



UNIONVILLE MEADOWS MESSENGER

October 2016

Principal - Leeanne Hughes-Fernandes

Vice Principal - Nancy Tsang

Unionville Meadows P. S. 355 South Unionville Avenue, Markham, Ontario L3R 5C8

Phone: (905) 479-4795 Fax: (905) 479-1105

Website: www.unionvillemeadows.ps.yrdsb.ca

OCTOBER AT A GLANCE!

3&4—Rosh Hashanah
6—School Council Meeting at 6:30pm
10—Thanksgiving (No School)
11—FDK & PJ SSC & CC at Brooks Farms
12—Yom Kippur
12 to 14—Gr. 8 at Pine Crest
19—Regional Cross Country Meet at Bruce's Mill
21—Immunizations (Hep B—Gr. 7), (HPV—Gr.7 females & males and Gr.8 females)
24—Mustang Bowl
24—26—GROW workshop
27—Picture Day
28—PA Day (No School)
29—Diwali
31—Halloween

Student Allergies

Due to the severe allergy to peanuts/nuts and shellfish of several of our students, we are asking that **NO peanuts /nut products** or shellfish be brought into the school for snacks or lunches. As well, we have some students allergic to eggs. If you have received a letter indicating there is a specific allergy in your child's class, please refrain from sending that specific food item to school in your child's lunch. **If you would like a list of nut free snack and lunch ideas please visit:**

<http://snacksafely.com/>



Message from the Principal's Desk

It has been an amazing start to the 2016/2017 school year at Unionville Meadows Public School. Thank you to all staff, students and families for your support. Students are settling into routines and teachers are enjoying getting to know their learners and building community in their classrooms.

Safety is always a main priority at our school. As a board we are committed to providing safe learning environments for all students. On the PA Day in September all staff were involved in safety training ranging from general health and safety to anaphylaxis and epi-pen training. We have also planned safety and fire drills which will continue throughout October. When the fire department came to do a fire drill at UMPS they shared with us how impressed they were with our procedures and the way the students knew exactly what to do during the drill. Way to go Mustangs!

In October we will once again have GROW come to UMPS to continue our work on empowering students when it comes to issues of building confidence and challenging bullying.

We were very excited to meet our new families and reconnect with everyone on Curriculum Night. Families were able to meet the teachers in their classroom as well as making purchases on our Sportswear. They also had a chance to visit the Healthy Action table and the Learning Commons. It was a great evening.

Leeanne Hughes-Fernandes & Nancy Tsang

Terry Fox & Cross Country

The week of September 19 was Terry Fox Run week at Unionville Meadows. All of our students participated in this event to raise awareness and money for cancer research. Our students ran / walked for about 45 minutes while donations were made to The Terry Fox Foundation. This was a successful day as students were raising money to support cancer research while being active from a healthy run / walk.

We had a very successful Cross Country season this fall. Congratulations to all of our runners! Six of our cross country runners qualified for the Regional Meet: Sophie G., Trent S., Gregory S., Bonnie W., Erika I., and Patrick P. as well as our Tyke boys team. A special thank you to the cross country coaches, Ms. Clarke and Mr. McDonnell for your work over the season. Thank you also to Ms. Clarke, Mrs. Schultz, Mr. McDonnell, Ms. Hussain, Ms. Berman and Ms. Su for attending the Cross Country Area Meet at Milliken Park.

Bullying vs. conflict

When talking to children about events that they encounter it is important to distinguish between bullying and conflict. Both issues need to be addressed, however the strategies to do so are different and we need to help children recognize the difference between the two.

Bullying is a persistent pattern of unwelcome or aggressive behaviour that involves an imbalance of power, and/or the intention to harm or humiliate someone.

Conflict on the other hand is generally a disagreement or difference in opinion between peers who typically have equal power in their relationships. It's usually an inevitable part of a group dynamic.

CELL PHONE & ELECTRONIC DEVICES

Students and parents are reminded of and are requested to please respect the policy at Unionville Meadows P.S. with regard to electronic devices. All electronic devices such as cell phones, cameras, iPods, etc. are to be off and invisible from the beginning of school until the closing bell unless instructed by the teacher for in class use. Students are to exercise digital citizenship and act responsibly. Use of these items during the course of the day may result in confiscation. In order to prevent loss, confiscation or damage, students are encouraged to leave these devices at home. If your child needs to contact you or if you need to contact your child during school hours, please do so through the main office. If your child is ill, he/she is asked to report to the office and we will contact the parent/guardian. The taking of photographs of non-willing staff or students is strictly prohibited at UMPS.



GET READY!



