

BLAKE BEAT

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Earth Day Ideas
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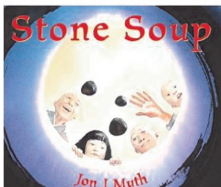
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CHARACTER TRAITS

The character trait for April is **cooperation**. What is cooperation? Cooperation is working together effectively so that everyone is able to contribute to getting a job done well! We all know how important cooperation is in a family with maybe as few as 2 and as many as 6, 7 or 8 or more people in it – so imagine how important it is in a classroom of 20 to 30 people!

People Who Cooperate:

- Listen
- Encourage their friends and classmates to join in and participate
- Think before acting
- Treat other members of the group with respect

You show cooperation at school when you:

- Listen and follow instructions
- Encourage others in your group to have a say
- Try to use everyone's ideas
- Try to get along with others, even when you have different ideas or opinions

**Alone we can do so little.
Together we can do so much.**

-Helen Keller

One way in which we all need to cooperate, is to protect our environment. **Since Earth Day is in April**, here are some ways that you can cooperate to help protect our school environment – and the planet too!

- * Never drop litter! If you see someone else drop litter at school, gently and politely remind them to put it into the garbage.
- * Turn off lights when you leave a room! The last student out the door should always turn off the lights to save electricity!
- * Turn off screens and electronic appliances when they are not being used. For example, always turn off the computer screen when you are leaving the library.
- * Bring a litter-less lunch to school! More on this to come next month...
- * Walk, bike or scoot to school (anything that doesn't use a car or increase pollution!)
- * Help to plant or protect the school garden and trees.

Read some books and discuss how characters cooperated – or did not, and suffered the consequences! ➡

Congratulations to the winners of the **March Honesty Award**:

Ms. Church's class:

Kieran Neeb
Rayyan Naeem,
Ismail Mohammed

Mr. Stoch's class:

Kenny Henderson
K.J. Williamson
Jaliya Cooper-Ali

Ms. Vlahos' class:

Kaiden Tanaka
Bethany Li

Ms. Kiil's class:

Ismail Abuka
Kobe Zheng
Yeabsera Beshir

Ms. Barr's class:

Mackenzie Goran

Ms. Yoannou's class:

Edward Vasquez-Lowe
Lulya Tsegai
Kyle Ong

Mr. Tsai's class:

Elora Quigley-Gates
Lily Jiang
Hong Cao

Ms. Paton's class:

Kevon Nembhard
Jing Han

Ms. Tsue's class:

Maggie Zheng
Iverson Jiang

Ms. Thorne's class:

Hannah Lemos
Samantha Cuffaro

Mr. Milburn's class:

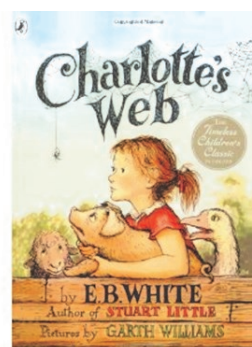
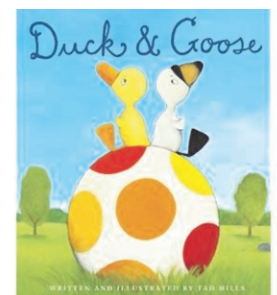
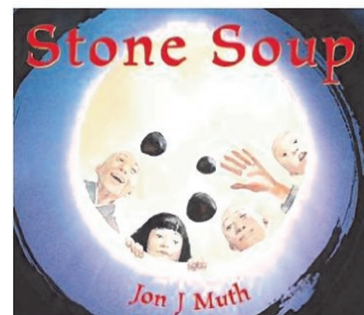
Abdelrhman Malik

Ms. Ho's class:

Zubeda Bhayat
Waheed Salihi
Aman Hoque

Ms. Cameron's class:

Maryama Guirreh
Samuel Woldegebreal
Stephanie Moore Barry



FAMILY FITNESS NIGHT—YOGA!



We had another great turnout of families with kids of all ages for the Family Fitness Yoga night in March.

