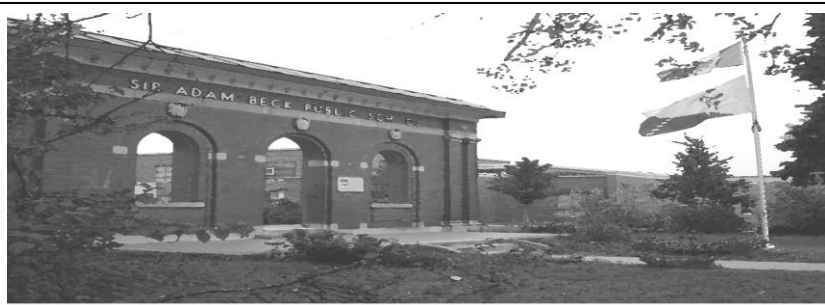


# Newsletter

École  
Sir Adam Beck  
Junior School



## February 2019

544 Horner Avenue  
Toronto, Ontario M8W 2C2  
Tel: 416-394-7670  
Fax: 416-394-6142  
<http://siradambeck.ca>

**Will your child be absent from school?  
Call our Safe Arrival Number.**

**416-394-3884**

**Toronto District School Board website  
<http://www.tdsb.on.ca>**

## Upcoming Events

**Skating continues in February!**



- February 1: Council Hot Dog Lunch
- February 4 – 8: Carnival Week
  - Cozy Sweater Monday,
  - Tuque Tuesday,
  - Red & White Wednesday,
  - Team Colours Thursday,
  - Jersey & Woolly Sock Friday
- February 5, 7, 12, 14, 19, 21, 26, 28: Lunch Lady
- February 6, 13, 20, 27: Kids Kitchen Lunches
- February 8, 22: Council Pizza Lunch
- February 11: Council Pita Lunch
  - Council Meeting, 6:30 PM
  - Report Cards sent home
- February 19: Jr Girls Volleyball Tourney
- February 19, 21, 22, 25: Dental Screening
- February 19, 20, 26 and 27: Kindergarten Registration Days – Please call the Main Office for an Appointment
- February 14: Report Card Conferences Evening
- February 15: PA Day: Report Card Conferences, AM
- February 18: Family Day: School Closed
- February 25: Council Subway Lunch
- February 27: Council MacMillan's Order Pick Up
- February 27: W.O.W! Walk on Wednesday

**Character Attribute for February  
Fairness**

**Principal** Michael Kanalec  
**Vice-Principal** Amira Kamel-Zia  
**Superintendent** Sandra Tondat  
**Trustee** Pamela Gough  
**School Council Co-Chairs:** Paul Younger &  
Kristen Fox

**Title Photo credit:** Steve Burazin

### *Principal's Message:*

We are well on the way to the reporting period for the Provincial Report Card. We look forward to providing parents/guardians with the opportunity to discuss their child's progress at the Report Card /Kindergarten Communication of Learning conferences. We know that children benefit most when parents/guardians and teachers work together as partners in learning. Report cards will be sent home on Monday February 11, 2019 and conferences are scheduled for the evening of Thursday February 14 and the morning of the PA Day - Friday February 15<sup>th</sup>. Please contact us immediately if you are unable to keep an appointment. When in the school please do make a point of visiting the Lost and Found tables to reclaim lost items. All unclaimed items will be packed up and donated to a local charity before March Break.

The Gr 1- 5 winter skating program is in full stride. Thanks again to our parent/guardian volunteers who assist with skate tying and supervision. The consistently cool temperatures have resulted in optimal conditions for our outdoors skates. Please ensure that your child comes to school prepared with appropriate outdoor wear. This year's forecast has us all excited about Carnival week at SAB. Thank you to the many volunteers that signed up to help with the Carnival play day as well as pancake breakfast.

