

# BLAKE BEAT

Note: This month's newsletter is late due to a technical problem. Apologies for the inconvenience



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# BLAKE MISSION STATEMENT

At Blake our mission is to provide a caring, safe, and bully-free environment that meets the intellectual, physical, social, and emotional needs of our students.

With the assistance of our families and greater school community, we are committed to supporting our students and leading by example so that they reach their full potential.

Our Code of Conduct clearly states that all students have the right to be heard and valued, must respect themselves, and also have the responsibility to follow staff directions.

## NEWSLETTER TEAM

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## NEWSLETTER SUBMISSIONS

This newsletter is not possible without the hard work of the many hands who volunteer their time. We'd love to hear from you! If you have a newsletter submission or idea, please e-mail it to [blakeschoolnewsletter@gmail.com](mailto:blakeschoolnewsletter@gmail.com), or drop a copy in the School Council mailbox in the office, by the 20th of every month.

Items should be sent in Microsoft Word format if possible, but do not need to be formatted. Simply forward text and/or images. Please do not embed images.

## PARENT COUNCIL CONTACTS

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## Blake Street Public School

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## Boy's Basketball

The boys basketball team participated in their tournament at Carleton Village last week. They won 2 games and lost 2 games and most importantly they played their hearts out and represented Blake in such a positive manner. As well, thank you to the council for the orange slices and granola bars – both of which were a big hit. And thanks to Mr. A, Ms. Valerie, and Madam O'Sullivan for volunteering their time to make it all happen.

## Girls Volleyball

The girl's volleyball team travelled to Deer Park for a full day tournament. They won two games and lost 2 games. They were so excited when they came back and proudly showed off their ribbons. A big thank you to Mr. Stoch for coaching and taking the girls today.

## Co-ed Volleyball

Co-ed volleyball will be starting on Wed. March 1st. It will be happening every Mon. and Wed. after school. Ms. Valerie will be coaching along with Ms. Psarologos as the teacher rep. Forms are available in the office.

## Cricket at Blake!

Cricket is a GO with James Sheehy as Community Coach and Ms. Iliadis and the teacher supervisor. More details to come...

## Numbers for Next Year

Total projected student numbers for Blake Street next year are 429 students! That's 364 at Blake St PS and 65 at EAST. (This year we have 236 at Blake and 65 at EAST)

## Partnership with Young People's Theatre

Blake will be a partner of Young People's Theatre for the next 3 years. Includes discounts on shows, workshops and opportunities for Blake kids to meet members of YPT.

## Trees on the Move

The 3 trees that were planted in the soccer field will be moved, either to another location at Blake or to another school.

## Track and Field

Heading into TRACK and FIELD for late Spring (sometime after the March Break) – the final chance to become a Community Coach is on April 18th at Westwood M.S. from 4:30 – 5:15.

Looking for any parents with Running experience to help with our long distance runners and hoping we can get some more entrants in those races as well.

Again, a big THANK YOU to Valerie and all the staff and volunteers for helping to make all this wonderful stuff happen at Blake.

## From the Classroom: Mme Dorcin, Room 108

Room 108 have worked hard on their African masks and Dragon pictures.



As the month has gone along, we have been integrating Lunar New Year and Black History Month into our Patterning and Writing curriculum. Our class has learned to plan and create patterns and communicate their feelings through their art projects. You can see our beautiful African masks on display in the hallway near door 6.

For Lunar New Year, we had a feast of egg rolls and spring rolls. Students were delighted! We also read the book *Ruby's Wish*, a beautiful story about fairness and dedication. Class 108 understands when we work hard, we achieve more and, we can accomplish our dreams. Below, you can see a picture of our Dragons displayed on our classroom door. What a beautiful job class 108! Bravo les élèves! Quel travail magnifique!



Madame Dorcin Première année Immersion française



## From the Classroom: Mme O'Sullivan, Room 106

The latest French unit explored by Room 106 has been all about the Carnaval de Québec. Students have been learning about the festival's many unique attractions such as giant ice castles and slides as well as the ice sculpture competition for which festival goers vote. Students were very impressed by the many beautiful and intricate ice carving pictures they were shown from the Carnaval.

Since we couldn't attend the festival ourselves, we decided to host our own take on the ice sculpture competition. Each student created a unique modeling clay sculpture. Once the creations were finished, everyone chose their favourite one created by a classmate. This was followed by a writing activity in which students were asked to provide detailed reasoning explaining why their pick was their favourite.

Have a look at some of our creations.



## “Doing Great at Blake” Golden T-shirt Award

These t-shirts are geared towards the grade 3's-6's who have gone above and beyond in ALL aspects of school life.

- They help out around the classroom and school in a variety of ways (snack, office duty, OPAL),
- They are involved in some extra-curricular activities (Eco-club, We schools, basketball, volleyball, ...)
- They act as good role models and set good examples for the younger students.
- They try their best academically, rise up when challenged, and are supportive of their peers.

One of these T-shirts will be handed out to a deserving student at each of the remaining character trait assemblies for this school year. This student will be nominated by school staff/regular volunteers.

Stay tuned as we honour some of the wonderful students at Blake!



## Student Athlete of the Week Award

As many of you may already know, we are recognizing one student each week that stands out in his/her Phys. Ed class by showing a positive attitude and always trying their best. He/she co-operates and gives a 100% effort 100% of the time. This person will play fairly and congratulate teammates and opponents at the end of a game whether they won or lost.

So far this year we are excited to announce the following recipients of the 'Student Athlete of the Week' award:

Elle M. in grade 3

Eleanor M. in SK

Balthazar N. in SK

Elizabeth L. in grade 6

Johnny Y. in grade 2



Stay tuned for next week's recipient...

