



UNIONVILLE MEADOWS MESSENGER

April 2016

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

APRIL AT A GLANCE!

- 5-Gr. 2 Scientist in the School-Adatia & de las Alas
- 6- Chai and Chat- 1:30 to 2:45 pm; Scientist in the School -Karr
- 7- Gr. 6 VIP Block 1
- 14- Vaisakhi (Sikhism); Dental Screening-JK/SK, Gr.2
- 15- Dental screening Gr.8; Arts Series Rag & Bone Puppet Theatre: The Last Polar Bears-Gr. 1-4 1:30-2:30 pm
- 18- Fire Department visit for Gr. 3
- 21-Ridvan begins (Baha'i Faith); Gr.6 VIP Block 1
- 22- Spirit Day: Earth Day-Wear green/blue/brown
Effective Schools Assembly-Block 2; Officer Jen with Gr. 8s in Block 3-Youth & Law
- 25- CMHA presentation for Gr.8s-11:00 am
- 26- Gr. 7 & 8 Immunizations-Gr. 7 Hep B #2 & Gr. 8 Girls HPV#2
- 27- Junior Girls' Area Basketball Tournament
- 28- Junior Boys' Basketball Area Tournament
- 29- Holy Friday- (Eastern Christian)



Message from the Principal's Desk

Welcome Back! We hope that everyone had a wonderful March Break! As we look forward to the beautiful spring weather outside, inside, we continue to work hard to achieve our academic goals for the final three months of the school year. Our expectations for success remain high for all the students and we are equally committed to ensuring that your child's social and emotional well being is always at the forefront of everything we do here at UMPS.

At school, we honoured Earth Hour on March 24th by shutting off all our lights and powering down our computers for an hour. We will continue to honour the Earth throughout the month of April through a series of challenges presented by our Eco Team. Our Family Fun Night on March 31st, hosted by School Council was also a great success. These are events and initiatives that contribute to the spirit of our school and engage our students in community and global initiatives that develop an awareness about how important it is to be not only committed to academics but to global citizenship. It's tremendously important for us to do our part to protect and care for our Earth! Now that the warmer weather is here, why not encourage your children to continue this effort by walking or riding their bikes to school. The health benefits of this are significant and so are the benefits to our Earth!

EQAO



SAVE THE DATE!

Gr. 3 & 6 EQAO- May 24 to June 2, 2016

Grade 8 Graduation, Tuesday, June 28, 2016
at 7 p.m.

*Leeanne Hughes-Fernandes &
Tina Diavolitsis*

Empowering our Girls at UMPS!

The Grade 6 Girl's Group has had a wonderful session this winter where they have practiced their leadership skills and had a lot of fun at the same time! They used yoga and dance as a strategy to relieve stress and anxiety, braided hair for the grade 3s during Black History Month, invited new friends to play board games and honed their cooking skills by making banana splits! They will also be mentors for the Grade 5 Girls Group that has now started. We are all proud of these young ladies that are showing how smart, strong, and bold they are!

A special thank you to Mrs. Brown for leading this school initiative!



Keeping Your Child Safe in the Car

To be safely protected in a vehicle, children must be properly secured in a child car seat, booster seat or seatbelt, depending on their height, weight and/or age. As a driver, you are responsible for ensuring that all passengers under 16 years of age are properly buckled into a seatbelt, child car seat or booster seat. The fine for not using a child car seat or booster seat as required by law is up to \$1,000 plus two demerit points on conviction. In Ontario, all drivers are required to use proper child car seats and booster seats when transporting young children.

Children **12 and under should always be in the back seat**. Most cars have front seat air bags, and these can hurt small children if the bags inflate during a crash or sudden stop. The safest place in the car for children is always in the back seat.

For more information please visit: <http://www.mto.gov.on.ca/english/dandv/driver/handbook/section2.1.8.shtml>



Planning for the 2016/2017 School Year

This is the time of year that we begin the planning process for the upcoming school year and determine how many classes we will have in each grade. If you are planning on moving out of our area before September 2016, please let the office know (in writing) as soon as possible. Please include the last day of attendance and the school your child(ren) will be attending.

Also, if you know of anyone moving into the Unionville Meadows area please also let the office know.

Our Kindergarten registrations continue. If you know of anyone in the neighbourhood whose child was born in 2012, please remind them to come into the school as soon as possible to register their child for Junior Kindergarten.

Kindergarten! ... here I come!



Board Policies and Procedures

Policies and procedures govern the operation of the Board and our school. To ensure they remain current, the Board reviews policies and procedures on a regular cycle. Seeking feedback from staff and community members, including parents/guardians, is an important part of the review process.

All policies available for comment are sent to school council chairs, and are posted on the [Board website](#) along with information about how to provide feedback. The policies currently available for comment include:

- Student Accommodation Review (comments due by April 25)
- Anaphylactic Reactions (comments due by August 25)
- Respectful Workplace and Learning Environment (comments due by August 25)
- Environmental Responsibility (comments due by January 2, 2017)
- Appointment of Community Members to Board Committees (comments due by January 2, 2017)

To learn more, visit www.yrdsb.ca/aboutus/policy/.



