

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

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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, 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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Traffic Safety Around the School

On November 2, Councillor Paula Fletcher, City staff from Transportation Services, a representative from a local neighbourhood organization and Principal Karailiadis met near the school to discuss pedestrian safety and traffic improvements to the Boulton/Jones intersection and the bus pickup zone on Boulton Ave.

Councillor Fletcher and City staff agree that improved traffic safety measures are needed. A new school drop-off zone on Kiswick Ave. (along the western edge of the school) is being proposed, to avoid dropoffs along Boulton in the same area as the bus pickup zone.

Since the meeting, the City has taken steps to improve traffic safety in the area, including making bike lanes on Jones Ave. more visible and painting lines at intersections where cars are to stop.

We will provide updates on further traffic safety enhancements as they are communicated to us by the City. To help things move more quickly, we encourage you to contact Councillor Fletcher's office at 416-392-4060 or Councillor_fletcher@toronto.ca.

Get Your Raffle Tickets

Here's a chance to support Blake AND win great prizes.

You can purchase raffles tickets - \$2 each or \$20 for a booklet – to win prizes, including a Playstation, an iPod, a 10-week creative drama class, Raptors tickets or a sailing cruise.

You might notice those tickets have come in your children's backpacks. Grab some for yourself, or offer them to family and friends.

Raffle coordinators hope to host the draw on Dec. 23.

Fun Fair Committee - Looking for Volunteers

The 2017 Fun Fair will be held June 10. Volunteers are meeting Nov. 23 at the library

Organizers are looking for support for the silent auction – donations, contacts, etc. and parent volunteers for the set up and day of.

Contact [jweslak AT gmail DOT com](mailto:jweslak@gmail.com)

Sick Day or Absentee Notification

Did you know? You can email the school's office administrator directly if you child will be absent.

Send a note to sue.reashore@tdsb.on.ca. You can also cc your child's teacher, especially if it's to notify of a long-term absence

Of course you can always just do it the old-fashioned way and pick up the phone:
416-393-9415

Our #WeSchools Club celebrates “We Day 2016”!

By Lynne Logan



On October 19, 2016, Blake's #WeSchools club had the amazing experience of attending We Day at the Air Canada Centre. We were very lucky to be able to attend this special event. These are some of the reasons why we found the day so inspiring.

“There were inspirational speakers who taught us about different global issues and how to fight against them.” – Hena

“I learned that people go to Kenya and help build school for girls to get an education. – Marva

“I learned that cyber-bullying is an issue around the world. Share with family, teachers and friends if you feel like you're being cyber-bullied.” – Elizabeth

“When all of the famous people came onto stage and they either sang or they talked about how thankful they were about all of us doing our part.”—Maria

“It was amazing how many people in that room have helped people all around the world to stop bullying, give an education to others, provide third world countries with clean water and helped provide food to others.” – Alex

“I learned that a small thing such as recycling batteries can save a lot of people around the world.” – Niomi

“I learned that a boy was killed in a residential school, his sister came and sang a traditional song and The Tragically Hip sang about his death and wrote a book called “The Secret Path”. – Lily



Nos Familles: La Salle 104

By Kelsey Molder

With all of the sugar-fuelled excitement of Hallowe'en safely out of the way, November has been a month for reflecting on what is truly important to us...family! We started off our exploration after learning a number of French songs which were meant to teach us the vocabulary of our family members. We noticed that every song had different individuals included as 'family' and none matched up with one another! From here we gave our class the task of drawing and labelling their families. This sparked more questions about what it means to us to be part of a family and who we consider to be our families! Some students felt that it should be restricted to close family, while others included extended family, friends, classmates, or animals.

"That's maman and papa. And I'm putting my friend Avery too." Darnell

"It's my maman and papa and my other papa and grand-maman" Sophie

"Well...I have three dogs, I should draw them?" Denise

"My cousins are in my family too, but then I need lots more paper," Charlie Z

"It's Justin and me in the car, and mom and dad are over there! They're waiting for us," Matthew

"Non, c'est juste moi et maman. Je n'as pas un chat." Teodora

The conversations were quite interesting, and really showed us that the definition we found on Google of family as being "a group consisting of parents and children living together in a household." wasn't true for everyone. We agreed that we could all decide on our own who we consider to be part of our family and that it did not have to be someone related to you by blood.

