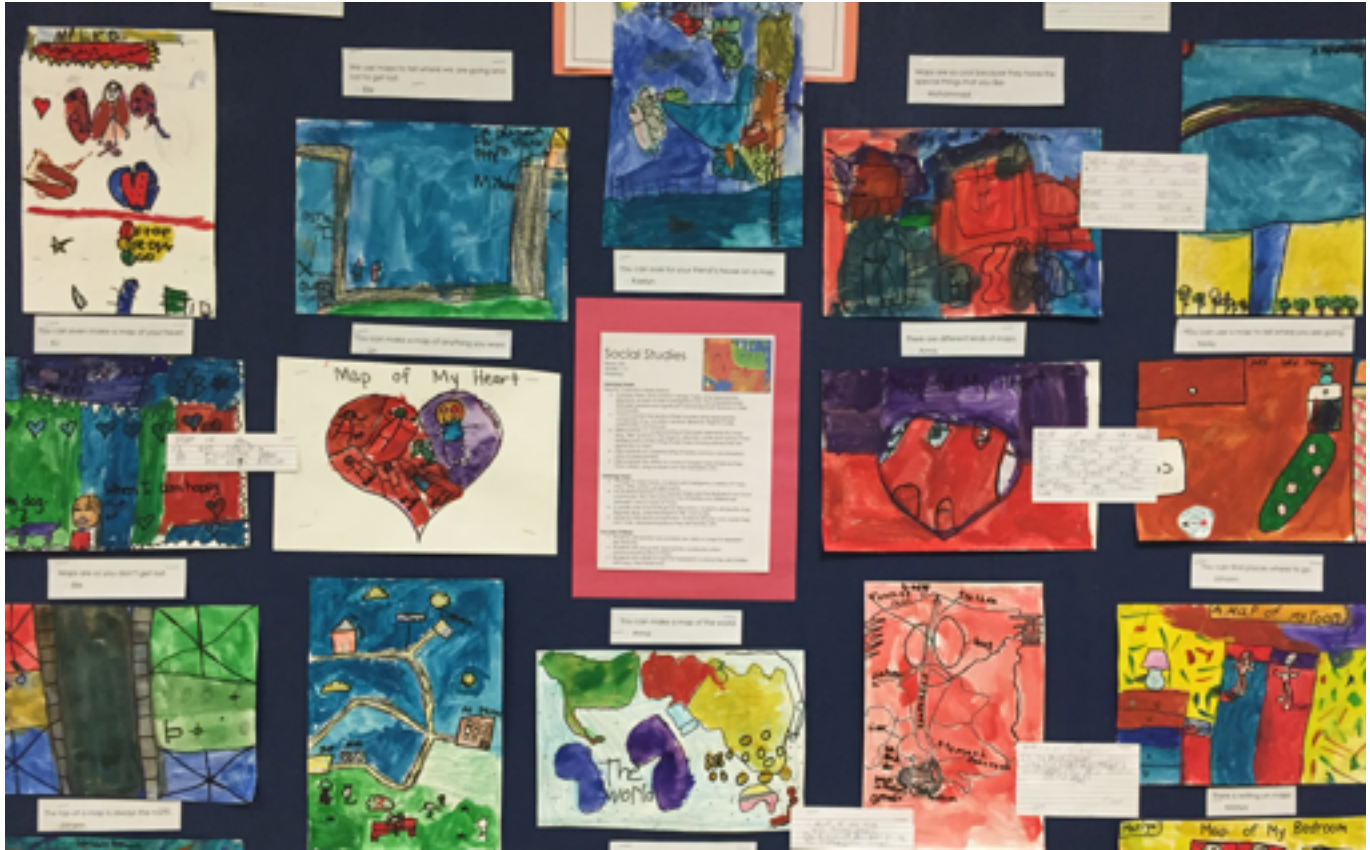


BLAKE BEAT



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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

Editing Alexandra Knowles and Keri Williams

Layout Keri Williams

April Contributors

Melissa Jenkins-Gray, Alan Lyons, Jeanette Rees, Judith Prince, Kelly Dymont, Alexandra Knowles, Keri Williams, Andrea Gusen

NEWSLETTER SUBMISSIONS

This newsletter is not possible without the hard work of the many hands who volunteered 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, 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.

