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CHARACTER TRAITS



TEAMWORK

'together everyone achieves more'

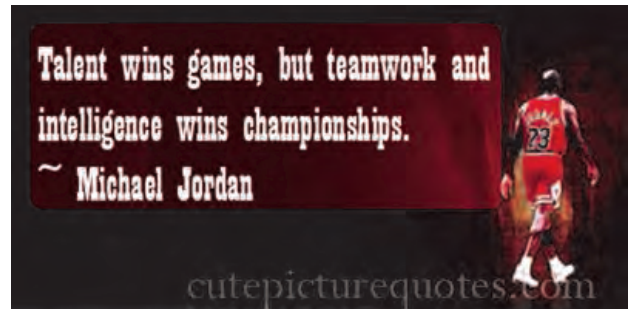
The character trait for January is TEAMWORK.

When the word teamwork is mentioned, images of people playing sports come to mind. But Teamwork doesn't just happen in sport. Teamwork is an important skill in life to make and keep friends, to be successful in school and in almost any job. So what exactly is teamwork?

- Teamwork means working together to achieve a common goal.
- Teamwork is working well with one partner, a small group or the whole class.
- Teamwork is encouraging your friends in a group to join in.
- Teamwork means respecting everyone's abilities in a group and listening to each other's opinions.
- Teamwork makes everyone feel valued, respected and part of a community.
- In a great team, no single person can do everything and no-one can do nothing!

Just like children learn manners or how to handle something fragile, they need instruction and practise to be effective members of a team. You can't start too young! Even very young children can learn teamwork in simple activities like, 'Doggy, doggy who's got the phone', parachute games or Ring around the Rosey. Here are some simple ways to teach and encourage teamwork in your family:

- Play board games together at home. Some inspire teamwork more than others! Try: Go Away Monster; Castle Panic; What's It? or Count Your Chickens.
- Focus on your child's sportsmanship when playing team sports, not just their success!
- Make household chores a group / team effort – set the table together, sort laundry together, clean up as a team.
- Work on a project together at home: making a window box or garden, a piece of artwork, play music together, volunteer to work on the school garden together, or perform a play.
- Try an activity that requires teamwork. For example, paddling a boat together,
- Come out to family fitness nights ;-)
- Read some books that have a theme of teamwork.



Congratulations to the following students who were recognised for showing **Kindness and Caring** in December:

Ms. Church's class:

Hazel Mackenzie
Conal Duley

Mr. Stoch's class:

Kenny Henderson
Ynis Quraishi
Milka Tsegai

Ms. Vlahos' class:

David Koe
Amaya Auld

Ms. Kiil's class:

Sara Ross
Ismacil Abukar
Ethan Fisher

Ms. Barr's class:

Molly Neeb
Jonah Losell
Alex Evers

Ms. Yoannou's class:

Shardae St. Luce
Mustafa Khushal

Mr. Tsai's class:

Alima Tookhi
Ibraam Raja
Maria Foussias

Ms. Paton's class:

Jing Han

Ms. Tsue's class:

Michelle Xiao
Ben Gillingham

Ms. Thorn's class:

Brianna Lewis

Mr. Milburn's class:

Mohamed Ali

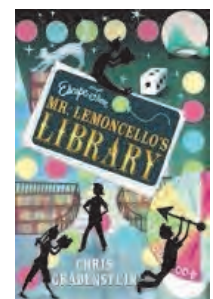
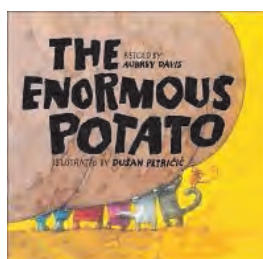
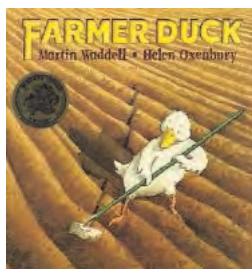
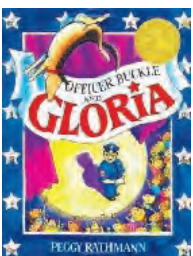
Ms. Ho's class:

Zubeda Bhayat
Markques Myers-Johnson

Ms. Hunt's class:

Hodan Ali Mohamed
Azka Azmi
Michelle Sin
Samuel Woldegebreal

CHARACTER TRAITS FROM **NOVEMBER** CONTINUE ON THE NEXT PAGE



EMPATHY ASSEMBLY

By Kandeel Ifthikar and Zoolnad Haque

The character trait for the month of November was Empathy. Empathy means, how you would feel in someone else's shoes, well not literally in someone's real shoes but in their position. For the assembly, Ms. Dymont invited a First Nations speaker to speak to our school about Empathy. The speaker talked to us about how important it is to be Empathic towards each other and ways you can be Empathic. At the assembly a group of 4, grade six girls did a silent skit on Empathy. The skit was about a Girl and a Bully. The Girl was being bullied by the Bully, but one day the bully put on the girl that she was bullying shoes and they (Bully and the Girl) were put in to each other's shoes, meaning the Girl became the Bully, and the Bully became the girl so the victim. The former Bully got bullied and was confused, she then realized how it felt to be bullied and stopped bullying the Girl. I know it sounds confusing but it was a very good performance and a lot of work was put into it. Overall it was a great assembly, and remember: treat people the way you want to be treated!

CHARACTER TRAITS—NOVEMBER

Congratulations to the following students who were recognised for showing **Empathy** in November:

Ms. Church's class:

Kaelyn Kerr
Kieran Neeb
Ms. Vlahos
Nia Samuels
Muaz Baker Vlahos

Mr. Stoch's class:

Aletzia Piedrasanta Fattori
K. J. Williamson

Ms. Vlahos' class:

Dylan Yee
Trinity Cutler
Tyler Cutler

Ms. Kiil's class:

Sara Ross
Ismacil Abukar
Ethan Fisher

Ms. Barr's class:

Molly Neeb
Jonah Losell

Ms. Yoannou's class:

Daniel Wang
Tiffany Jiang
Shardae St. Luce

Mr. Tsai's class:

Niomi Coultman
Lily Jiang
Marva Hanifi

Ms. Paton's class:

Jing Han

Ms. Tsue's class:

Adil Azmi
Moneba Hanifi

Ms. Thorn's class:

Cody Norton
Ramisa Habib

Mr. Milburn's class:

Aisha Ibrahim
Touhid Khan

Ms. Ho's class:

Tony Deng
Parsa Anayat-Gostar
Kyle Mandamin

Ms. Hunt's class:

Maryama Guirreh
Stephanie Moore Barry

RECIPE OF THE MONTH

Gratifying Granola

A hearty bowl of granola is an excellent way to start the day. Packed with complex carbs and protein, it is guaranteed to keep your child energised and attentive until lunchtime. A high quality granola can be very expensive to buy but is extremely easy and inexpensive to make yourself.

Ingredients

Dry

- 4 cups rolled oats
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- 1 cup chopped walnuts
- ½ cup oat bran
- ½ cup quinoa flakes
- ½ cup rye flakes
- ½ - 1 cup unsweetened coconut
- ½ cup sesame seeds
- ½ cup sliced blanched almonds
- ½ cup cashew nuts

Note: Dry ingredients are flexible but should total about 10-11 cups.

Wet

- ¼ cup of honey or maple syrup
- 1 very ripe banana
- ½ cup of unrefined grape seed oil
- 1 tsp vanilla

Method:

1. Preheat oven to 325C
2. Mix together all the dry ingredients in large bowl
3. Gently heat the honey, oil and banana in a saucepan until honey is very runny
4. Add in the vanilla extract and then blend together using a hand blender.
5. Pour blended mixture over the dry ingredient and mix thoroughly to make sure everything is coated.
6. Spread mixture onto 2 baking trays and place in oven for 15-20 mins or until golden brown (turn and mix every 5 mins to prevent burning)
7. Put granola in a large bowl and add 1 cup dried fruit (e.g. raisins, dates, apricots, cranberries). Stir often until cooled down.
8. Once cool, store in an airtight container in a cool place.

Tip: Strictly Bulk (638 Danforth) is an excellent place to buy your dried ingredients inexpensively

-Lucy Frankel



THE BOOK REPORT

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

Canadian Children's Books

If you've ever had a conversation with me about books, the one thing you will learn about me is that I'm passionate about children's books and Canadian books in particular. This has been a passion of mine since my teen years, where my dad and I would scour local used bookstores for anything Canadian. What has been particularly exciting for me is to see the rise of Canadian children's literature over the last two decades. When I was in my early 20s and new to Toronto, I found myself sitting on a Children's book panel that was held monthly in the "Children's Bookstore" at Bathurst/Bloor and was also attended by the notable Canadian Children's author, Celia Barker Lottridge ("The Name of the Tree", "Ten Small Tales", etc.). I learned a lot those few years that I was involved.