The students – and their younger sibling and parents – learned poses such as downward-facing dog, cat and butterfly. Everyone enjoyed the workout, spending time with their family and friends – and the kids enjoyed their snacks after the activity too!



Don't miss out on the next Family Fitness Event in May.
A flyer will follow in the May newsletter..

FUN FAIR IS COMING!!!

This year Blake's Fun Fair is Saturday June 7th from 11am - 3pm, so get ready for some all-day FUN!

BUT we need your help!

1. We need sponsors and in-kind donations for both the raffle and silent auction: Cash donations are eligible for tax receipts!
2. We are also looking for parents, friends, and extended family to volunteer on the day of the event.

Please contact the Fun Fair committee at blakefunfair@gmail.com



TRIP TO THE ROM

Many of our students visited the ROM in March, and a great day out was had by all. Students enjoyed a guided tour, and then explored the exhibits with their groups. The photos show what a fabulous day everyone had! Thanks to all the teachers, students, and parent volunteers for making this an experience to remember!





CELEBRATE EARTH DAY!

Here are some ways to celebrate Earth Day on April 22nd.

1. Get outside and appreciate nature! Go for a walk or a bicycle ride, and find some nature in our city!
2. Watch an eco movie. Movies with clear messages about the need to protect our planet include; *The Lorax*, *WALL-E*, *Happy Feet*, and *A Turtle's Tale*. Other films, such as *Bambi*, *Over The Hedge*, *Hoot*, and *Free Willy*, teach children about animal rights and the need to protect our environment. These movies all carry messages about preserving the environment that even young children can understand and connect to if you talk it through with them.
3. Go to www.ecokids.ca to learn more about wildlife, climate change, energy, land use, and to play lots of fun online games and activities.
4. Make sure that everyone in your house knows how to reduce, re-use and recycle.
5. Make some eco-art.
6. Read some books. See below and to the right for suggestions.
7. REMEMBER: EVERY DAY IS EARTH DAY!

Mixed Bean Salad

This bean salad is very simple to throw together and makes for a filling, nutritious lunch.

Ingredients

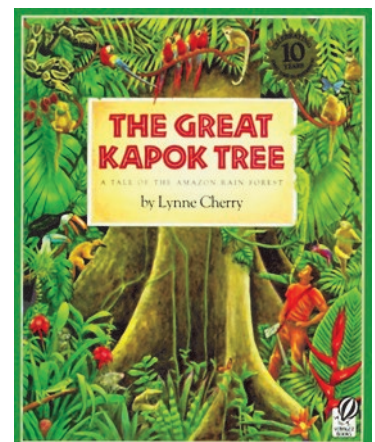
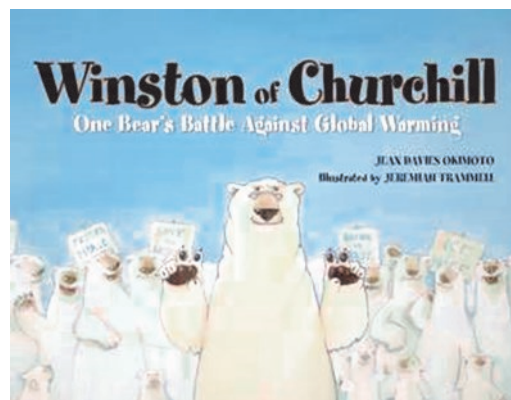
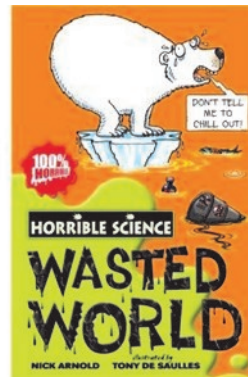
- ¼ cup green beans trimmed and cut into ½ pieces
- 2 tbsp lemon juice
- 2.5 tbsp + 1 tsp olive oil
- Lemon zest of 1 lemon (optional)
- 2 tbsp chopped fresh dill
- Sea salt and black pepper to taste
- 19 oz can of mixed beans (bean medley)



Method:

1. Steam green beans for about 4 mins and set aside.
2. Whisk together lemon juice and olive oil.
3. Add in lemon zest, dill, canned beans and steamed green beans.
4. Add in salt and pepper to taste and mix thoroughly.
5. Best chilled in refrigerator for at least an hour (can be made the night before).

