

BLAKE BEAT

**Kid's Corner
Pg. 8-10**

Family Fitness - Pg. 5,6



**Winter Olympics Day,
Olympics at Blake - Pg. 5,6**



**Focus On Mexico
- Pg. 7**



**Character Traits
Pg. 2**



**Recipe of the Month/
Love Your Lunch
Pg. 7**



**Skating Trip,
Job Seeking for Parents
Pg. 3**



**What's On
Pg. 11**



**The Book Report,
Mosaic Storytelling
Pg. 4**



**Morning Meal Plan,
January Calendar
Pg. 12**

CHARACTER TRAITS

Congratulations to those students who demonstrated excellent **Teamwork** in the month of January:

Ms. Church's class:

Talisker Brejak
Savannah Cutler
Anna Zheng

Mr. Stoch's class:

Jimmy Wu
KJ Williamson

Ms. Vlahos' class:

Ryan Vanalstyne
Tadao Yoshida

Ms. Kiil's class:

Sara Ross
Nadia Gillingham
Gabriel White

Ms. Barr's class:

Carmia Nimrod Solomon
Mandy Huang

Ms. Yoannou's class:

Hena Hanifi
Daniel Wang
Mustafa Khushal

Mr. Tsai's class:

Hong Cao
Muaaz Abowath
Nadia Faudoas

Ms. Paton's class:

Ayden Mason
Kevon Nembhard
Steven Cantave
Jing Han,
Jordell Gregg

Ms. Tsue's class:

Brennell Lewis
Humaira Daya

Ms. Thorn's class:

Ismail Al-Samaneh

Mr. Milburn's class:

Naomi Woldu
Abdelrhman Malik

Ms. Ho's class:

Zubeda
Triston
Kyle

Ms. Hunt's class:

Whole Class!!!

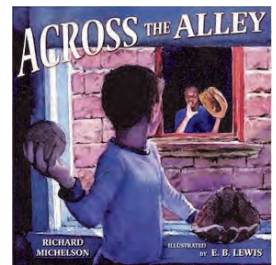


February is Black History Month and it is fitting that the Character Trait for the month is fairness.

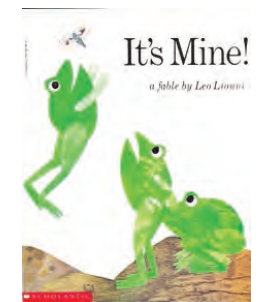
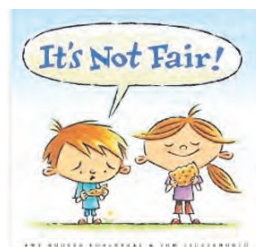
Most children already have a strong sense of fairness. However, what many children do not appreciate is that fairness does not always mean that everyone gets the same thing. True fairness is about everyone getting what they need in order to be successful.

To help your child better understand this, talk about how they show fairness at school. Also, read some books that have a theme of fairness. Talk with your child the problems caused by a lack of fairness in the book, and how about these things could be made fair.

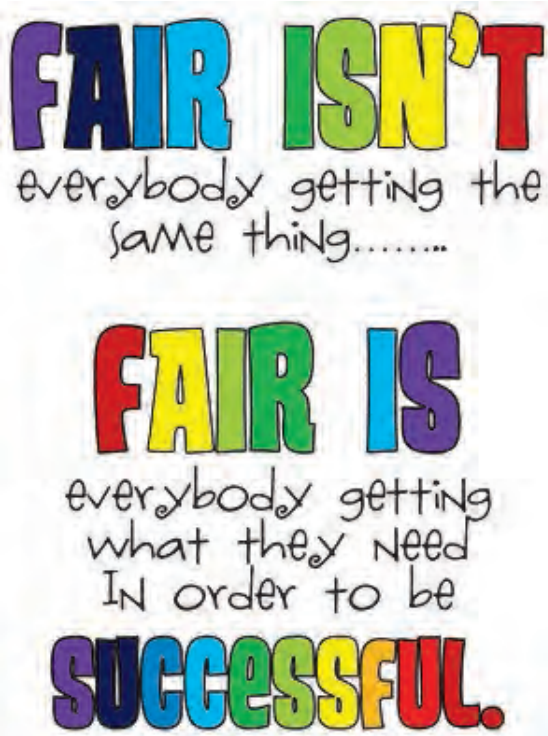
Here are some suggestions for great picture books suitable for junior students which open up discussions about Black History month and issues of fairness.



