



Stoneybrook Public School

March 2019 Newsletter

Toonie Tuesday was a success! As a school we doubled our donation that we will be contributing to the **The Caring Fund**. **The Caring Fund** has aided many of our TVDSB families in need of support such as providing clothing and toiletries when a student's possessions have been destroyed in a house fire or the purchase of winter boots for children in need. These are **our** kids and **their** families, thank you for helping support them!



We have been very fortunate to have Growing Chefs here again as part of their school food education project. Each classroom has had a chef team visit and present an interactive lesson that was based on the Ontario curriculum, followed by the sharing of the food that was made. All of our students and staff have thoroughly enjoyed this program and we are grateful to have been a part of it!

Our basketball teams have had a very successful season this year. The girls played strong and collaboratively throughout their season. Thanks to Mrs. Willits and Ms. Mote for their coaching and time. Our boys' team, with their coaches Mrs. Brosnan and Mr. Boughner are heading to the TVDSB finals this coming weekend, we are excited for them to shine and show true shark spirit! If you are interested in cheering on the team they play at 7:00pm on Friday at Sir Wilfrid Laurier S. S.

Thank you to everyone that came and supported the Jack Astor's fundraiser for the Grade 8 grad. As well a big thank you for the donations that came for School Council run cake day and the participation of your children. The fundraising efforts through school council go to support building our technology resources within the school as well as other items such as home reading books.

Our Student Council & Spirit Squad will be running Mindful March this year. For the upcoming month we will have Mindful Mondays where we will have yoga in the gym at 12:05. Tuesdays will begin with an inspirational quote or a thought to ponder that involves personal well-being. On Thursdays students will be greeted by members of the council and the spirit squad as they arrive. Finally, Fridays we will end with a brief mindfulness session school wide.

You will likely hear your children talking about the MS Read-a-thon as we had our kick off assembly on Feb. 26! Each student has received a goal charting sheet to track their daily reading and each class has a reading goal and a fund raising goal. Please encourage your child to read and record daily during the campaign which is running from February 25-March 8. The school reading goal is 2000 hours and the fundraising goal is \$1700 to donate back to Multiple Sclerosis.



News from School Council:

The traditional cake day fundraiser held on February 15 raised approximately \$1000 which will go to supporting the purchase of items such as technology and books. Thank you for your contributions!

Hot lunch schedule is available for ordering for dates after March break.

Visit stoneybrook.hotlunches.net to order now. This continues to be an ongoing fundraiser for the school as well as a convenience for families. Thanks for supporting School Council Initiatives!

Our next School Council meeting will be held in the library on Wednesday, March 6 from 7-8:30pm, all are welcome!



Family Activities

Participating in activities together as a family can be fun. [ParticipACTION](#) says "a healthy childhood requires a balance of physical activity, sedentary behaviour and sleep". The health benefits that come from heart pumping physical activity are reduced if children have poor sleep habits or spend too much time being sedentary e.g. sitting or reclining while watching screens. Parents and caregivers can set a great example as role models to inspire children to be active. The more children see you being active, the more likely they will be active as well.

Spend less time being sedentary by limiting 'screen time' to **no more than 2 hours** per day

Here is a list some active activities that you can do together:

- Go for a walk together; explore your neighbourhood
- Play basketball, catch or soccer in your driveway or at the park (community centre)
- Dance to some up-beat music together
- Make a game out of picking up sticks or raking in your yard; it will help with seasonal yard work
- Walk, bike, rollerblade or skateboard to or from school together
- Play Get Up and Move Bingo

If you are looking for more activities to do with your children visit [Active For Life](http://activeforlife.com/activities/) (<https://activeforlife.com/activities/>) and [ParticipACTION](#)

For more information on the guidelines, visit the [Canadian Society of Exercise Physiology](http://csepguidelines.ca/) (<https://csepguidelines.ca/>)



From your Public Health Staff

www.healthunit.com

Home Connections in Mathematics: March 2019

Home Time Math is Bonding Time

We know time at home is precious after the school day is over. Inserting purposeful math activities while going about your daily routines provide children with the understanding that math is a useful skill and that you value education. Also, this time together allows you to learn about the math skills your child knows and is learning at school. Research shows that strong parental involvement improves student achievement in school. Here are a few suggestions of activities you might try.

Grab some cheese and crackers (or other snack combos) and make patterns with them. Be creative! For example:



We can ask, “We’ve made three copies of the same pattern (repeated pattern of the core). How many pieces of food is that altogether?” “How many pieces of food would you need if we were to make 6 copies of the same pattern?”

Through this activity, children learn that patterns can be represented in a variety of ways and that this particular example highlights multiplication.

Using the same snacks from the activity above, you can help students build understanding of fractions. For example, you can ask, “What is the ratio of cheese to crackers?” and “To keep the same ratio, how many pieces of cheese will I have if I quadruple the number of crackers?”

Now, grab a pie (or a round cookie) and let’s have some fun with circles!



Using a piece of string, get your child to measure the circumference of the pie. Do the same with the diameter. Divide the measure of the circumference by the diameter and what they’ll get is π (pi)! Learn more about this ratio here:

<https://www.youtube.com/watch?v=ZNiRzZ66YNO>

Now, that you’ve had a healthy snack why not move with math? Below are some engaging ways you and your family can be active in math!

Turn on music and make shapes with your bodies.



Encourage your child to make different poses, some symmetrical and some asymmetrical. Things to talk about while you dance, “Can you make your body symmetrical to mine?”

How about a round of “Simon Says” referencing different shapes, angles, and directions? Say, “Simon says make a 90 degree angle with your arms” or “Simon Says turn counter clockwise 270°.”

Here’s a game that involves finding a treasure. One person hides a small object in a room and then provides instructions using positional language to give simple directions (e.g., in, on, around, right, left.). Or, “X” marks the spot. The person has to draw a simple map of the room to provide directions to the hidden object.

Enjoy your time doing math with your family. Keep it light and make it fun!

These links offer some other suggestions.

<https://talkingmathwithkids.com/>

<http://mathpickle.com/games/>



The Intermediate Division is excited to announce that on February 28th and March 1st, Stoneybrook will hold a Science Fair expo in the gym. The grade 7 and 8 students have been working hard researching, developing experiments, and gathering data to answer questions related to everything Science! Please come to our community viewing on Thursday, February 28 and see the diverse projects that will be on display in the gym from 6-7:30pm.

Upcoming Dates:

Feb. 28 - Grade 7/8 Science Fair 6-7:30pm in the gym

March 1 – Grade 7/8 Science Fair judging

March 5 – Grade 6 VIP trip

March 6 – Kindergarten Math Mingle 2:15-3:30pm

March 6 – School Council Meeting 7-8:30pm

March 11-15 – March Break

April 9 – Grad photos

April 11 & 12 – Dental Screening

April 24 – Jr. Choir and Band Spring Concert

April 25 – Parent Evening 7-8:30pm “The Screen Challenge: Youth, Social Media and Safety”

May 2 – Family Wellness Event immediately after school