

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

January Contributors

Melissa Jenkins-Gray, Tara Jamieson, Carla Peacock, Alan Lyons, Jeanette Rees, Judith Prince, Kelly Dymont, Sue Yahoda, Alexandra Knowles, Keri Williams Andrew Pace, Lucy Frankel, 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.

PARENT COUNCIL CONTACTS

Co-chairs Jeanette Rees and Alan Lyons
BlakeSchoolCouncil.tdsb@gmail.com

Treasurer Jamie Gillingham

Newsletter Editors Alexandra Knowles and Keri Williams
blakeschoolnewsletter@gmail.com

Volunteer Coordinator Volunteer Team
VolunteerAtBlake@gmail.com

Blake Street Public School

21 Boulton Ave, Toronto, ON, M4J 1A7

Phone #: 416 393 9415

Fax #: 416 393 9414

www.BlakeStreetPublicSchool.com

What we are doing - Grades 2 and 3 with Mr Tsai

Mr Tsai's class have been writing letters to a classmate who is in Sick Kids Hospital at the moment. They have also been communicating by Skype. Here are two letters, keeping their classmate up to date with the goings on in the classroom.

Dear Athavan,



Thank you so much for the letter. I hope you feel better soon. Our

class misses you so much. In class we're learning about (celebrations)

Celebrations. Some kind of celebration we are learning are

Diwali, Christmas, Hanukkah, Kwanzaa and Ramadan. We did

plays about them. We practiced them. Then we showed them to 2

class. Also we are learning about showing them to 2 class.

Also we are learning about story books. First we read a book

that is called A skin for my mother. Next we had to answer

4 questions. For answering the questions we had to create

lines then we had to make sentences about them. When do

You think you are coming back please write back

Sincerely, Shoma

Dear Athavan

Thank you for the letter! I hope you get better! We miss you so much! In class, we're learning about chess. Every Wednesday Mr. Jen comes after snack and teaches us about the chess pieces. Our whole class plays for 2 medals. One of them is called the gold medal and the other is called citizenship medal. We're also learning about basketball. In basketball we shoot and pass and learn how to release a basketball properly. People play on different nets because some people can't shoot in higher nets so Mr. Pace puts the nets at different heights. We learned how to pass high and low and we can pass. A teacher us how to dribble to balls at once. And I was wondering what do you do for the whole day? What do you eat? What kind of sickness do you have? Get well soon. Please write back!

Sincerely, Ahsan

What we are doing - CLASSE DE 1 ÈRE ANNÉE - 201 (Grade 1 F. I. Room 201)

Learning with Technology...

A big focus in our class is the use of technology. We are learning to use the iPads on a regular basis, integrating it into our learning. As a result, students have demonstrated a greater interest and enthusiasm towards their tasks. For example, we used the *Chatter Pix* app to create various scenes representing what being responsible looks like. Also, we are working with the *Educreations* app, which allows the students to create audio and visual presentations. This helped them to create and present many projects, including addition and subtraction stories.



Hands on Math...

To start our geometry unit, students are exploring 3D solids, through various centers. Each group gets a chance to manipulate various solids, to build various structures and to use their creativity to convert shapes into real life objects. Students will learn to identify 3D solids, identify their attributes, classify and compare solids based on their attributes.



Cooperation - Collaboration - Respect!

Since the beginning of the year, students have shown a great improvement with their collaboration skills. They've learned to work groups, creating a positive learning environment. Through many activities and opportunities, students are now able to be respectful with one another, to share and to cooperate.

What we are doing - Ms Paton's Class Rm308

Written by the Grade 4 Class (a shared writing activity)

Grade 4 is awesome! We have been learning some cool things during our unit on ancient civilizations. Our class has been reading tons of myths from different cultures such as Greek, Chinese, Norse and Egyptian. Now we are writing our own myths.

In drama we are learning how to act in a play. There are 4 different plays based on stories from Ancient Greece: Echo and Narcissus, Daedalus and Icarus, Pandora's Box, and The Trojan Horse. We memorized our lines and worked on getting into role with lots of expression. We have a special guest (Gabriel's mom, Carla Devenish) who is a real actor, helping us with getting into role and speaking louder. She is really helpful, and she is showing us how to do actions that match our words. She is helping us get ready to perform for an audience.

A few weeks ago we went to the ROM for a program about Ancient Civilizations. We also had fun exploring the museum. Our favourite exhibits were the cool rocks and minerals, people and cat mummies, medieval armor, dinosaurs, and of course, the bat cave.