As we continue to explore the concept of family, we are starting to look at where we come from and some of the cultural traditions we celebrate as a family. Mme. Josephine and I started the week off by sharing some special recipes that each of our mothers used to make us as children which we feel represent our heritage in some way. Mme. Josephine shared beautiful French Madeleines with the class, while I made waffles with sugar and fresh lemon just like my Australian grand-mother used to make. We are looking forward to learning more about all the diverse backgrounds and traditions that have come together in the making of our own little family...la salle 104!



Morning Meal - December 2016

Monday Nov 28	Tuesday Nov 29	Wednesday Nov 30	Thursday Dec 1	Friday Dec 2
Nut-free low-fat Cereal Strawberry Yogourt Pears	Pita Hummous Yellow & Orange Peppers	1 slice baked goods White Milk Melons	Crackers/Bread Marble & Mozzarella Cheese Cucumbers & Tomatoes	PA DAY No School
Monday Dec 5	Tuesday Dec 6	Wednesday Dec 7	Thursday Dec 8	Friday Dec 9
Crackers/Bread/Bun Yogourt Tube Apple	Crackers/Bread Marble & Mozzarella Cheese Carrots & Peppers	Nut-free low-fat Cereal Vanilla Yogourt Strawberries	Pita Hummous Tomatoes & Cucumbers	1 slice baked goods Chocolate Milk Bananas
Monday Dec 12	Tuesday Dec 13	Wednesday Dec 14	Thursday Dec 15	Friday Dec 16
Nut-free low-fat Cereal Strawberry Yogourt Tomatoes & Carrots	English Muffin/Bagel Cream Cheese Pears	Pita/Tortilla Hummous Cucumbers & Carrots	1 slice baked goods White Milk Melons	Crackers/Bread Marble & Mozzarella Cheese Yellow & Orange Peppers
Monday Dec 19	Tuesday Dec 20	Wednesday Dec 21	Thursday Dec 22	Friday Dec 23
Nut-free low-fat Cereal Vanilla Yogourt Apples	Pita/Tortilla Hummous Peppers & Carrots	1 slice baked goods Chocolate Milk Melons	Bagel/Bun/crackers Yogourt Tube Tomatoes & Cucumbers	Crackers/Bread Marble & Mozzarella Cheese Strawberries

*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/>

Lemon, Honey, Ginger & Turmeric Tea

This healing tea will sooth sore throats, ease congestion and speed up recovery time

Ingredients:

- 1½ cups water
- 1 teaspoon of fresh grated turmeric root (or ½ teaspoon of turmeric powder)
- 1 teaspoon of fresh grated ginger root (or ½ teaspoon of ginger powder)
- Juice of half a lemon
- 2 to 3 twists of fresh black pepper
- 1 tablespoon of raw honey

Directions:

1. Combine the turmeric, ginger, black pepper and the water in a saucepan.
2. Turn the heat to medium-high and simmer for about 5 to 10 minutes. Do not let the mixture come to a boil.
3. Strain the hot liquid and pour into a cup or mug. Stir in the lemon juice and honey. Your tea is now ready to drink.

Tip

Make larger quantities and keep in the fridge. Heat it up as needed

Parenting and Family Literacy Centre

By Larissa Bathgate

An update from The Parent and Family Literacy Centre in room 103

October was a very busy month. We took advantage of the nice mild weather and the children's interest in the changing world around them to bring nature into the classroom. We had the opportunity to take a



walk and observe the changing landscape. The children had fun "planting" branches in our sand table and decorating them with leaves, pieces of string or whatever else they found interesting. They were also able to use leaves and twigs in their various art activities and look them through our classroom light-board. The month finished up with a Halloween pot luck day where the children were able to

participate in the school's costume parade and we even had a special visit from a local librarian.

Look forward to seeing you this December in Room 103.

Please Note: The Parenting Family and Literacy Centre is open to children 0-4 and their parents and caregivers every school day from 8.45am to 12.45pm.



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

Hello Blake Street Students and Parents,

We are so excited to launch our annual raffle fundraiser with all money raised going to support much needed school programs, activities and supplies.

We have been extremely lucky this year, as local families and businesses have donated amazing prizes!!! Which include an iPad 4, PlayStation 4 500GB, 10 week Creative Drama class at the new Crow's Theatre in Leslieville, Sailing Cruise around Toronto Island for 4, Raptors tickets, Elm Spa gift card, and more!