-Lucy Frankel, Parent and Holistic Nutritionist



FOCUS ON ETHIOPIA

Ethiopia is a country that has contributed to world culture and civilization for thousands of years. It is located in eastern Africa, in the part of the continent known as the Horn of Africa. It is slightly bigger than Ontario in area (over a million square kilometres) and has over 93,000,000 people. It is the largest landlocked country in the world with regard to population. The Nile river gets most of its water from mountains in Ethiopia. These mountains started out as volcanoes; tiny particles of volcanic sediment from these mountains, carried by the Nile to Egypt, made Egypt's soil so fertile.

Civilization began in Ethiopia almost 4,000 years ago. Much later, around 1,700 years ago, the Kingdom of Aksum became one of the major powers in the world, and was the first empire to adopt Christianity as the state religion. In recent times, a little over a hundred years ago, Ethiopia was the only country in Africa to successfully defend itself against a European army: While the rest of Africa was governed by European countries, Ethiopia kept its independence. While the majority of Ethiopians are Christian, there is a large minority of Muslims, and, until recently, there was also a large group of Jews living in the country. Addis Ababa is the capital city of Ethiopia.

The most popular sports in Ethiopia are various track and field sports (such as the marathon) and soccer.

Yeabsera and Helina's mom is originally from Ethiopia and grew up there. She remembers spending most of her time with extended family, and that life is simpler there. Children make up their own games and tell stories to each other about their family. Most food is eaten with injera, a bread made from teff flour, which is a grain.



As well, the coffee ceremony is an important part of life in Ethiopia. Older people take part in it several times a day while younger people do this on special occasions or holidays. The coffee is roasted and ground on the spot, and is made in a special clay pot. The host burns incense and prays to bless everyone attending. Hospitality is very, very important to Ethiopians and is based on the hospitality that Abraham showed his guests in the book of Genesis. Easter is a very meaningful celebration and so is Timket, which is celebrated on January 19th. It commemorates the baptism of Jesus in the Jordan River and involves three days of religious ceremonies, parties and meals.

We want to learn more about YOUR culture and heritage! Please send us your Focus On articles/ideas (written by adults or kids – or jointly – and we will happily include them in the Blake Beat.



