



UNIONVILLE MEADOWS MESSENGER

February 2015

Principal - LEEANNE HUGHES-FERNANDES

Vice Principal - MARION AHRENS

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

FEBRUARY AT A GLANCE

- 2- PA DAY - No school for students
- 4- Grade 6-8 Winter Activity Day
- 5- School Council Meeting at 6:30 pm in the UMPS Learning Commons
- 11 - Grade 7 & 8 Dance
- 12- TRIO Musica at Greensborough Public School
- 13- Spirit Day - Love Day - wear red, pink, purple or white
Intermediate Girls Basketball Area Tournament
- 16- Family Day Holiday - No School
- 17- ARTS Series: Emerita Emerancia Kindergarten-Grade 3
- 18- Report Cards go home
- 19- Lunar New Year
- 20- Mary Poppins Theatre
Trip - Grade 7&8
Intermediate Boys
Basketball Area Tournament
- 23- Grade 2 Fire Safety



Junior Kindergarten Registration Continues

If you have not registered your child for JK for the 2015/2016 School year please come to the office to do so.

Also, if you have neighbours with children who are Kindergarten age (children who turn four or five years old during 2015) please remind them to come to our school office to register their child.

Any questions please call our school office at 905-479-4795.

Message from the Principal's Desk

On January 23rd, Billy Pang, our new Trustee, came to visit our school along with our Superintendent, Dan Wu. We had many wonderful things to share about our great school.

On January 29th, Shyamala Kiru came for her second talk at our school. The title of this talk was, "Train your Brain for Success". The staff at Unionville Meadows have been doing a lot of work thinking about "Growth Mindsets" and recognizing that there is always room to grow and improve in all areas of who we are. Thank you to the School Council for organizing such a great event for our parent community.

On February 18th, your child(ren) will bring home their Term 1 Report Cards. Please take some time to read the Report Card with your child(ren). The Learning Skills section on page one of the Report Card is incredibly important as they have a profound impact on your child's success at school and beyond. Please take some extra time to talk about these with your child(ren). Once you have read the Report Card and celebrated your child's successes set some goals for Term 2. You have the opportunity to record these comments and goals on the last page of the Report Card and we appreciate you taking the time to do this and sending it back to the school so we can work as a team to achieve the goals. Communication between home and school is something we value at Unionville Meadows so if you have any questions about the Report Card please do not hesitate to contact your child's teacher. They will be happy to speak to you.

*Leeanne Hughes-Fernandes &
Marion Ahrens*

WINTER WEATHER REMINDERS



Being physically active during winter is an essential part of a healthy lifestyle. Please note that in the event of extreme cold weather, YRDSB advises taking the following into consideration: indoor recess when the wind chill is -20 or below; shortened recess when the wind chill is -18. Students are advised to come dressed for the weather and keep extra clothing at school in case their clothing becomes wet while outside.

If your child has been ill and is not well enough to go outside during recess/lunch breaks, parents are asked to keep him/her at home.

With colder temperatures and snow we also see an increase in cars dropping off and picking up children. Please continue to be extra careful on the road and in the loop. In order to keep the traffic flowing please remember that the front loop is a kiss-and-ride zone only. Please do not get out of your vehicle. If your children are too young to get out of the car without your help please park on the street and walk them to the school yard. Also, please have your child(ren) get out of the car on the passenger side so that they are safe.



Important Reminder:

**NO NUTS or
SHELLFISH
at school!**



Please ensure that your child's lunch is free of nut products. We have many students at our school who have life threatening allergies to nuts. We also ask that you not send lunches with shellfish as we have students and staff who are allergic to shellfish.

Parlez Français!



février

February

rire
to laugh

« Je ris de la poésie... »
"I laugh at poetry..."

le cœur
heart

« ... avec tout mon cœur ! »
"...with all my heart!"

le gâteau
cake

« Mange-t-on du gâteau ? »
"Are we eating cake?"

tellement
so / so much

« Il fait tellement froid ici ! »
"It's so cold here!"

