



UNIONVILLE MEADOWS MESSENGER

February 2016

Principal - Leeanne Hughes-Fernandes

Vice Principal - Tina Diavolitsis

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

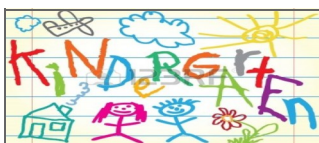
Phone: (905) 479-4795 Fax: (905) 479-1105

Website: www.unionvillemeadows.ps.yrdsb.ca

FEBRUARY AT A GLANCE

1- PA Day 4 & 5 – Kindergarten trip to Varley Art Gallery
8- Lunar New Year
9- Milne Trip – 7 Amin and half of 7McDonnell
Grade 1 Scientist in the School – am – Christidis & pm - Pappas
10- Milne Trip – 7 Wallace and half of 7 McDonnell
Gr.1 Scientist in the School – am - Mohammed
11- Milne – Gr.4 Clarke and grade 4s from Caplan's class
12- Milne – Gr. 4 Irvine's Class
10 – 12 – Gr. 8 YMCA Camp Pine Crest Trip
12 – NBA clinic – Toronto – 7 students attending with Mr. Andonoff
15- Family Day Holiday
16- Milne Trip –Gr. 2 de las Alas and 10 students from Gr. 2 Adatia's class attending
17- Milne – Gr. 2 Karr 's Class & Adatia's class
18- Report Cards Go Home
22 – Grade 2 Fire Department School Visit
24- Pink Shirt Day & Effective and Healthy Schools Assembly
25-Winter Activity Day for grades 6-8
29 - SK and Grade 8 Grad Photos
CMHA Workshop- Gr. 8's 11am – 12pm in Learning Commons
Art Series- Jack Grunsky- Songs That Teach Peace K-3 - 1:45 – 2:45 pm in Gym

Junior Kindergarten Registration Continues



If you have not registered your child for JK for the 2016/2017 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 2016) 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

Unionville Meadows has been a busy place and will continue to be in the month of February! On January 21st, our own School Council held a Soap Making event that had students along with their family members lined up at our doors to make scented soaps, lip balms and bath salts. The gym was filled with excitement and it smelled amazing when we came to school the next day. A very special thank you to the members of our School Council who planned and organized this event! In the months ahead, our students will be involved in a wide variety of activities including Scientist in the School, Milne Outdoor Centre as well as Winter Activity Day. Of course we will squeeze in a lot of learning with and from each other as well!

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 and has 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 & Tina Diavolitsis

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.



Additional Elementary and Secondary P.A. Days

As a result of provincial labour negotiations, a **P.A. Day has been added for all York Region District School Board elementary schools on Friday, May 6, 2016 and secondary schools on Friday, June 3, 2016.** You can see the full updated school year calendars on YRDSB's [website](#).

These additional P.A. Days are mandated by the Ministry of Education. On these dates, teachers will be taking part in professional development on provincial education priorities identified by the Ministry of Education.



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



6532_07_2014



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.

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

A.C.T. 4 Youth Initiative

ACHIEVING COMMUNITY TRANSITIONS

The A.C.T. 4 Youth Initiative is a new program led by Community Living York South to assist individuals with intellectual disabilities attain their independence, and employment goals. The purpose of this new initiative is to provide youth who are transitioning from school with a streamlined community response. Youth participating in the program will be able to easily navigate supports in the community with the support of the coordinators.

Eligibility:

- Youth ages 20 to 29
- Resides in Markham
- Goals of living independently and/or attaining employment



Individualized Support Plan



Community Partners:

360 Kids
Canadian Association for
Community Living
Community Living Ontario
GTA Faith Alliance
Hand Over Hand
Inn from the Cold

Job Skills
YMCA of GTA
York Region Transit (YRT)
The Student Commission of
Canada
Taylor Newberry Consulting



Mission: Empower people with an intellectual disability to live, learn, work and participate in their community.

