



UNIONVILLE MEADOWS MESSENGER

November 2014

Principal - Leeanne Hughes-Fernandes

Vice Principal - Marion Ahrens

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

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NOVEMBER AT A GLANCE!

- 4- Grade 2 Milne Trip (2A, and Grade 2's from 1/2R and 1/2 L)
Dental Screening JK/SK, Grade 2, Grade 8
- 5- Picture retake day
Grade 8 Transition Day at Markville SS
Grade 2 Milne Trip (2X, Grade 2's from 2/3 and Doyle)
- 6- Grade 4 Milne Trip (4 Caplan, Gr 4's from 4/5 and Doyle)
Dental Screening JK/SK, Gr 2, Gr 8
School Council Parent Night - Shyamala Kiru Presentation
7pm UMPS Gym
- 7- Grade 4 Milne Trip (4 Clarke, Grade 4's from 4/5)
- 10-13 BOOK FAIR in Learning Commons
- 10- Grade 7 Milne Trip (7A and Grade 7's from 7/8)
- 11- Remembrance Day
Grade 7 Milne Trip (7B and Grade 7's from 7/8)
Progress Reports go home
- 13- Student Led Conferences 3:30-8:00 pm
- 14- PA DAY - Student Led Conferences in morning
- 17- Bus Evacuation
- 18- Bus Evacuation
- 24- Grade 3 Scientist in the School
- 25- Grade 3 Scientist in the School
- 27- School Council Evening - Wood for Sheep 7 pm Library
- 28- Youth Voice Conference



Thank you to all
of our
families who
continue to walk
to school!

Way to go
Mustangs!

Message from the Principal's Desk

On November 11th your child will receive their Progress Report. The Elementary Progress Reports are designed to show a student's development of learning skills and work habits during the fall term as well as a student's general progress in working towards achieving the curriculum expectations. The progress report is meant to help you have rich discussions with your child about their learning and work habits and to set goals for the remainder of the year. On November 13th and 14th you will be invited to a Student-Led Conference in your child's class. This will be an opportunity for your child to share their learning with you and for you to celebrate their learning and set goals together. It is also an opportunity for you to have a brief discussion with the teacher. Once we have coordinated the conference times you will receive a confirmation note with your appointment time and date.

On Thursday, November 6th, your School Council has arranged for Shyamala Kiru to come to the school to talk about self-confidence and anxiety. These are very important topics as we see an increased number of students who experience anxiety and self-confidence issues at different times in their life and school career. We have had several opportunities to hear Dr. Kiru speak and she has amazing strategies to share with parents especially about preventing anxiety through building confidence. We hope you can join us at 7pm for this wonderful opportunity.

*Leeanne Hughes-Fernandes &
Marion Ahrens*

The BOOK FAIR is coming!



The Scholastic Book Fair is coming to UMPS
November 10 - 13, 2014.

The book fair will be open during the school day on
Monday to Thursday and also
Thursday evening 3:30-7:30 pm during Student Led Conferences.

Parlez français!

novembre	<i>Novembre</i>
nager <i>to swim</i>	« Je nage les samedis. » “I swim on Saturdays.”
il pleut <i>it's raining</i>	« Il pleut chaque jour » “It's raining every day”
s'il vous plaît <i>please</i>	« Levez-vous, s'il vous plaît ! » “Stand up, please!”
le quartier <i>the 'hood</i>	« Qu'est-ce qu'on fait dans le quartier? » “What's good in the 'hood?”
avant <i>before</i>	« Fais les devoirs avant le dîner ! » “Do your homework before dinner!”

Waste Reduction Week in Canada

Green Team is calling for all mobile devices and accessories. Yes, you heard that right! UMPS is participating in the **Recycle My Cell Phone Challenge**.

If you have an old cellphone, charger, or battery bring them to school to be properly recycled.

Acceptable devices for collection are: Cell phones, smartphones, wireless PDAs, cell phone batteries/chargers and pagers.



Nut / Shellfish Alert!



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 (such as shrimp) as we have students and staff who are allergic to shellfish.

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



The Challenge takes
place from

Oct. 20 - Nov. 21.

Any devices brought
to school can be sent
to Room 106.





Please join us!

UMPS School Council presents:

An evening with **SHYAMALA KIRU**

(DMIN, RMFT)
Individual, Couple & Family Therapy

Thursday, November 6th, 2014 at 7 p.m.
Unionville Meadows Public School Gym

Simple strategies to help kids boost confidence
Fostering Confidence - Solutions to overcome fear & anxiety
The connection between confidence & anxiety
Identify anxiety - "The Confidence Killer"
Confidence - Critical to Success



What's in the lunch bag?

Maybe children have too much fat, sugar and salt in their diet and not enough vegetables, fruit or whole grain foods. Unhealthy lunches at school may contribute to children's poor eating habits.

