



MARCH 2015

Character
Matters!

From The Office



March's

Character Trait is

COURAGE

"Courage is
being scared to
death.....and
saddling up
anyway."

John Wayne



For the safety of our
students, no peanuts or
nut products please!



The Sutton Stinger

5147 Baseline Road, P.O. Box 190, Sutton West, ON L0E 1R0
Phone: 905-722-3782 Fax: 905-722-4030

Principal: Roxanne Hibberd

Vice Principal: Gillian McDowell

Elementary Office Administrative Assistants: Colleen Kirton and Lianne McAndrew

School Website: <http://sutton.ps.yrdsb.ca/>

Superintendent: Dianne Hawkins 905-895-5155

Trustee: Nancy Elgie 905-476-4184

Twitter: @SuttonStingers

How Not to Talk to Your Kids

How Not to Talk to Your Kids is an article written in the New York magazine which reviews the research of Carol Dweck on growth mind-set. Dweck states that a growth mind-set is a belief that you can improve your abilities through effort. Students need to understand that their brains are malleable and can grow as they work through a task. When students lack motivation they usually find the work challenging so how can we motivate students to complete the task? Dweck studied teachers who were successful in motivating their students by fostering a growth mind-set. Feedback should be given based on a student's performance, not their innate ability. Teachers and parents need to create environments that view mistakes as opportunities to learn next steps. Students need to become active participants in their learning and parents need to be partners in this learning. When relevant goals and personalized next steps are discussed, it motivates students to participate. Students need to have a positive self-concept of their ability in order to persevere and succeed. If they understand that their intelligence is malleable they will be motivated to work harder. The effort the students put into their work determine how well they do on a task, even when it is challenging. Teachers and parents need to have conversations about a student's ability to persevere on a task and praise effort when they succeed. Students can build their intelligence by learning how to persevere when the task becomes challenging and enjoy the process of trying to find the answer.

Link to article: <http://nymag.com/news/features/27840/>

Link to Dweck's research on growth mind-set:

<http://collegeready.gatesfoundation.org/sites/default/files/Academic%20Tenacity.pdf>

Kind regards from Sutton P.S. Leadership team,

Roxanne Hibberd
Principal

Gillian McDowell
Vice Principal

Terry-Cariglia Bull
P+ Teacher

Aimee Coulter
P+ CYW

Greg Jaski
Literacy/Numeracy Teacher

Events



March

X Movement Dance Gr. K-8	9th
X Movement Dance Gr. K-8	11th
P.A. Day— No School	13th
March Break— No School	16th- 20th
Earth Hour	24th
Staff\Student Hockey Game	27th
School Council Meeting	31st

April

Good Friday - No School	3rd
Easter Monday— No School	6th
Scholastic Book Fair	13th- 17th

May

Gr. 7 & 8 - Immunization	1st
Jump Rope for Heart Assembly	1st
Gr. 3 EQAO Starts	25th
Gr. 6 EQAO Starts	25th

York Region Mission:

To advance student achievement and well-being through public education, which motivates learners, fosters inclusion, inspires innovation and builds community.

What's Happening @ Sutton P.S.

The Arts at Sutton Public School

Artist Janine Zeck helped grade 7 and 8 students tap their artistic creativity March 2-6. The students created 2 pieces under the direction of Janine. "Capture the Moment" allowed students to learn different watercolour techniques to create a large circular piece that represents a "bead in the necklace of their lives". Students added layers to the background by using designs, words, poetry, and silhouettes to express a moment that is important to them.

During the "Fibre of My Being" workshop, students learned about the structure of DNA, and mimicked the structure to create a 3D representation of who they are and who they hope to become. The process and pieces have been shared through our Twitter account @SuttonStingers. Check them out!

Poetry Slam—On Friday, February 27, a team of 4 students participated in the Poetry Slam Quarter-Finals at CEC-N. Students from 6 area schools shared their original pieces in a creative and dramatic way. Congratulations to Grace, Erin, Jordan and Cori-Lynn for all of your hard work!

Chess Club News

Mr. Phillips, Mr. Walkden and Mr. Jaski have been working with students to prepare them for a couple of chess tournaments. Thirty-seven students qualified to participate in the annual Optimist Club Chess Tournament for Georgina Schools on March 6 at Kin Hall in Sutton. Students from grades one to eight made the team and competed against students of their own age.

We will post the results in the next newsletter since the printing of this one was before the completion of the first tournament. The second tournament involves only the top 8 students from the whole school (3 of which must be grade 5 or lower). It will be held in the second week of April.



Scholastic Book Fair

In the library, April 13th—17th, 2015
More details to follow.

Electives—Director's Cut

During the Director's Cut elective, students created their own stop motion movies using iStop-Motion and iMovie. In small groups, students wrote scripts, created backgrounds, captured each movement of characters through stop motion photography, edited, and recorded dialogue and music to create their own movie. The students represented SPS so well, demonstrating creativity, problem-solving, perseverance, and collaboration to create their final products.



Electives—Cooking

Students participating in the cooking elective made a yummy lunch! Students made cookies and cupcakes, nutritious smoothies and chicken soup. The students LOVED the soup and smoothies and many begged for the recipes so here they are.

Chicken Soup

Cooked chicken pieces (use about half of the chicken, deboned)
Cooked spaghetti noodles (use about 1/5 of the package. Break spaghetti into small pieces. Cook and drain according to package directions) Bring 900ml of low sodium chicken broth and 3 cups of water to a boil.
Add 2 cups of chopped celery.
Add the chicken pieces.
Add the cooked spaghetti pieces.
Add parsley.
Simmer for 20 minutes.