ELIN'S VISIT

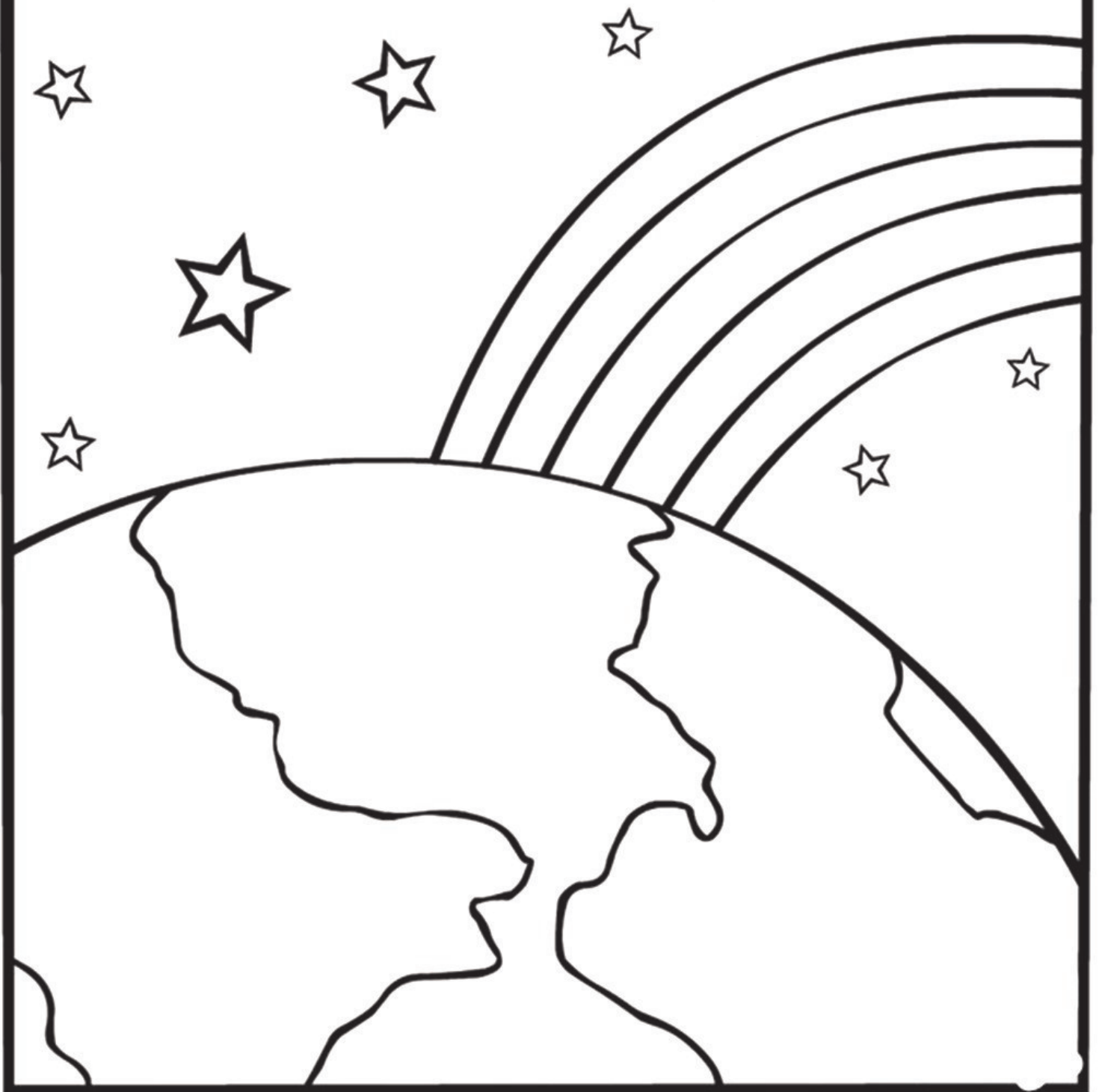
ELIN'S VISIT TO THE GRADE 2/3 CLASS

Our wonderful garden and outdoor educator Elin is getting the students ready for spring. Here are some photos of the students learning all about worms and soil. We can't wait until we're all outside enjoying the school garden again!



Colour Your Own Poster

★ EVERYDAY IS ★
EARTH DAY



Can you list five ways you can help save the Earth?

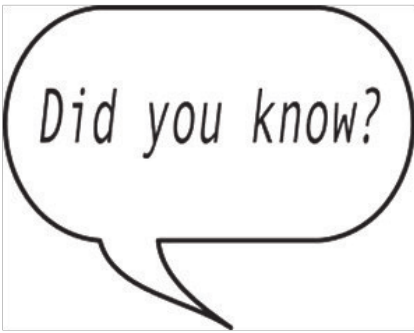
Some examples are recycling cans and turning off the lights when you leave a room. When you do something that's on the list, put a checkmark beside that item. Once you've done everything on the list, you have earned your very own...

Earth Day Superhero Ribbon



- 1
- 2
- 3
- 4
- 5



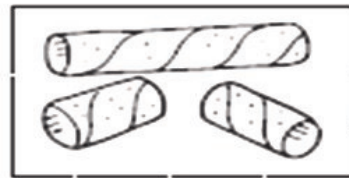
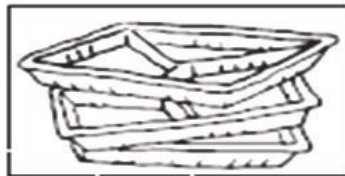


The Earth is Not Round

Have you always thought the Earth was round? Wrong! Well, kind of wrong...the Earth is not completely round, it is actually a bit flattened at the North and South Poles.