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From the classroom - Ms Church JK/SK Room 101

Now that the nice weather has finally arrived Ms. Mitoulas and I have been reflecting on how far the Kindergarten kids have come since they joined us in September. Although there is still a lot of learning left to be done, we thought that it would be fun to ask the students what they have learned in Kindergarten so far this year. This is what they said:

Jackson: I learned my letters.

Maddox: I learned to not tattle tale.

Daysean: I learned how to not punch, and the letters and the sounds they make.

Stella B: I learned how to make a kite.

Raymond: I learned how to count.

Grace: I learned how to think, draw and write and Writer's Workshop.

Isla: I learned to put up a quiet hand and the other 5 rules for Show Me Five.

Hayden: I learned how to do skipping in the gym with Mr. Pace.

Emma: I learned how to sing the Willaby Song.

Zidra: I learned how to do groups of 10 in math.

Priscille: I learned how to play instruments in music with Ms. Hunt.

Jack: I learned how to read.

Otis: I learned how to write.

Stella S. : I learned how to draw.

Rylin: I learned how to do math with Mrs. Papaconstantinos.

Anke: I learned to listen to the teachers.

Margo: I learned how to read.



Ian: I learned how to do my work and listen to my teachers.

Alice: I learned how to write.

Robin: I learned how to write the names of all of the kids in our class.

Evan: I learned how to start to write the letters.

Maria-Laura: I learned how to jump with the skipping ropes with Mr.

Pace.

Sofia: I learned how to do skip roping in the gym.

Cian: I learned to sing songs in music.

Henry: I learned how to share.

Elton: I learned how to write the letters in my name.

Elius: I learned how to write my name.

Elexis: I learned how to sing.

Cherray: I learned how to share and not fight.

Noel: I learned how to write in Writer's Workshop.



We were amazed with the variety of their answers! From skipping with Mr. Pace to reading and writing in the classroom; our kids have learned a lot. They are proud of themselves and so are we! Well done Room 101!

From the classroom - Ms Hunt Grade 6

Mono Cliffs

April 13-14th, 2016

The Grade 6s had an amazing time at Mono Cliffs Outdoor Education Centre this month. We spent 2 fun-filled days participating in a variety of activities which included creating toggle tossers in the Woodworking workshop,

following maps to find clues in the Orienteering activity, playing a number of team-building games, looking for wildlife while going on an evening hike, singing songs around the campfire and toasting marshmallows, identifying constellations during the night walk, and trying to stay alive as either a carnivore, omnivore or herbivore while playing "Instincts for Survival".



Throughout our trip, the Grade 6s worked to reduce their environmental impact by tracking and reducing their food waste, water usage and energy usage.

We also ate a LOT of delicious food including BBQ chicken, rice, broccoli, salad, and brownies; cereal and pancakes; macaroni and cheese, soup and salad; turkey, mashed potatoes, carrots, homemade bread, more salad, and dessert squares; and chocolate chip cookies and hot chocolate. YUM! Boy, were we tired when we got back!

Quotes from Students:

"I loved orienteering because me, Kim and Maggie worked together as a team (and) we worked together so well." -Killian

"I enjoyed the activities, the food and the staff because the activities were fun, the food was good and healthy, and the staff were very nice, kind and fair." -Yumiko

"My favourite part was the bus ride because it was one of the times that I laughed the most!" -Michelle

"My favourite part was hanging out in the lounge because we got to play games and hang out." -Kelly

"I liked when we had the camp fire and the howling." -Brennell

"I enjoyed the wood working because I love building." -Wole



From the classroom - Ms Barr Grade I Room 206

Our Trip to the Science Centre:

On Friday, April 8, our class went to the Ontario Science Centre with Ms. Davey's and Mme. Sinda's classes. We started our day with a science workshop about "Living Things in the Environment." Students had the opportunity to look at animal skulls and make predictions about the animals based on features such as the shape of the teeth. We also learned about animal adaptations, habitats and the ways they might defend themselves from predators.

We were so fortunate to have so many willing, amazing parent volunteers, which made it possible for us to do self-guided tours of the Science Centre in groups as small as 3-4 students with one adult. Here are some of the things the students said about their experience:

Mikail – "The circus exhibit was so cool. And I liked seeing the skeletons. That's what we look like inside!"