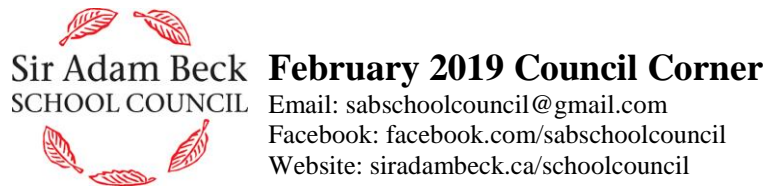
**Allergy Reminder:** Should you NOT want your child to consume pancakes, fruit, maple syrup, maple toffee, or hot chocolate, please let your child's teacher know PRIOR TO THURSDAY, JANUARY 31ST. Thank you to those parents who have already returned their green 'Food Restrictions' page. It is *very important* that we have this information prior to the commencement of Carnival.

Spring Swim permission forms were sent home this week to all students in grades 3-5. We ask that parents/guardians please complete and return with payment by March 1 so that we are ready to go after the March Break. Good luck goes out to our junior girls' volleyball team as they compete in their regional tournament on February 19. Go Knights Go

Kindergarten registrations will take place on February 19, 20, 26, and 27 in the main office. If you have a child who was born in 2015 or know a family that is interested in registering please have them call Ms. Hayden or Ms. Wilson in our main office to make an appointment.

Lastly we would like to remind you of the extra-long weekend coming up. Friday February 15 is a PA Day and Monday February 18 is Family Day. Please take this time to enjoy with your immediate and extended family as the purpose of this holiday is emphasizing and celebrating the importance of families taking time to be together.  
Yours in partnership!

M. Kanalec



## Sir Adam Beck February 2019 Council Corner

SCHOOL COUNCIL Email: [sabschoolcouncil@gmail.com](mailto:sabschoolcouncil@gmail.com)  
Facebook: [facebook.com/sabschoolcouncil](https://www.facebook.com/sabschoolcouncil)  
Website: [siradambeck.ca/schoolcouncil](http://siradambeck.ca/schoolcouncil)

### ***Gourmet Frozen Foods at your Fingertips!***

Order from MacMillan's and Terra Cotta Cookie Company to ensure your freezer is stocked with gourmet food items for the next few months. **Orders are due by Monday, February 11** and will be available for pick-up on Wednesday, February 27. Refer to the package sent home with your child for more details. Students are asked not to go door to door, but rather take orders from family and friends. Please make all cheques payable to SABSC. As always, your support is not obligatory, but purely voluntary for all of our fundraisers. If you have any questions, please contact us at [sabschoolcouncil@gmail.com](mailto:sabschoolcouncil@gmail.com)

### ***Community Clothing Exchange & Rags and Textiles collection***

The date's been set for our third annual Community Clothing Exchange: Friday, March 22, 2019 at 6:00 p.m.! This year, we'll be collecting rags & textiles at the same time as the gently used clothes, to make it even easier for you to help us keep these items out of landfills.

As you clean your closets or your kids grow out of items, think about giving them a second chance with a new owner in the community. We will collect clean, unwanted clothes and shoes that are in good condition and sorted by size and gender. You can also bag and label as rags & textiles any unusable stained and/or ripped clothing, including socks and underwear, sheets, curtains, towels and other fabrics.

Drop off will be from 8:30 a.m. to 11:30 a.m. from March 18 to 22 in the hallway across from the Alderwood library. If you are able to help with sorting items once they are dropped off during that week, or if you can spare a few large plastic bins for sorting clothes, please email [sabschoolcouncil@gmail.com](mailto:sabschoolcouncil@gmail.com).