Here are some books for primary students... and if you like the 'Big Red Lollipop' book, go and see the author at the Mosaic storytelling festival! (See the flyer in this newsletter for details!)



There is a great selection of Black History Month books at Jones/ Danforth library. Check the display in the children's section downstairs.



SKATING TRIP!

By Ms. Thorn and Mrs. Kassam's Class

On December 19th, 2013 Blake Street students from Mr. Tsai, Ms. Tsue, Ms. Ho, Ms. Thorn, Mr. Milburn, and Ms. Yoannou's classes were very excited to go skating at Ted Reeve Community Arena. At first we felt nervous and scared because we had never gone skating before. We were worried that we would fall. We left school at 9:00 am and started skating at 10:15 am. It took a long time to get ready. It took so long because we had to get our skates, gloves, and check to see if our skates were a good size. They asked us who has skated before and we went into three different groups. If we knew how to skate we got to do tricks like skating backwards and turning backwards in a circle five times. We also got to race. If we didn't know how to skate we learned how to get up if we fell (you have to go on your knees and get back up fast). In groups we had to try to pick up bean bags from the ice. We learned to skate to the middle of the ice.

After skating we went to dressing rooms to take off our skates. We got to keep the jerseys that we skated in. We felt good because at the end of the day we all learned how to skate! We liked getting to spend the day with our teachers at the arena. We want to say thank you to Ms. Karailiadis, our teachers, and the Toronto Maple Leaf Learn to Skate Team for an excellent day!



JOB SEEKING FOR PARENTS

PART THREE: FALLEN OUT OF LOVE WITH YOUR JOB SEARCH



By Darcy Losell, Employment Advisor and Parent

Confucius once said that if you choose a job you love, then you will never have to work a day in your life. What he forgot to mention was that you'll have to work hard every day until you find that perfect career match. So in the spirit of Valentine's Day, here are some ideas to help light a spark of desire to make your search a true labour of love.

What does Mr./Mrs. 'Perfect' job look like?

Start by defining an ultimate vision or ideal of the career/profession you want. Ask yourself what type of role best suits your personality, tastes, natural skills and lifestyle needs. Try registering for a website like www.CareerCruising.com, that offers free interactive resources and a self-assessment quiz (ironically called the Matchmaker) that will give you a top 40 list of occupations best matched to your qualifications and preferences!

But I still haven't found what I'm looking for.

If you often feel this way about your job search, then perhaps you're looking in the wrong places. Begin by determining which companies or businesses you find appealing or attractive. Do their practices and mission statement, align with your core values. Are you in love with the services/products and does their culture mesh with your own personal beliefs and interests?

Extroverts can try more risky approaches by getting out in the community to attend free events, job fairs and social gatherings or volunteer. For the more introverted, the internet offers a 24/7 opportunity for you to browse company websites and profiles on-line. You can access company directories by using www.411.ca or www.yellowpages.com or get your hands on the **Scott's Directory** from the local library to thumb through the endless pages in search of the 'one'.

There's too many 'fish' in the sea.

While it is true that the internet offers countless postings and endless opportunities, finding the perfect match, and landing an interview or connecting for a meeting can be difficult. The idea is to keep 'fishing' and use your natural ability and raw talent as bait. Although Toronto is a rather big pond, don't be afraid to jump in and get your resume in the water.

Once you're over the sea sickness, keep an open mind and be attentive to meeting daily or weekly search targets. Apply to as many jobs as you can. Swim as you long and as hard as you can and try to avoid treading the water. Like true love, the perfect 'catch' isn't going to just land in your bucket.

For more tips and resources: Email: ldarcy@sschto.ca

THE BOOK REPORT

By Kelly Dymont, Teacher-Librarian (kelly.dymont@tdsb.on.ca)

Black History Month

During the month of February, teachers will be working with their classrooms in order to communicate some understanding of the history of black people in Canada and North America. In the library there will be a display of some of the titles that we have accumulated over the years – a really lovely collection of both non-fiction and fiction titles. My current favourite is “Viola Desmond Won’t Be Budged”, a non-fiction title about Canada’s own “Rosa Parks” – a remarkable tale that most Canadians don’t know – about a woman in Nova Scotia who was not allowed to sit where she wanted to in a movie theatre, and how she challenged that law. Ironically this event predates the Rosa Parks story by 9 years, yet most Canadians do not know her story!



