



UNIONVILLE MEADOWS MESSENGER November 2015

Principal - Leeanne Hughes-Fernandes

Vice Principal - Tina Diavolitsis

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

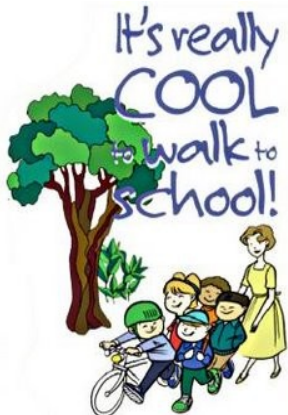
Phone: (905) 479-4795 Fax: (905) 479-1105

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 &
Tina Diavolitsis*



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

Way to go
Mustangs!



Athletic Update



We had a very successful Cross Country season this fall. Congratulations to all of our runners! We had 26 runners participate in Cross Country and seven students advanced to Regionals. Congratulations to Julia, Anjanie, Melanie, Erika, Yao and Vanessa as well as Sophie who placed 7th. A special thank you to the cross country coaches Ms. Su, Mrs. Hussain and Mr. McDonnell for their work over the season. Thank you as well to the parents who volunteered their time to drive many of our students to Regionals.

Our Co-Ed Flag Football Team has had a wonderful season. Thank you to Mr. Andonoff who coached this group of students! The end of the season ended on a high note with our traditional Mustang Bowl.



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.

Reminder

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



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 has been committed to being a healthy school in a variety of ways. We will continue our commitment to promoting the importance of a healthy body and healthy mind, by resuming our snack program. Most students and parents have indicated they would very much like healthy snacks available to their children at school, and this program will begin shortly. We are very thankful for the many generous donations from our parent community that has made this program a reality.

As we all know, a healthy School promotes opportunities for, not only students, but staff and parents to learn positive health attitudes and behaviours. Our entire school community is committed to not only the physical but emotional well being of our students. Because of this, our Grade 8 students will have the opportunity to participate in a series of five workshops led by a facilitator from the Canadian Mental Health Association, that will discuss topics such as managing stress and anxiety, depression and surviving the challenges of high school. We will be working closely as well with our Community Police Officer and our York Region Public Health Nurse. Our Grade 8 teachers are committed to leading this initiative with their students!

SECONDARY SCHOOLS – GRADE 8 INFORMATION SESSIONS (for September 2016 Enrolment)

School	Date	Time
Alexander Mackenzie HS	October 29, 2015	7:00 pm
	October 21, 2015 - Arts Alexander Mackenzie @ The Richmond Hill Centre for the Performing Arts	7:00 pm
Aurora HS	January 14, 2016	6:00 pm
Bayview SS	January 21, 2016	7:00 pm
Bill Crothers SS	October 7, 2015 (for West & North YR)	7:00 pm
	October 13, 2015 (for East YR)	7:00 pm
	October 15, 2015 (for Central YR)	7:00 pm
Bur Oak SS	December 10, 2015	7:00 pm
Dr JM Denison SS	November 19, 2015	6:30 pm
Dr GW Williams SS	December 1, 2015	6:30 pm
Emily Carr SS	January 19, 2016	7:00 pm
Huron Heights SS	November 19, 2015	7:00 pm
	November 26, 2015 - Arts Huron Heights @ Huron Heights SS	7:00 pm
Keswick HS	January 14, 2016	6:00 pm
King City SS	January 14, 2016	7:00 pm
Langstaff SS	November 19, 2015	7:00 pm
Maple HS	December 10, 2015	7:00 pm
Markham DHS	November 26, 2015	7:00 pm
Markville SS	January 13, 2016	6:30 pm
Middlefield CI	November 12, 2015	6:30 pm
Milliken Mills HS	December 8, 2015	6:30 pm
Newmarket HS	December 3, 2015	6:30 pm
Pierre E Trudeau HS	November 19, 2015	7:00 pm
Richmond Green SS	November 17, 2015	6:30 pm
Richmond Hill HS	January 12, 2016	7:00 pm
Sr Wm Mulock SS	December 2, 2015	7:00 pm
Stephen Lewis SS	December 10, 2015	7:00 pm
Stouffville DSS	January 14, 2016	6:45 pm
Sutton DHS	January 14, 2016	6:30 pm
Thornhill SS	December 3, 2015	7:00 pm
Thornlea SS	October 22, 2015	6:30 pm
Tommy Douglas SS	November 25, 2015	7:00 pm
Unionville HS	January 14, 2016	6:00 pm
	November 3, 2015 - Arts Unionville @ Markham Flato Theatre	7:00 pm
Vaughan SS	January 13, 2016	7:00 pm
Westmount CI	November 5, 2015	7:00 pm
	October 14, 2015 - Arts Westmount @ City Playhouse Theatre	7:00 pm
Woodbridge College	November 19, 2015	7:00 pm

