

# WILKINSON NEWSLETTER

*March 2013*

## Principal's Message

One of the programs that we are very proud of at Wilkinson is our Healthy Eating Program, which is run by our gym teacher Mr. Kasaval. Since the inception of this program we have seen a significant increase in the number of students who bring vegetables and fruits for snack. Students often proudly show me their carrots or pears (or whatever the healthy snack of the week is) as I am walking through the lunchrooms or schoolyard. I am very happy to announce that Mr. Kasaval has won a Teach Nutrition Award for this creative initiative. The Teach Nutrition Award is given to an Ontario Teacher annually and is supported by the Dairy Farmers of Canada, the Dietitians of Canada, the Elementary Teachers' Federation of Ontario and the Ontario English Catholic Teachers' Association.

**Congratulations to Mr. Kasaval and to the many students who bring in healthy snacks!**

March Break is taking place this year from **March 11-15**. Some places that offer special programming for children over the break include:

- Ontario Science Centre
- Royal Ontario Museum

- Art Gallery of Ontario
- Ontario Legislative Buildings
- Wizard World Fun Park (The Better Living Centre at Exhibition Place)
- Riverdale Farm
- Sugarbush Syrup Festivals (Bruce's Mill and Kortright)

I wish all our students and their families a happy and fun March Break.

– *Leasa Adams, vice-principal*

## Sweet Success!

The Sweetheart Bake Sale took place Feb. 14 and it was a huge success! The team wishes to thank all parents, Dandy Lion Day Care staff who sent in yummy baked treats, parent volunteers for contributing their time and, of course, our students for their support!

## Healthy Eating Workshops

The Wilkinson Parent Council's last Healthy Eating Workshop with caterer Lisa Shama is taking place on **Mon. April 11** and will focus on **Dinners and Desserts**.

The workshop will run from **6:30-8:30pm** in the large lunchroom in the basement at Wilkinson. All meals are vegetarian. A Wilkinson parent will be on hand to translate information into Urdu and Gujarati. **Guests will be treated to a light dinner and everyone will receive a gift.**

Also, registration is not required and parent council will provide childcare. Join us for a fun, informative and delicious evening!

### **Tips from caterer Lisa Shamai:**

- **To wash fruits and veggies**, mix 2 Tbsp lemon juice or white vinegar for every cup of water used, soak for 5 minutes or so, rinse with clean water. Or mix 1 cup water, 1 cup white vinegar, 1 Tbsp baking soda and 4 Tbsp lemon juice and place in a spray bottle. Spray fruit, leave on for a few minutes, and rinse.
- **Raw seeds and nuts are more nutritious than toasted.** If you are using them in granola (or anything else), add them at the end of the recipe when all other ingredients are toasted. Or reduce heat to less than 275 degrees while making the granola, keeping them “lightly toasted” to keep optimum nutritional value.
- **Coconut oil is the preferred cooking oil**, as it remains stable throughout the heating/toasting process. It is solid at room temperature, so you can place it in a metal bowl over low heat when you need a liquid oil. It has a very low melting temperature (76 degrees).
- **Cauliflower is a great and underused vegetable!** It is high in fibre, contains anti-cancer phyto-chemicals, and anti-bacterial and anti-viral compounds. It’s an excellent source of vitamin C and many B-complex groups of vitamins as well as minerals.
- **Eggs are a miracle food!** They keep eyes healthy, contain all 9 essential amino acids, are a great source of protein, good source of choline (an important nutrient for the brain and nervous system), help with hair and nail growth, and are one of the few foods that contain vitamin D.

### **Gym/H.E.A.L.T.H.Y. Eating news**

March already?

Wow, how time flies when you're having fun and fun is what we've been having in Health and Physical Education class.

#### **Balancing**

Kindergarteners to Grade 3s and Mlle Cooke's class were busy learning, practicing and perfecting their balancing skills in the gymnasium. Along with balancing, Mr. Bozabalian and myself added some Yoga, which goes hand in hand with balancing. (No pun intended!). Students worked through balance stations, obstacle courses, learning new poses both of the static and dynamic variety. Next month we'll be putting the students balancing and jumping skills to the test with obstacle courses!

#### **Health class**

In Health class, Mlle Butler’s class discussed injury prevention methods and made posters to teach students about this topic. The posters are found outside the gymnasium. Earlier this month for Kindergarteners to Grade 3s, we finished up discussions on bullying and used drama to assist in educating the students. Next month all classes mentioned above will start discussions and group work on Healthy Eating! This is great timing as **the city of Toronto has designated March Nutrition Month and March 9** specifically as **The Great Big Crunch** where all students are asked to participate in eating healthy apples! Here are the healthy snacks for March:

- **March 4-8:** Apples
- **March 18-22:** Cucumbers
- **March 25-29:** Berries.