What’s important to emphasize is the many contributions that members of the Black Community have made and continue to make in the development of Canada. There are some wonderful programs going on throughout the city.

Check out <http://www.torontopubliclibrary.ca/programs-and-classes/featured/black-history-month.jsp> for events at the public libraries, and next weekend head down to Harbourfront for some great programming, <http://www.harbourfrontcentre.com/kuumba/>. Check out TD Bank’s special programming for February as well, at <http://band-rand.com/eng/td-then-now-2014/>.

I am currently in dialogue with the curator of the new art gallery in Regent Park, “Daniels Spectrum” to arrange for some of our students to see Ekow Nimako’s new exhibition “Building Black” – an art installation done completely in Lego. Listen to his interview on CBC’s Metro Morning here: <http://www.cbc.ca/video/news/audioplayer.html?clipid=2434081260> If your child’s class is not attending, consider taking them yourself - the gallery is free, close by and runs until February 28th (Daniels Spectrum - Ground Floor Gallery, 585 Dundas Street E., Toronto)!

Storytelling and more!

The oral tradition of storytelling is alive and well in our neighbourhood! For those of you who attended our Family Literacy event on Monday, January 27th in the gym, I hope you enjoyed the hour that we spent with Cheryl Thornton of Storyvalues. The event lasted an hour, but her obvious love and talent for storytelling was enough to even keep our kindies engaged for the entire time! If you’re interested in listening to some of Cheryl’s stories and share more with your children, be sure to check out her website, www.storyvalues.com

In case you missed the e-mail that I shared a few weeks ago, I wanted to be sure that everyone was aware of the wonderful storytelling festival that is run out of St. David’s Anglican Church on Donlands Avenue right across from the Donlands subway station. There are still 4 sessions left :

- Sunday, February 9th at 3:00 p.m. – Hugh Cotton and Celia Lottridge (who I wrote about last month)
- Sunday, February 23rd at 3:00 p.m. – Sarah Granskou (Nordic tales)
- Sunday, March 9th at 3:00 p.m. – Donna Dudinsky and Rukhsana Khan
- Sunday, March 23rd at 3:00 p.m. – Aubrey David

This festival is in its fourth successful year, and is accessible to all (this is a non-denominational event). It’s “pay what you can” with a suggested donation of \$5. More information on the storytellers is available on their website <http://stdavidstoronto.ca/mosaic/mosaic.html>

Happy February all – stay warm and engaged!

FAMILY FITNESS PROGRAM UPDATE



First Activity – Martial Arts: On Thursday January 30th, despite the freezing cold weather, nearly 50 people showed up for the first Blake Street Family Fitness Night. The instructors from DeSantos Martial Arts did a wonderful job of getting EVERYBODY (including Mrs. Karailiadis!) to join in the fun. Here is what the children thought of the karate event in their own words:

“This was fun! I liked the exercise we did!” Sadie
“I liked the obstacle course!” Alex
“I liked it because I can get the skills back that I learned last year.” Michael
“I loved the dance and the show!” Malaya
“The best part was when the karate man did a performance!” Jonah
“I liked karate and I liked learning new skills.” Molly
“I liked the weapon!” Hazel
“Karate is a workout!” Mackenzie
“It’s so cool!” Lloyd



Second Activity – Dancing: Don’t miss out on the next Family Fitness Event. Zumba will be the second Family Fitness activity, led by UGOT Active Kids. The details include:

- **Who:** All Blake Street Public School children and family members aged 4+.
- **When:** Thursday, February 27th from 6.00-7.30pm.
- **Where:** Blake Street Public School.
- **Child Care:** In addition to the activity, childcare will be provided.
- **Snack Provided:** Children and families are encouraged to eat prior to attending the session. Following the activity, a snack will be provided. If possible, please bring a water bottle.
- **What to Wear:** Please wear comfortable clothing and running shoes. Jeans and dresses are strongly discouraged.

An RSVP will be sent home with all children on Friday, February 14th.

Three More Activities to Follow: From March – June, 3 additional Family Fitness activities will be implemented. These activities will be advertised in the Blake Beat and around the school.