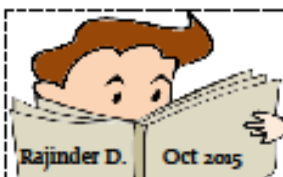
International Baccalaureate Programs

Bayview SS International Baccalaureate Diploma Program

- The IB Information Evening is Thursday October 29, 2015 at Bayview SS
- Families residing EAST of Yonge Street from 6:30 p.m. – 7:30 p.m.
- For more information about the IB program, follow the attached link: <http://www.yrdsb.ca/schools/bayview.ss/IB/Pages/default.aspx>

Father Michael McGivney Catholic Academy International Baccalaureate Program

- For more information visit: www.ibo.org or view the IB Open House Presentation [IB Open House 2015 Nov 4.pdf](#).
- Gr. 8 and IB Open House for parents will be Wednesday, November 4, 2015 at 6:30pm. At Father Michael McGivney



School Council News

... for parents by parents ...



HEALTHY FOODS = HEALTHY MINDS



Kindly donate to our Healthy Snack Program.

With your generosity we may be able to extend this necessary program to the end of the 2015-2016 school year.

The snack program feeds ALL our students.

We do not single out those with less from those that are fortunate to have more.

We accept cash or cheques (drop off at the office)

Cheques must be made out to: *Unionville Meadows Public School*

Help us feed hungry tummies and minds.

Our first School Council meeting held Oct 15th was exceptional!

We saw NEW FACES! 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 meetings. Every council meeting has NEW ideas so just because you missed the 1st or 2nd meeting, we'd be thrilled to see you at our 3rd, 4th or 5th. We offer FREE BABYSITTING at all meetings so come share your ideas and an evening snack with us!

2015-2016 School Council Members

Chair	Amanda G.
Secretary	Chloe S.
Co-Secretary	Ronald L.
Treasurer	Anim M.
Communications	Hao D.
Parent Engagement	Mainika G.
Co-Parent Engagement	Rajinder D.
Fundraising & Grants	Saira K.
Co-Fundraising	Naline A.
Snack Program	Effie A.

Supporting Members

Flora W., Juliana S., Emily, Shirley, Patti, Priscilla

We are busy organizing events that you have come to enjoy with your children and families.

Dates and times will be posted once we're good to go!

PLANNED EVENTS:

*Aussie X
Movie Nights
Lego Night/Robotics
Games Night/Family Fun Night
Popcorn Sales
50/50 Raffle*

STAY TUNED....



NEXT SCHOOL COUNCIL MEETING

Nov 19 6:30 – 8:00pm Library




unionville.meadows.ps@yrdsb.edu.on.ca

Email us! School Council will be in touch





NOVEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
1 	2 Day 3	3 Day 4	4 Day 5	5 Day 1	6 Day 2	7
8	9 Day 3 Dental Screening JK/SK/2/8	10 Day 4 Diwali 	11 Day 5 Remembrance Day Assembly Dental Screening JK/SK/2/8	12 Day 1 Photo re-takes	13 Day 2	14
15	16 Day 3	17 Day 4	18 Day 5	19 Day 1 School Council Meeting 6:30 pm	20 Day 2	21
22	23 Day 3	24 Day 4	25 Day 5	26 Day 1	27 PA DAY No School for students	28
29	30 Day 2	Please remember to call the school if your child is missing school due to illness or an appointment. Please call 905-479-4795 anytime (24 hours/day) and leave the following information: -Your child's name (please spell) -The reason for the absence -Your child's grade and teacher				