We also had a group called the Champions of History visit our class. We learned about 6 different civilizations and played a game about taking over the world. We tried origami, yoga, and we made our teachers into mummies. Then the presenters acted out a battle scene with swords and armor.

In art, we created our own masks out of paper mache, and now we are creating different artifacts from ancient civilizations for our own class museum.

Well, now you know how awesome grade 4 is, and what we have been up to.

Have a great day.

Liz Paton
Blake St. Public School
Grade 4/5 teacher



Creating a Healthy Generation of Kids at Blake Through Physical Education

By Mr Pace

Giving kids the tools to read, write, understand and apply math, science, appreciate music, dance, drama and art have always been a well-deserved focus of education. At Blake we also

value developing learning and life skills, displaying character and leading healthy active lives.

Blake's Physical Education program focuses on **laying the foundation for valuing and engaging in healthy choices.**

For many parents, "Gym" was equated to playing sports,

measuring fitness and doing calisthenics. This "old school" approach produced a generation of physically illiterate adults. While sports were fun for a select group, it wasn't everyone's cup of tea. Many fitness measurements were simply a measure of genetics and ended up having no motivation or bearing on future activity levels. In fact it de-motivated many to stay active.

Calisthenics were simply boring.

The concept of Physical literacy (the ability to move with competence and confidence in a wide variety of physical activities in multiple

environments) and how we get there has changed the way a modern "Gym" program is delivered.

The focus in JK-3 Phys. Ed. classes at Blake is to provide every student with an opportunity to participate in fun moderate to vigorous activity for 20 minutes and use the other half of the class time to develop their co-ordination and manipulation with a wide variety of equipment and/or cooperative play. Students end up learning literally dozens of tag games (yes Toilet Tag is a real one!), learning to take turns, and helping each other go free. While their heart rates are elevated, their muscles and lungs are strengthened, coordination of a variety of movements is refined and their spatial awareness and depth perception is improved.

We talk about how the "army" inside their body, that keeps them from getting sick, grows when we get our hearts beating fast... plus it's a lot of fun!

It is our goal to have 100% participation and fun in every class and to create a culture where everyone thinks being active and learning how to move and interact with equipment is something that **everyone can do for life.** There is no one way to stay active and everyone should find ones that speak to them.



Next Issue: Health Classes at Blake

The School Garden in Winter

Elin Marley, School Garden Educator

Life in the Blake School Food Garden might slow down over the winter months, but that doesn't mean that our learning about food and gardens slows down. One of the most important things in any garden is healthy soil - we have learned about earthworms and other critters that help our soil, and have also learned about composting in the schoolyard.



Collecting compostable materials in the classroom and taking them to our outdoor compost bins is an important thing we can do for our garden all year. We have learned

about how composting works, and that students should only put fruit and vegetable scraps into the school garden compost. Some Kindergarten classes have planted some fast-growing seeds in their classrooms - hopefully they can taste a bit of lettuce, arugula or radish leaves in the coming weeks! Grade 1 classes have had a chance to make "Stone Soup" and to learn about community and sharing. Based on the number of smiling faces and the sounds of "Mmmm, yummy", I'd say that most students really enjoyed the vegetable soup they made. Ms Paton's grade 4/5s have had a chance to put their measuring and multiplication skills to good use. They have been starting to do some work to plan this coming season's garden. They had to take into consideration which



plants grow better with lots of sun or in some shade, which plants grow well together (companion plants), and also determine how many of each plant can grow in a given garden bed (based on the size of the garden beds and the space requirements of different plants). It was

great seeing them make connections to their in-class math lessons and this "real-life" math. It's been a busy winter learning about food and gardens, and we're all

looking forward to getting our hands in the dirt again in the spring.



If you would like to read more about my garden programs, check out seedlingstories.wordpress.com or on Twitter @seedlingstories