BLAKE ST. P.S. WINTER OLYMPICS

Grade 6 Blake Street and Grade 8 E.A.S.T. leadership students are excited to lead 10 days of Olympic style events from Feb 7th – Feb 21st. Events will run from noon until 12:30 for the grade 1, 2 and 3 students. The leaders will emphasize sportsmanship and fun. Highlights will be posted on the bulletin board near the gym.



FEBRUARY FAMILY FUN & FITNESS MONTH



Come out and join this FREE opportunity with your family in playing various sports and activities.

We will have licensed coaches and instructors facilitating:

- Tuesday, February 4:** Family Soccer, Yoga/Tai Chi, Walking / Running the track
- Tuesday, February 11:** Family Football, Yoga/Tai Chi, Walking / Running the track
- Tuesday, February 18:** Family Soccer, Yoga/Tai Chi, Walking / Running the track
- Tuesday, February 25:** Family Frisbee, Yoga/Tai Chi, Walking / Running the track

Every Tuesday, in February, from 4-5pm at Monarch Park Stadium, light snack and transportation provided.

All children must have parent or guardian supervision and must pre-register to join.

To register and organize TTC transportation or for more information please call or email your community support worker at:

Daniele Cammisa

416-779-1143

daniele.cammisa@tdsb.on.ca



One block south of the Danforth on Coxwell Ave.



What's your Favourite Winter Olympic Sport?

On Thursday FEBRUARY 20th it's... Winter Olympics Day! Dress in your favourite Winter Olympic sport attire, or dress in the colours of the country you're cheering for!



WINTER OLYMPICS DAY

BLAKE STREET JUNIOR SCHOOL

FOCUS ON MEXICO

Mexico is one of three countries that make up North America. Its population is over 113 million and this makes it the largest Spanish-speaking country in the world. It became an independent nation in 1821. It produces oil and manufactures many things for the rest of North America and the world. The capital is Mexico City, the largest city in the country with slightly fewer than nine million people.

People have lived in Mexico for a very, very long time. Famous ancient peoples include the Aztecs, the last civilization to exist in Mexico before the Spanish invaded around five hundred years ago.

The golden eagle is the national symbol of Mexico and panthers are native to Mexico. Crops such as chocolate, avocado, tomato, corn, vanilla beans and chiles are grown in Mexico. Mexico has produced many writers, artists and singers in its history. Soccer is the most popular sport but there is a Mexican baseball league and bullfighting is still very popular. Mexicans have excelled in many, many other sports as well.



MacKenzie is a Blake student in Grade 1 and his mom is from Mexico. She has this to say about her homeland:

Most people associate Mexico with beaches and sun; however, my country is very rich in resources and its people.

Exhudes friendship and strong family ties.

Xmas, the Day of the Dead and Lent are some of the celebrations where family comes together and reconnects. These celebrations have a deep religious meaning for most Mexicans.

In my family, we used to take turns minding my abuelita's (Grandma's) shop at the local market. She owned a gift shop which would be very busy. Altogether we could summon up to 35 family members so some would help her at the shop and some of us would cook for our Christmas gathering that would take place on Christmas Eve. It would be followed by some dancing or children's performances prepared ahead by my mom. The traditional dishes like Bacalao a la Vizcaina (Spanish-style codfish), Romeritos con mole, turkey and lots of desserts, all in large quantities!

Cooking together and dancing as a family brings me very dear memories and are deeply ingrained in who I am.

Other people may celebrate in many different ways; however, what makes Mexicans such happy, tenacious and welcoming people is family.

Viva Mexico!

LOVE YOUR LUNCH

We all know the frustration of opening up your child's lunch box at the end of the day only to discover half eaten sandwiches, decomposing apples and limp vegetables.

Over the next few months I will be giving you some fresh lunch ideas that your kids might just love.

Thai Salad Rolls

These salad rolls make a refreshing alternative to the conventional sandwich. They are great way to combine several nutritious ingredients into one yummy parcel. They are also really fun and easy to make, providing an excellent opportunity for your kids to get involved.