Yoo Jung – "At the Science Centre I liked the rainforest. The frogs were so colourful."

Johnny – "My favourite part was the tornado!"

Leona – "When I went across the bridge at the rainforest, water came on my head. It was like it was really raining."

Kaylee – "I liked the rainforest. It's so peaceful in there."

Senna – "At the Science Centre, I learned how things move."



Chess:

Over the past few weeks, we have been fortunate enough to be having chess lessons once per week with Mr. Jen. Students have made great progress in learning

all of the legal moves for each piece, and have just started playing games with all of the pieces. Chess has taught us a lot about thinking carefully before we make a move (you can see our serious "thinking faces" in some of the pictures!) Our lessons will end with a class tournament, where two gold medals will be given out – one for the champion of the tournament, and one for the student who has shown a lot of sportsmanship and citizenship.

"How to" Writing:

Students have been learning to read, follow and write procedures. We kicked this off with some baking (because recipes are MY favourite procedure to follow!) Donna Booth, our school's snack coordinator, was kind enough to share her recipe for pumpkin bread (a favourite snack in our class) and she helped us out one morning as students read and followed the recipe to make the bread. It turned out great and students were so proud to have done it all by themselves. Students

have now chosen their own "how to" topic and have started planning out the steps. Our topics include: how to make a smoothie, how to make my bed, how to draw a star, and many others! We will be using the iPads to record our storyboards and steps in the app "Adobe



Morning Meal - May 2016

Monday May 2	Tuesday May 3	Wednesday May 4	Thursday May 5	Friday May 6
Pita Hummous Tomatoes & Carrots	Nut-free low-fat Cereal Strawberry Yogourt Oranges	Crackers Marble & Mozzarella Cheese Peppers & Cucumbers	1 slice baked good White Milk Strawberries	Buns Yogourt Tubes Cauliflower & Broccoli
Monday May 9	Tuesday May 10	Wednesday May 11	Thursday May 12	Friday May 13
Nut-free low-fat Cereal Vanilla Yogourt Melon	Pita Hummous Peppers & Cucumbers	English Muffin/Bagel Cream Cheese Bananas	Crackers Marble & Mozzarella Cheese Carrots	1 slice baked good Chocolate Milk Strawberries
Monday May 16	Tuesday May 17	Wednesday May 18	Thursday May 19	Friday May 20
Buns Yogourt Tubes Cucumbers & Carrots	Nut-free low-fat Cereal Strawberry Yogourt Oranges	Pita Hummous Tomatoes & Peppers	1 slice baked good White Milk Apples	Crackers Marble & Mozzarella Cheese Cauliflower & Broccoli
Monday May 23	Tuesday May 24	Wednesday May 25	Thursday May 26	Friday May 27
Victoria Day No School	Nut-free low-fat Cereal Vanilla Yogourt Strawberries	Pita Hummous Tomatoes & Peppers	1 slice baked good Chocolate Milk Bananas	English Muffin/Bagel Cream Cheese Carrots & Cucumbers
Monday May 30	Tuesday May 31	Wednesday June 1	Thursday June 2	Friday June 3
Nut-free low-fat Cereal Strawberry Yogourt Apples	Pita Hummous Carrots & Peppers	Buns Yogourt Tubes Strawberries	Crackers Marble & Mozzarella Cheese Tomatoes & Cucumbers	1 slice baked good Chocolate Milk Melon

*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/>

Roasted Vegetable and Tahini Bowl

By Lucy Frankel, parent and holistic nutritionist

Ingredients

- 1 pepper (red or orange) cut in chunks
- 1 large zucchini cut in chunks
- 1 large sweet potato sliced
- 2 large carrots cut in thin strips
- 2 large parsnips cut in thin strips
- 1 red onion cut in chunks
- Handful of grape tomatoes
- Handful of mushrooms halved
- 3 tbsp. olive oil
- 2 tsp. of dried thyme
- Salt & black pepper to taste
- 1 cup quinoa
- Goats feta crumbled or pieces of soft goat cheese (quantity up to you)
- Handful of walnut pieces and sunflower seeds lightly toasted in dry pan
- 4 Tbsp. of pesto or tahini sauce (see below)