Sorting Trash

Cut the pictures at the bottom and paste them in the right category



AND THE WINNER IS...

Thank you to all the students who entered their pictures and wonderful scavenger hunt findings into the prize draw.

Congratulations to Mackenzie in Ms. Barr's Grade 1/2 class for his lovely picture, which was drawn as the winner at the March School Council meeting.

Your prize of \$25 for outdoor toys and activities is on its way to you!

Artwork by Mackenzie
– winner of March's prize draw



Friday, April 25th
wear your clothes
INSIDE OUT!

Because after all, it's what's inside that matters.

SPRING INTO SOCIAL MEDIA

Over the past 10 years, it is safe to say, new technology has transformed our social lives in more ways than one. Nowhere is that more evident than when it comes to job seeking and employment. As a busy parent, I imagine that you need something that can save you time and increase your impact in the marketplace. If you are new to social media, here are some ideas and suggestions to help you harness these technological tools for greater impact in your search for employment.

1. Don't ignore LinkedIn

As a job seeker, you should probably join **LinkedIn** if you haven't already.

Some call it the Facebook for professionals, but the one practical reason to use it is to **post your resume and career profile online** to ensure you have a **digital presence**. The site has other expanded features for jobseekers, and some have costs attached, but nowhere is it easier to get your name out there. The evidence of its use in the labour market and effectiveness to reach a larger audience is hard to ignore.



2. Get connected

When looking for work, I always recommend researching a company first before applying for a job. Websites like **LinkedIn, Twitter and Facebook** make it easier to look up companies and find people to contact for potential opportunities. Finding specific groups or forums related to an organization or a career topic is just one way to start making connections. You could also use social media to help you conduct information interviews with people in your field of interest.



3. Become a Blog expert

The ability to create a **virtual presence** using social media tools is easier than you might think. You can become an **authority or expert** in your sector by launching your own website, or "blog." I recommend sites like **typepad.com, blogger.com** or **wordpress.com**, all of which are simple to use and completely free. **Blogs** allow you to create a platform and content that identifies you as an expert on a particular subject. By creating or running a blog, not only do you demonstrate your tech savvy, you can also demonstrate your awareness of changes and trends in your field, something employers are increasingly looking for.



4. Personal branding

Personal branding is a major trend happening in the labour market today. However, not all professionals may be interested in the idea of **marketing your personality, name, and image online**. Creating a personal brand involves using social media to create a **digital footprint** of information on the Internet that can be easily found by an employer. Whether it's a website, blog, or your twitter account, employers can find and evaluate your worth before they contact you for an interview. In some sectors and specific career cases, a personal brand can make a significantly positive difference for a candidate.

5. What is your digital footprint?

I mentioned digital presence or footprint earlier. If you're not sure what I mean, the next time you visit Google, type in your own name and view the results. This will give you an idea of your footprint, and demonstrates how a potential employer or recruiter will see you online. If the search result is mostly favourable, you are on your way to creating a personal brand.

If the search comes up with negative content, you will have to work hard to change that. Remember that once content is posted on the Internet, it can potentially stay there forever. Make sure you practice online '**netiquette**', avoiding posting negative images or comments that can be discovered by someone looking up your name online.

Conclusion

Whether you wholeheartedly embrace technology or not, it is becoming increasingly harder to ignore the impact social media is having on jobseekers, recruiters and businesses. Every study I see on the topic continues to suggest that over 85% of recruiters and human resource staff actively looks up potential hires through social media channels. So if you are not online, you are not being noticed.

As a parent, your kids are probably already using various forms of social media, so try your best to embrace it. I'm not saying you should let it take over from traditional methods or tried-and-true practices, but try to find a balance you're comfortable with. Again, it's just one more 'tool in the shed' to help with your search.

Join me next month as I continue my discussion on social media tools to help you succeed in your search.

Follow me on **twitter @darcylosell** for more tips, advice and interesting ideas!