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



STAY CONNECTED



UMPS twitter handle:

@UMPSMarkham



UMPS Website:

www.yrdsb.ca/schools/unionvillemeadows.ps

SPORTS UPDATE

The junior volleyball team gave a stellar performance at the Area Tournament on January 20th, 2015. It was a round robin tournament at Wilclay Public School and our team placed 5th overall out of 11 schools. Congratulation to the team of 12: Allison C., Nicole H., Sophie G., Tracy W., Sophia L., Erica L., Jalen T-S, Omar S., Mridhul S., David H., Max Y., and Raymond C..

Way to go Mustangs!!!



DR. BETTE STEPHENSON CENTRE FOR LEARNING

36 Regatta Avenue, Richmond Hill, Ontario L4E 4R1

Tel: 905.884.3434 905.884.2046 1.877.280.8180

Fax: 905.773.2406

Website: www.yrdsb.ca

2015 Spring World Classroom Program (for students and their families)

International Education Services (IES) of the York Region District School Board helps students from other countries in the world (we call them "international students") attend our schools and live with local families in York Region. The reason international students choose to come here is to improve their English and learn about our culture and our country.

We have an amazing opportunity for you and your family to participate in as hundreds of other York Region students and their families have in the past several years.

This Spring (tentatively April 10 to May 23), a group of 25 students from the Shanghai Xiawai International School are coming to several schools in York Region. The visiting students need to live with a local family who have children that attend a YRDSB elementary school. What we do is match a visiting Chinese student to a York Region family/student. The Chinese visitor will live with the local family and they will go to school together for about six weeks, go on two excursions with the whole group, and attend a World Classroom party. Families who host a visiting student **receive \$225 per week** to cover the cost of hosting the student.

By sharing your home, family and school with your visitor from China, you will also get to learn about their culture and country... and maybe even learn a little bit of Mandarin or Shanhaihinese!

If you and your family are adventurous, like to meet interesting people and learn about new places and cultures, we encourage you to talk to your family about applying to host a student.

The application must be completed by your parents and returned to your Principal for approval no later than **February 27th**. Your Principal will then send the application to our team for consideration.

*Important Dates:

February 27 – application deadline

April 13 – first day of school for visitor

May 22 – last day of school for visitor

Excursion and Arrival/Departure dates and times are to be determined



Happy New Year – Starting New Habits

It is out with the old and in with the new! This time of year has many of us planning for and making changes towards healthier well-balanced lifestyles. While goal setting can sometimes seem daunting, make 2015 a success by starting small and setting realistic achievable goals monthly or even weekly.

Start your day with breakfast – One of the best changes you can make is properly fueling up your body with high fiber and protein-based foods that will keep you feeling full and energized.

Eat a rainbow – Focus on eating a variety of colours within a day and you will no doubt be on your way to better health. Try consuming between 3-4 different coloured fruits and vegetables, remembering to divide up your plate to include 50% vegetables (broccoli, spinach, lettuce, bell peppers), 10% healthy fats (dairy, avocados, nuts), 20% complex carbs (sweet potatoes, whole grains, legumes) and 20% healthy proteins (lean meats, fish, eggs).

Switch to smaller plate sizes – The thought of weighing and measuring your foods for each meal can seem overwhelming, so to help transition yourself, try using smaller plates or bowls to help with portion control. Becoming aware of how much we eat, is often half the battle.

Up and at it! – Schedule 30 minutes of exercise first thing in the morning to start your day by getting your blood pumping and your metabolism going. This practice 3-4 times a week will do wonders for your fitness and energy levels. Keep your shoes and clothes piled within reach you don't have to think about what you need when you wake up.

Bedtime wind down – Focus on having 10-15 minutes of relaxing time before you get into your evening bedtime routine. Allowing the mind and body to unwind and decompress before it's time to go get ready for sleep will help ensure a better night's rest. Turn off any bright lights, cell phones, TVs or computers and make sure the room is dark.

Practice mindfulness – Before bed, set aside 10-15 minutes to practice mindfulness – being silent and still, allowing your mind to be present in the moment. Observe how your body feels and any thoughts that come into your head without judging them. This daily practice allows you to focus better, be in charge of your emotions and helps with overall stress reduction.

Cut out distractions – Make sure you sit down and turn off any distractions during your meal times. Doing this allows your body to focus on the act of eating and in turn you will become more aware of when you actually start to feel full.