Method:

Put all the chopped vegetables in a big bowl

1. Stir in olive oil, thyme, salt and pepper. Mix well to ensure all vegetables are covered in oil and seasoning. Transfer to large oven dish
2. Put in the oven at 350 degrees for 40 minutes or until vegetables soft. Do not cover.
3. In the meantime cook the quinoa. Boil 2 cups of water. Add quinoa, bring back to boil and simmer with lid on for approx. 15 min or until fluff
4. In a large bowl place the cooked quinoa and roasted vegetables. Stir in nuts/seeds, goat cheese and pesto. Mix well. Drizzle with tahini sauce if using that.

Tahini sauce (optional)

This is my new favorite dressing and will eat it on just about anything

Ingredients

- ½ cup tahini
- 2/3 cup water
- 2 tbsp. lemon juice
- 2 cloves garlic crushed



Method

Blend all ingredients with a hand blender or food processor. It can be kept in the fridge for up to a week.

Calling Everyone!

Volunteers needed for the Blake Street Fun Fair on June 11th.

We'd like to see every Blake family involved this year.

email volunteeratblake@gmail.com for more information

Coffee Orders

Thank you for making Blake's Coffee Fundraiser a success! Don't worry if you missed the opportunity to purchase some delicious beverages. We will be accepting orders once a month so try for yourself! Prices are \$10 for coffee, tea (regular and Free Trade Organic), \$7 for regular hot chocolate and \$10 for FTO hot chocolate.

Look for order forms in your monthly newsletter, and return to your class or the office by **Friday, 27 May**. As always, volunteers are greatly needed - just a short amount of time to help sort the orders. Please email volunteeratblake@gmail.com if you can help out.

Gym Shoes Please

With the weather being so back and forth at the moment, please ensure kids have a pair of shoes suitable for running in on their gym days. Rainboots and snow boots make activity very difficult.

Winter Clothes Swap

Got gently used winter clothes that your kids won't fit next year and you don't know what to do with? Donate them to the Blake St Clothes Swap! Contact Valerie Foussias through the office.

We need all green or semi-green thumbs!

The Blake school garden needs the neighbourhood's help this summer! With the school closed in July and August, assistance is needed from the Blake community to water and weed the garden. The garden committee will be looking to populate a calendar, with volunteers expected to spend a little time on maintenance once or twice a week, for only the weeks they are available during the summer. All supplies are provided and a brief training session will be offered closer to the end of the school year. Please email volunteeratblake@gmail.com if you can help!

A Few Words from the Blake St School Parent Council Co-Chairs

Hello Blake Street Students and Parents,

Big news! The TDSB has agreed to install an 8 ft. wooden fence for the entire length of the schoolyard along the rail corridor! The fence will be built in front of the chain link fence and could be completed as quickly as the Fall. This will make our schoolyard a safer and a more peaceful place. This is a huge win for our school and the community. It shows that good things can happen when an active parent council and an engaged school staff join forces!

The movie night was a huge success. The gym was PACKED



and there was laughing, screaming, dancing and eating tons of treats. Plus, I think the kids had fun too! ;)

Our first-ever coffee fundraiser was a big hit! Not only is Mountain View Coffee amazing coffee, but it is FREE-TRADE ORGANIC and it is a local company. All their coffee is roasted down at Eastern Ave. We are looking at ways we can make the coffee program something that we can run all year long. I know my 24 recyclable Keurig cups won't last the week!

WE NEED MANY MORE PARENT VOLUNTEERS FOR THE FUN FAIR!! If someone in your household has not yet volunteered to help out on the fun fair, please email volunteeratblake@gmail.com and just give your name and when you can volunteer (set up, during, after or all 3). Another option is to speak to the office and they'll get you in touch with the fun fair committee.

Thanks very much,

Jeanette Rees & Alan Lyons
BlakeSchoolCouncil.tdsb@gmail.com

**Next Parent Council Meeting:
 Thursday 19 May at 6pm**

Upcycled Crafts

By **Melissa Jenkins-Gray**

Upcycled Crafts!