What's great about sourcing Canadian books for your child is that you expose them to stories that are more likely to resonate with them. Things will typically feel more familiar to them or, at the very least, will expose them to things that they may see around them. The best thing is that our books are considered among the best for children, in the world. While Robert Munsch has become a household name around the world, there are many other authors that you can introduce your child to.

For primary children, Barbara Reid (<http://www.barbarareid.ca/>) is a great choice - plus she lives in our neighbourhood - as well as Rukhsana Khan (<http://www.rukhsanakhan.com/>), and Melanie Watt (<http://melaniewatt.blogspot.ca/>). For junior aged children, we have Ian Wallace (<http://www.ian-wallace.com/>) and Jean Little (<http://www.jeanlittle.ca/>), and for good junior level readers we have Deborah Ellis (<http://deborahellis.com/>) and Eric Walters (<http://www.ericwalters.net/>), among many others. Want a good source for seeking out Canadian authors? Check out The Canadian Children's Book Centre website - they have bios and award lists for everything you'd want to know on the subject! <http://www.bookcentre.ca/>

My favourite series (this month)

While not Canadian, this month I'd like to highlight a new series of book that we recently acquired for our collection. These books will appeal to the sports enthused students! Jake Maddox has written a series of books with different sports at the centre - hockey, baseball, cricket, surfing, volleyball, basketball - but he has been sure to keep his characters focused on the other pressures that students may face: mental and social issues at home and in school life. What I particularly like about them, is that they have both boys and girls as the central characters in each story.



My other favourite series comes from Disney and Whoopi Goldberg. For the student who loves chapter books, and series in particular, look for the "Sugar Plum Ballerina" books. They make me smile, and move beyond the typical "fairy" books that have become increasingly popular among girls. This series is definitely girl friendly!



Enjoy your exploration at our library!

nac uoy daer siht???

On **TUESDAY JANUARY 21st** it's...
backwards day! Wear all of your clothes
backwards and try to not to bump into
any walls 😊

BACKWARDS DAY

BLAKE STREET JUNIOR SCHOOL



WHAT'S ON - DECEMBER

EVENTS AT THE 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.
2. **Dumpling Fest.** Do you know the significance of the stuffing inside dumplings? Learn all about this simple, yet significant, Asian dish. Sunday, January 26, 2014 11:00 AM - 7:00PM. FREE.
3. **WinterFUNderland.** Enjoy a series of fun Lunar New Year activities. Sunday, January 26, 2014 11:00 AM - 7:00PM. FREE.
4. **Hands-On** activities for Families. Learn about Miss Lou as you explore our interactive exhibit and create your own horse hat in celebration of the Year of the Horse! FREE.
5. **Lantern Palaces.** Theatrical Play using lanterns as performers to tell the story. Sunday, January 26, 2014 11:30 AM - 7:00PM FREE.
6. **Other Lunar New Year activities: Enjoy a free lunar tea, listen to the Ho Deng musical Ensemble, and see a giant rocking horse art installation... and more!** January 26th – see website for details: www.harbourfrontcentre.com

TORONTO PUBLIC LIBRARY

1. **Lillian H. Smith Library** (239 College Street @Spadina)
February 1, 2014 from 2-4pm. FREE!
Pre-registration is required - please contact 416-393-7746
- Pre-event: Chinese Zodiac Face Painting (FOR CHILDREN) starts @ 1:00pm.
- Main Event: Lion Dance in the Atrium starts at 2:00 followed by a Wushu KungFu demonstration.
- Followed by performances of Chinese classical music, Cantonese opera selections and traditional Chinese dance in the basement auditorium.



WINTER CONCERT

By Zoolnad Haque

Blake Street Public School had their Winter Concert on the night of December 17, 2013. The concert was very successful and many parents, guardians and siblings came to watch. Like almost every Winter Concert at Blake we always have a name/theme for our concerts. This year it was "Paint the Town December." For our concert the opening act was done by Blake's very own choir conducted by Ms. Church. The choir ranges from grades 1- 6. The song sung by the choir was "Paint the Town December." From there, all the classes did a song about a celebration that happens in December. But before the classes performed, 2 of our MC's talked about a celebration that lands in December and what the celebrations are about. A couple of classes also made paintings on those celebrations and we had two painters acting to paint the already done paintings at the concert. What an excellent idea to add! The classes did an excellent job at performing their song! After all the classes had sung their songs, the choir came up again and sang "Hearts around the World" the last song of the evening. I hope that everyone enjoyed Blake's Winter Concert of 2013! I'll be waiting to see how the next one is!