FREE
Programs for Adults
Call 905-731-9557 to
book an appointment
www.yrdsb.ca

UPGRADE YOUR SKILLS FOR EMPLOYMENT

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



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada



Ontario

EMPLOYMENT
ONTARIO



UPGRADE YOUR SKILLS FOR EMPLOYMENT

Flexible class schedules with individualized support.

Learn how to use email, Google Suite, Microsoft Word, Excel, Powerpoint,
Outlook, Publisher, Access, OneNote and more.

Math, reading and writing classes available for work or academic upgrading
(GED, apprenticeship, college, workplace).

www.yrdsb.ca

@YRDSB

YRDSBMedia

EMPLOYMENT
ONTARIO





What You Need to Know When Advocating for a Student with ADHD within Ontario School Systems

November 22, 2015

9AM-1PM

registration opens at 8:30

**Japanese Canadian Cultural Center
6 Garamond Court (Wynford and DVP)
Toronto ON, M3C 1Z5**

Understanding your Province's Special Education system and how ADHD is recognized within this system is paramount when advocating for your child. This in-depth workshop will cover:

- Provincial Special Education Systems across Canada
- The Ontario Special Education system
- Exceptionality categories
- Fear of labeling
- The December 2011 Ministry of Education Memorandum
- Navigating the IPRC process
- Understanding and contributing to an IEP
- Your child's rights
- How you can be a more effective advocate for your child
- Post-secondary institutions and ADHD
- Psychoeducational testing and other third party reports

This interactive workshop will include presentations on essential information, but also encourage interaction through whole audience and small table discussions on frequent occurring roadblocks, common parental frustrations, and successes working with schools. Participants are encouraged to bring their child's IEPs or other documents they wish to discuss.
Cost: \$30 per person, or \$50 for two

For full details and to register online visit our events section at www.caddac.ca



SOCIAL SERVICES NETWORK
Serving Diverse Communities

ANNOUNCES COUNSELLING SERVICES

WE ARE PLEASED TO OFFER THE COUNSELLING SERVICES OF A SOUTH ASIAN SOCIAL WORKER. SHE SPECIALIZES IN FAMILY VIOLENCE AND TRAUMA.

**THIS IS A FREE SERVICE, AVAILABLE TO ALL IN ENGLISH AND TAMIL. PUNJABI AND GUJRATI TRANSLATION AVAILABLE.
PLEASE CALL FOR AN APPOINTMENT.**

**WHEN: EVERY WEDNESDAY
TIME: 1:00-3:00PM
WHERE: MARKHAM COMMUNITY HUB
8 SHADLOCK ST, MARKHAM, ON L3S 3K9**

**FOR APPOINTMENT OR MORE INFORMATION
CONTACT JASPREET:
COORDINATOR, FAMILY VIOLENCE PROGRAMS AT
905-554-9033 x223**

WWW.SOCIALSERVICESNETWORK.ORG

INCREASING RESILIENCY AND WELL-BEING IN OUR CHILDREN

PARENT WORKSHOP

Learn techniques to assist your children in becoming more resilient

A PRESENTATION FOR PARENTS
OF ALL STUDENTS BUT IN PARTICULAR
THOSE IN GRADES 7-9



Sponsored by

The York Region District School Board Resiliency Committee and
The Learning Disabilities Association of York Region

No cost

Monday November 2, 2015
Richmond Green Secondary School

7:00 p.m.-9:00p.m.

RSVP – chris.mcadam@yrdsb.ca



**Idayr • Learning Disabilities
Association of York Region**
The right to learn, the power to achieve