### ***January Parenting Workshop on Anxiety***

A big thanks to the George Hull Centre for Families and Children for presenting an interesting and practical workshop to more than 40 parents and caregivers in January. George Hull has kindly donated a book entitled "The Whole Brain Child" by Daniel Siegel to our Alderwood library. This is a great resource for parents looking for strategies to support their children mental health. Some videos were also recommended as great resources:

1. Connect and Redirect: [https://www.youtube.com/watch?v=aV3hp\\_eaoiE](https://www.youtube.com/watch?v=aV3hp_eaoiE)

2. Name it To Tame It:

<https://www.bing.com/videos/search?q=dan+siegel+name+it+to+tame+it&view=detail&mid=0E0E12473A0C25D6D1D20E0E12473A0C25D6D1D2&FORM=VIRE>

3. The Shy Child:

<https://www.bing.com/videos/search?q=the+shy+child+dan+siegel&view=detail&mid=B5D9BDF447CB13FF1E45B5D9BDF447CB13FF1E45&FORM=VRDGAR>

4. Elmo Belly Breath: [https://www.youtube.com/watch?v=\\_mZbzDOpylA](https://www.youtube.com/watch?v=_mZbzDOpylA)

5. Just Breathe by Julie Bayer Salzmen: <https://www.youtube.com/watch?v=RVA2N6tX2cg>

Council hopes to offer at least one other parent engagement session this school year. Stay tuned for details.

### ***Did you know?***

If you're tired of making lunches, you can take a break for a few days a week and order from one of two TDSB approved vendors at SAB: [The Lunch Lady](#) on Tuesdays/Thursdays and [Kid's Kitchen](#) on Wednesdays.

### **Parking Lot Safety**

Please remember to follow the PSP student drop off (kiss n ride) rules. Do not park your car in the PSP unloading zone or leave it idling there – this creates a backup of vehicles trying to access the drop off area. Drive slowly in the parking lot and please model appropriate behaviour to each other and to our PSP Volunteers and Teaching Staff. Our collective goal is to keep every child safe. We can never forget the memorial tree that stands as a reminder of the tragic death of one of our students in the parking lot. Thank you for reading and remembering this important message.

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### **Recess During Cold Weather**

Elementary school students are kept indoors for recess and lunch times for a number of weather conditions such as rain, lightning in the area, extreme winds and extreme cold. When temperature and wind chill measure -28C or lower, students are kept indoors. Recesses and lunch hour may be shortened if the temperature and wind chill reading is between -20C and -28C.

If a student's medical condition requires further consideration due to weather conditions, or if parents have other questions or concerns about how and when weather conditions affect your child's school day, please contact the school office.

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### **Cancellation of Busses During Severe Weather**

Severe weather conditions may require the TDSB to cancel transportation or, in extreme conditions, close schools. The decision to close schools is made by the director of education. In the event transportation is cancelled or schools are closed, the local media will be informed before the beginning of the school day. Tune in to your radio and television news stations for the latest information or visit [www.tdsb.on.ca](http://www.tdsb.on.ca).

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### **Black History Month – A. Kamel-Zia**

On January 16th, students and staff explored Black History through storytelling and drumming. We invited Babarinde Williams (“Drums et al”), a well-known artist in the TDSB community. He started the day with an assembly for the whole school, followed by drumming workshops for all grades.

Mr. Williams explains in his description that the assembly's theme is centered on Black History **Canadian** heroes. Please see below what he wrote about it:

***“Black Canadian Heroes” (Chronicling the contributions of black Canadians in the development of our nation)***

*The assembly presentation "Black Canadian Heroes" chronicles the lives and times of Canadians of African descent. From the activities of Mathieu de Costa (the first recorded black person in Canada) to the heroic deeds of figures of the underground railroad, your students will learn about the activities and contributions of black heroes like Josiah Henson (Uncle Tom) and Harriet Tubman (the woman called “Moses”) Black inventors and scientists like Elijah McCoy (from whom we got the phrase “the real McCoy”) and Dr. Anderson Ruffin Abbott (the first licensed Canadian-born black physician) We will also discuss the contribution of war heroes like Richard Pierpont (the exceptionally brave black loyalist soldier) and William Hall (the first Black Canadian sailor as well as the first Black Canadian to receive the Victoria Cross) The labour of our heroes past should not be in vain.*

Thank you to the School Council for generously funding this interactive presentation.