BLAKE STREET P.S. CLOTHES SWAP



By Valerie Foussias

THANK YOU to the parents and teachers that brought items for the 1st Annual Clothing Swap held Saturday Nov 30th. We had about 17 families who came in. Some winter clothes went to the Aboriginal School on Dundas - thank you to Ms. Diamond. Also the remainder of the clothes went to Eastview Community Centre, where they went to the Fundraiser Clothing Swap on the Sunday and the rest were donated to the Eastview Community for the Clothing Bank! :)

FAMILY FITNESS PROGRAM

Attention Families and Students at Blake Street Public School!

Family Fitness Program to Start on Thursday, January 30th!



Background: In 2013, Blake received approval to implement the Family Fitness program. The program offers 5 workshops for parents and children that:

- Teach families about the importance of physical activity;
- Provide practical skills for engaging in physical activity; and,
- Provide information about where to find accessible resources related to family fitness within local communities.

Survey: In late October, a survey was sent home to gain suggestions about activities. There was an excellent response rate; more than 30 families responded and suggested these 5 activities:

- Self-Defence;
- Dancing;
- Flexibility;
- Ball Sports; and,
- Outdoor Activities.

First Activity: Self-Defence, and specifically Martial Arts, will be the first Family Fitness activity, led by DeSantos Martial Arts. The details include:

Who: All Blake Street Public School children and family members aged 4+.

When: Thursday, January 30th from 6.00-7.30pm.

Where: Blake Street Public School.

Child Care: In addition to the activity, free childcare will be provided.

Snack Provided: Children and families are encouraged to eat prior to attending the session.

Following the activity, a free snack will be provided.

An RSVP will be sent home with all children on Friday, January 17th. Come and join in the fun!

Four More Activities to Follow: From February – June, 4 additional Family Fitness activities will be implemented. These activities will be advertised in the Blake Beat and around the school.

We hope to see you on Thursday, January 30th @ 6.00pm!

Sincerely,
The PRO Committee

5 Ways to Empower Your Kids This School Year

The world children grow up in today is vastly different from the one many of us remember from our own childhoods. As parents today, we want more for our children than just academic and career success, we want them to believe in themselves, lead positive, purposeful, rewarding lives and grow to become the best possible version of themselves. However, with their schedules jam-packed with extracurricular activities, technology at their fingertips and a whole new breed of school bully, it is easy for a child to feel powerless in their own life. It's more important now than ever to empower children by giving them the tools they need to develop their own identity and the personal strength to achieve their goals and become their own role models for positive living.

1. **Teach Your Child That Their Uniqueness Is Their Power**

Starting from a young age, it is important to ingrain in your child that the things that make them different from others are their greatest assets. Encourage them to take pride in their individuality and continue to reinforce this idea as they get older so that they learn to celebrate the unique qualities in themselves and in others, instead of losing self-esteem.

2. **Create a Drama-Free Zone**

Children learn what is acceptable in society and what is not by observing the behaviors, actions and reactions of others. Set an example for your child by surrounding yourself with positive people and engaging in activities that give you energy, while avoiding people, activities and foods that drain your energy or negatively upset the balance in your life. Teaching your child the difference between positive and negative behavior early on creates an advantage by helping them identify positive and negative influences in their life as they get older. This allows the child to creatively establish boundaries that keep positive energy and intention in their life and keep drama out so that they can reach their greatest potential.

3. **Talk About Online Safety**

Technology can be a powerful learning tool for your child, however it can also be a window for bullies and predators to enter their life. As a parent, to protect your child you must be aware of all the ways your child is engaging with technology and monitor their communication with others on an ongoing and daily basis. Most parents are vigilant at first, but they often get too comfortable with their child's use of technology as time goes on, leaving their child vulnerable. While your child may not be causing any issues themselves, others may be infiltrating their online space. By teaching your child why they should not share photos of themselves online or why they should keep their location services turned off, you will not only protect your child, but also empower them to use technology safely to explore the possibilities of the digital world.

