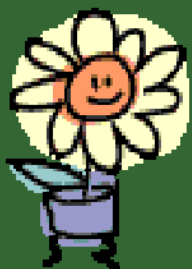




MAY 2014

*Character  
Matters!*

From The Office



May's  
Character Trait is

### INTEGRITY

*"The greatness  
of a man is not  
in how much  
wealth he  
acquires, but in  
his integrity  
and his ability  
to affect those  
around him  
positively."*

Bob Marley



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:* Angelie Barkey

*Superintendent:* Dianne Hawkins 905-895-5155  
*Trustee:* Nancy Elgie 905-476-4184

*Elementary Office Administrative Assistants:* Colleen Kirton and Lianne McAndrew  
*School Website:* <http://sutton.ps.yrdsb.ca/>

EQAO Provincial testing for grades 3 and 6 students will be occurring during the last week in May and the first week in June. In six one-hour sessions, students will complete a variety of assessment activities designed to allow them to demonstrate their knowledge relating to reading, writing, and mathematics as described in *The Ontario Curriculum*. The assessment is administered province-wide and is developed by the Education Quality and Accountability Office to reflect curriculum expectations. The dates are:

May 26, 27, 28, 29, 30 and June 2  
Grade 3 – 8:15 to 9:45 Grade 6 – 10:30 to 12:00

If you have a child in grade 3 or 6 please try to ensure your child is at school on these days. EQAO has developed a "Parent's Guide to EQAO Tests" and "Questions and Answers for Parents" to give you more information about the assessments and an understanding of what to expect. To access these resources, go to the EQAO Web site ([www.eqao.com](http://www.eqao.com)), click on "Parent Resources" and then select "Primary Division (Grades 1-3) and/or Junior Division (Grades 4-6)."

Lakeside Public School will be hosting summer learning programs again this year. Staff at the institute have linked academics, technology, arts and cooperative team skills/games for students between the ages of 5 to 13. Students will be bused from Sutton PS to Lakeside for the program. There is also a before and after program available for families that need the extra support.

Save the Date! Sutton Spring Sale is on Saturday, May 24th at Sutton Public School from 8:00am to 1:00pm. If you have time to volunteer at the event please complete the form attached in the newsletter and return it to school. We will be officially opening our new outdoor classroom at 10:00am. It will be a great time to spend as the Sutton school community.

Ms. R. Hibberd  
Principal

Ms. A. Barkey  
Vice-Principal

## Events



### May

Jump Rope for Heart Assembly	1st
Light Up Your World Mr. Walkden & Ms. Flynn	5th to 7th
Diva Ball—Gr. 8 Gentleman Gala—Gr. 8	8th
Camp Couchiching	12th—14th
Jump Rope for Heart	14th
Victoria Day—No School	19th
E.Q.A.O.—Gr. 3 & Gr. 6	26th to June 6th
Welcome to Kindergarten Night—5:30 p.m.	28th

### June

E.Q.A.O.—Gr. 3 & Gr. 6	2nd—6th
Winit Assembly—Intermediate	12th
Area Track and Field	10th—
Regional Track and Field	18th
Culture Day	20th
Grade 8 Graduation	24th
Last Day of School—Early Dismissal	26th



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

For Your Information...

### Early Dismissal in Elementary Schools

All students have received a copy of the *2013-14 Learning Calendar*. Please note that on **Thursday, June 26<sup>th</sup>, 2014** an early release day will take place to allow elementary teachers and support staff to participate in activities in the afternoon of that day in support of student achievement and school planning.

Students will attend school during the morning of Thursday, June 26<sup>th</sup>, 2014 only. More details will follow closer to the date.

SAVE THE DATE!!

## Sutton Spring Sale

 BAKING  BOOKS  BLOOMS  BBQ

May 24, 2014

8:00 am to 1:00 pm

Outdoor Tree Planting Ceremony 10:00am

We need volunteers! Please indicate how you can help and return this form at your earliest convenience. Check off all that apply:

I can donate some:

- ☐ Nut-free baked goods
- ☐ Gently used books
- ☐ Plants (perennials, annuals etc)
- ☐ Time on Saturday May 24<sup>th</sup>: 7:00 am to 9:00 am
- ☐ Time on Saturday May 24<sup>th</sup>: 8:30 am to 10:30 am
- ☐ Time on Saturday May 24<sup>th</sup>: 10 am to 12 pm
- ☐ Time on Saturday May 24<sup>th</sup>: 11:30 am to 1:30 pm

Name \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_



## Lost and Found

Our lost and found table is overflowing! Please remind your children to check the lost and found area for their missing items. There are coats, boots, shoes, shirts, hats, mitts, scarves and much more.