SCHOOL COUNCIL UPDATE

Teacher Report (Ms. Dyment):

- The March 20th ROM trip for JK to Grade 4 classes was a great success!
- The Indigo "Love of Reading" Grant application has been submitted for Blake
- Ms. Dyment will be full-time at Blake next year - hooray!
- The school's breakfast nutrition program continues to require funding; please note that donations of \$10 or more get you a tax receipt!
- There is a Free The Children event coming to Blake for Grades 3 to 6 on May 1st; Ms. Dyment is looking to set up a Social Justice Club for next year, with an added goal of having Blake students attend the "Me to We" event at the Air Canada Centre
- The Track & Field team will get going soon and will be attending a meet at Birchmount Stadium on May 20th; volunteers will be needed

Treasurer's Report (Jamie Gillingham):

- All finances are in a good position moving into the spring with Fun Fair costs able to be covered in advance

Newsletter (Kate Green):

- Newsletter is going well, contact Kate with any new ideas

PRO (Parents Reaching Out) Grant - Family Fitness (D'Arcy and Sean)

- Excellent Zumba dance class on Feb 27th with over 30 people in attendance despite poor weather
- Next session was Yoga in the gym at 6pm on March 27th

CPAC (Danielle):

- Focus of effort is on upcoming Parenting Conference on Saturday April 5th from 10am - 2pm at Cedarbrae Collegiate; childcare, lunch and transportation is provided for this great event

Fun Fair (Eric):

- Seeking sponsors and donations for the raffle and silent auction; tax receipts can be provided
- If you can think of potential donors, please contact School Council before you approach them so we don't solicit them twice!
- Fun Fair on Saturday June 7th from 11am - 3pm; get ready for some all day FUN!

PRO (Parent's Reaching Out) Grant for next year (Lori and Nicole):

- Lots of great ideas were generated at the meeting for what we should focus the grant request on for next year; look for a survey seeking feedback from all Blake Families

Movie Night (Valerie):

- We'll be hosting another movie night on Thursday, April 17th- get ready for some fun!

Next Parent Council meeting:

- As a result of the movie night, the next Parent Council meeting will be on Thursday **April 24th**; delicious dinner and child care are provided; we hope to see some new faces at the next meeting!

Mission Statement and Philosophy

At Blake, our mission is to provide a caring, safe, and bully-free environment, which 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 lead 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 each other, and are responsible for following staff directions.

Principal: Kiki Karailiadis

School Council Chair(s): Lori Ross, Nicole Novakovics

Superintendent: Mike Gallagher

Trustee: Cathy Dandy

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, please send an email addressed to Blake School Council :

blakeschoolcouncil.tdsb@gmail.com, with the subject line 'For the newsletter' before the 20th of the month.

Articles should be sent in Microsoft Word format.

THE APRIL NEWSLETTER TEAM

Kelly Dyment
Lucy Frankel
Jamie Gillingham
Kate Green
Darcy Losell
Willie Macrae
Eric Novakovics
Jeanette Rees
Lori Ross

Ms. Barr
Ms. Karailiadis
Mr. Tsai
Ms. Yoannou



MORNING MEAL PLAN FOR APRIL 2014

*Fruits/vegetables subject to change due to supply – check the Blake website under “Nutrition Programs” for the most up-to-date menu