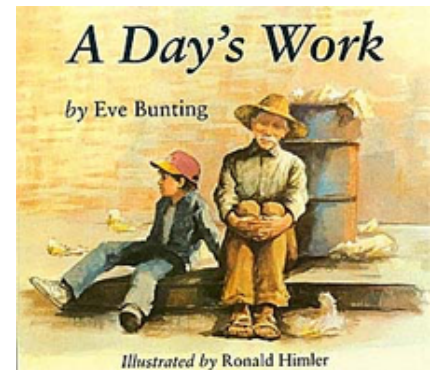
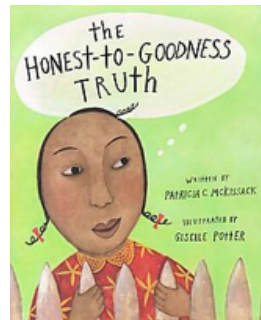
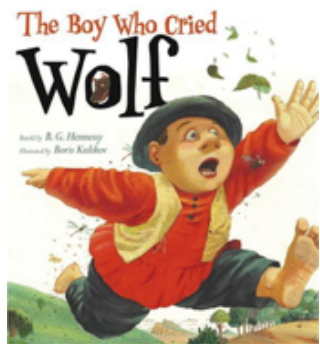
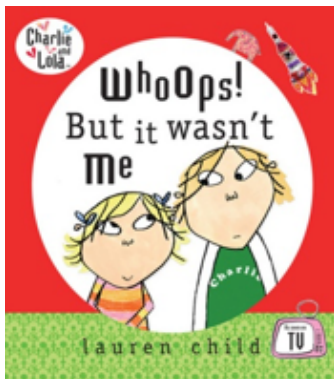
Happy growing!

"It's delicious... I love it... I'm going to teach my mom and dad how to make this!"



This Month's Character Trait: HONESTY

The character trait for March is **HONESTY**. Here are some books to start discussion about honesty. Try to ask questions that help your child to realise the consequences of being dishonest – or even being completely honest. For example, in “The Honest to Goodness Truth”, although Libby decides that she is going to tell the truth, her total honesty results in hurt feelings. This book in particular may prompt a conversation about how the truth can help, but also sometimes hurt.



You may also want to start a conversation using these quotes.

trust
takes years
to build,
seconds to break
and forever
to repair.

Be honest,
like karma it will
eventually
come back to you.



School Valentine's Dance - Lots of Fun!

Andrea Gusen

Love was in the air at the Valentine's Day Dance!

The Blake St. Public School community turned out in high numbers to the second annual Valentine's Day Dance, held this year on Friday, February 19th.

Of course there was a LOT more than just dancing going on: beautiful heart and love themed decorations, a bake sale fundraiser for Free the Children, button-making, a photo booth, nail and face painting, a raffle with great prizes, and of course delicious refreshments. Thanks to the generosity of a private donor, kids' first slice of pizza and juice box were free!

DJ MoMo got everyone out on the dance floor with his hit tunes – thanks to those who submitted song requests in advance. School dances are a great way for us to get together and build our community spirit. They are a lot of



work, though – thanks so much to the team of volunteers who made it happen once again! The dance team is always looking for more helpers; please get in touch at volunteeratblake@gmail.com if you'd like to be involved.

Morning Meal - March 2016

Monday Feb 29	Tuesday Mar 1	Wednesday Mar 2	Thursday Mar 5	Friday Mar 6
Nut-free low-fat Cereal Vanilla Yogourt Tomatoes	Nut-free low-fat Cereal Yogourt Tube Oranges	Crackers Marble & Mozzarella Cheese Red & Yellow Peppers	1 slice baked goods Chocolate Milk Apples	English Muffins Vanilla Yogourt Cucumbers
Monday Mar 7	Tuesday Mar 8	Wednesday Mar 9	Thursday Mar 10	Friday Mar 11
Nut-free low-fat Cereal Strawberry Yogourt Oranges	Crackers Marble & Mozzarella Cheese Peppers	1 sliced baked goods White Milk Bananas	Pita Hummous Carrots & Cucumbers	
Monday Mar 14	Tuesday Mar 15	Wednesday Mar 16	Thursday Mar 17	Friday Mar 18
March Break No School	March Break No School	March Break No School	March Break No School	March Break No School
Monday Mar 21	Tuesday Mar 22	Wednesday Mar 23	Thursday Mar 24	Friday Mar 25
Nut-free low-fat Cereal Strawberry Yogourt Apples	Crackers Marble & Mozzarella Cheese Peppers	English Muffin/Bagel Cream Cheese Bananas	Pita Hummous Carrots & Cucumbers	Good Friday No School
Monday Mar 28	Tuesday Mar 29	Wednesday Mar 30	Thursday Mar 31	Friday April 1
Easter Monday No School				

*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/>

Winter Chicken Stew

By Lucy Frankel, Holistic Nutritionist

With food prices on the rise, stews are an excellent way to make food go further (especially meat) and use up any leftover vegetables. This recipe is extremely versatile - feel free to throw in other root vegetables e.g. potato, parsnip, yams or winter squash.