# Great Turn Out for P.R.O. Event - African Dance Workshop

The African Dance Workshop had a great turn out, with an estimated 100 people participating. Much fun was had during the spirited and energetic workshop, as we learnt how to put together a detailed routine.



Continue the fun by coming to next month's P.R.O. event - Storytelling on March 30!

# Morning Meal - March 2017

Monday Mar 6	Tuesday Mar 7	Wednesday Mar 8	Thursday Mar 9	Friday Mar 10
Pita Hummous Carrots & Cucumbers	Nut-free low-fat Cereal Vanilla Yogourt Strawberries	Buns/Crackers Marble & Mozzarella Cheese Tomatoes & Peppers	1 sliced baked goods White Milk Oranges	Bun/bagels/Crackers Yogourt Tube Carrots & Cucumbers
Monday Mar 13	Tuesday Mar 14	Wednesday Mar 15	Thursday Mar 16	Friday Mar 17
<b>March Break No School</b>	<b>March Break No School</b>	<b>March Break No School</b>	<b>March Break No School</b>	<b>March Break No School</b>
Monday Mar 20	Tuesday Mar 21	Wednesday Mar 22	Thursday Mar 23	Friday Mar 24
Nut-free low-fat Cereal Strawberry Yogourt Apples	Pita Hummous Carrots and Peppers	Crackers Marble & Mozzarella Cheese Oranges	English Muffin/Bagel Cream Cheese Cauliflower & Broccoli w dip	1 slice baked goods Chocolate Milk Melons
Monday Mar 27	Tuesday Mar 28	Wednesday Mar 29	Thursday Mar 30	Friday Mar 31
Bun/bagels/Crackers Yogourt Tube Carrots & Cucumbers	Nut-free low-fat Cereal Vanilla Yogourt Strawberries	Bread/Buns/Crackers Marble & Mozzarella Cheese Tomatoes & Snow Peas	1 sliced baked goods White Milk Bananas	Pita Hummous Cucumbers and Peppers

\*Fruits/vegetables subject to change due to supply

\*\*all grain products served meet a minimum of 2 stars (out of 3) of the Guiding Stars program. For more information see <http://guidingstars.ca/>

## Popeye's Spinach Soup

### Ingredients

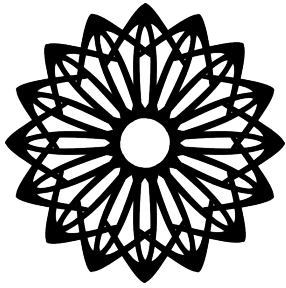
2 tbsp. butter	3 cups water
1 onion chopped	300g of frozen spinach
2 leeks chopped	Generous pinch of nutmeg
3 cloves of crushed garlic	2 tsp. of salt
2 medium potatoes peeled and diced	Black pepper to taste

### Method

1. Heat the butter in a large saucepan
2. Sauté onion, leeks and garlic in butter until soft and golden
3. Add diced potatoes and sauté for another 2 mins
4. Add water, bring to the boil and then simmer until the potato is soft
5. Add frozen spinach, nutmeg, salt and pepper
6. Bring the pan back to a simmer (spinach will lower the temperature of the water) and simmer until the spinach is defrosted and wilted (another 5-10 mins).
7. Blend with an immersion blender or food processor until smooth. Add more water if necessary.

**DID YOU KNOW** that spinach is an excellent source of beta carotene and other antioxidants which help to build a strong immune system?





Parents Reaching Out presents a  
**Storytelling Workshop**



**WHEN:** Thursday March 30, 2017

**TIME:** 6.30-7.30pm

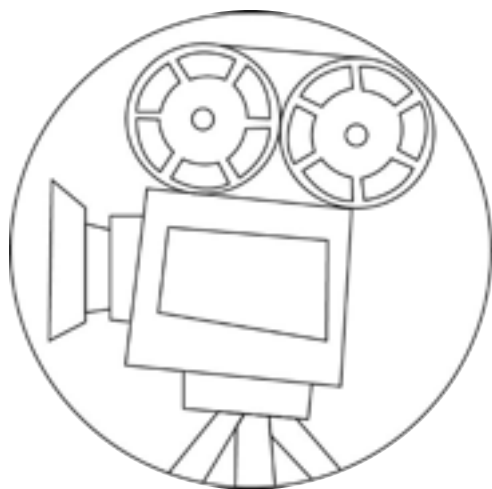
**WHERE:** Blake Street Public School (**Library**)

**WHO:** Parents and kids of all ages

Join award winning author and storyteller **Rukhsana Khan**, for an evening of storytelling. Her tales of growing up and Islamic culture will delight audiences of all ages!

Rukhsana Khan is a Pakistani Canadian children's writer and storyteller. She is the author of 12 children's books, including *Big Red Lollipop* and *King for a Day*.

# Upcoming Events at Blake St School



## Movie Night

The next movie night will be  
**THURSDAY, 9 MARCH**  
Film yet to be decided!

## March Break

The school will be closed **MONDAY 13 MARCH** through **FRIDAY, 17 MARCH** for March Break. Enjoy the time away from school!

## Parent Council Meeting

The next meeting of the Parent Council will be **TUESDAY, 21 MARCH** at 6 pm in the library. Dinner and childcare will be provided.

## P.R.O. Storytelling Night

Come to the library **THURSDAY, 30 MARCH** for a storytelling session with Rukhasana Khan

## Spirit Day

Spirit Day will be **FRIDAY, 31 MARCH**  
It's Topsy Turvey Day - inside out, back to front, upside down, wear it wrong!

## Pizza Lunch

Pizza lunch will be held on **FRIDAY, 31 MARCH.**