Ingredients (quantities depend on how many rolls you wish to make)

- Rice paper wrappers
- Lettuce leaves shredded
- 1 carrot peeled and sliced into thin strips (julienned)
- 1 red pepper, deseeded and sliced into thin strips
- 1 cucumber, deseeded and sliced into very thin strips
- Strips of tofu stir-fried or oven baked
- 1 ripe avocado pitted, peeled and thinly sliced
- Large handful of cilantro chopped (optional)

Method:

To soften the wraps

1. Place a clean, damp kitchen towel on a work surface (a sushi mat would also work).
2. Fill a medium frying pan or wide, shallow dish with hot tap water (**do not** use boiling water!)
3. Soak the rice wrapper in the hot water until it is soft, about 6 seconds.
4. Remove the wrapper from the water and place it on the towel/mat.

To assemble the wraps

1. Layer the ingredients in the bottom section of the rice wrapper as follows, leaving plenty of room on the sides
 - a few pieces of lettuce on the bottom (this will help keep the other ingredients contained)
 - pile up a small amount of cucumber, carrot and pepper on the top of the lettuce
 - place a couple of pieces of tofu on top of the vegetables, followed by 2 slices of avocado
 - top with a sprinkling of cilantro
2. Fold in both sides of the wrapper over the filling to seal it in
3. Tightly roll the wrapper from the bottom to the top (start with filling end)
4. Salad rolls can be eaten whole or cut in half
5. For a packed lunch, place rolls in a container layered with a wet paper towel to avoid them sticking. They can be made the night before and stored in the fridge

Tips:

1. Experiment with other ingredients e.g. cold chicken or beef strips, bean sprouts, vermicelli rice noodles, zucchini, cabbage, mango. This recipe is extremely versatile - ask your children for their suggestions.
2. These wraps are great eaten alone but also delicious dipped in a peanut or sweet and sour sauce. Experiment with different dipping sauces.

-Lucy Frankel



The Day of Love: Valentine's Day

Valentine's day is a fun celebration each year, especially when you receive candy and cards from your friends.



The history of Valentine's day can differ from religion to religion, person to person and from country to country. But many agree that February 14th is a day to celebrate our love for each other.

SAY IT

tell your family and friends how much they mean to you

Don't forget that while it is great to remind people how much you value them on Valentine's Day, it isn't the only time to do so. You can continue doing nice things for people throughout the rest of the year too.