4. **Address Overbooked Schedules**

Make sure your kid has time to just be a kid. Respect your child's need for down time in between or after a jam-packed day of activities by building it into their daily routine. Encourage activities that allow your child to decompress -- whether it's free play, yoga, meditation or just taking a break from technology. This will teach your child to set aside that same type of time for themselves when they start to manage their own schedule and will better equip them to handle stress as they get older.

5. **Teach With Positive Reinforcement**

Focusing on your child's positive behaviors and achievements and rewarding them with praise often breeds more positive behaviors and empowers them to make better choices while building their self-esteem. Reprimanding your child for negative behaviors may reduce negative behaviors, however it does not increase positive behaviors and can be damaging to the child's developing sense of inner confidence and strength. Serving as a mirror to reflect your child's positive actions, abilities and qualities helps them to see themselves as valuable, talented and capable individuals. The way you teach your child to behave positively also sets an example for your child to teach their peers to treat them with respect and kindness.



Follow Jen Groover on Twitter: www.twitter.com/jengroover

NEW FEATURE: FOCUS ON!

We are happy to have a new regular feature in our Blake Beat magazine!

In order to celebrate the wonderful diversity of our school, and to get to know each other a little better, we will have a monthly 'Focus On' article.

The newsletter team are very keen to feature as many of the countries and places that are represented within our community as possible. If any students, parents, or members of the school community would like to write an article about the culture, land, people, festivals, food, traditions or anything else from your country/place of origin, please drop us a line at:

blakeschoolcouncil.tdsb@gmail.com.

Thanks to Jamie Gillingham for this terrific idea, and please enjoy this month's Focus On Pakistan.

RUMPLESTILTSKIN

Dufflebag Theatre from Prologue presented a lively and interactive performance of Rumpelstiltskin at Blake.

Were you one of the lucky performers to be pulled on stage?



PAKISTAN

By Jamie Gillingham

Over 180 million people live in Pakistan, an important country in the part of the world called Southeast Asia. The most ancient cultures in this part of the world existed in Pakistan, such as the Indus Valley culture. These people built cities in Pakistan at the same time as the ancient Egyptians were building their pyramids!



Modern Pakistan is active in mathematics and scientific research. The country has launched a rocket and satellites into space. There are all kinds of geography in Pakistan from deserts to mountains to valleys and plains. Cricket is the most popular sport played across the country but world champions in many sports have come from Pakistan. The largest city is Karachi and this city has eleven million people (about as many as live in all of Ontario!) but Islamabad is the capital and this city has one million people.

Many people who originally came from Pakistan now are Canadian citizens, including the parents of Rayyan and Zuhair, students at Blake Street PS. They report that during the summer in Pakistan, when it gets very hot (much hotter than in Canada and for much longer), a favourite thing to do would be to visit a farm owned by grandparents of the family. It was a large piece of land and produced mangoes, among other things. Pakistan is known for its delicious mangoes and exports them. It was a favourite family practice to slice mangoes into a big pot on a hot summer's day with ice and water. Everyone would eat from this pot and it was very refreshing and a very pleasant time. Pakistan is also known for its hand embroidery.

10 New Year's Resolutions For Kids

- 1) Learn New Things – like a new song!!!
- 2) Make someone laugh everyday
- 3) Eat healthier foods
- 4) Join 1 new club/activity/sports team
- 5) Read 1 new book every month
- 6) Keep room tidy
- 7) Try a new food
- 8) Donate some toys to a charity
- 9) Pick up garbage if you see it on the ground
- 10) Remember your Please & Thank you's