Smoothie recipe

2 cups frozen mixed berries
1 cup frozen cherries
1 cup vanilla yogurt
3 frozen bananas (frozen bananas are sweeter than fresh bananas)
1 cup spinach (yes, the students LIKED spinach)
1/2 cup water
Mix in a blender.
Enjoy!



Intermediate Girls Basketball

The Intermediate Girls' Basketball Team had an incredible finish to their season at the area tournament on February 17. Losing only one game in the round robin tournament (winning their 4 games 36-8, 26-17, 29-2, 13-1), the girls went on to win third place overall. Thanks for a great season!!



X Dance Program Evening

X-Dance is an in-school curriculum based dance program focused on exploring movement in a high-energy, safe and fun environment. Designed by leading in-school dance educators, the program can deliver part or all of a school's dance curriculum. Using a 360 degree teaching approach that lowers intimidation, X-Dance inspires smiles, laughter and self-expression through movement.

Parents and families will be invited on the evening of March 11. We will be sending home a "pre-order form" for pizza on Monday with students and families are invited to the school at 5pm. The dance program will begin at 6pm – 7pm. All staff are welcome to attend if they wish.

For Your Information...

Kindergarten Registration for September 2015

Kindergarten registration will commence on **January 16, 2015** for the 2015-16 school year. Registration forms are available on YRDSB's website: www.yrdsb.ca. Children who turn four or five years old during 2015, 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 being planned for this spring. For more information please visit the YRDSB website or contact your local school.

Parent Council

The school council provides advice on school matters. The council includes parents/guardians, school staff and community members. School council involvement gives you the opportunity to be part of a team working to ensure a high quality of education. All parents/guardians and members of the school community are welcome to attend meetings.

www.edu.gov.on.ca/eng/parents/getinvolved.html

The Next Parent Council Meeting is March 31st, 2015 6:00-7:30 p.m.

EQAO Assessments

Students across Ontario write provincial assessments of their reading, writing and mathematics skills at key stages in education:

- ◆ Grade 3 reading, writing and mathematics (May 25th—June 5, 2015)
- ◆ Grade 6 reading, writing and mathematics (May 25th—June 5, 2015)
- ◆ Grade 9 mathematics
- ◆ Grade 10 literacy—the Ontario Secondary Literacy Test

The tests are administered by the Education Quality and Accountability Office (EQAO), an arm's-length agency of the Ministry of Education. EQAO distributes an individual report to each student who writes the tests and posts school, board and provincial results on its website at www.eqao.com

Pay It Forward Initiative

Thank you to all the students, staff and our wonderful community for their generous donations to our pay it forward school. Your generosity was greatly appreciated!!





Please join the York Region District School Board Psychological Services Department for:

An Evening Presentation for **PARENTS**
with **Dr. Debra Pepler**
Promoting Resiliency Through Healthy Relationships

The symposium will be of interest to parents/guardians in promoting caring and supportive relationships within their family.

Healthy relationships are critical for the development of resiliency in children and youth.

These relationships start at home and then extend to school, peers and the community.

Recent research is showing that the quality of children's relationships is important for many outcomes: healthy DNA and the expression of genes in cells, brain development, behaviour, learning and physical, mental, and social health.

This workshop will:

- Provide a deeper understanding of how healthy development depends on healthy relationships, which sets the groundwork for developing resiliency and well-being;
- Focus on strategies to support children and youth's healthy development;
- Focus on strategies to support the development of resilience; and
- Describe the work being done within PREVNET (Promoting Relationships and Eliminating Violence Network) to promote healthy relationships in all places that children and youth live, learn and play.

When: Wednesday, May 6, 2015
Where: Riviera Parque Convention Centre
2800 Hwy. #7 West
(Hwy. #7 & Creditstone Road/ between Keele and Jane, North Side)
Time: 7:00 p.m. – 8:30 p.m.

Registration Fee: \$10.00 per person **or** \$15.00 per Family (parents or guardians of student(s))
(no refund if unable to attend)

PLEASE PRINT CLEARLY

CONFIRMATION OF REGISTRATION WILL BE SENT TO YOU VIA YOUR E-MAIL ADDRESS PROVIDED

Name(s): _____ Contact Phone #: _____
(Please print clearly, name or names of each Parent/Guardian attending)

E-mail: _____ Number Attending: _____ Amt. Attached: \$ _____

Please **return this portion** of the flyer with your **CHEQUE only**. **(ABSOLUTELY NO CASH)**
made payable to York Region District School Board by April 30, 2015

By Mail: Elizabeth Iarocci, Psychological Services, York Region District School Board,
300 Harry Walker Parkway South, Newmarket, Ontario L3Y 8E2

By YRDSB Board Courier: Attn.: Elizabeth Iarocci - Psychological Services - C.L.L. - Newmarket

A confirmation of registration will be sent to you on receipt of payment.

Please note: THE E-MAIL CONFIRMATION IS YOUR TICKET FOR ENTRANCE TO THE SESSION.



FREE Triple P

Triple P stands for Positive Parenting Program

Join us for a Triple P Seminar about: **Raising Resilient Children**

Parents will learn how to help children:

- develop coping skills
- deal with negative feelings
- cope with stressful events
- build a positive outlook

Thursday, April 23rd, 2015

6:00 – 8:00 pm

Lakeside Public School

213 Shorecrest Road, Keswick

Free pizza dinner, snacks and drinks will be served!

Free Child Minding Available

Please register by April 20th, 2015

For more information and registration call 905-476-8369.

Triple P offers strategies that encourage positive behaviour in children. Everyone can help, whether you are a parent, teacher, coach or a family member by using the same positive message with children and youth.