Gr. 7 & 8 MUSIC RETREAT



Hello! My name is Erika and I am in grade 8. A few weeks ago, from March 2nd to March 4th, students from our grade 7 and 8 String Ensemble had the opportunity to take part in the Jackson's Point Elementary Music Retreat, along with 4 other Markham schools. On this trip, not only did we play music with other schools, we also had the chance to make new friends and participate in fun activities. On the final day, there was a concert with all of the schools, where we performed music we had only learned in just two days! It sounded amazing! Out of all the fun things we did during the retreat, my favourite part would have to be the dance we had the last night there. The dance was a very nice way to end off our stay before we had to leave the next day. I had a really fun time at the music retreat, and it was a great way to end off my Grade 8 year.



The York Region District School Board Summer Institute is a program that offers academic, recreational and athletic programs and activities with intentional links to the Ontario Curriculum for children and youth entering Senior Kindergarten to Grade 8.

Programs are offered at in Richmond Hill, Markham, Stouffville, Newmarket, Woodbridge, Vaughan and Georgina from 9:00 am - 3:30 pm [Summer Institute Locations Map](#).

[YMCA Before and Aftercare Registration](#); programs available at all locations

Weekly Sessions July 4, 2016 to August 12, 2016

For registration information and to see what types of exciting programs are being offered this summer, please visit www.yrdsb.ca and select programs and services.

Aldergrove S.I.	150 Aldergrove Drive, Unionville
Armada S.I.	11 Coppard Ave., Markham
Crosby Heights S.I.	190 Neal Drive, Richmond Hill
Discovery S.I.	120 Discovery Trail, Maple
Lakeside S.I.	213 Shorecrest Road, Keswick
Lake Wilcox S.I.	80 Wildwood Ave., Richmond Hill
Maple Leaf S.I.	155 Longford Dr., Newmarket
Milliken Mills S.I. (located at Highgate PS)	35 Highgate Dr., Markham
Oscar Peterson S.I.	850 Hoover Park Drive, Stouffville
Sixteenth Avenue S.I.	400 Sixteenth Avenue, Richmond Hill
Unionville Meadows S.I.	355 South Unionville Ave., Markham
Woodbridge S.I.	60 Burwick Avenue, Woodbridge

[Summer Institute Programs Index](#)

For additional information please email performanceplus.si@yrdsb.ca or call 905-884-2046 ext. 241.



After School - time to get active!

Children need at least 60 minutes of moderate to vigorous physical activity daily to live healthier, happier lives, yet many only spend 14 minutes doing heart pumping activities after school. Most children spend their after school time sitting playing video or computer games, watching television or reading.

Tips to get your kids active after school:

- Get outside with your kids
- Use active modes of travel such as walking and cycling as much as possible
- Restrict television viewing and video/computer games during the after school period
- Encourage your child to participate in sports or intramural activities after school
- Investigate the availability of programs at your local Parks and Recreation Department
- Help your child find activities that they enjoy and best suit their abilities



For more information visit www.york.ca/healthyschools



1-800-361-5653
TTY: 1-866-252-9933
York Region Health Connection

Community and Health Services
Public Health

www.york.ca



Understanding our Young Adolescents

#1

Teenager Under Construction:

When our children reach puberty, their bodies change and they may look like adults but their brain, the last organ in the body to mature, is only 80% of its final form. "That 20% gap, where the wiring is thinnest, is crucial and goes a long way toward explaining why teenagers behave in such puzzling ways – their mood swings, irritability, impulsiveness; their inability to focus, to follow through and to connect with adults; and the temptation to use drugs and alcohol and to engage in other risky behaviour." (The Globe and Mail, January 9, 2015 "A Neuroscientist's Survival Guide to the teenage brain").

The grade 7 and 8 Health Curriculum contains a unit on Substance Use, Addictions and Related Behaviours to help our students learn critical information about the impact of substance misuse or abuse. While informed discussion occurs in a school setting, ongoing dialogue in an open and caring family environment is very important to helping young people make healthy decisions.

Did you know?

- 54.9% of Ontario students in grades 7 to 12 reported using alcohol in the past 12 months?
The rate of alcohol use increases significantly with each grade level. In grade 7, 17% of students reported using alcohol at least once in the past 12 months and by grade 12, alcohol use escalates to 78%.

Many parents feel anxious about the transition to high school, they may feel ill-informed about the risks and temptations of the teenage world. We invite you to watch for inserts to our monthly newsletter that will offer information and links to helpful websites.



#2

Is MY Child at Risk?

One of the challenges parents face is not always being well informed about sensitive topics such as, drug use. Many community agencies exist that serve to provide detailed, factual information and answers to your questions. Why not learn together?

Did You Know?