What's upcycling? By definition it's reusing objects or materials that have been discarded and creating products of a higher quality or value than the original. So how does it work? Well here's three ideas you can do to "UPCYCLE" some household stuff! Toilet paper rolls become toy superheros, tin cans can be wrapped in decorative paper or painted to hold pencils and crayons and T-shirts can be cut into strips and braided into bracelets.



Courtesy: <http://mollymooecrafts.com/paper-craft-superheros/>
 Courtesy: <http://indulgy.com/post/YGwucmBo2/upcycle-craft>
 Courtesy: <http://helloglow.co/diy-braided-t-shirt-bracelets/>



Getting our groove on at Zumba

The first of three planned Family Fitness nights this year, an all-ages Zumba class got kids and parents up and moving on March 31st.

Ashley, the instructor from UGOT Active Kids, led a fun-filled hour of different styles of dance, from Motown to swing to merengue.

Everyone was sweating and laughing by the end, but that didn't stop the younger set from organizing an impromptu series of races after the lesson, just to make sure all their energy was really used up.

Thank you to Colleen Huggins, our Model Schools support worker, for providing much-needed refreshments.

Next in the Family Fitness series are Bollywood dancing on Wednesday, April 27th, followed by hip hop on Wednesday, May 25th.

Did you know?

By Judith Prince

The woodpecker is one of the most interesting types of birds. We can recognize them from their unique behaviour of pecking vertically on trees and poles. They are members of our Toronto wildlife. There are over 200 *species* of woodpeckers that can be found all around the world **except** in Australia, New Zealand and Madagascar. Woodpeckers live in forests, backyards and various other types of *habitat* where trees are available. Several species of woodpeckers are *endangered* or already *extinct* due to habitat loss and increased *urbanization*. Also, chemical pollution and using strong *pesticides* can destroy their eggs making it difficult for woodpeckers to survive in the wild.

Fun Facts

- The downy woodpecker is the most common backyard woodpecker in North America. There are about 6 species that are often seen or heard in Toronto.
- A woodpecker's tongue is up to 4 inches long depending on the species, and it wraps around the skull. Many woodpeckers have barbed tongues that help them pull out bugs from trees and holes.
- Most woodpeckers have *zygodactyl* feet, which means they have toes facing the front and toes facing the back to help them grip trees and poles vertically. They use those toes with their stiff tail feathers to brace on trees as they climb.
- Woodpeckers are omnivores that eat bugs, sap, fruit, nuts and seeds. In the backyard, they are often attracted to suet feeders or nut feeders.
- Woodpeckers are able to peck 20 times per second or between 10,000 and 12,000 pecks per day.
- Woodpeckers do not have vocal songs, and instead they drum on resonant objects such as hollow trees and logs, utility poles, chimneys, rain gutters and trash cans. Woodpeckers drum to attract mates, establish territories and otherwise communicate, and both genders are known to drum.
- Woodpeckers don't get headaches from pecking. Their brain is protected thanks to special air pockets in the skull.
- The most well known woodpecker is the cartoon character, Woody Woodpecker, created by artist Ben "Bugs" Hardaway in 1940.

Sources: <http://toronto-wildlife.com/Birds/Woodpeckers/woodpeckers.html>

http://www.softschools.com/facts/animals/woodpecker_facts/323/

<http://birding.about.com/od/birdprofiles/a/15-Fun-Facts-About-Woodpeckers.htm>

4-7-8 Breathing - A Relaxation Technique

A guide for students, parents, and teachers

Courtesy Roden/Equinox

What is 4-7-8 breathing?

When you are **worried or stressed** about something, it affects how you breathe. You take **smaller breaths**, which means you get **less oxygen**.

4-7-8 breathing helps change that!

Taking deep breaths gets **more oxygen** into your body and helps **spread that oxygen all over your body**.

4-7-8 breathing also sends a message to your brain to **turn on the part of your nervous system that calms you down**.

Who can do it?

Anyone!

- It's **easy**.
- It can be done **anywhere**.
- It's **fast**.
- It doesn't require any equipment.

When can I use it?

When something upsetting happens – before you react.

When you feel tense or worried.
When you can't fall asleep.
When you can't focus.

Even when you're feeling fine. It's good to practice 4-7-8 breathing every day!

How does it work?

To get ready...

Put the tip of your tongue against the top of your mouth, just behind your top front teeth.