Vision: Community Living York South Believes in a society where everyone belongs.



5694 Highway 7 E. Unit
13
Markham, Ontario
L3P 1B4

Tel: 905-294-4971

For more information about the A.C.T. 4 Youth Initiative, please contact:

Tamara Shahsmand

tshahsmand@communitylivingyorksouth.ca
905-294-4971 Ext.347

Gowica Kulasingam

gkulasingam@communitylivingyorksouth.ca
905-294-4971 Ext. 348

Presents



MINDFULNESS EVERYDAY

An Evening on Mindfulness and Learning Disabilities

Workshop: Mindful Parents – Resilient Children

With Heidi Bornstein and Sue Hutton from Mindfulness Everyday

The purpose of the evening is to provide parents with relevant information and skills on mindfulness and how it can benefit students with LDs. In addition, we will examine how social and emotional competencies can be supported through mindfulness.

This experiential workshop will provide parents with practical skills and knowledge about mindfulness: what it is, what are the benefits to both parents and children and how it can be practiced. It will deliver practical tips on practicing mindful awareness within family dynamics. The session will examine aspects of mindfulness specifically related to parenting and education:

- how parents can support their children through mindful parenting
- how practicing mindfulness can support students with LD and MID needs
- how mindfulness can support well-being for families

Heidi Bornstein is the founder of Mindfulness Everyday, a registered charity that has been delivering and designing custom programming for mindfulness in education since 2009 to students, educators, and parents since 2009 and is a member of The Resiliency Planning Committee for the YRDSB.

Sue Hutton has over 20 years' experience as a social worker, and leads mindfulness groups with Wellspring, social workers, and the disability community.

Time:
March 1st 2016
6:30pm – 8:30pm

Location:
York Catholic District
School Board Office
320 Bloomington Road
West Aurora, ON L4G 0M1

Cost:
\$10 LDAYR members
\$15 Non-LDAYR members
Workshop fees are transferable and non-refundable.

How to Register:
Register by February 24
905-884-7933 x 23
info@ldayr.org
www.ldayr.org

Sponsored By:



Website: www.ldayr.org

Email: info@ldayr.org

Phone: 905-884-7933 ext. 23

UNDERSTANDING LEARNING DISABILITIES AND ATTENTION DISORDERS

Date: Tues. Feb. 9, 2016

Time: 6:30pm - 8:30pm

Location:

Milliken Mills
High School
7522 Kennedy Road
Markham, ON L3R 9S5

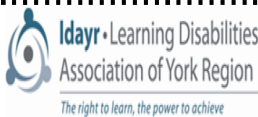
Presentation will be
in English
with translation services
in Mandarin & Cantonese.

Child minding services will
be offered by request.

For more information
and to register,
please contact:

YRDSB
(Mandarin/Cantonese)
Cathy Ng
905-884-2046 ext. 267
Cathy.Ng@yrdsb.ca

LDAYR (English)
905-884-7933 ext. 23
info@ldayr.org



Presented by
Learning Disabilities Association of York Region
in collaboration with
Inclusive School and Community Services
York Region District School Board



Workshop Information:

The workshop will help parents and students better understand Learning Disabilities.

- ◊ What are Learning Disabilities/ADHD?
- ◊ Advocating for children/youth
- ◊ How to teach self-advocacy skills
- ◊ Problem solving model
- ◊ Building resiliency and well-being skills
- ◊ Mental Health awareness and stress management strategies
- ◊ Programming to support children, youth and families

Presentation Speakers:

Renee Flannery (LDAYR) is a Resource Facilitator with the LDAYR. Renee has provided support and guidance to parents for over years.

Stephanie Gatti (LDAYR) is a Program Coordinator and Resource Facilitator at the LDAYR.