DRAW IT

draw or paint a picture to express your feelings

WRITE IT

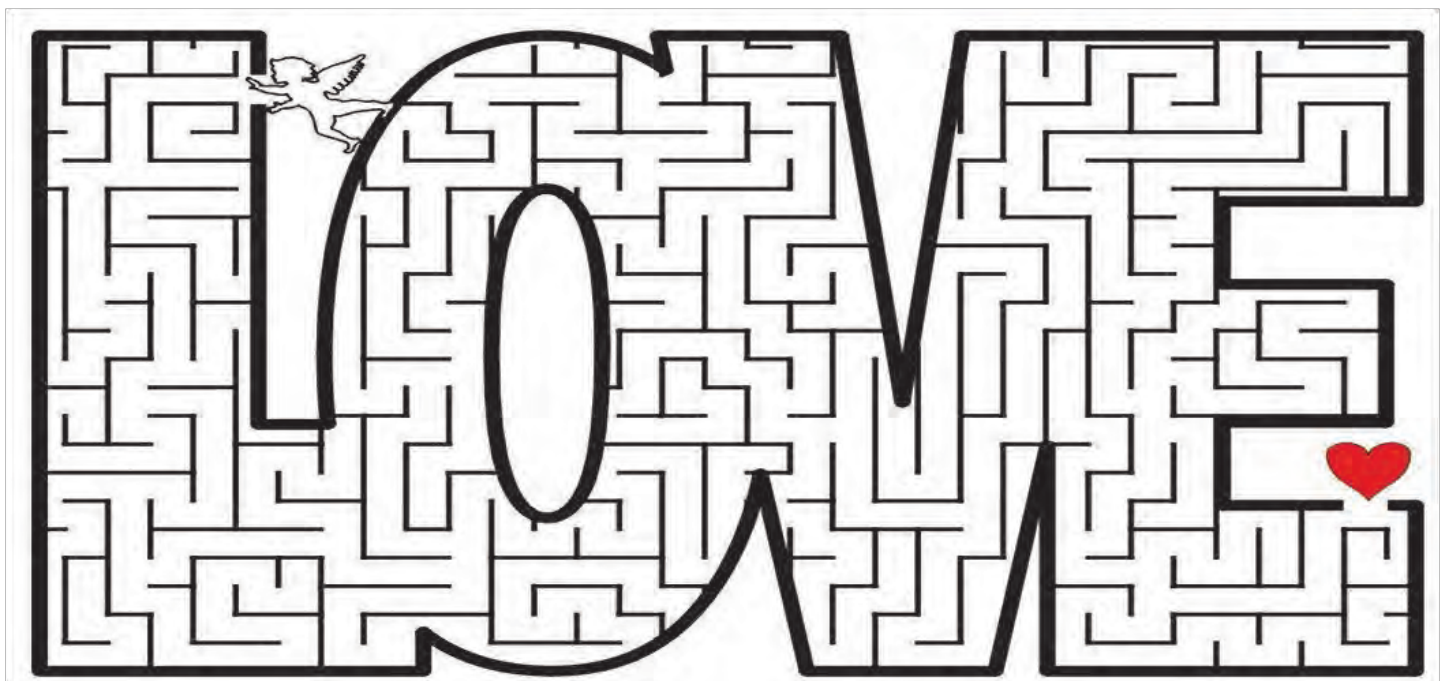
write a poem or a story

Today, many people focus on giving gifts on Valentine's Day and some people even get quite stressed out about it because they think they have to spend a lot of money on gifts!

MAKE IT

create an arts and craft or help with dinner

Here are some thoughtful things you can do to show your friends and family how much you love and appreciate them....



Valentine's Day Coupons

This Valentine's Day coupon is good for:

1 FREE HUG

To:

From:

This Valentine's Day coupon is good for:

A 3min Dance Party

To:

From:

This Valentine's Day coupon is good for:

To:

From:

This Valentine's Day coupon is good for:

Playing at Recess Together

To:

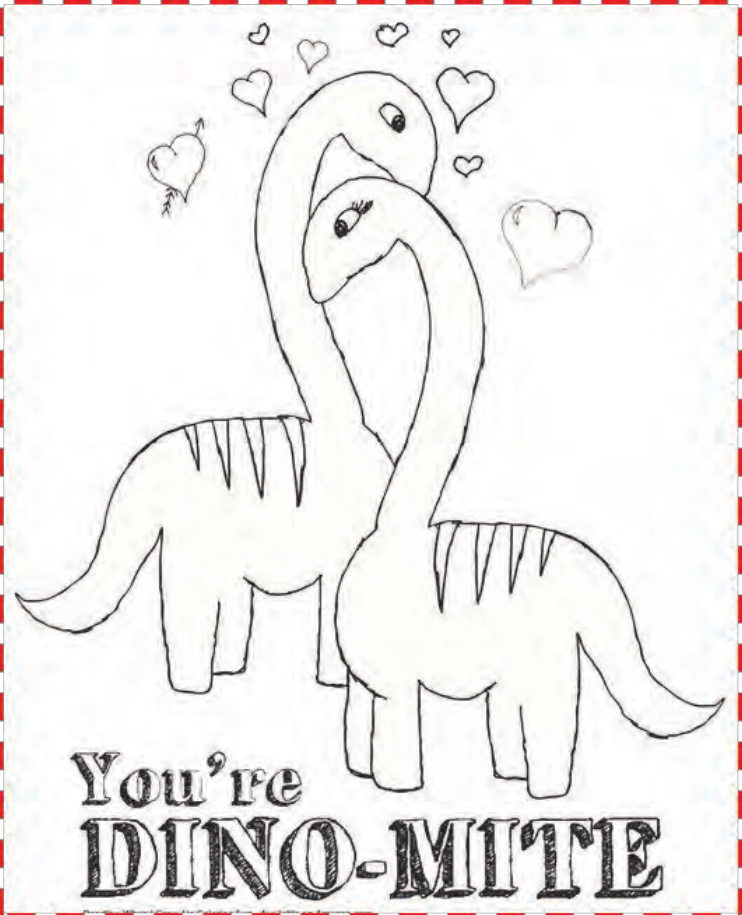
From:

This Valentine's Day coupon is good for:

A chore of your choice

To:

From:



Cut and share



Draw or Write special notes to friends and family for Valentine's Day

 <p>I love you this much!</p>	 <p></p>
 <p></p>	 <p>with love...</p>
<p>love you  this much</p>	 <p>sending you hugs!</p>

Cut and share



WHAT'S ON - FEBRUARY

EVENTS AT THE EVERGREEN BRICKWORKS

(Free bus from Broadview station every 30 minutes)

1. **Free Skating** Saturdays and Sundays from 11am-4pm (weather permitting – phone ahead 416-596-7670)
Skates are available for \$5 to rent.
2. **Children's Garden** Saturdays and Sundays 10am – 4pm.
Suggested \$5 donation. Free activities with eco-theme in the outdoor play area, including face-painting, cooking over an open fire, pizza, and shelter building.