Stay active and happy healthy eating, Wilkinson!

–*Mr. Kasaval*

## News from the Library

### Blue Spruce and Silver Birch

The Forest of Reading programs for 2013 have started! K-3 students are enjoying the Blue Spruce picture books during their library visits and will get a chance to vote on their favourite at the end of April. Ask your child about their favourite so far. Junior students are able to participate in the Silver Birch program during their book exchange time. These students commit to reading 5 of 10 books in a chosen reading program (Fiction, Non-Fiction or Express) between now and the end of April when they vote on their favourite. Every vote counts and all votes are sent to the Ontario Library Association to determine this year's winning books. To learn more about the Forest of Reading, check this site - <http://bit.ly/rgTE9G>.

### e-Books for the Library

Have you checked out some of the non-fiction e-books available to you and your children? These electronic books can be accessed from any computer by visiting <http://my.abdodigital.com/login/>. The username is wilkinson and the password is lions. Topics include the planets, the solar system, simple machines and body systems.

### PebbleGo

Another great digital resource available to Wilkinson students this school year is PebbleGo ([http://www.pebblego.com/content/choose\\_product.php](http://www.pebblego.com/content/choose_product.php)). PebbleGo is a collection of digital reference books set up as an interactive research site. It is geared to Grades 2-5 and features images, video and audio along with text. A great feature for beginning or struggling readers is the audio button which reads the text aloud. Contact Mr. Krentz for access passwords.

### Online Stories

Wilkinson's collection of picture books is large, diverse, well-loved and well-used. To complement this collection, I have curated a number of excellent online story sites. These are all free and can be accessed at <http://bit.ly/onlinestories>. I encourage you to explore some of these with your children. Online Stories are great for building reading confidence and – for those stories with audio – listening comprehension skills.

### Wilkinson's Digital Writing

**Project** is underway and many junior classes have been focussing on writing through blogging, storyboarding, comic creation, and the creation of shared documents on Google Drive. Many classes will be scripting and storyboarding in preparation for the production of videos later on this school year. To learn more about what's happening at the library, explore the library blog at @ <http://wilkinsonlibrary.tumblr.com>. And don't forget to check out Wilkinson's Twitter page for regular updates on school happenings:

[https://twitter.com/TDSB\\_wilkinson](https://twitter.com/TDSB_wilkinson).

Happy Reading,

–Mr. Krentz

### Fun Fair 2013!

The date is set and prep work for Wilkinson's biggest fundraising event is underway. Fun Fair takes place on **Sat. May 25**. If you'd like to get involved, volunteers are needed to lead different areas, help with Wil-Kitchen and to help set up. **Fun Fair's first meeting is April 2 from 5:45-7pm.**

Send an RSVP to April Moon if you can attend the first meeting or just let her

know you'd like to help! More planning meetings will follow.

[Moon.wallis@sympatico.ca](mailto:Moon.wallis@sympatico.ca)

### **New kindie playground**

The new Kindergarten Playground that was funded by Parent Council will be in place by the end of April. The new structure is approved and appropriate for primary grades and will be especially handy with all-day kindergarten. The entire area will be resurfaced with safety Fibar chips and the Wig Wam will be moved slightly to meet safety requirements. Wilkinson is very excited about this upgrade to the Kindergarten Play Area.

### **Wilkinson's Gardens – Update**

Former Wilkie parent, John Hykel, has been tending to the Learning Garden and Gym Garden. He has added some new plants, which were donated, including Black Eyed Susans, bergamot, sedum and blue fescue. The Works donated 6 Euonymus plants, which were planted in the Gym Garden, and Wilkinson received a donation of a chokecherry that was planted in the Learning Garden.

### **French as a Second Language**

The Ministry of Education released a new document for French as a Second Language (FSL): <http://bit.ly/XFY5Qc> *A Framework for French as a Second Language for Ontario Schools, Kindergarten to Grade 12* presents a call to action to strengthen FSL programming, promote the benefits of FSL, heighten appreciation of and support for FSL educators, and increase public confidence in FSL education. The report includes a section on “Parents and Communities as

Partners in FSL.” Increased parental and community engagement is a critical component of FSL goals. High levels of engagement in FSL by adult role models in the school, home and community highlight for students the value of learning additional languages, especially French in Ontario.

Visit [www.tdsb.on.ca/fslac](http://www.tdsb.on.ca/fslac) under Web Links, Ministry of Education, for more information.

(From the *French as a Second Language Advisory Committee*)

### **Students reveal truths**

Do you want to know what per cent of Grade 7-12 students eat breakfast, or how students feel about their time or money management skills? Can you guess how many students say their parents give them advice about school?

