



# UNIONVILLE MEADOWS MESSENGER

## March 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](http://www.unionvillemeadows.ps.yrdsb.ca)

### MARCH AT A GLANCE!

11- Clone Day Spirit Day; Arts Series All Star Slam 9-10 am  
Grades 5-8

14-18- March Break

22- Gr. 2 Fire Department Visit

24 - Grade 6 VIP

25- Good Friday (Western)

28- Easter Monday (Western )

29-31- Book Fair

31- String Ensemble at Music Alive Music Festival at Newmarket Theatre-8:00 am-12:00 pm; Gr. 6 VIP; School Council Family Fun Night-6:30-8:30 pm



### Message from the Principal's Desk

It is hard to believe that we are more than half way through the school year. By now, you have received your child's report card and have reviewed his/her strengths and next steps with them. If not, it is extremely important to do so and that there continues to be a strong relationship and communication between home and school. Should parents have any questions about their child's progress, please do not hesitate to contact your child's homeroom teacher. Staying informed as to how to help your children at home is a key component to academic success.

February was a very busy month once again with students being involved in a wide variety of activities. Our Grade 8 students enjoyed the outdoor learning opportunities at Camp Pine Crest. As well, many of our students have enjoyed and participated in additional activities such as the Scientist in the School program, Milne Outdoor Education as well as our CMHA workshops for Grade 8 students. Both our Intermediate boys and girls had great success in the basketball area tournaments. Activities such as Winter Carnival events, the Art Series performances as well as Pink Shirt Day which marked our anti-bullying campaign, were also events which highlighted our ongoing commitment not only to academic achievement but to the physical and emotional well being of our students.

In just another week, we will be heading off for a week of rest and relaxation before embarking on the final few months of this school year. When reflecting on the first half of the year, it seems that this is a very appropriate time to thank UMPS Staff for the hard work and dedication that they show on a daily basis at our school. Thanks, also, to the many Parent Volunteers who are in the school on a regular basis supporting students and teachers. The commitment of all staff and our parent community is a large part of what makes UMPS a special place to be!

Have a safe, restful and enjoyable March Break!

*Leeanne Hughes-Fernandes &  
Tina Diavolitsis*

### 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.





## MUSTANG SPORTS UPDATE

### Intermediate Boys Basketball



The boys played in several home/away tournaments and everyone got in on the action all season long!

The boys went undefeated at their area round robin tournament and then faced some tough competition in the playoff round. The boys ended up losing in the semi finals...they were one point away from making it to the championship game. The team ended up finishing a very respectable 3rd place....this was one of the hardest working teams we've had at UMPS. Congrats on a great season of learning, success and fun! Thank you to Mr. Andonoff and Mr. Au for all their hard work and time and for developing the skills of such an awesome team!

### Intermediate Girls Basketball

Congratulations to the Intermediate Girls basketball team. The girls have had a very successful season. After three months of intense practices and almost 20 games, the girls capped off their amazing season with a victory in our Area tournament. The girls have challenged themselves all year and have been able to persevere through the adversity of losses and injury. They carried that battle-hardened attitude into their Area tournament and emerged champions after victories of 25-8, 18-0, 15-3, 30-6 and a victory in the finals against a great David Suzuki PS team by a score of 27-6. Teamwork, perseverance, communication and a positive attitude had by all players made the difference. Each player has grown as an individual player and as a teammate. The key to our success was the way the girls played as a defensive unit, working together to achieve a collective goal. It's hard to win an Area tournament and our Intermediate and Junior girls have now won the past four. Throughout the season, the girls have also demonstrated kindness, sportsmanship and humility. We are very proud of the entire team.

Thank you to Ms. Hussain, Mr. Irvine and Mr. McDonnell for their tremendous coaching skills, time and effort!



*News from the Learning Commons*

**BOOK  
FAIR**  
COMING SOON!

We've been very busy in the Learning Commons this winter! Many students are enjoying creating, designing and learning at MakerSpace Stations, in addition to finding great books to take home. Students, make sure you look for the new MakerSpace stations after March Break.

The Scholastic Book Fair is returning after the break!! The Learning Commons will host the Book Fair from **March 29-April 1** - Jump into spring with a new book! All purchases help to buy more books for the school library collection. More information about class visits and recess book shopping will be sent home closer to the Fair dates. Thank you in advance for supporting the Fair!!

## Summer Institute Information



**Eligible Students:** SK to Grade 8 students offered at selected sites (12)

**Program Dates:** July 4 - August 12 (6 weeks), 9:00am - 3:30pm

**Registration Dates:** Application forms online March 3. Registration begins March 4 until August 8 (space is limited).

**How to Register:** Parents can complete the application on the YRDSB website or register at Dr. Bette Stephenson. See link below for further information on how and when to register.