please



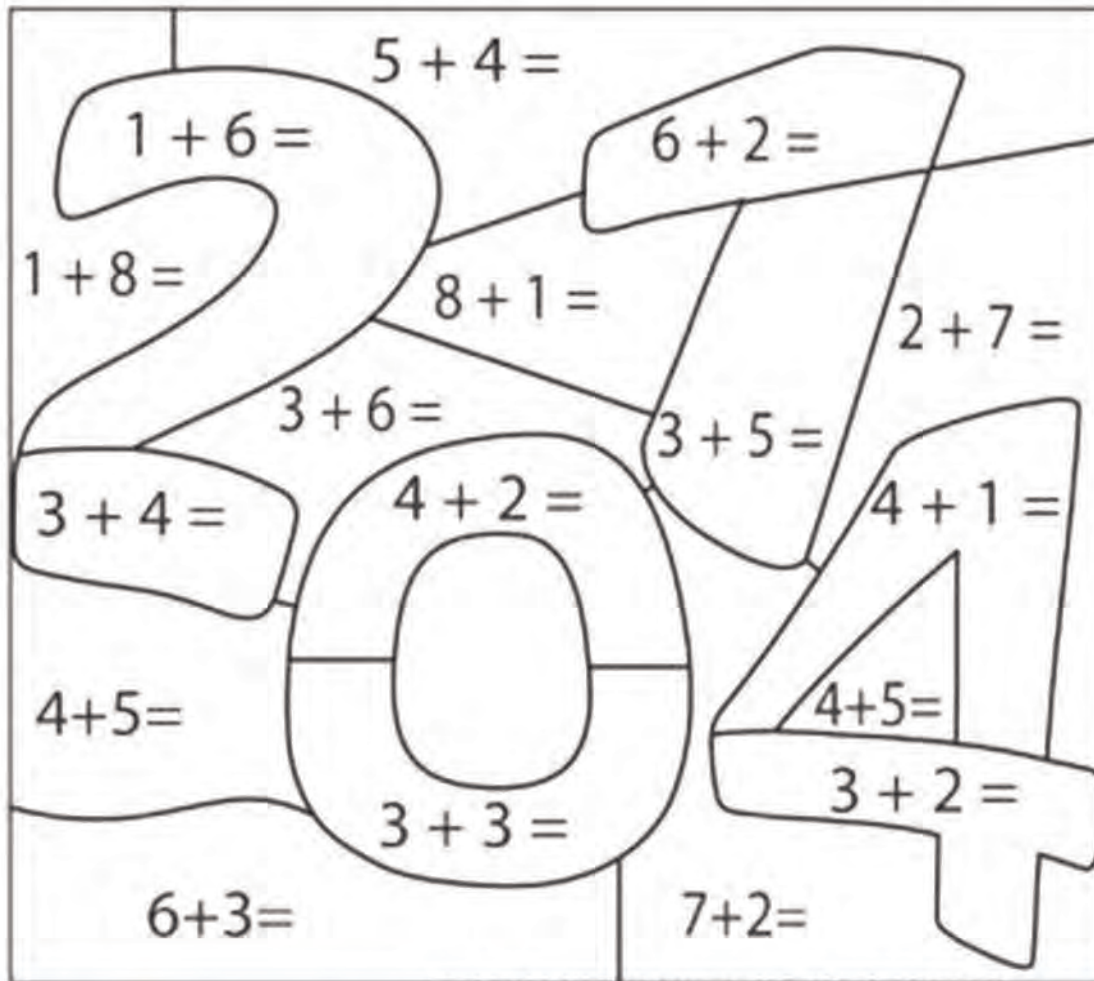
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New Year Maths Facts Colouring

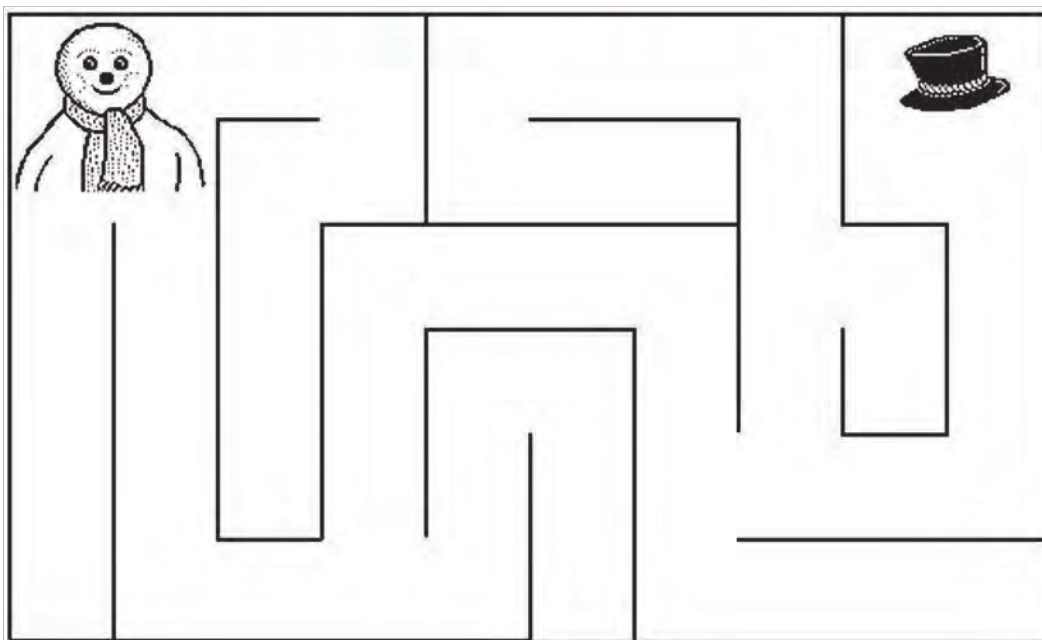
Solve the simple sums and then colour in the picture using the key below!