Ingredients

- 1 onion
- 2 cups water
- 2 large chicken breasts (bone in, skin on)
- 1 can diced tomatoes
- 2 stalks celery sliced
- 4 carrots diced
- 1 red pepper diced
- Handful of mushrooms sliced
- 2 sweet potatoes peeled and diced
- 1 tsp dried rosemary or 2 fresh sprigs
- 1 tsp thyme or 2 fresh sprigs
- 4 cloves garlic

Method

1. In large saucepan sauté onion in olive oil until golden brown
2. Add chicken and water, bring to the boil and simmer
3. While chicken is cooking dice the other vegetables and set aside.
4. When chicken is cooked throughout, remove from pan and take off the bone. Cut into chunks and add back into the pan
5. Add diced tomatoes, vegetables, garlic and herbs
6. Add salt and pepper to taste
7. Simmer for 30 mins
8. Serve over rice or quinoa with a side of green veggies

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

Hello Blake Street Students and Parents,

Love and fun was in the air at our Valentine's Dance! Thanks to the Dance committee for putting in such hard work. Everyone had a blast!

Before you know it Spring will be here and that will signal the beginning of a VERY busy time for the Parent Council and our teams!

The Blake Fun Fair committee has begun meeting and working to make this year's Fun Fair the best one yet. To do so, we need MORE active parent volunteers to join the team! If you want to help make this year's Fun Fair the biggest and best yet, please email



volunteeratblake@gmail.com right now and join the team!

What the committee needs badly right now are CASH DONATIONS to offset our costs. If you can speak with your family, your company, your friends and neighbours and see if they would be willing to sponsor an event at our fun fair. Don't be afraid to ask!

We also really need more BIG TICKET items for our silent auction. These could be electronics, hotel stays, cottage weekends, spa

packages, tickets to sporting and music events...

There are so many initiatives going on right now, it's impossible to list them all here! The best way to get updated on what is happening at the school is to attend the next Parent Council meeting. We'll see you there!

Thanks very much,

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

DID YOU KNOW?

THE MAPLE TREE

- Can survive more than 300 years.
- Watching their colours change in fall as a group activity is known as "momijigari" in Japan.
- It takes about 35-50 litres of tree sap to make about 1 litre of syrup.
- Maple syrup is rich in sugar, but it also contains vitamins and minerals in traces so it's a healthy substitute for sugar.

**Next
 Parent
 Council
 Meeting:
 Thursday
 10 March
 at 6pm**

Interview with Jeanette Rees

By Sue Yahoda

The *Proust Questionnaire* is said to reveal one's innermost thoughts. In this edition, we talk to Blake Parent Council co-chair **Jeanette Rees**.

What is your idea of a perfect day?

Sleeping in, cuddling with my two lovely little girls (when they are not fighting) and spending the day in the sun with family and friends!

What is the trait you most admire in students?

Their joie de vivre, they have a true appreciation for the journey of learning, they wonder at nature, relish a good story, feel good about achievements, and enjoy the companionship of the classroom.

Which living person do you most admire?

Hands down, my grandmother. She was a tough cookie; she lived a hard life but instilled strong family values. She also taught me how to play a mean game of euchre!

Which words or phrases do you most overuse?

"Sadie, you are not the boss of your sister!" & "Mazzy, we don't eat play-doh."

Where would you most like to live?

Some place where kids can play on the street, where there is a strong community with engaged and caring members. And where 'everyone knows your name' – oh wait – we have that already in the Blake/Jones community!

Who are your heroes in real life?

People who make things happen. It's so easy to say you will do something, but people who walk the walk, are my heroes.

FUN FAIR 2016 - IT'S ALL HAPPENING

Our big community and fundraising event is happening this year on Saturday, 11th June from 11:00 to 3:00! There will be ponies, an expanded selection of bouncies including the awe-inspiring Bungee Run and everyone else from your school community to come out and rub shoulders with!

While it is a little early to be advertising this event, it is not too early to be asking for help! We need volunteers for both the day of to run the event and the day before for setup. If this doesn't suit you we will need help with teardown once 3:00 pm rolls around the last sno-cone has been served. In order to put yourself on the list of volunteers please email volunteeratblake@gmail.com and quote the fun fair.

We will be doing wristbands again this year, but in way of explanation, their purpose is to make it easier for parents who wish to buy one. They aren't required. Tickets will be sold and accepted at all events. Wristbands will

cover all rides including the ponies but you will still need to buy tickets for any food or snacks (and the jar room!).