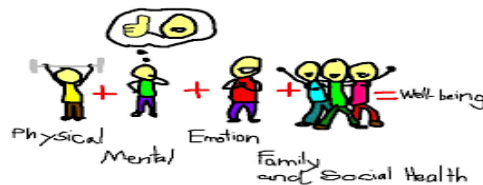
<http://www.yrdsb.ca/Programs/summer/si/Pages/Summer-Institute-Registration.aspx>

## **A Message from the Health Action Team:**

**1st Edition**

We are the mental health awareness group from the Health Action Team. Our team is working extremely hard to bring you facts and help about your mental health. Throughout the year we plan to create many new and exciting projects for Unionville Meadows. In this coming year there will also be a Mental Health Week that promotes healthy mental states and awareness of mental health illnesses. This newsletter section you are reading will also be a monthly addition that will have lots of advice, links, and games. That is all for now, but we will keep you updated on new projects and campaigns in later editions.

- Unionville Meadows Mental Health Awareness Group



## **Helpful Links and Hotlines**

- Mind your Mind: <http://mindyourmind.ca>
- Kids Help Phone: <http://www.kidshelpphone.ca> or call 1-800-668-6868
- Canadian Mental Health Association: <https://www.cmha.ca/>
- Mind Check: <http://mindcheck.ca/>
- Ontario Ministry of Children and Youth Services: <http://www.children.gov.on.ca/>
- National Child Abuse Line: 1-800-422-4453
- York Support Services Network - Community Crisis Response Service: 1-855-310-COPE (2673)
- LGBTQ Youth Line: 1-800-268-9688

## **CMHA Series: Mental Health Myth Busting**



This school year, Stephen, a representative from the Canadian Mental Health Association will be facilitating a variety of Mental Health workshops for our Grade 8 students in the Learning Commons. The first session took place on Tuesday, December 1st from 11-12pm. Stephen's goal was to provide information on Mental Health and to dispel incorrect information, as there are many misconceptions about mental health and stigma. We will try to provide this info for all of our students in the next few years in order to build capacity around mental health awareness. We will present more presentations in the new year.

Below is a list of upcoming workshops:

- Feb. 29 – Depression( with a focus on Optimism and resilience)
- Apr. 25 – Self- Injury (with a focus on Optimism and resilience)
- May 16 – Surviving High School

# **FAMILY FUN NIGHT HOSTED BY SCHOOL COUNCIL**

## ***Save the Date!***

*Thursday March 31*

*UMPS gym*

*Doors open at 6:45pm*

## **Wood for Sheep**

[woodforsheep.ca](http://woodforsheep.ca)

are joining us again for this  
***FREE*** event!!!

Games from around the world!

Don't know how to play ?

No worries, they'll teach you!

6:30pm - 8:30pm in the library

popcorn,  
frozen  
yogurt &  
pizza for  
sale

Bag2School  
donations  
50/50 Draw

## ***Aussie X***

*featured on Dragon's Den*

[x-movement.com](http://x-movement.com)

## ***X-Dance***

*fun for the whole family*

*2 sessions*

*7:00pm & 8:00pm*

*more details to come*



# UMPS IN ACTION! TERM 1 IN REVIEW





# Focusing on Growth Mindset at Unionville Meadows P.S.

*One little change in how you talk to your kids can help them be more successful.*

## What Kind of Mindset Do You Have?

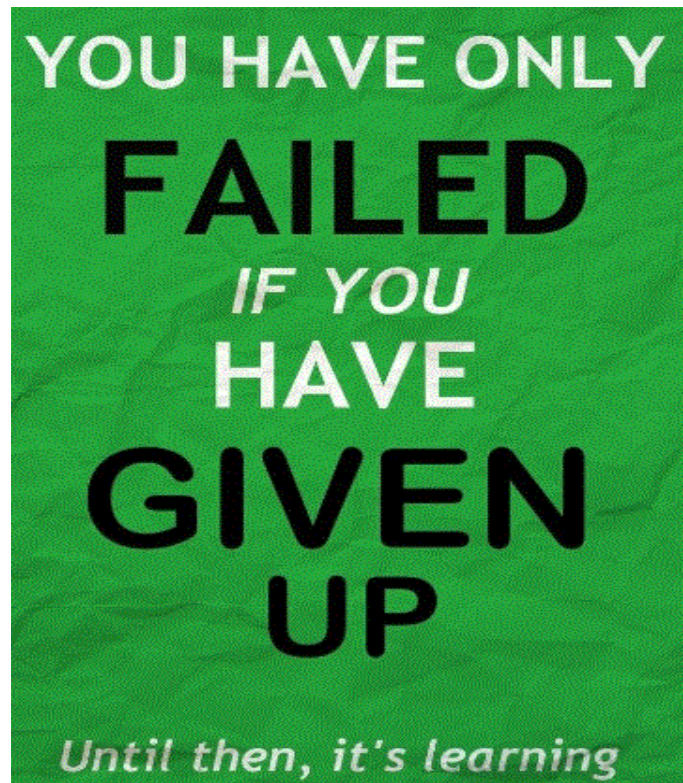


I can learn anything I want to.  
When I'm frustrated, I persevere.  
I want to challenge myself.  
When I fail, I learn.  
Tell me I try hard.  
If you succeed, I'm inspired.  
My effort and attitude determine everything.