We are hoping to raise \$10,000 for class trips, technology upgrades and educational initiatives.

Tickets are \$2. Or an entire book of 10 for \$20.

Please return stubs and cash collected as soon as possible, there are still plenty of tickets

in the office if you would like to sell more!

Happy Holidays & Thank you for your continued support.

Blake Parent Council. .

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

New School Fundraising Through Indigo

If you are starting to think about holiday shopping, consider buying and Indigo Chapters gift card through this link:

https://indigofundraising.flipgive.com/campaigns/54872-blake-st-public-school?fundraiser_id=185407

You can use the gift card to make your purchases or send to someone as a gift. It's easy to redeem using your smartphone. There are no hidden fees and 15% of your purchase goes to support Blake Street Public School.

**Next Parent
Council
Meeting:
TUESDAY 17
JANUARY at
6pm**

Staying Healthy Through the Cold and Flu Season

By Lucy Frankel, Holistic Nutritionist and Blake Parent

Every year as the school year begins, so does the cold and flu season. As the cold weather settles in, children spend more time indoors where they are in close contact with each other in heated rooms. This is the perfect breeding ground for bacteria and viruses combined with the fact that children's immune systems are still developing. This can put a lot of strain on families physically, emotionally and sometimes even financially. One sick child often means the whole household getting infected, which leads to family members taking time off school and work. We tend to accept this as an inevitable part of fall and winter, but the truth is that our bodies have enormous potential to ward off viruses and infections. That is what our immune systems are for and the foods that we eat, our lifestyle and environmental factors will have a huge impact on how strong our immune system is

Here are some simple ways to boost your family's immune system:

1. **Eat seasonal fruits and vegetables.** Mother nature is pretty smart; the fruits and vegetables we tend to associate with this time of year contain nutrients and properties that help protect us from getting sick
 - *Orange vegetables* (pumpkins are not just for Halloween) e.g. yams, sweet potatoes, pumpkin, carrots, butternut squash
 - *Leafy greens and cruciferous vegetables* e.g. kale, Swiss chard, collard greens, spinach, bok choy, broccoli
 - *Root vegetables* e.g. beets, yams, sweet potatoes, carrots, parsnip, turnip
 - *Berries* e.g. strawberries, blueberries, raspberries, blackberries, pomegranate
 - *Onion family* e.g. garlic, onions, leeks, chives, spring onions
2. **Add a little spice to your cooking.** Spices are an amazing way to boost your immune system and flavour your food without the use of salt. Some particularly beneficial ones are fresh ginger, turmeric and cayenne but all of them have healing properties
3. **Drink plenty of water!!!** Your immune system cannot function properly without adequate hydration. How much is enough? Halve your body weight in pounds and that is how many fluid ounces you should be drinking a day e.g. someone who weight 120lbs should be drinking at least 60 fl oz (7.5 cups)
4. **Reduce your consumption of sugar** as it significantly compromises your immune system
5. **Get plenty of sleep;** There is nothing as restorative as a good night's sleep; adults need 7-8 hours and children need 10-12
6. **Reduce stress levels** e.g. practice stress reduction techniques such as yoga or meditation, create a support network of friends and neighbours, take time for yourself and schedule in down time (for children especially)
7. **Exercise** for at least 30 mins a day as this makes the immune system more responsive to bacteria and viruses
8. **Get outside.** Sunlight is the best source of Vitamin D which is important for a healthy immune system