- Students in grades 7 & 8 are misusing opioids more than marijuana and tobacco. Opioids are over the counter and prescribed medications that include codeine (e.g. Tylenol, Demerol, Percocet, etc.).
- In 2011, 14% of Ontario students (gr. 7 – 12), said that they had used a prescription opioid for non-medical purpose in the past year.
- Marijuana is the most commonly used illegal drug in Canada. By the time they have reached grade 12, 46% of Ontario students have used marijuana in the past year.
- There are at least 400 chemicals in marijuana.
- THC, the main ingredient in marijuana, remains in your brain for days or weeks and may affect your memory, speech and learning.
- Cigarette smoke contains about 4,000 chemicals and poisons. Over 50 of these cause cancer.
- Each cigarette shortens your life by about 10 minutes.
- About 20% of students report binge drinking (five or more drinks). This number increases to almost 40% by grade 12.

Click on these CAMH links for more detailed information

[About Alcohol](#)

[About Marijuana](#)

[About Tobacco](#)

[About Cocaine](#)

[About percs, oxys and other pain pills](#)

#3

How Can I Help My Child to Make Healthy Choices?

In a recent survey, 83% of 10 to 18-year-olds said their parents were their leading influence when it came to decisions about drinking. When it comes to alcohol and other drugs, having a teen who talks to you can make a world of difference. Here are ten strategies for helping your teen make good decisions about alcohol and other drugs:

1. In a friendly way find out where your child is and whom they're with;
2. Be open about family rules and consequences;
3. Start having talks about alcohol and other drugs before your child reaches adolescence. Use movies, news stories and advertisements to discuss how drugs and alcohol are shown in the media;
4. Discuss a broad range of issues and invite their opinions, even if they differ from your own;
5. Let your children know what you think and what you expect of them;
6. Safety comes first. Let your child know they can depend on you for help;
7. Set an example and be responsible about your own use of alcohol and other drugs;
8. Mistakes happen. Help your child turn a mistake into a learning opportunity. Wait until you're both calm to discuss problems rationally.
9. Be informed about current research and evidence, and
10. Be alert to changes in mood, behaviour and attitude that could be an indication of a problem. Seek professional help.

Building Resilient Youth: Parent Action on Drugs (PAD) www.parentactionondrugs.org/resiliencybrochure.php



#4

Where's the Party?

Social connections are important to most youth, most can't wait to experience a high school party. Keep your child safe by setting boundaries and being informed. Here are some tips for hosting a party in your home:

- Ensure that parties are not posted on Facebook, Twitter or any other form of social media;
- Communicate that the party is an alcohol-free event;
- Ensure that there is adult supervision;
- Set a guest list with your child;
- Do not allow children and youth to come and go from the party;
- Set rules and limits regarding the party's start and end times;
- State which parts of the house are off-limits;
- Ensure that any alcohol or medication in your home is not accessible to guests; and
- Encourage your child to have other activities like videos, games or karaoke at the party.

Tips for when your child is attending a party elsewhere:

- Know where your child is going;
- Get the name, address and phone number of the location;
- Discuss what to do if alcohol is present;
- Encourage your child to establish a buddy system with a friend;
- Ensure your child knows that it is okay to call home for a ride under any circumstance, even if she or he has used alcohol;
- Set a curfew;
- Be up to greet your child when he or she arrives home; and
- Clearly state that the same rules apply if your child plans to sleep away from home.

"Strategies for Parents to Prevent Underage Drinking" (Hamilton Public Health Services, Hamilton Police, Hamilton-Wentworth District School Board, Hamilton-Wentworth Catholic District School Board)



April 2016



Unionville Meadows Public School

Tel: (905) 479-4795

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

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



BUS ROUTES HOTLINE

1-877-330-3001

www.schoolbuscity.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Day 1	2
3	4 Day 2	5 Day 3 Gr. 2 Scientist in the School-Adatia & de las Alas	6 Day 4 Gr.2 Scientist in the School Karr Chai and Chat Learning Commons 1:30-2:45	7 Day 5 Gr. 6 VIP Block 1	8 Day 1	9
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April 2016

Spring Special Lunch!

Available for the month of April only.

**2 Beef Sliders OR Chicken Burger OR Veg Burger
with Pasta Salad & a Banana Cream Pie Cup**



Also, for our Monthly Special, choose from (4) delicious entrees:

- Spaghetti with Meatballs
- Spaghetti with Tomato Sauce
- Spaghetti with Halal Meatballs
- Spaghetti with Veg Meatballs



Order as an entrée or as a combo

SIMPLIFY LIFE

Let us take care of lunches and spend more quality time with your kids.

HAVE A CELEBRATION COMING UP?

Did you know Kid's Kitchen now has a nut-free bakery?

This year we opened our very own nut-free bakery where all of our cakes, cupcakes and cookies are nut-free and made to order in house!

Everything we do is designed to look beautiful, taste delicious and be exactly what you expect. Our bake-masters can serve up whatever you need.

Call us to order for your next event.

905.604.6447 mytreats@thesweetdish.ca



WE'RE HERE TO HELP

Live customer service Monday to Friday from 8:00am to 3:00pm

905.944.0210 www.kidskitchen.ca information@kidskitchen.ca