I'm either good at it, or I'm not.  
When I'm frustrated, I give up.  
I don't like to be challenged.  
When I fail, I'm no good.  
Tell me I'm smart.  
If you succeed, I feel threatened.  
My abilities determine everything.

Created by: Reid Wilson @wayfaringpath © 2015 Icon from: thecounsellingproject.com



[Dr. Carol Dweck](#), a researcher who is pioneering a shift in how we view motivation in humans, is one of the few evangelizing about how to instill a **growth mindset instead of a fixed mindset**. Her talk on this was recently turned into an RSA Animate video. Another public figure trying to spread the word is Sal Khan from [Khan Academy](#). The quickest way to explain what it means to instill a growth mindset is: *Praise your child explicitly for how capable they are of learning rather than telling them how smart they are*. For instance, here are how some conversations would play out to instill one type of mindset over the other:

**FIXED MINDSET:** "You read that sentence in the book — you are so smart!"

**GROWTH MINDSET:** "You read that sentence in the book — you worked so hard to learn how to do that and now you can! Congratulations!"

**FIXED MINDSET:** "You finished that puzzle so quickly — what a smart kid!"

**GROWTH MINDSET:** "I'm sorry I wasted your time with an easy puzzle — let me find another one that will give us a bigger challenge. I know we can do it!"

**FIXED MINDSET:** "You got an 80% on your test." (And then moving on to the next chapter immediately.)

**GROWTH MINDSET:** "You got an 80% on your test; that means you are well on your way to knowing this stuff! If you review the ones you missed and take the test again tomorrow, I bet you'll get closer to a 100%."



By: Angie Aker



## 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](http://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](http://www.york.ca)



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## Want an active child? Be an active parent.



Parents who are physically active are more likely to have active children. Children watch and learn much more from what you do than from what you say. Parents are children's number one role models.

No doubt about it. It is time to get up and get active with your children!

Some tips:

- Go for a daily walk, jog or bike ride around the neighbourhood
- Learn a new sport together such as tennis or basketball
- Play with your children; enjoy a game of hopscotch, skipping, tag, or catch
- Leave the car at home and use active transportation (e.g. cycling, walking, rollerblading) as often as possible
- Limit screen time: no more than two hours of leisure screen time per day for school aged children
- Have children help with chores around the house; raking leaves, vacuuming, walking the dog or carrying groceries



For health-related information call York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca/healthyschools](http://www.york.ca/healthyschools)

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## Kid's Kitchen Co.

Helping children eat well and perform better since 2001!

### March 2016

#### MARCH LUNCH SPECIALS

Every month we feature some new lunch specials. For March, in addition to our regular menu variety available every day, your child can enjoy:



Chicken & cheese quesadilla  
Or  
Veggie & cheese quesadilla



Meat ravioli in tomato sauce  
Or  
Cheese ravioli in tomato sauce

#### 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](mailto: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](http://www.kidskitchen.ca) [information@kidskitchen.ca](mailto:information@kidskitchen.ca)



# March 2016



## Unionville Meadows Public School

Tel: (905) 479-4795

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

Email: [unionville.meadows.ps@yrdsb.edu.on.ca](mailto:unionville.meadows.ps@yrdsb.edu.on.ca)

## BUS ROUTES HOTLINE

1-877-330-3001

[www.schoolbuscity.com](http://www.schoolbuscity.com)

## INCLEMENT WEATHER UPDATES

Please check the school website for updates on school closures in case of winter storms.

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



| Sun  | Mon  | Tue                   | Wed   | Thu   | Fri  | Sat |
|--|--|-----------------------|---|---|--|-----|
|  |  | 1 Day 5               | 2 Day 1   | 3 Day 2<br>School Council Meeting 6:30-8:00<br>Regional Boy's Basketball Tournament                                       | 4 Day 3<br>ARTS Series<br>Cosima Grunsky K-3                         | 5   |
| 6  | 7 Day 4  | 8 Day 5               | 9 Day 1<br>Regional Girl's Basketball Tournament            | 10 Day 2  | 11 Day 3<br>Clone Day Spirit Day<br>Art Series-All Star Slam Gr. 4-5 | 12  |
| 13   | MARCH 14th -18th ENJOY No School MARCH BREAK!!!! |                       |   |   |  | 19  |
| 20   | 21 Day 4   | 22 Day 5              | 23 Day 1  | 24 Day 2<br>Gr.6 VIP Program  | 25<br>Good Friday  | 26  |
| 27   | 28<br>Easter Monday                              | 29 Day 3<br>Book Fair | 30 Day 4<br>Book Fair<br>School Council Symposium 6:00-9:00 | 31 Day 5<br>Book Fair<br>Gr.6 VIP Program<br>Strings Ensemble at Music Alive<br>Family Fun Night Hosted By School Council |  |     |
| Please remember to call the school if your child is missing school due to illness or an appointment.<br>Please call 905-479-4795 anytime (24 hours/day)<br>Please leave the following information:<br>-Your child's name (please spell) -Your child's grade and teacher<br>-The reason for the absence |  |                       |   |   |  |     |

