and Health Services  
Public Health

[york.ca](http://york.ca)





約克區公共衛生局

# 重新振作、茁壯成長!



您是否是八歲及以下孩子的父母或照顧者?

## 加入約克區公共衛生局為 父母舉辦的免費活動!

參加由註冊護士主講的講座並且學會:

- 從每天的壓力和負擔中“重新操作”
- 緩解壓力，冷靜地解決問題和衝突
- 幫助孩子應對失感、憤怒和沮喪
- 幫助孩子建立良好的自我感覺、自信和對未來充滿希望

您若有興趣重新振作、茁壯成長! 的詳細信息, 請聯繫約克區公共衛生局熱線  
電話 1-800-361-8833, 文字電傳 1-866-252-8833 或給發送電子郵件至 [HC@york.ca](mailto:HC@york.ca)

可在網上登記: [york.ca/bbt](http://york.ca/bbt)



Citizenship and  
Immigration Canada

Citizenship et  
Immigration Canada



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York Region Health Connection

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### Triple P Tip of the Month ~SEPTEMBER~ Coping with Stress

Being a parent is busy and demanding and it's normal to feel stressed at times. However, if parents have a high level of stress, it can be hard for them to deal with their children's behavior calmly and may be less likely to spend time with them. Children are likely to grow up happy and learn what's expected of them when parents are consistently calm.

#### KEY STEPS:

- Think about helpful changes you can make to your lifestyle
- Try to notice tension early
- Find a relaxation technique that suits you and use it when you feel tense
- Think of coping statements to say to yourself when stressful situations arise
- Make sure you believe what you are saying to yourself
- Catch and challenge any unhelpful thoughts that increase your stress and replace them with more realistic or helpful ways of thinking about the situation



**Don't forget to check out the new Triple P Ontario website for online resources and podcasts for parents of children from birth to teens. [www.triplepontario.ca](http://www.triplepontario.ca)**

### Triple P Tip of the Month ~ OCTOBER ~ Homework

It is important for parents to find out what is expected of their child since expectations vary between schools and teachers. Homework should not be a time of stress or pressure. Parents have an important role in helping their child develop good study habits/routines, provide encouragement and offer help if their child needs it.

#### KEY STEPS:

- Let your child relax after school
- Ask your child about their homework
- Set a regular time and arrange a place to do homework
- Help your child get started
- Offer praise and encouragement while your child is working
- Prompt your child to solve problems themselves
- Show an interest and say something positive about your child's work
- Praise and reward your child when they have finished doing their homework



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### Triple P Tip of the Month ~ DECEMBER ~ Fears

Fears are common in childhood and a normal part of growing up. Most of children's fears are mild, however some children have fears that are so strong it stops them from doing things. Children can learn to cope with fears with help from parents.

#### KEY STEPS:

- Talk with your child and tell them how you cope with your own fears
- Try not to show fearful reactions
- Teach your child coping strategies
- Help your child to gradually face their fears
- Remain calm when your child is scared or anxious
- Praise your child for facing their fears
- Encourage your child to try new things and do not let them avoid things they must do



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### Triple P Tip of the Month ~ JANUARY ~ Chores

Responsibility for chores helps children learn self-discipline, how to apply themselves to a job and how to help with the running of a household. You will find that you have more time with your child and yourself if you give your child chores.

#### KEY STEPS:

- Explain why it is important for everyone to help around the house
- Decide on a list of chores and who will do them
- Draw up a job roster
- Let your child know when their chores must be finished
- Tell your child exactly what needs to be done for the job to be satisfactory
- Talk about rewards and consequences
- Praise and reward your child for completing their chores
- Apply a consequence if your child does not complete their chores satisfactorily



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### Triple P Tip of the Month ~ FEBRUARY ~ Being Bullied

Bullying is common in elementary school children; as many as one in seven children are bullied at least once a week. Most children will experience bullying at some time. Boys are more likely to be bullied or bully others. Bullying is usually hidden from adults and can be a traumatic experience that can affect your child's self-esteem.

#### KEY STEPS:

- If bullying is occurring, take action right away
- Talk to the adults in charge of the place where the bullying occurs
- Calmly listen to your child and find out exactly what has been happening
- Summarize the problem and tell your child possible reasons for bullying
- Ask your child's opinion on how to deal with the problem
- Act out the solution with your child before they try it out
- If bullying occurs at school, make sure the school is aware of the problem



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### Triple P Tip of the Month ~ MARCH~ Swearing

Children often learn new words their parents do not like, particularly swear words. Some swear words may not be a problem because parents use it themselves. Parents need to decide which words are acceptable and which ones are not.

#### KEY STEPS:

- Set a good example
- Use planned ignoring the first time your child swears
- Decide which words are acceptable and discuss them with your child
- Praise your child for using acceptable words
- Act immediately when you hear your child swear
- Apply a consequence for swearing

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### Triple P Tip of the Month ~APRIL ~ Stealing

Many parents are faced with the problem of money and other items going missing at home. Many children will experiment with stealing at some time; however most do not develop a persistent pattern of stealing. Stealing can lead to problems at school and in the community.

#### KEY STEPS:

- Supervise your child and involve them in activities that have adult supervision
- Let your child earn pocket money for doing chores and encourage them to save
- Discuss with your child what stealing is and why it is a problem
- Talk about consequences for stealing
- Give your child opportunities to show they can be trusted
- Praise your child for being honest and trustworthy
- Act immediately if you suspect your child of stealing
- Tell your child to return what was stolen and apply a consequence for it

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### Triple P Tip of the Month ~ MAY ~ Lying

Parents may find it hard to believe their children when they often tell lies. Telling lies can also cause problems with friends and other family members. Children need to learn that no matter what they have done, they must tell the truth. It is best to deal with lying as soon as it starts.

#### KEY STEPS:

- Discuss with your child what lying is and why it is a problem
- Tell your child they must stop telling lies
- Talk about consequences for telling lies
- Setup opportunities for your child to tell the truth
- Praise your child for telling the truth, act immediately
- Apply consequences for lying and any other problem behavior

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### Triple P Tip of the Month June~ Traveling in the Car

Family trips in the car can be fun and enjoyable, but they can also be quickly spoiled when children whine, complain, fight or tease each other. Some children can manage short trips and some can be difficult on longer ones. Misbehaviour in the car can be stressful for parents and dangerous if the driver is distracted.

#### KEY STEPS:

- At first, plan some short car trips
- Try not to disrupt your child's usual sleeping and eating routines (For younger children)
- Talk about rewards and consequences
- Make sure your child has interesting things to do while traveling
- Use planned ignoring for minor problems
- Act immediately if misbehavior occurs
- Back up your instruction with quiet time while driving or stop the car

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