



UNIONVILLE MEADOWS MESSENGER November 2016

Principal - Leeanne Hughes-Fernandes

Vice Principal - Nancy Tsang

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Message from the Principal's Desk

November has arrived and we have much to look forward to as we move into our third month of school. Although the teachers and students focus most of their time on academics, we also recognize the importance of our learning skills as well as the physical and social/emotional well being of our students. Our commitment to healthy living and nourishing the body, mind and spirit are equally important. Our teachers' commitment to Daily Physical Activity, the up and coming healthy snack program, the various extra curricular activities that your children have participated in such as Cross Country and Flag Football, as well as events such as our Harvest Dance and spirited Mustang Bowl are all important components of school which enrich the lives of our students. The social emotional well being therefore of our students is very important. Research evidence shows that education and health are closely linked. Promoting the health and well-being of students within schools has the potential to improve their educational outcomes and their health and well being outcomes. At UMPS, our staff is very intentional around promoting an awareness around health and well-being in a variety of ways.

Equally important to building academic success in school are the learning skills and work habits that teachers address daily in a purposeful way. Teachers, students and parents/guardians need to work together to set goals to develop all of the learning skills, work habits and healthy living goals in order to set the foundation for academic success. We look forward in the months ahead as we continue to work in partnership to achieve these goals!

Leeanne Hughes-Fernandes & Nancy Tsang

Curriculum / Meet the Teacher Night

On Wednesday, October 26th, Mr. Gulab, Mr. Biesok, Ms. Haras, Ms. Als, Ms. Chairot, Ms. Saghatelian, Ms. Yuan, Ms. Grover, Ms. Juma and Ms. Alarakhia hosted a Curriculum / Meet the Teacher night for their students. It was a great turn out and well attended. Thank you for all the families who came out, it was nice to see so many new and familiar faces.





Athletic Update



The Volleyball season is up and running as we are preparing both the boys' and girls' teams for the area tournament in late November. We are wishing them a great season and the best of luck at the area tournament.



Students from UMPS participated in the Regional Cross Country on Wednesday October 19th, 2016.

Thank you to Ms. Clarke for her support to the team and for a wonderful season.



SCHOOL COUNCIL NEWS

Our first School Council meeting was held on October 6th was exceptional! We saw new faces and we have new members taking on school council roles! It's truly going to be an exciting year!

We welcome ALL PARENTS to join our meeting. Every council meeting has NEW ideas so just because you missed the first or second meeting, we'd be thrilled to see you at our third, fourth or fifth. We offer FREE BABY SITTING at all meetings, so come and share your ideas with us.

Our next meeting is November 17th, 2016 at 6:30pm in the Learning Commons.

2016-2017 School Council Members

Chair	Amanda G.
Secretary	Chloe S.
Co-Secretary	Ronald L.
Treasurer	Anim M.
Parent Engagement	Mia / Saira
Grants	Saira K. / Flora
Fundraising	Naline A.
Co-Fundraising Chair	Emily Z.



Students safety is of high importance to our community, please ensure you are parked in an appropriate designated parking space and obeying any parking signage. Due to the high volume of traffic at the end of the school day, it is important to ensure we have thru traffic within our parking lot so cars can come in and out.

Parent Teacher Interview / Student Led Conference

On November 24th and 25th, 2016, teachers will be offering Parent Teacher Interview / Student Led Conference to discuss your child(ren)'s progress report. This is an opportunity for teachers, students and parents to celebrate all the learning successes and to plan for next steps.

A green form was sent home for families to request possible meeting times. Please complete the form and return it to school by November 4th, 2016 so that times can be scheduled. Thank you!



Helping kids eat well and perform better.

NOVEMBER 2016 UPDATE

NOVEMBER FEATURES

Each month we feature new specials and combos to bring you even more variety!

For the month of November you child can enjoy all of these entrees:

Butter chicken with steamed rice



Turkey burger on a whole wheat bun



Beef or Bean Enchilada



Ordering is easy!

Login to place your orders at www.kidskitchen.ca

Orders are accepted until 10am the previous business day (on Friday for Monday orders).

Spend more quality time with your kids. Leave the lunches to us!

905.944.0210 | www.kidskitchen.ca | information@kidskitchen.ca



ECO SCHOOL UPDATES

We are the Green Team here to inform you about a few things that have been going around in our school. The Green Team has been collecting clean washed and dried milk bags and weaving them into mats. By making these mats, many homeless people are now able to sleep more comfortably because they could treat our mats as a makeshift bed. By using milk bags donated by our students and staff to make these mats, we are able to reduce the garbage that goes into landfill. When our garbage goes into the landfill, methane gas is formed. Methane gas is actually a stronger greenhouse gas than carbon dioxide. This is toxic gas that can go into our soil which can cause many problems in our future. To date, we have collected over 6,000 milk bags since November 2014.

In our October newsletter, we briefly stated that project **MHP** (Markers, highlighters, and pens), created by Staples, was cancelled. Staples is now collecting these items again, and so we will be collecting the following items with **no ink**: markers, highlighters, pens, broken mechanical pencils, and used white out. In each classroom, there will be a bucket to put these writing utensils into. Each utensil is two cents, and though that may seem like little, with all of your donations, the total profit will be much greater.

Currently, we are planning new projects and activities, and we would love your help! By joining the Green Team, you could help bring awareness to many of the problems in our environment. The environment is very important because our survival depends on it. Without our environment, we would not be alive! The Green Team is also an opportunity to show your leadership skills too! So, if you are interested and in Grades 4 and up, you are very welcome to join the Green Team and help save the world! Keep Thinking Green!

-Ealy & Alicia from the Green Team

Walking vs. Getting a ride

How can we help prevent carbon dioxide from entering the atmosphere?

In Canada, driving is the easiest way of transportation. Many people have reflected that public transportation is not as convenient, and very time consuming. Besides taking buses or using your car at home, choose, **INSTEAD, to walk!** At our school, we promote walking to school, especially in warmer weather.

Do you really know how driving impacts our planet? If not, read on!

Car emissions produce carbon dioxide that is then released into the atmosphere. There, it is mixed with water, and comes down in the form of acid rain, snow, particles, or gas. Acidification affects ecosystems greatly, and many plants and animals cannot survive these changes. They begin to die off. Carbon dioxide also pollutes the air, and causes breathing issues, as well as cancer. These emissions are also the reasons of global warming. Global warming results in the melting of ice caps, and increases the water levels globally. Ironically, trees that produce oxygen and take away carbon dioxide are also affected by acidification. Continued exposure to acid precipitation results in the loss of important nutrients such as calcium, in forest soils. While some trees are able to pull through, others die off, as they cannot survive these changes. Now you know how a simple drive to school can greatly affect the Earth!

So next time you decide to ask your parents to drive you somewhere, ask yourself if there is a smarter choice, such as walking, or bicycling! **Keep thinking green!**

By Alena