HARBOURFRONT EVENTS

1. **FREE Skating on the Rink.** Most scenic rink in Toronto... Saturdays and Sundays from 10am to 10pm.

MOSAIC STORYTELLING FESTIVAL

1. I attended the first event with Idah Sadu and it was WONDERFUL! I have included a flyer in the newsletter, and the book report also contains details. It's on Sunday Feb and Sunday Feb . Admission is by donation and there is no pressure to give anything at all. Do not miss out!.

TORONTO SYMPHANY ORCHESTRA

1. **Orchestra Olympics.** Family concert Saturday February 22 at 1:30pm and again at 3:30pm. \$17 and up for tickets. Call 416 593 7769 for details.

YOUNG PERSON'S THEATRE

1. **Where the Wild Things Are.** Amazing show! On from March 4-30. Suitable for ages 3-7. Call 416 862 2222 for more details.

ART CAVE

1. **Free Fun Family Art Day.** February 15. 12:30-2pm 155 Lamb Street. Drop-in to the studio and enjoy some arts and craft activities together.

TIFF BELL LIGHTBOX

1. **Family Day at the TIFF Bell Lightbox.** February 18. 10am-4pm 350 King Street W. Call 416 968 3456



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 support 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 have the responsibility to follow 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 FEBRUARY NEWSLETTER TEAM

Karla Barrera

Kelly Dymont

Kate Green

Lucy Frankel

Jamie Gillingham

Darcy Losell

Ms. Thorn's Class

Mrs. Kassam's Class

Sean Neeb

Eric Novakovics

Andrew Pace

Jeanette Rees







MORNING MEAL PLAN FOR FEBRUARY

*Fruits/vegetables subject to change due to supply
 **all bread products are whole wheat with a minimum of 3g fibre

Monday Feb 10	Tuesday Feb 11	Wednesday Feb 12	Thursday Feb 13	Friday Feb 14
Bagel/English muffin Cream Cheese Carrots	Nut-free granola/cereal Vanilla yogurt Pear	Pita/tortilla Hummus Cucumber & Peppers	1 slice baked goods Yogurt tube Banana	Bread Cheese Broccoli
Monday Feb 17	Tuesday Feb 18	Wednesday Feb 19	Thursday Feb 20	Friday Feb 21
Bagel/English muffin Strawberry yogurt Apple	1 slice baked goods Chocolate milk Carrots	Bread Cheese Fruit Salad	Pita/tortilla Hummus Cucumbers & Peppers	Nut-free granola/cereal Vanilla yogurt Berries (frozen)
Monday Feb 24	Tuesday Feb 25	Wednesday Feb 26	Thursday Feb 27	Friday Feb 28
Bagel/English Muffin Yogurt tube Snap Peas	Nut-free granola/cereal Vanilla yogurt Bananas	Bread Cream Cheese Tomatoes/Cucumber	1 slice baked goods White milk Pear	Pita/tortilla Hummus Carrots & Celery

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9	10 Kindergarten Registration After school club in library Riverdale students volunteer in our library	11 Reports Cards  Homework Club run by Eastview C.C. Chess instruction: Mr. Milburn & Ms. Ho	12 After school club in library Eco Club	13 Homework Club run by Eastview C.C.	14 Ms. Tsue's class attends presentation of the Toyota Evergreen Learning Grounds Grant	15
16	17 Family Day	18 Homework Club run by Eastview C.C. Chess instruction: Mr. Milburn & Ms. Ho	19 After school club in library Eco Club	20 Winter Olympics Day Homework Club run by Eastview C.C. 	21 Pink Day Anti-bullying presentation at Eastview C.C. 	22
23	24 After school club in library Riverdale students volunteer in our library	25 Homework Club run by Eastview C.C. Chess instruction: Mr. Milburn & Ms. Ho	26 After school club in library Eco Club	27 Homework Club: Eastview	28 Pizza Lunch 	March 1

Character Trait for February:

Fairness

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**