*Thank you.*

## Jump Rope for Heart

The following is a reminder of some important information regarding Jump Rope for Heart Day at Sutton Public School.

### Jump Rope for Heart Day is on May 14th, 2014

**Collection envelopes and all pledges must be returned to the school by May 14th, 2014.**

Please mark your child's envelope clearly to ensure they receive the accurate Student Thank You Prize(s). Please return the collection envelope, even if no pledges are received. Cheques should be made out to the Heart and Stroke Foundation.

Again, thank you so much for your support! Heart & Stroke Jump Rope for Heart benefits us all—your child gets active and learns to be heart healthy, our school can earn valuable resources and sports equipment, and we all help to support vital heart disease and stroke research and health education—for the future of our children!

For more information, please visit  
[www.jumpropeforheart.ca](http://www.jumpropeforheart.ca)

*Thank you!*





# Lakeside Summer Institute

Ride the summer adventure with us!



AVAILABLE AT THIS LOCATION

AVAILABLE AT THIS SITE

• Grades 1-6  
• Grades 7-8 (new 2014) and 9-12 (new 2015)  
• Grades 10-12 (new 2015)

During the literacy block, students are engaged in fun and enriching learning activities that address reading, writing, media and oral communication expectations from the Ministry of Education curriculum documents under the supervision of YRDSB Teachers and Administrators.

During the activity block, students are engaged in purposeful, intentional learning which is embedded within the following electives:

- |                           |                           |   |
|---------------------------|---------------------------|---|
| • Actor's studio          | • Ready, Set, Cook        | • Wacky Science World   |
| • Archery                 | • Rock Band               | • Wet & Wild Water Fun  |
| • Ball Hockey             | • Rock Hounds             |   |
| • Basketball              | • Tech World              |   |
| • Dance                   | • Tournament of Champions | Weekly out trips for <b>all</b> students at no additional cost! |
| • Digital Creative Design | • Ultimate Frisbee        | Regular trips to the ROC for students in Skills 1 and 2.        |
| • Digital Photography     | • Video Filming           |   |
| • Lacrosse                | • Visual Arts             |   |
| • Mountain Biking         | • Wacky Science World     |   |



## Contact Information:

Lakeside Public School

Phone: 1-877-280-8180 ext. 240 (before June 30)

Phone: (905) 476-8369 (after June 30)

Email: lakeside.si@yrdsb.edu.on.ca

Cost for YRDSB student:

**\$100 to  
\$115  
per week**



THE TOWN OF GEORGINA PROUDLY PRESENTS



# youth-a-palooza

SATURDAY JUNE 7TH 2014 11AM - 3PM

**LIVE  
BANDS  
AND  
MUSIC**

**BAR-B  
-QUE**

**HOT DOG  
EATING  
CONTEST**

**SKATEBOARD  
SCOOTER & BMX  
COMPETITIONS**

**ROAD HOCKEY  
&  
BASKETBALL  
TOURNAMENT**

**SUMO SUITS AND JOUSTING RING**

- SPORTS AND SPECIAL INTEREST DEMONSTRATIONS
- MEET & GREET WITH LOCAL BUSINESSES, ORGANIZATIONS AND CLUBS IN THE COMMUNITY
- LOADS OF LOCAL VENDORS, GIVEAWAYS AND PRIZES!!!

FOR MORE INFORMATION, PLEASE CALL  
SARA FORGET (SPECIAL EVENTS)  
AT (905) 476 - 4301 EXT. 2237

**Georgina  
Ice Palace**

90 Wexford Dr. Keswick  
(at the rear of the building)



## Children's Mental Health Week May 4 - 9, 2014

*The York Centre  
Coffee & Conversation Series  
May 5 - 8, 2014*

To celebrate Children's Mental Health Week, The York Centre for Children, Youth & Families is hosting a series of workshops for interested parents and other community members. The workshops are free of charge, but **you do need to register in advance for each workshop you would like to attend.**

The format of the evenings will be structured, but informal. Each evening will include a presentation, discussion, coffee and goodies, not necessarily in that order.

**TO REGISTER**, please go online to the Eventbrite website using the link listed below each topic. Choose one only for each evening.