Upcoming Neighbourhood Events

- 🕒 DeClute Light Up the Beach!, Friday November 25, Beaches Boardwalk, 7-8:30pm
- 🕒 Holiday in the Hood arts and crafts festival and bake sale at Earl Beatty Jr/Sr Public School, Friday November 25, 4-8pm and Saturday, November 26, 10am-4pm
- 🕒 Holiday Hope, family photo fundraiser to help bring a Syrian refugee family to Canada, \$30 (includes two digital photos), Saturday November 26, 11:30am-5pm, The Nook General Store, 2005 Danforth Ave.
- 🕒 DECA's 5th Annual Festival of Lights, Saturday, November 26, 5-6pm, East Lynn Park
- 🕒 The Beach Christmas Parade, Sunday November 27, 1pm, Kingston Rd. from Victoria Park to Walter St.
- 🕒 Greenwood Park tree lighting and evening skate, Monday November 28, 6pm
- 🕒 Second exit at Donlands subway station - open house to showcase the proposed exit, Tuesday November 29, 6:30-8:30pm
- 🕒 Santa's Frozen Festival in Phin Park, Saturday December 3, 1-3pm
- 🕒 TCS Children's Choir performance, All is Calm, All is Bright, \$12, Saturday December 3, 4:30-5:30pm, 415 Broadview Ave.
- 🕒 Riverdale Share Concert. December 4, 3 pm at the Danforth Music Hall. Tickets \$20 at Treasure Island Toys or The Big Carrot.
- 🕒 India Bazaar Holiday Street Party on Gerrard, Sunday December 4, 3-7pm
- 🕒 Frankland Community Centre Holiday Breakfast, \$3/plate (pancakes & sausages, beverages included), Saturday December 10, 9:30am-12 noon, 816 Logan Ave.
- 🕒 Alternative Gift Shop, The Shore Leave, 1775 Danforth Ave., Launch party Saturday December 10, 4:30pm, open Sunday December 11, 10am-3pm (holiday gift swap, www.torontotoollibrary.com for more info)
- 🕒 Strumbellas Kids Afternoon Rock Show at the Danforth Music Hall, December 23, 2pm

If you would like to promote an event, please contact us at
BlakeSchoolNewsletter@gmail.com

Healing Chicken Soup

Adapted from a recipe on www.nourishingmeals.com

An Asian twist on Mama's chicken soup

6 servings

Ingredients

For the Broth:

- 2 bone-in chicken breasts (preferably with skin on as it adds flavour)
- 8 cups water
- 1 large onion, chopped
- 3 stalks celery, chopped
- 1 large carrot, chopped
- 1 whole head garlic, cut in half cross-wise
- ¼ to ½ cup finely chopped fresh ginger (or more!)
- 1 teaspoon crushed red chili flakes
- 2 cups chopped shiitake mushrooms
- 1 stalk fresh lemongrass, chopped
- Cilantro stems
- 1 teaspoon whole black peppercorns
- 3 teaspoons Herbamare or sea salt

For the Soup:

- 1 medium onion, chopped
- 3 to 4 stalks celery, sliced into diagonals
- 3 carrots cut into matchsticks
- 2 to cups sliced shiitake mushrooms (I use the ones from the broth as they are quite expensive)
- Cooked chicken pulled from the bone and chopped
- 2 cups thinly sliced greens e.g. napa cabbage, chard, kale or more to taste
- Sea salt and freshly ground black pepper to taste

Method

1. To make the broth, place all ingredients for broth a large pot. Cover and bring to a boil, reduce heat medium-low and simmer for 1 ½ to 2 hours.
2. Strain broth into a large bowl using a colander. Place chicken breasts onto a plate to cool. Pour the broth back into the pot. Once chicken is cooked, remove the skin, pull the meat from the bone and chop the chicken into bite-sized pieces and set aside
3. To make the soup place fresh onion, carrot, celery, and shiitake mushrooms into the pot with the broth. Cover and simmer for about 15 to 20 minutes. Season with salt and pepper to taste.
4. Add the chicken and chopped greens to the pot and simmer for an additional 5 mins.
5. Can be eaten as is or served with rice, noodles or my personal favorite is spaghetti squash



Upcoming Events at Blake St School

December

PA Day

The school will be closed
FRIDAY, 2 DECEMBER for a
PA Day.
Have a great break everyone!

Spirit Day

Spirit Day will be **FRIDAY, 23 DECEMBER**. The theme is Blake School, so pull out your red and black and cheer for the school!

Pizza Lunch

Pizza lunch will be held on **FRIDAY, 23 DECEMBER**.



School Closed for Winter Break

The school will be closed **MONDAY, 26 DECEMBER** for 2 weeks, and will reopen for classes on **MONDAY, JANUARY 9**.
Best wishes to everyone - maybe there will snow to play in?

In the New Year

Parent Council Meeting

The Parent Council is taking a break for the month of December. The next meeting of the Parent Council will be **TUESDAY, 17 JANUARY** at 6 pm in the library.
Dinner and childcare will be provided.

Valentine's Dance

Blake will be holding a Valentine's Day Dance on **FRIDAY, 10 FEBRUARY**

Movie Night

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