UNDERSTANDING LEARNING DISABILITIES AND ATTENTION DISORDERS

了解学习困难症及注意力不足過動症

日期/Date: Tues. Feb. 9,
2016

時間/Time: 6:30pm -
8:30pm

地點/Location:

Milliken Mills
High School
7522 Kennedy Road
Markham, ON L3R 9S5

提供普通话和粤语翻译
Presentation will be
in English
with translation services
in Mandarin & Cantonese

可要求托儿服务
Child minding services will be
offered by request

报名及查询, 请致电
For more information and to
register, please contact:

(Mandarin/Cantonese) YRDSB
Cathy Ng
905-884-2046 内線/ext. 267
电邮:
Cathy.Ng@yrdsb.ca

(English) LDAYR
905-884-7933 ext. 23
info@ldayr.org



Presented by
Learning Disabilities Association of York Region
in collaboration with
Inclusive School and Community Services
York Region District School Board



讲座内容: Workshop Information:

The workshop will help parents and students better understand: 帮助家长及学生更了解:

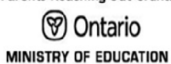
- ◊ What are Learning Disabilities/ADHD 什么是学习困难症及注意力不足過動症
- ◊ How to teach self-advocacy skills 如何教孩子争取自己的权利
- ◊ Building resiliency and stress management skills, increase mental health awareness 如何教导孩子面对逆境, 处理压力, 和了解自己的心理及情绪健康状况
- ◊ Programming to support children, youth and families 学校提供给学生有困难学生的服务

讲员/Presentation Speakers:

Renee Flannery (LDAYR) is a Resource Facilitator with the LDAYR. Renee has provided support and guidance to parents for over years.

Stephanie Gatti (LDAYR) is a Program Coordinator and Resource Facilitator at the LDAYR.

Parents Reaching Out Grants



Parents Reaching Out Grants





Warm up with this special for the month of February...

The 2016 Mid-Winter Special

**Chicken parmesan with pasta in tomato sauce
& a homemade Chocolate cake cup**

Available EACH day we service your school from
February 1st to February 29th



Also available - our **Lunch combo for February:**
Meatballs with mashed potatoes
(also available with Veg soy meatballs or Halal meatballs)
Order as an entrée or combo.



Also back by popular demand and special request:
"Heaven in a Wrap" Beef Taco & Bean Taco
Available every day as of February.



Many more choices available on our regular menu.

Ordering is easy!
Visit us at www.kidskitchen.ca to place your orders online.









Order up until 10am the previous business day.
Valid credit card required.

Enjoy more quality time with your children.
Leave the lunches to us.
905-944-0210 | www.kidskitchen.ca





FEBRUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 PA DAY No School for students	2 Day 1	3 Day 2	4 Day 3 JK/SK Trip to Varley Art Gallery-AM only	5 Day 4 JK/SK Trip to Varley Art Gallery-AM only	6
7	8 Day 5 Lunar New Year 	9 Day 1 Scientist In School Grade 1 Gr. 7 Trip to Milne-Amin's Class and half of McDonnell's class	10 Day 2 Gr. 7 Trip to Milne-Wallace and McDonnell Gr.1- Scientist In School Grade 8 Trip to Pinecrest	11 Day 3 Gr.4 Trip to Milne-Clarke and half of Caplan's Class Grade 8 Trip to Pinecrest	12 Day 4 Gr. 4 Irvine to Milne Grade 8 Trip to Pinecrest	13
14	15 Family Day Holiday No School 	16 Day 5	17 Day 1	18 Day 2 Reports Go Home 	19 Day 3	20
21	22 Day 4 Gr. 2 Fire Safety Gr.7 Drugs & the Law Scientist in the School-Gr.6	23 Day 5 Scientist in the School Gr.6	24 Day 1 Healthy Schools Assembly Pink Shirt Day 	25 Day 2 Winter Activity Day Gr.6 to 8 	26 Day 3	27
28	29 Day 4 SK & Gr. 8 Grad Picture Day Art Series-Jack Grunsky-K to 3 CMHA Workshop-Gr.8					
 		<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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