**Dates:** May 5-8, 2014      **Cost:** Free  
**Time:** starting from 6:30 p.m.  
**Place:** The York Centre for Children, Youth & Families  
 11225 Leslie Street, Richmond Hill (1.5 kilometres north of Elgin Mills on the east side)  
 905-887-5896

<b><u>Monday, May 5:</u></b> 6:30-8:00 p.m.	<b>Attachment Based Parenting - Teens</b> <a href="http://tyc141.eventbrite.com">http://tyc141.eventbrite.com</a> <b>Art Therapy (presented in Farsi)</b> <a href="http://tyc142.eventbrite.com">http://tyc142.eventbrite.com</a> <b>Therapeutic Use of Hand Drumming</b> <a href="http://tyc143.eventbrite.com">http://tyc143.eventbrite.com</a>	<b>Presenters:</b> Natasha Wakefield, MA, CCC Kim Cooper, MSW, RSW <b>Presenter:</b> Mah Ostad, MA, OACCPP  <b>Presenter:</b> John Ciccone, CYW
<b><u>Tuesday, May 6:</u></b> 6:30-8:00 p.m.	<b>Theraplay</b> <a href="http://tyc144.eventbrite.com">http://tyc144.eventbrite.com</a> <b>Parenting Your Anxious Child</b> <a href="http://tyc145.eventbrite.com">http://tyc145.eventbrite.com</a>	<b>Presenter:</b> Jaana Lempinen, CYW  <b>Presenter:</b> Jennifer Scott, SSW
<b><u>Wednesday, May 7:</u></b> 6:30-8:00 p.m.	<b>De-escalating Crisis in the Home</b> <a href="http://tyc146.eventbrite.com">http://tyc146.eventbrite.com</a>	<b>Presenter:</b> Bruce Johnson, CYW
<b><u>Thursday, May 8:</u></b> 6:30-9:30 p.m.	<b>safeTALK training</b> <a href="http://tyc147.eventbrite.com">http://tyc147.eventbrite.com</a>	<b>Presenter:</b> Michelle Cassidy, Mental Health Lead, YRDSB

**Workshop Descriptions on reverse side.**

## WORKSHOP DESCRIPTIONS

### Monday, May 5 (choose one)

**Attachment Based Parenting - Teens:** Do you have trouble with your teen? Are you and your teen fighting a lot? Is your teen skipping school or getting in trouble with friends? Are they locked in their room for days at a time? Many children and teens experience mental health difficulties that make it hard for them to do well at home, at school, and in their community. These problems can include feelings of anger, depression and confusion, aggressive behaviour and conflict with parents and teachers. This conversation will introduce concepts are specifically designed to help parents and other caregivers of teens who are struggling with these issues.

**Art Therapy (presented in Farsi):** Art is a powerful tool in communication. It is now widely acknowledged that art expression is a way to visually communicate thoughts and feelings that are too painful to put into words. Creative activity has also been used in psychotherapy and counseling not only because it serves another language but also because of its inherent ability to help people of all ages explore emotions and beliefs, reduce stress, resolve problems.

هنر درمانی، تکنیک‌های روان‌درمانی را با فرایندهای خلاقانه در هم می‌آمیزد تا سلامت روانی و بهزیستی را بهبود بخشد. هنر درمانی از فرایندهای خلاقانه هنری استفاده می‌کند تا سلامت و بهزیستی جسمی، روانی و هیجانی افراد را در همه رده‌های سنی، بهبود و ارتقاء بخشد. هنر درمانی بر پایه این اعتقاد قرار دارد که فرایند خلاقانه در خود بیانگری هنری، به مردم در حل تعارضات و مشکلات، تقویت مهارت‌های ارتباطی، تنظیم رفتار، کاهش استرس، افزایش حرمت نفس و خودآگاهی، و به دست آوردن بینش بهتر و بیشتر کمک می‌کند.

**The Therapeutic Use of Hand Drumming:** This 90 minute interactive session is limited to *ten adult participants*. The session will have a brief Powerpoint and discussion followed by a facilitated drum circle.

### Tuesday, May 6 (choose one)

**Theraplay:** Theraplay is NOT Play Therapy!! Please come and learn the difference and discover how you can increase the bond you have with your child by including Structure, Nurture, Engagement and Challenge. This workshop will be interactive, fun, and silly; please wear comfy clothes and come with a joyful heart and willingness to find your inner child. ☺

**\*\*Adults only.** This workshop will relate best to parents who have children under age 10.

**Parenting Your Anxious Child:** What does a child who is anxious look like and sound like? Come and learn about the cycle of anxiety and the signs and symptoms that anxious children present. There are things you can do and things you perhaps shouldn't do. You'll learn helpful strategies that parents can use. *This workshop is geared to parents and caregivers of kids of all ages.*

### Wednesday, May 7

**De-escalating Crisis in the Home:** NO!!!! ....SO WHAT? WHAT ARE YOU GOING TO DO IF I DON'T.... YOU'RE NOT THE BOSS OF ME! I CAN DO WHAT I WANT! YOU CAN'T STOP ME! - I'M LEAVING! JUST TRY AND MAKE ME! Does this sound familiar? This workshop will provide an overview of how crisis situations can spiral out of control. We will discuss how to respond to the different levels of a crisis.