Regarding the jar room, Valerie Eisenhower has graciously accepted the post of jar lady again this year. She would like anyone with items left over from our recent Christmas season that aren't as welcome with your children as they might be with someone else to drop those items off at the school. Empty jars would be welcome as well. If anyone works for a company that might have little goodies lying around crying out to be stuffed in a jar and handed to an eight year old, then please drop them off in the school office in the box marked for it.

Thanks in advance for everyone's participation and help.

The 2016 Fun Fair Committee

THE SILENT AUCTION NEEDS YOUR HELP!

Hi Parents, Friends and Bobcat Lovers!

Our Blake Fun Fair is our biggest event of the year and the support we receive from our community, the school and families is heart-warming. Without this event and the money raised, we wouldn't be able to support programs like our Garden, new books for the library, our exciting new playground, and many more!

This year, we challenge you to **THINK BIG** – We really want to try to get “bigger ticket” items through personal and professional contacts. I.e: sports tickets, entertainment, activities/camps/classes for kids, spa services,



electronics/tech, cottage weeks/weekends... Please take a few moments and reach out to anybody you know that could donate something of value and interest that would attract multiple bidders.

If you have something smaller you could donate, like new/unused boxed small appliances, artwork, hand-made artisan crafts, gifts or toys we'd love to take those off your hands as well!

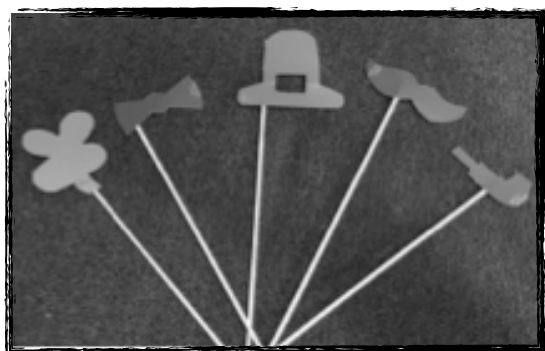
St Patrick's Day Craft

By **Melissa Jenkins-Gray**

Making these themed props for a St. Patrick's Day party is as easy as 1, 2, 3...

Instructions:

1. Draw out themed designs like a moustache, 4-leaf clover, leprechaun accessories like a bowtie, pipe or hat on varying green shades of construction paper.
2. Using chopsticks, or wooden stir sticks or skewers, tape each accessory onto a stick.
3. Set up a mini photo booth and snap some fun St. Patrick's Day pictures with your friends using your props!



Woman's Day - Did You Know?

By **Judith Prince**

Viola Desmond, 1914-1951, was born in Halifax, Nova Scotia. She was a successful business woman who owned and operated a beauty salon and a beauty college in Halifax. She is a heroine because she held on to her beliefs and stood up for them. She stood up against racial discrimination in 1946 and became a Civil Rights Activist. Read her interesting story here: <http://www.cbc.ca/news/canada/viola-desmond-wanda-robson-black-history-month-1.3430629>

Alanis Obomsawin, born in 1934 of Abenaki (Indigenous American) descent, is a documentary filmmaker who has made over 40 films that describe indigenous people's lives in Canada. She is a heroine because she is tirelessly telling the stories about her people and other indigenous people living in Canada. Find out more here: <http://www.cbc.ca/radio/q/tireless-storyteller-alanis-obomsawin-on-filming-first-nations-1.2158913>

Upcoming Events at Blake St School

French Kindergarten Registration

French Kindergarten registration for children born in 2011 will run from **MONDAY, 29 FEBRUARY** to **FRIDAY, 4 MARCH** from 12.30 to 3.30pm

Blake Students need not come to the school - we have your details already.

Parent Council Meeting

The next meeting of the Parent Council will be **THURSDAY, 10 MARCH** at 6 pm in the library. Dinner and childcare will be provided.

March Break

The school will be closed from **MONDAY, 14 MARCH** to **FRIDAY, 18 MARCH** inclusive.

Have a great break everyone!

Easter Break

The school will be closed **FRIDAY, 25 MARCH** and **MONDAY, 28 MARCH** for Easter break.

Here's hoping for lots of chocolate!

Spirit Day

FRIDAY, 1 APRIL

Pyjama Day 2: The Return of the Pyjama Day!

Zumba Family Fitness

Family Fitness is back! Tentatively scheduled for **THURSDAY, 31 MARCH**, come join in the fun and get moving! Watch your Friday Folders for details.

Pizza Lunch

Pizza lunch will be held on **FRIDAY, 1 APRIL**.