PHOTO DAY is: Thursday October 27th, 2016



Back to School!

It's the start of a new school year and time for annual school portraits! Edge Imaging is happy to help you capture this timeless tradition in your child's life.

Helpful Hints for a Picture Perfect Pose:

Smile: Practice with your child on how to get a beautiful big smile in front of the camera.

What to Wear: For best results we recommend wearing bright, solid coloured clothing. If uniforms are required, please dress accordingly.

Sleep: Make sure your child gets a good night sleep and wakes up a bit early so you can style their hair for photo day.

Please note a class group photo may also be taken on photo day.

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new!



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Halloween— Let's Make it Safe!



A reminder that as Halloween approaches, students are not permitted to bring any replica/toy guns, knives, sticks, swords, etc. to school even if they are part of the costume. Make-up is preferred over masks to ensure that students can see properly. Jokes that include spray cans of silly string, fake blood, etc. should be kept at home for Halloween evening as they are often misused at school. Individual teachers will communicate specifics about Halloween activities in their classes.

BUILD A BETTER FUTURE!



FREE CLASSES

- English as a Second Language/LINC
- Academic Upgrading and Computer Skills
- Citizenship and IELTS Preparation

Call 905-731-9557
to book an appointment
www.yrdsb.ca

@YRDSB

YRDSBMedia



International Baccalaureate Program Information Evening

The International Baccalaureate (IB) program is student-centred with a focus on developing intellectual, personal, emotional and social skills for students who live, learn and work in a rapidly changing world. The program emphasizes critical, compassionate thinking, community involvement and intercultural understanding. It is founded on international standards and assessment. Students who complete the program earn both an Ontario Secondary School Diploma and an IB Diploma.

We are pleased to announce the expansion of York Region District School Board's IB Program offerings. In addition to [Bayview Secondary School](#)'s IB Program, YRDSB has four candidate school sites for the Diploma Program:

[Alexander Mackenzie High School](#)
[Maple High School](#)

[Dr. GW Williams Secondary School](#)
[Milliken Mills High School](#)

Current Grade 8 and Grade 9 students and families interested in YRDSB's IB Program are invited to attend an information session to learn more about the program and application process. No registration is needed.

IB Information Evening – Wednesday, October 26, 2016

Location: Le Parc

8432 Leslie Street, Thornhill, Ontario L3T 7M6

Hall: to be announced

Times:

Families living EAST of Yonge St. 6:30 p.m. – 7:30 p.m.

Families living WEST of Yonge St. 8:00 p.m. – 9:00 p.m.

Students eligible for Grade 9 and Grade 10 in September 2017 may apply.

Assessment Dates – Saturday, November 19 or Tuesday, November 22, 2016

Admission to the York Region District School Board IB programs includes an assessment. At the time of application, students will select to write in either the a.m. or p.m. on Saturday, November 19 or in the evening on Tuesday, November 22.

There is a \$35 fee to apply to this program.

For additional information, please visit www.yrdsb.ca/IB.

Are you interested in attending Bill Crothers Secondary School for the school year 2017-2018?

Information Night for Students and Parents

Bill Crothers Secondary School is a unique, system-wide program that provides an inclusive and engaging learning environment for students who are motivated by healthy active living and sport while achieving academic success. This school operates on a Balanced School Year (early August to mid-June) schedule which supports the diverse needs of student-athletes. Specialized programming is offered to support our students through our diverse and daily Health and Physical Education and High Performance Athlete Program with contextualized learning in a variety of subject courses. During the school day, we offer an Integrated Learning Instructional Period (ILIP) which provides supervised time for students to achieve their academic goals.

All information sessions will occur at Bill Crothers Secondary School, 44 Main Street, Unionville, Ontario, L3R 2E4 from 7 – 8:30 in the cafeteria.

Tuesday October 18th, 2016 – Students in the West & North Region

Wednesday October 19th, 2016 – Students in the East Region

Thursday October 20th, 2016 – Students in the Central Region

Due to building capacity regulations, we request that only students and parents interested in attending BCSS for the school year 2017 - 2018, attend one of these evening. Parking is limited so we ask that parents carpool or park at the GO Station. Markham By-law officers regularly enforce the parking regulations.



Fight the bite!

Protect yourself against
West Nile virus



What is West Nile virus?

West Nile virus is a mosquito-borne virus that can be passed to humans through the bite of an infected mosquito.

What are the symptoms of West Nile virus?

Most people infected with West Nile virus have no symptoms or have flu-like symptoms such as fever, headache, body aches and fatigue. Sometimes West Nile virus can cause severe illness including meningitis and encephalitis (inflammation of the brain).