The next time you pack your child's lunch:

- Get children to help in planning. Use Canada's Food Guide to show children how much of each food group they need for a healthy diet. Include three of four food groups in every lunch
- If your kids want commercial lunches (meat, crackers, candy and drink) make your own. Use a plastic container to put in high fibre crackers, lean lunch meats and fruit or include soft tortillas, low-fat cheese and lettuce to make a taco. Pack tomato slices on the side
- Buy 100 per cent juice rather than pop, cocktail, flavoured drinks or "ade". A can of pop has nine to 12 teaspoons of sugar



Children will not always eat their entire lunch. Don't worry, be sure to offer other healthy meals and snacks throughout the day.

For more information about creating a healthy school 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



Kindergarten Snail Inquiry



The Kindergarten students were so intrigued by the snails they were finding outside during recess that they have been bringing them inside the classroom! Teachers have seized the opportunity and created a learning environment that would enable the students to inquire and continue to observe these interesting insects throughout the day.

These are items found in our learning environment:

- Snails kept in an exposed habitat of a clear container.
- Non-fiction and fiction books displayed around the learning space to promote literacy learning, research, investigations, wonderments.
- Papers that include space for pictures as well as space for documenting observations, invite students to record their thinking and ideas.
- Clipboards with "I see...I think...I wonder..." template to support their thinking and to invite responses.
- Magnifying glasses for exploration and discoveries.

After listening, documenting and learning alongside our students, we have realized that the one question they were really interested in was "What is a snail and how does it live?". We have since, presented students with opportunities to discuss their many questions through reading non-fiction texts, using iPads, listening to videos and documentaries. The snail inquiry has been integrated into other content areas.

With small groups, we have led mini lessons based upon their initial theories (e.g. parts of a snail, how they move, what they look like, feel like, etc.) and had the snails out of their container for open exploration - (Curriculum links: Personal/Social/Emotional Development, Oral Communication, Writing, Science & Technology). Students have begun to independently draw/paint pictures of snails (observational drawing/painting, diagrams, labels) (Curriculum links: Personal/Social/Emotional Development, Reading, Writing, Oral Communication, Visual Arts). Students worked with an educator to record their new observations, ideas, and wonders on thought bubbles and "I see..., think... and wonder...." paper for our documentation binder and wonder wall.



Athletic Update

We had a very successful Cross Country season this fall. Congratulations to all of our runners! Nine of our cross country runners qualified for the Regional Meet at Bruce's Mill. — Jason Z., Patrick P., Sophie G, Erika I., Katy W., Angela Z., Andrea H., Victoria A., Christina X., Julie J.. 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, and Ms. Su for attending the Cross Country Area Meet at Milliken Park.



Way to go, Mustangs!




GREEN TEAM UPDATE

MILK BAG UPDATE – COMPLETED SLEEPING MAT #3!

A great big **THANK YOU** to our high school volunteers (Ayman, Sydney, Jeffrey, and Nevin) who came in the week of October 20-24 and helped prepare the milk bags into weaving materials and wove one and a half completed adult sleeping mats. We now have three completed mats, made up of about 800 milk bags. We have collected over 300 bags as of September, making our total over 3347 milk bags diverted from the landfill. Continue to bring in the milk bags and **PLEASE CLEAN THEM** before bringing them in. Would you want to sleep on a smelly mat? Neither would the families that we are making it for!

Eco Theme November – What's In and What's Out!

Staff, students, and parents are encouraged to **Rethink** their actions before throwing out an item. That is, **stop and think** about the impact every dumping action will have on the environment and the world around us. It is important to be well informed about what goes where:

		
<p>In the Green Compost Bin – waste that can go back into the soil like food scraps, used tissue or wet paper towel, and compost material are GOOD FOR OUR SOIL!</p>	<p>Blue Recycling Bin- paper items like coffee cups, juice boxes, milk cartons, paper bags, and plastic items like yogurt containers. Putting items in the Blue Recycling Bin that shouldn't be there can ruin an entire batch of recyclable material and end up at the landfill.</p>	<p>Black Garbage Bin for landfill – straws, food wrapper, all plastic bags, and Kool Aid Jammers foil drinks, as they don't help our environment.</p>

YOU CAN MAKE A DIFFERENCE WHEN YOU KEEP R.O.W.ING!!
(REDUCE OUR WASTE)



Healthy Schools, Healthy Kids!

Health is a key factor in school performance. A Healthy School can provide children with opportunities to experience positive role models, healthy food choices, physical activity and positive student-teacher bonds. School staff, students, parents and community partners can work together to improve the health of our school community.

Unionville Meadows PS is interested in becoming a Healthy School. A Healthy School promotes opportunities for, not only students, but staff and parents to learn positive health attitudes and behaviours. The whole school community is involved in achieving this goal. A Public Health Nurse from the York Region Community and Health Services will support our efforts with tips, guidance and resources.

If you would like to learn more about Healthy Schools, contact Reid Linforth at reid.linforth@yrdsb.ca, or 905.479.4795 ext 211. A meeting will be held in the next little while. Stay tuned to hear more about it!

Thank you!