Grab a pedometer – One of the easiest ways to track your daily activity and motivate you to get moving is to track your steps. Aim to hit 10,000 steps in a day. Having a pedometer will help you build focus on a visual target.

Make Sundays your prep day – Chop all your vegetables and bag them, or even precook a meal or two to help you minimize your time in the kitchen on weeknights when schedules can be tight. Doing this will help you plan healthy meals in advance of a hectic schedule, so you can stay motivated to achieve your healthy goals.

Make 2015 your healthiest year yet, starting out by making new healthy habits. Set small goals for yourself by writing down one intention each week and posting it on your fridge. Get your family members involved by sharing in those goals, or posting their own, and be accountable to each other. Focus on supporting and encouraging those around you on a daily basis! Creating a community of supporters can only help everyone achieve a healthier and happy lifestyle.

Leave the lunches to us! Take a break from making lunches and place your orders with Kid's Kitchen today. Lunches are delivered fresh and hot to children at the school at lunch time. Allergies? No problem, we take care of it all.

For more information visit www.kidskitchen.ca or call us at 905-944-0210.

How can I get my child to eat breakfast?

Do you rush out the door for work with only a coffee in hand? Children learn best by watching their parents! Set a good example by giving yourself a few extra minutes in the morning to enjoy a healthy breakfast with your family. Here are some tips to make breakfasts quick and easy:

- Make pancakes or waffles ahead of time and freeze. Then just take out of the freezer and pop in the toaster. Serve with fruit and milk
- Boil and peel several eggs or make a few omelets one evening. Store in the fridge. Serve with toast and fruit
- Make a wrap by spreading peanut butter on a whole wheat pita or tortilla and wrap around a banana
- Make a quick breakfast shake with milk, yogurt, whole oats, frozen berries and a banana
- Enjoy a high-fibre cereal with milk and sliced fruit



For more information about how you can help your child's school create a healthy school nutrition environment, visit www.nutritiontoolsforschools.ca



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

York Region Health Connection

Community and Health Services
Public Health

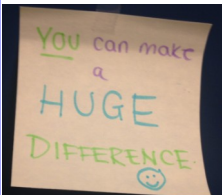
www.york.ca



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STUDENT COUNCIL UPDATE

Hey student body! Do you remember about two weeks ago when there were kind messages in the form of sticky notes on your locker? Did you feel good when you read your note? Great—because that was our goal! That was just one of our amazing projects. We are your Unionville Meadows Health Action Team, and we want to promote health both physically and mentally. Whether you're on the giving or receiving end it all feels good. Keep an eye out for us, Unionville Meadows! :) Sincerely,
Your Health Action Team (Serene, Calvin, Angelene, Tamika, Gautam and Sharon)





Hair Donation

On January 29th, Rachel D., one of our Character Matters Representatives from Student council, had her friend Tiffanie cut off 9 inches of her hair at the Healthy Schools assembly. She has donated her hair to Children With Hair Loss, an organization that provides children who have medically-related hair loss with free hair replacements. The Mustangs commend Rachel for this wonderful act of kindness!



FEBRUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 PA DAY No School for students	3 Day 5	4 Day 1 WINTER ACTIVITY DAY Grade 6-8	5 Day 2 School Council Mtg UMPS Library 6:30pm	6 Day 3	7
8	9 Day 4	10 Day 5	11 Day 1 Grade 7 & 8 Dance	12 Day 2 TRIO Musica	13 Day 3 Spirit Day - LOVE Day Wear pink, white, red or purple Int. Girls Basketball Area Tournament	14
15	16 Family Day Holiday No School	17 Day 4 ARTS Series Emerita Emerancia Kindergarten - Grade	18 Day 5 Report Cards Go Home	19 Day 1	20 Day 2 Mary Poppins Intermediate Division Int. Boys Basketball Area Tournament	21
22	23 Day 3 Grade 2 Fire Safety	24 Day 4	25 Day 5	26 Day 1	27 Day 2	28
		<p>Please remember to call the school if your child is missing school due to illness or an appointment.</p> <p>Please call 905-479-4795 anytime (24 hours/day) and leave the following information:</p> <ul style="list-style-type: none"> -Your child's name (please spell) -Your child's grade and teacher -The reason for the absence 				

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