Symptoms usually develop between two and 15 days after being bitten by an infected mosquito.

Fight the bite!

What you can do...

Clean up

The best way to keep mosquitoes away is to clean up areas of standing water where mosquitoes like to breed.

Here are some tips:

- Clean up and empty containers where water collects (old tires, tin cans, flower pots, etc.)
- Change water in bird baths weekly
- Remove water that collects on pool covers
- Turn over items such as wading pools, wheelbarrows and small boats
- Clear eavestroughs and roof gutters
- Unclog drainage ditches
- Drill holes in the bottoms of containers so water can't collect
- Check that door and window screens are tight-fitting and in good repair

Cover up

Protect yourself and your family from mosquito bites.

- Wear light-coloured, long-sleeved shirts and pants
- Use insect repellent containing DEET when outdoors; apply according to manufacturer's instructions

For more information about West Nile virus or to report standing water, contact York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or visit york.ca/westnile



Community and Health Services
Public Health

www.york.ca



Follow us on
Twitter

@UMPSMarkham

Hear about special events, important days,
and celebrations of learning!

Also, check out our web-site:

[http://
unionvillemeadows.ps.yrdsb.ca/](http://unionvillemeadows.ps.yrdsb.ca/)



School Assistants

If you are interested in working as a school assistant on a casual basis for the 2016-2017 school year, please let us know in the office. School assistants work daily in the school and school yard. Please see Mrs. Shiva in the office if you are interested in working as a school assistant this year.



Please remember to send
forks and spoons with
your child(ren). We can
not provide these on a
daily basis.



A decorative border made of small globe icons, each showing a different view of the Earth, surrounds the entire page. The globes are arranged in a rectangular frame with an inner border and an outer border.

Green Team Update

This is our 10th year of being an Eco school!

We also have been certified with a Silver recognition!

Here are **10 things** that we have been doing as a school to help make our Earth a better place to live.

1. Anti-idling Signs in our front loop – please do not run your car for more than 3 minutes as this pollutes the air we breathe and children breathe 3 times more breaths than adults.
2. Energy Conservation –we turn off lights when we are not using them, or when we leave the room.
3. We close the blinds to keep the sun out (summer time) and heat in (winter time) at the end of the day.
4. GOOS (Good On One Side) paper – we use paper that has been printed on one side before recycling it.
5. Compost bins take food scraps, used tissue and pencil shavings.
6. Recycling bins take paper, cardboard, and coffee/tea cups from Tim Horton's.
7. Garbage bins take food wrappers, hard plastic packaging, Koolaid jammers and straws.
8. Reusable water bottle help save the environment as it takes ¼ cup of crude oil to make one plastic water bottle.
9. We collect Clean Milk bags that we weave into adult mats (about 500 milk bags make one adult size – that's 8 small mats put together) to help countries around the world that might have been hit with a natural disaster.
10. Unfortunately, our collection with Staples for markers and pens that have no more ink has stopped because they don't run that program any more.

We, as a Green Team will continue to look for ways that can help the environment and keep you updated on any new projects. This year, we would like to continue to earn a Silver recognition but we can't do it alone, so we need you to also help out.

Green Team is open to students in grades 4-8 who would like to have a leadership role in making a difference to their community.

KEEP THINKING GREEN!

Mrs. Leung



发挥你的潜能

康福
主办:

「超凡少年」训练

专为住在约克区, 年龄介乎12至18岁之青少年而设

你想学会如何充分提升学习效率、运用情绪, 以及应付压力吗?

这个训练可以帮到你!

费用全免, 提供茶点和公车票, 并可给予社区服务时间。
名额有限, 报名从速!

时间: 2016年10月26日-11月30日,
每星期三, 下午6点半至8点半
地点: Middlefield Collegiate Institute, Classroom 1,
525 Highglen Ave., Markham

报名: Erica 万小姐: ewan@hongfook.ca
or 416-493-4242 x2282
Rachel 黄小姐: rawong@hongfook.ca
or 416-493-4242 x2246




培育 超凡少年

你的子女是否12和18岁之间的青少年?

参加康福心理健康协会主办的「培育超凡少年」计划, 让你了解令繁忙的年轻人所面对的危机, 以及如何帮助你的子女应付这些挑战。

主题: 如何让子女充分发挥潜能, 以及如何改善与子女的关系和沟通。

对象: 住在约克区, 有12至18岁子女的父母

语言: 普通话/英语

日期: 2016年11月1日至12月6日,
逢星期二晚上7点至9点

地点: Middlefield Collegiate Institute,
Classroom 1,
525 Highglen Ave., Markham, ON

费用全免, 提供茶点和公车票。

报名: Erica 万小姐: ewan@hongfook.ca / 416-493-4242 x2282
Rachel 黄小姐: rawong@hongfook.ca / 416-493-4242 x2246




你的心声, 我们倾听。

青少年辅导小组

作为一个青少年, 你大概有好多东西需要考虑:)

你是否住在约克区, 年龄在12岁至18岁之间?
想跟其他青少年讲讲生活中的烦恼?
又想学习如何处理情绪, 改善人际关系, 提高睡眠质量或尽情的享受人生?

