



UNIONVILLE MEADOWS MESSENGER

October 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

Website: www.unionvillemeadows.ps.yrdsb.ca

OCTOBER AT A GLANCE!

7 - **iwalk** - International Walk to School Day
15- School Council Meeting at 6:30 pm in the Learning Commons
12 - Thanksgiving - NO SCHOOL
14 -Regional Cross Country Meet
19- Election Polling Station-Gym Closed
20 & 21- Bus Safety Program
27 - Grade 7 Hep B shots, Grade 8 girls HPV shots
19th -23rd- Waste Free Lunch Challenge



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

The month of September has been a busy one. We have met our new teachers, made new friends and continue to work, learn and grow together as a school community. We were faced with the need to go through some minor reorganization of some of our Kindergarten and Primary classes however these moves were minimal and resulted in folding our Grade 1/2 class and our 2/3 class and making them each a straight Grade 1 and 2. We apologize to you and your children for any upsets that have been experienced as a result. It has been our priority to address our parents' concerns and students' needs at this time. As we move forward, we hope the days and months ahead will be spent establishing new friendships and engaging in new and exciting learning opportunities. We remind you as well that it is extremely important for you to be as involved as possible in your children's schooling. The research shows a clear correlation between parent involvement and student achievement, indicating that the more involved you are, the better your child will do at school. Involvement can be as simple as checking your child's agenda each evening, keeping track of homework that needs to be done, or asking him /her what they learned in Math today. Nightly reading is also a great way to connect! Together in partnership, parents and teachers alike can positively influence student achievement and well-being!

*Leeanne Hughes-Fernandes &
Tina Diavolitsis*

Trustee Greetings

Welcome back to another school year. I am happy to extend a warm welcome to our returning students and families and those who are new to our Board. I am the trustee for your child's school and your representative on the York Region District School Board of Trustees. I am looking forward to continuing my work to ensure that all YRDSB students receive a high-quality education within safe, caring and inclusive learning environments. In the coming year, trustees will continue to focus on the priorities that we set out in our Multi-Year Plan: student achievement and well-being, the delivery of effective and sustainable educational programs and the responsible stewardship of Board resources. We know that partnerships with families are essential to achieving this goal. Good schools become better schools when they are connected to parents and families. I hope that you will find positive and meaningful ways to engage with your child's school over the course of the year. There will be many events and activities to look forward to throughout the year and many opportunities across the Region that support parent engagement. 2015-16 promises to be an exciting year. All the best for the upcoming school year!

Superintendent: Dan Wu: 905-940-7800

Trustee: Billy Pang: 647-461-9965

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.



Follow us on
Twitter

@UMPSMarkham

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

Also, check out our website:

<http://unionvillemeadows.ps.yrdsb.ca/>



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.



Congratulations UMPS staff and students! Last year we raised \$363.18 for the Water Project. Our gift will provide clean, safe water to a community in need for years to come. To see how our gift is helping in a specific community, enter the donation ID # at www.thewaterproject.org/track

Donation ID– 44105

Check No.– 001816

Way to go Mustangs!!!!

School Assistants



If you are interested in working as a school assistant on a casual basis for the 2015/2016 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.



Are you interested in attending Bill Crothers Secondary School
for the school year 2016 - 2017?

Information Night for Students and Parents

Bill Crothers Secondary School (BCSS) is a system-wide school with a focus on healthy active living and sport. The school is open for Grade 9 to 12 students. Students and parents from across the region are invited to attend an information evening. Information will be shared regarding the vision, mission, schedule, programs, the transfer policy, and application process.

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

Wednesday October 7, 2015 – Students in the West & North Region

Tuesday October 13, 2015 – Students in the East Region

Thursday October 15th, 2015 – 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 2016 - 2017, 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 on school property, so please abide by the posted parking regulations.

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



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



Download the YRDSB App!

Did you know that you can download the York Region District School Board app, *YRDSB Mobile*, using your iPhone, Android or Blackberry 10 device?

YRDSB Mobile provides parents and students with up-to-date news, access to student resources, school maps and contact information. Users are able to access the *Report It* tool, school year calendars, transportation information and much more.

To download the free app, search for "YRDSB" in your app store.



for fun! **to school!** **in my community!** **to the park!**

iwalk
International Walk to School Day
October.7.2015

iwalk is an international event for children promoting active travel to school and around their community.

international Walk to School Week
October.5-9.2015
international Walk to School Month
October.2015

iWALK is part of the Active & Safe Routes to School Program.

SHAPE
safe healthy active people everywhere

For info or to register
www.shapeab.com

iwalktoschool.org

PARENT WORKSHOP

Coping with Anxiety

The Art of Nurturing Emotional Resiliency in Children and Youth



Dr. Carly Shecter, C.Psych.

Children grow up so quickly, and before we know it, our giggly, bouncing toddler is in grade school, managing tests, friends and daily stressors.

At what point should we start becoming concerned that our child's tantrums or avoidant behaviours are more than just "growing pains"?

Parents will receive education, strategies and resources to support children with:

- regulating emotions
- managing anxiety
- cultivating resiliency

Thursday, November 5, 2015

6:30 – 8 p.m.

Cornell Community Centre Rehearsal Hall

Please RSVP to Norma James at Norma_J@msh.on.ca

OCTOBER 2015

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Cross Country Meet Milliken Mills Park 10:00 am to 1:30 pm Day 2	2 Day 3	3
4	5 Day 4	6 Day 5	7 International Walk to School Day Day 1	8 Day 2	9 Day 3	10
11	12 THANKSGIVING NO SCHOOL 	13 Day 4	14 Regional Cross Country Meet Day 5	15 School Council Meeting in Learning Commons 6:30	16 Day 2	17
18	19 Gym Closed Elections Canada Polling Station Waste Free Lunch Challenge Day 3	20 Bus Safety Program Waste Free Lunch Challenge Day 4	21 Bus Safety Program Waste Free Lunch Challenge Day 5	22 Waste Free Lunch Challenge Day 1	23 Waste Free Lunch Challenge Day 2	24
25	26 Day 3	27 Immunization Grade 7 Hep B shots, Grade 8 girls HPV shots Day 4	28 Day 5	29 Day 1	30 Day 2	31 