- 5 green
- 6 blue
- 7 orange
- 8 red
- 9 yellow

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Help Frosty Find His Hat



PARENT COUNCIL UPDATE

By: Marie MacEwen

Blake Parent Council Update from Jan. 16 meeting:

- **Eco Club** for grade 4-6's is in full swing and aiming for Gold .
- **Eastview** will be giving an Anti-Bullying talk for all grades on Feb. 21st.
- **Kindergarten Playground:** Improvements for the Kindergarten area are in the works...stay tuned!
- **Dufflebag Productions** put on a fantastic performance of Rumpelstiltskin
- Mr. Pace will be starting a **Jr. House League** for grades 4 & 5's after school...more details to come.
- Blake and East will be having the **Olympics** from Feb. 7 -23rd...exciting details soon!
- **Folk Dancing Club** for junior grades now underway at the lunch hour...with school board wide event at the end of the year.
- **Family Literacy Day** is on January 27th and the theme this year is "15 Minutes of Fun"
- The first of **PRO (Parents Reaching Out)** Grant programs will be held on January 30th. Bring your families to the school from 6:00-7:30pm to learn something new and get some exercise. The activity on January 30th will be **Martial Arts**.
- For the month of February all families from our school can participate in a free event at the new **Monarch Park Stadium**. Bring your families (kids and adults welcome) from 4-5pm and learn some new skill from professionals in the areas of soccer, **football, Ultimate Frisbee, Thai Chi, yoga and running**. Registration details will be sent home.
- Book your calendars the date for this year's **FUN FAIR** has been set: **Saturday June 7th**
- **Council wants to invite all Blake parents to get involved with Parent Council and help make a difference with your school!!**
Food and child minding is provided and the meetings are actually a lot of fun!
- **Next Parent Council Meeting:**
Thursday, February 20th, 2014—6pm

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 JANUARY NEWSLETTER TEAM

Kelly Dymont

Zoolnad Haque

Kate Green

Kandeel Iftikhar

Lucy Frankel

Marie MacEwen

Valerie Foussias

Sean Neeb

Jamie Gillingham

Eric Novakovics

Jen Groover

Jeanette Rees

BLAKE BEAT

ISSUE # 3, VOLUME 03



MORNING MEAL PLAN FOR JANUARY 2014

*Fruits/vegetables subject to change due to supply

Monday Jan 20	Tuesday Jan 21	Wednesday Jan 22	Thursday Jan 23	Friday Jan 24
1 slice whole wheat bread 50g marble/mozz cheese Apple	½ whole wheat English muffin/bagel ¼ cup strawberry yogourt Baby carrots	1 slice whole wheat bread 1 TBSP. WOW butter 1 pear	1 slice baked goods (banana bread, etc.) ½ cup chocolate milk cucumbers	P.A. Day – no school
Monday Jan 27	Tuesday Jan 28	Wednesday Jan 29	Thursday Jan 30	Friday Jan 31
½ whole wheat tortilla 1 cup hummus (per 8 students) Red & Green Peppers	“Bliss” balls – 2/student ½ cup white milk Apple	30g nut-free low fat granola ¼ cup vanilla yogourt Baby carrots	½ whole wheat English muffin/bagel 1 TSBP cream cheese Pear	1 slice baked goods (banana bread, etc.) 50g marble/mozz cheese cucumbers

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20 After school club in library Riverdale students volunteer in our library	21 Chess instruction: Mr. Milburn & Ms. Ho Homework Club run by Eastview C.C. After school club in library	22 Eco Club	23 Homework Club: Eastview	24 PD Day	25
26	27 After school club in library Riverdale students volunteer in our library	28 Chess instruction: Mr. Milburn & Ms. Ho Homework Club run by Eastview C.C. After school club in library	29 Eco Club	30 Homework Club: Eastview	31 Pizza Lunch	Feb 1

Character Trait for January:

Teamwork

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**