如果你的答案是yes, 那你一定要参加这个小组!

时间: 2016年10月3日-12月12日, 每星期一, 下午4点至6点
语言: 普通话/英语
地点: Milliken Mills Community Centre, Room B, 7600 Kennedy Rd, Markham

费用全免, 提供茶点和公车票, 并可给予社区服务时间。

想报名? 请赶快联系我们!
欧阳小姐 (Daphne): dauyoung@hongfook.ca 或 416-493-4242 转2272
黄小姐 (Rachel): rawong@hongfook.ca 或 416-493-4242 转2246




HONG FOOK
PRESENTS

AMAZING YOUTH

FOR TEENS AGED 12-18 TO DISCOVER THEIR HIDDEN POTENTIAL

WANT TO KNOW HOW TO MAXIMIZE STUDY EFFICIENCY?
USE YOUR EMOTIONS TO YOUR ADVANTAGE?
KEEP SCHOOL STRESS AT BAY?

THEN COME JOIN US FOR FOOD, FUN, AND FRIENDS!

DINNER AND TRANSIT TICKETS WILL BE PROVIDED FREE OF CHARGE.
COMMUNITY HOURS CAN BE PROVIDED (CONDITIONS APPLY)

WEDNESDAYS 6:30 - 8:30 PM | OCT 26 - NOV 30
MIDDLEFIELD COLLEGIATE INSTITUTE, CLASSROOM 1
525 HIGHGLEN AVE., MARKHAM, ON

For more information or to register, contact:
Erica Wan: ewan@hongfook.ca / (416) 493-4242 x 2282
Rachel Wong: rawong@hongfook.ca / (416) 493-4242 x 2246




RAISING AN AMAZING YOUTH



Do you have a teen between the ages of 12 and 18?

If your answer is yes, then this program is for you. In this program, you will understand the challenges that affect your teen and how to help him or her deal with those challenges. You will also learn how to improve your relationship and communication with your teen.

Languages: Mandarin and English
Date: Every Tuesday, from October 1 to December 6
Time: 7:00 to 9:00 p.m.
Location: Middlefield Collegiate Institute,
Classroom 1,
525 Highglen Ave., Markham, ON

To enquire or register:
Erica Wan: ewan@hongfook.ca
or 416-493-4242 x2282
Rachel Wong: rawong@hongfook.ca
or 416-493-4242 x2246




COME CHILL. AND CHAT.

YOUTH COUNSELLING GROUP

As a teenager, you have a lot on your plate:)

Are you between the ages of 12 to 18 and live in York Region?
Would you like to chat with other teens about the challenges of adolescence?
Learn how to manage your emotions?
Improve your interpersonal relationships?
Sleep better?
Enjoy life to the fullest?
If so, this group is for you!

Dates: Mondays, October 3 to December 12, 2016
Time: 4:30 to 6:30pm
Language: Mandarin/ English
Location: Milliken Mills Community Centre, Room B, 7600 Kennedy Rd, Markham

Free of charge. Refreshments and bus tokens will be provided.
Community hours can be given (conditions apply).

TO ENQUIRE OR TO REGISTER, PLEASE CONTACT:
Daphne Au Young: dauyoung@hongfook.ca or 416-493-4242 x2272
Rachel Wong: rawong@hongfook.ca or 416-493-4242 x2246





Helping kids eat well and perform better.

OCTOBER 2016 UPDATE

Autumn is upon us and with it arrives our first seasonal special of the school year! We are excited to bring back the Thanksgiving Special Lunch for October!

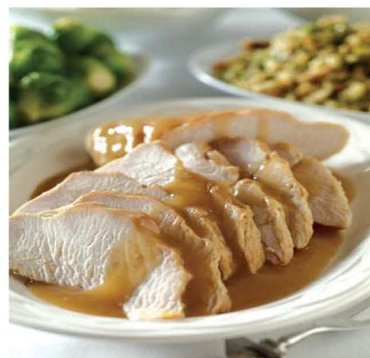
THANKSGIVING SPECIAL LUNCH

Our popular Thanksgiving Special is available for the month of October only!