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**February is Kindergarten Registration Month**

Kindergarten Registration Begins in February!

Registration for all TDSB Kindergarten programs begins in February. We look forward to welcoming you and your child at our school in September!

To attend Junior Kindergarten in September, children must turn four-years-old by December 31. To register for Senior Kindergarten, children must be five-years-old by December 31. You may choose to register in person at the school or begin the process online.

For more information about the Kindergarten program and registration requirements, please visit [www.tdsb.on.ca/kindergarten](http://www.tdsb.on.ca/kindergarten).

[Insert school-specific registration information – e.g. dates, times, school phone number, etc.]

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**February 18 is a Statutory Holiday**

There will be no classes on Monday, February 18th to reflect the province-wide statutory holiday called Family Day. The holiday occurs on the third Monday in February of each year for the purpose of emphasizing and celebrating the importance of families taking time to be together.

Because teachers are involved in professional learning on Friday, February 15 for the Board-wide Professional Activity Day, students will not be attending school on Friday, February 15 and Monday, February 18 which is the statutory holiday - Family Day.

Visit the TDSB public web site at [www.tdsb.on.ca](http://www.tdsb.on.ca) to view the school year calendar.

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**February is African Heritage Month at the TDSB**

February is African Heritage Month at the Toronto District School Board and we're proud to recognize the experiences, contributions and achievements of African Canadians. This year's theme is Out of many we are one: Across differences our commonalities uplift our African heritage, culture and people.

Throughout the month of February, we will highlight the many contributions that the African Canadian community has made by offering several educational opportunities to our students, staff and the TDSB community. These opportunities include students attending the Know Your Worth: Black Youth Empowerment Conference which is a joint collaboration with the TDSB and the Black Law Students' Association at York University; visiting the Royal

Ontario Museum; learning about coding at Apple Stores and visiting the Ibada Market Place exhibit. Further, a parent session is being organized by the Parent and Community Engagement Office on How to Speak to Your Children About Racism. Learn more at [www.tdsb.on.ca](http://www.tdsb.on.ca)

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### **February is Chinese Heritage Month at the TDSB**

The Toronto District School Board is proud to recognize Chinese Heritage Month during the month of February and the theme this year is “Year of the Pig: Happy, Easy Going, Honest, Trusting, Sincere, Optimistic & Sociable.”

During this month, we celebrate the energetic culture and traditions of the Chinese community with students, staff and community members of the Toronto District School Board and the City of Toronto.

The Chinese community is integral to the growth and success of the City of Toronto and Canada. Members of the Chinese community represent approximately 10 percent of the total GTA population and form its second largest visible minority group. Canadians remember and appreciate the Chinese workers who helped build the Canadian Pacific Railway that united our country.

Chinese-Canadians recognize Lunar New Year on Tuesday, February 5, 2019. Lunar New Year is also known as the Spring Festival and begins with the first moon of the lunar calendar and ends on the first full moon of the lunar calendar 15 days later!

### **National Winter Walk Day**

Wednesday, February 6th is Winter Walk Day across Canada. It's the perfect opportunity for parents and kids to get outside together and stretch those legs! Walk to school for daily physical activity, a healthier environment, safer streets, making friends and ... having fun! Walking is the simplest form of exercise and helps kids get those 60 minutes of daily physical activity they need.

Winter is still a great time to walk and be outside and it's also a great cure for those winter blues! Dress properly and don't let cold, wind, snow or rain keep you from heading out for a walk. Below are some great winter weather dressing tips from Green Communities Canada:

- Keep hands and head covered to prevent heat loss;
  - Wear warm, waterproof boots;
  - Wear a warm coat that deflects the wind;
  - Woolen clothing helps to retain heat;
  - On really cold days, wear a scarf over your face and mouth;
  - If possible, change wet clothes at school;
  - Wear clothing or carry knapsacks with reflective material - it's important to be seen;
  - Below -25 degrees Celsius is considered too cold for walking, so move your walk indoors or select another day.
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