Breathe out through your mouth, making a whoosh sound.

Now...

1. Close your mouth and breathe in quietly through your nose for a count of **four**.
2. Hold your breath for a count of **seven**.
3. Breathe out completely through your mouth, making a whoosh sound, for a count of **eight**.

This is one breath. Now inhale again and repeat the cycle three more times for a total of **four breaths**.

How often should I do it?

Do at least **two sets** of 4-7-8 breathing **every day**.

You can do as many sets as you want, but **do not do more than four breaths at one time** for the first month.

After a month of practice, you can work your way up to sets of **eight breaths**.

What are the benefits?

- Slows heart rate
- Lowers blood pressure
- Increases oxygen circulation
- Removes toxins from your system
- Clears your mind
- Helps manage stress

For more information, go to www.drweil.com.

Pamphlet prepared by:
Dr. Andrea Adams,
Psychologist, TDSB
Ilana Lockwood, OISE/
University of Toronto

PRODUCT DESCRIPTIONS

Colombian Supremo - Estates of Colombia with the richest soils produce this full bodied medium strength coffee.
Dark Roast - This dark roasted coffee has a strong taste and a smooth finish.
Medium Roast Fair Trade, Organic, Blend - This blend uses only certified Fair Trade coffee roasted medium for a full bodied flavour.
Dark Roast Fair Trade, Organic, Blend - Using Fair Trade Organic Coffees, we dark roast this blend to yield a strong flavour.

Decaf Colombian - The Estate Grown Decaf is roasted medium for a rich taste.
Hazelnut - Hazelnut has a smooth and full flavour taste.
Single Cup Coffee - Kung compatible, 12 per pack - combo of 5 Medium, 5 Dark and 2 Caramel Biscotti.
Hot Chocolate - Gourmet hot chocolate.
Tea Fair Trade Organic - All teas are individually wrapped, tagged and are in boxes of 18.

COFFEES

NAME & PHONE NO.	COFFEES								SINGLE CUP COFFEE	HOT CHOCOLATE	TEAS - FAIR TRADE ORGANIC					TOTAL
	Colombian Supremo 1 lb.	Dark Roast 1 lb.	Medium Fair Trade Organic 12 oz.	Dark Roast Fair Trade Organic 12 oz.	Hazelnut 12 oz.	Decaf Colombian 12 oz.	12 per Pack Kung compatible	2 lb.	Agad Earl Grey Tea	Orange Peleee Morning Rise Blend	Rainforest Green with Lemons	Golden Chai				
Ground Beans	Ground Beans	Ground Beans	Ground Beans	Ground Beans	Ground Beans	Ground Beans										
TOTALS FOR EACH COLUMN																

Name: _____ Class No: _____

Address: _____

Phone No. _____



Please contact us for more information or samples:
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Fax: 416-694-5155

WHEELS



PRESENTED BY CULTURE SHOCK &
BLAKE ST. FAMILY FITNESS

Wednesday, May 25
6:30-7:30pm

Hip Hop (Culture Shock)
Blake Gymnasium

Please bring your own water bottle.
Snacks will be served.

Upcoming Events at Blake St School

Parent Council Meeting

The next meeting of the Parent Council will be **THURSDAY, 19 MAY** at 6 pm in the library. Dinner and childcare will be provided.

This is the last meeting before the Fun Fair. **WE NEED ALL HANDS ON DECK!**

Victoria Day

The school will be closed
Monday, 23 MAY.
Have a great long weekend everyone!

Jump For Heart

Thursday, 26 MAY.
Raise your pulse and raise money for charity!
Loonie or Toonie donation

Hip Hop Family Fitness

Our last Family Fitness!
WEDNESDAY, 25 MAY,
come join in the fun and get moving!

Kindergarten Introduction Night

Thursday, 26 MAY, 6.30 pm
English JK in the Library
French SK in room 104

Spirit Day

FRIDAY, 27 MAY
Wear All One Colour Day!

Coffee Orders Due

FRIDAY, 27 MAY

Pizza Lunch

Pizza lunch will be held on
FRIDAY, 27



Bike to School Week

30 MAY to 3 JUNE Let's fill those bike racks!
Details to follow - watch your Friday Folders