### Thursday, May 8

**safeTALK training:** safeTalk is a training that prepares you to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained suicide alert helper, you will be better able to: move beyond common tendencies to miss, dismiss or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers. Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learning steps that contribute to saving lives. *This workshop is three hours in length.*



# FREE Triple P

Triple P stands for Positive Parenting Program

Join us for a Triple P discussion about:  
(this event is geared to parents of children ages 0-6)

## DEALING WITH DISOBEDIENCE

Learn about:

- Why children are disobedient
- How to teach your child to accept limits and do as they are told
- How to manage disobedience

**Tuesday, May 20th, 2014**

**6:00 – 8:00 pm**

**Maple Leaf Public School**

155 Longford Drive, Newmarket, ON, L3Y 2Y7

Snacks and drinks will be served!

Free Child Minding Available

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

**Please register by Friday, May 16, 2014**

**For more information and registration call 905-895-9681.**





## **FREE Triple P Parenting Workshop**

### ***For Parents of Teens***

**Date: Tuesday, May 20<sup>th</sup>, 2014**

**Time: 6:00 – 8:00 pm**

**Venue: Maple Leaf Public School**

155 Longford Drive, Newmarket, ON, L3Y 2Y7

**Topic: Raising Responsible Teens  
Seminar**

**Snacks and drinks will be served!**

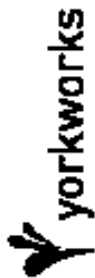
**Free child minding available**

[www.triplepontario.ca](http://www.triplepontario.ca)

**Please register by Friday, May 16, 2014**

**For more information and registration call 905-895-9681.**





**Get Doing!**  
**Attention Grabbing**  
**Resumes & Cover Letters:**  
 Discover what's important to employers, how to keep information relevant, and what format will work for you.

**Winning Interview Strategies:**  
 Understand interview methods & questions, explore answers & learn how to prepare.

**Computer Training for Job Search:**  
 Learn the basics of computer components, using email, internet and word for your job search.

**Cold Calling:**  
 An effective way to break into the hidden job market, 80% of current jobs will never be advertised!

**Get Effective!**

**Where's My Next Job?**  
**Effective Job Search:**

Tap into the hidden job market, conduct research, build and work your network, use social media, make cold & warm calls...and much more!

**Use Interview Stream:**  
 Introduction to using this web-based interview practice program & ace your next interview!

**Use WinWay Resume Builder:**  
 Introduction to building an interview generating resume & cover letter!

**Call 905.722.1480**  
 for more information or to register.  
 All sessions are at NO COST!

# Sutton Workshops & Events

Mon	Tue	Wed	Thu	Fri
<b>SCOTT'S</b> Gain access to current Employer & Company Information 5	<b>IMMIGRANT SERVICES</b> <b>MOBILE OUTREACH</b> May 15 <sup>th</sup> 10 - 4 Appointment required 6	1 7 <b>Winning Interview Strategies</b> 1:00 - 3:00 8	2 <b>INTERVIEW STREAM</b> (Free Resume Review) Ask our R&I TEAM about this Online Practice Interview Software 9	<b>Mock Interview by appointment</b> 9:30 - 12:00 16
12 <b>Effective Job Search</b> 1:00 - 3:00 13	<b>Resumes &amp; Cover Letters</b> 1:00 - 3:00 14	<b>Effective Job Search</b> 1:00 - 3:00 15	<b>Enhance your LinkedIn Account</b> 9:30 - 3:00 22	<b>Mock Interview by appointment</b> 9:30 - 12:00 23
19  <b>Centre Closed</b> 20	<b>Resumes &amp; Cover Letters</b> 1:00 - 3:00 21	<b>Winning Interview Strategies</b> 1:00 - 3:00 28	<b>GET HIRED FASTER 30 Day Challenge!</b> 3 Days of Action! 9:30 - 2:30 Daily 27	<b>STONG INVENTORY</b> Ask about this NEW Career Assessment 30

M A Y

2014

# SUTTON PUBLIC SCHOOL

along with **The GEM Theatre**

on **Monday May 12th at 6:30**



Presents

## MR. PEABODY & SHERMAN



*Rating: G*

*Running Time: 90 min*

Tickets are \$3.00 per person.

Please detach and send to your Movie Coordinator

Name: \_\_\_\_\_

# of Tickets: \_\_\_\_\_

Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

Room: \_\_\_\_\_

Please make payment in cash. Sorry, we are unable to make change.

ORDER EARLY! Tickets are sold on a first come, first serve basis.