Roast Turkey Slices with gravy, Mashed Potatoes, Peas and carrots with a Mini homemade pumpkin spice cupcake.

Don't delay, place your orders today at www.kidskitchen.ca

The Thanksgiving lunch is available each day we service your school.



OCTOBER SPECIALS

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

For the month of October your child can enjoy:

**Chicken Caesar Wrap or
Alfredo Pasta with chicken or
Alfredo Pasta**

These are available as an entrée only or as a combo.

Our September specials will end on September 30th. Remember to place your orders for October soon.



Back by popular demand...

With overwhelming feedback from our customers, we are pleased to add some favourites to our every day menu.

Available as of September 26th, you can now order...

**California Rolls
Veg California rolls
and Grilled Cheese** (with real cheddar cheese)

Place your orders at www.kidskitchen.ca today!

Please check your school's menu - some restrictions may apply.



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





CONCUSSION? NOT OK? Don't play.

Elementary School Concussion Information Card

What is a concussion?

A concussion is a **brain injury** that cannot be seen on routine X rays, CT scans or MRIs. It affects the way a child may think and remember things, and can cause a variety of symptoms – **each child's reactions are unique**. Concussions can have a more serious effect on a young, developing brain.

What causes a concussion?

Any blow to the head, face or neck or a blow to the body which causes a sudden jarring of the head may cause a concussion

- Playground falls
- Ball to the head
- Head comes into contact with a hard object such as a floor, desk or another student's head or body
- Playing sports

Signs and Symptoms of a concussion

May be immediate or delayed

You don't have to lose consciousness to have a concussion

| Signs you may observe | Symptoms reported by the student | Questions you might ask students |
|--|--|--|
| <ul style="list-style-type: none"> • Appears dazed or stunned • General confusion • Slow to answer questions or follow directions • Repeats questions • Does not know time, date or place • Can't recall events prior/after the hit, bump or fall • Shows behaviour or personality changes • Poor coordination or balance • Vomiting • Slurred speech • Easily distracted • Strange or inappropriate emotions (e.g., laughing, crying, getting mad easily) | <ul style="list-style-type: none"> • Headache • Dizziness • Feels dazed • Sees stars, flashing lights • Ringing in the ears • Sleepiness • Loss of vision • Sees double or blurry • Stomachache, stomach pain, nausea | <ul style="list-style-type: none"> • What is your name? • Where are you? • What happened to you? • What day is it? |

Response for a suspected concussion

Loss of consciousness

- Suspect a possible neck injury
- Initiate Emergency Action Plan and call 911
- Do not move the student
- Wait for paramedics to arrive

If concussion is suspected but no loss of consciousness

- Student to stop physical activity
- Do not leave student alone
- Monitor and report symptoms to Administrators and parents
- Follow school board protocol for concussion and related injuries

Communicate to Parent/Guardian

- Inform parent of suspected concussion
- Provide a copy of : Concussion Guidelines for parents/caregivers by Parachute at www.parachutecanada.org and click on www.thinkfirst.ca
- Advise parents that every child who is suspected of having a concussion should be seen by a doctor as soon as possible
- Emphasize to parents the importance of their ongoing role in continuing to monitor their child's signs and symptoms and if they worsen, have child reassessed
- The student may have to stay home from school because school work can make symptoms worse. If the student goes back to school or resumes activities before he/she is completely better, their symptoms could get worse or take longer to go away

Each student's experience with a concussion is unique and concussions can also affect the student's ability to return to academic activities. Parents, students, school staff and doctors should work together to develop a strategy/plan to ensure students return to learn optimally.

For more information, visit:
www.york.ca/injuryprevention
www.parachutecanada.org
and click on www.thinkfirst.ca



NOT OK?
Don't play.

For more information, please contact York Region Health Connection 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca



It's your head... use it!

Head injuries are the leading cause of serious injury and death to kids on wheels. Wearing a properly fitted, certified helmet can reduce the risk of serious head injury by 85 per cent. Children and youth (under 18) are required by law to wear a helmet when bicycling. Helmets must fit properly to protect your child in the event of a crash.

Remember the **2V1 Shake, Shake, Shake** rule:

- 2:** The helmet should cover the top of your child's head and sit two finger widths above their eyebrows (a helmet that is too big will not provide proper protection).
- V:** Adjust the side straps so they form a V-shape under their ears.
- 1:** Only one finger should fit between your child's chin and the fastened straps.

Shake, Shake, Shake:

Have your child shake their head up and down and side to side to make sure the helmet is snug

For more information visit www.york.ca/injuryprevention



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

York Region Health Connection

Community and Health Services
Public Health

www.york.ca