The recent TDSB Student Census has the answers to those questions.

More than 100,000 Toronto students in Grades 7-12 participated in the 2011-12 survey. They answered questions about everything from how satisfied they were with their teachers, to how often they participated in arts activities. They also revealed how much pressure they're under.

#### **Other findings include:**

- since 2006, the percentage of Grade 7-8 students whose parents attend parent teacher interviews all or most of the time increased from 64% to 78%
- 65% of Grade 7-8 students say they're good at math, compared to 49% of students in Grade 9-12
- 73% of high school students and 59% of Grade 7-8 students worry about their future

- 86% of Grade 7-8 students and 69% of Grade 9-12 students feel supported by their teachers
- 18% of Grade 7-8 students and 38% of high school students reported feeling under a lot of stress all the time or often. (*From People for Education*)

• For more information on the census, see this link to a story in the *Toronto Star*: <http://bit.ly/X5siFi>

### Homework Club

Woodgreen Immigration Services is running a free Homework Club, which will meet on **Mondays from 3:30 pm to 4:15 pm at Wilkinson in Room 3**. All students from Grades 1 to 6 are welcome. For more information, contact the Homework Help Coordinator: Aisha Shaikh at 416-645-6000, ext. 1326  
E-mail: [ashaikh@woodgreen.org](mailto:ashaikh@woodgreen.org)

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## Community News

### St. David's Anglican Church: (49 Donlands Ave.)

- The Open Door is proud to offer once again for March Break the amazing and dynamic **Shakespeare Is Boffo!** program. For more information, contact Trish O'Reilly-Brennan: (416) 466-3142 or [trishor@sympatico.ca](mailto:trishor@sympatico.ca)

- **Silver Spirit Karate Club** — karate classes for children and teens, ages 7 to 18. **NEW! Classes for adults too.** Contact: Ron McKay, [info@silverspirit.ca](mailto:info@silverspirit.ca) or 416-886-3717. Website: [www.silverspirit.ca](http://www.silverspirit.ca)

- **Charlotte Schwartz Fitness** — fitness classes for adults, family zumba classes, and prenatal fitness classes. Contact: Charlotte Schwartz, [charlotte.dobo@gmail.com](mailto:charlotte.dobo@gmail.com) or 416-460-7826.

- The Toronto Early Music Centre presents the **Musically Speaking concert series** (upstairs in the nave). Visit

<http://www.torontoearlymusic.org/em.htm> for a description. All performances are Sundays at 2:30 pm. Admission is by donation. Upcoming concerts: March 24, April 28, May 26, and June 16.

Program details available at:

[www.torontoearlymusic.org/concerts.htm](http://www.torontoearlymusic.org/concerts.htm)

For more information, contact: Frank Nakashima 416-464-7610

[frank.nakashima@gmail.com](mailto:frank.nakashima@gmail.com)

## Important Dates:

### March

#### March is Nutrition Month

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**FRI. MARCH 8**

International Women's Day

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**SUN. MARCH 10**

Daylight Savings Time begins. Don't forget to turn your clocks forward 1 hour.

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**MARCH 11-15 (inclusive)**

March Break

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**SUN. MARCH 17**

St. Patrick's Day

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**THURS. MARCH 21**

World Poetry Day

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**FRI. MARCH 22**

Pizza Lunch!

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**TUES. MARCH 26**

First Day of Passover

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**FRI. MARCH 29**

Good Friday – No school

### April

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**MON. APRIL 1**

Easter Monday – No school

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**TUES. APRIL 2**

Last Day of Passover

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**MON. APRIL 11**

Free Healthy Eating Workshop @ Wilkinson.  
Registration not required.  
From 6:30-8:30pm.

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**MON. APRIL 11**

Rag & Bone Puppet Theatre to perform The Wind in the Willows @ 9am

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**MON. APRIL 17**

Aché Brazil to perform its martial arts, dance and music show @ 9am

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**TUES. APRIL 23**

Canada Book Day

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**FRI. APRIL 26**

Pizza Lunch!

### May

#### May is Asian Heritage Month.

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**MON. May 20**

Victoria Day – No school

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**May 21-24**

Aboriginal Awareness Week

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**SAT. May 25**

Fun Fair 2013!

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**FRI. MAY 31**

Pizza Lunch!

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## Contact Us

**Wilkinson School Community Council**  
email: [wilkinsonparents@yahoo.ca](mailto:wilkinsonparents@yahoo.ca).

**Communications team:**  
[www.wilkinsonscool.ca](http://www.wilkinsonscool.ca) or email:  
[wilkinsoncommunications@gmail.com](mailto:wilkinsoncommunications@gmail.com).

Thank you to our contributors!

Editor: Deanna Rosolen

**Published by the Wilkinson School  
Community Council**