**all bread products are whole wheat with a minimum of 3g fibre

Monday Apr 7	Tuesday Apr 8	Wednesday Apr 9	Thursday Apr 10	Friday Apr 11
Pita/Tortilla 2% White Milk Carrots/Celery	English muffin/Bagel Marble/Mozzarella Cheese Melon	Nut-free low fat granola ¼ cup vanilla yogurt Broccoli	Pita/Tortilla Hummus Red & Green Grapes	1 slice Baked goods 2% Chocolate Milk Tomatoes & Peppers
Monday Apr 14	Tuesday Apr 15	Wednesday Apr 16	Thursday Apr 17	Friday Apr 18
1 slice WW bread Marble/Mozzarella Cheese Banana	Nut-free low fat granola Strawberry Yogurt Baby carrots	Bread Cream Cheese Pear	1 slice baked goods Yogurt Tube Cucumbers	Good Friday No school
Monday Apr 21	Tuesday Apr 22	Wednesday Apr 23	Thursday Apr 24	Friday Apr 25
Easter Monday No school	Nut-free low fat granola Vanilla Yogurt Apple	½ whole wheat tortilla Hummus Carrots & Peppers	Bread/Bagel Marble/Mozzarella Cheese Orange	1 slice Baked Goods 2% Chocolate milk Cucumbers
Monday Apr 28	Tuesday Apr 29	Wednesday Apr 30	Thursday May 1	Friday May 2
Bread Cream Cheese Carrots/Celery	Bagel/English muffin Strawberry yogurt Apple	Pita/Tortilla Marble/Mozzarella Cheese Tomatoes & Peppers	1 slice Baked Goods Yogurt Tube Melon	Pita/Tortilla 2% White Milk Broccoli & Carrots

Do you have cutlery you no longer need?

Blake’s School Council is looking for **donations of forks and knives** for our meeting dinners. If you have some you would like to donate, please drop them off in the box labelled “cutlery donations” on the front counter in the office.

Thank you!
Blake School Council



APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7 After-School Club (in our library) Riverdale students volunteer in our library House League Basketball : Grades 4 & 5 Basketball & Badminton (Mr. Pace)	8 Homework Club (run by Eastview C.C.) Chess Instruction: Mr. Milburn & Ms. Ho Art of Storytelling with Cheryl Thorton (Mr. Millburn's class) Operation Kids: Opera (Ms. Yoannou)	9 After-School Club (in our library) Eco Club Chess Club (Ms. Barr) Basketball & Badminton (Mr. Pace)	10 Homework Club (run by Eastview C.C.) House League Basketball : Grades 4 & 5	11 Karate Kids @12:00pm (Grades 1-3) Lights Out 9-10am	12
13	14 After-School Club Riverdale students volunteer in our library House League Basketball : Grades 4 & 5 Basketball & Badminton (Mr. Pace)	15 Homework Club Chess Instruction: Mr. Milburn & Ms. Ho Art of Storytelling with Cheryl Thorton (Mr. Millburn's class) Operation Kids: Opera (Ms. Yoannou)	16 After-School Club Eco Club Chess Club (Ms. Barr) Basketball & Badminton (Mr. Pace)	17 Homework Club House League Basketball : Grades 4 & 5 Movie Night	18 Good Friday	19
20	21 Easter Monday	22 Earth Day Homework Club Chess Instruction: Mr. Milburn & Ms. Ho Art of Storytelling with Cheryl Thorton (Mr. Millburn's class) Operation Kids: Opera (Ms. Yoannou)	23 After-School Club (in our library) Eco Club Chess Club (Ms. Barr) Basketball & Badminton (Mr. Pace) Pottery Project starts until May 2 (Mr. Jamieson)	24 Homework Club House League Basketball : Grades 4 & 5 School Council Meeting	25 Karate Kids @12:00pm (Grades 1-3) Lights Out 9-10am Pizza Lunch Spirit Day	26
27	28 After-School Club Riverdale students volunteer in our library House League Basketball : Grades 4 & 5 Basketball & Badminton (Mr. Pace)	29 Homework Club Chess Instruction: Mr. Milburn & Ms. Ho Art of Storytelling with Cheryl Thorton (Mr. Millburn's class) Operation Kids: Opera (Ms. Yoannou)	30 After-School Club Eco Club Chess Club (Ms. Barr) Basketball & Badminton (Mr. Pace)	May 1 Homework Club House League Basketball : Grades 4 & 5	2 Karate Kids @12:00pm Grades 1-3 Lights Out 9-10am	3

Character Trait for April:
Co-operation

CHARACTER TRAITS BY MONTH

September: **Respect**
October: **Responsibility**
November: **Empathy**
December: **Kindness & Caring**
January: **Teamwork**

February: **Fairness**
March: **Honesty**
April: **Co-operation**
May: **Integrity**
June: **Perseverance**