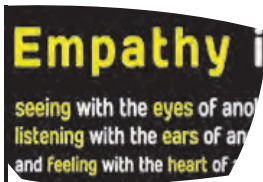


# BLAKE BEAT

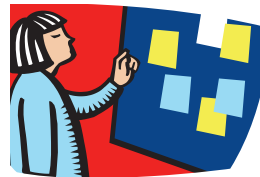


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# CHARACTER TRAITS

## November is Empathy month

### What is empathy?

Empathy is the ability to feel someone else's pain. When you have empathy, you notice when another person feel sad or hurt. This is important, because then you can offer to help people when they are feeling down.

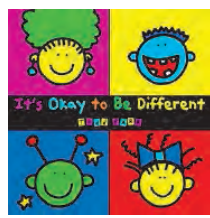
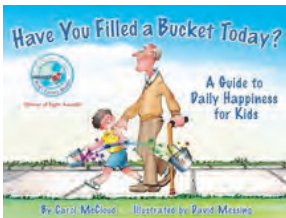
Empathy is the basis of the golden rule: "do unto others as you would have them do unto you."

### Empathy can be learned. So, how can you help your child to become more empathic?

- For younger children, help them to recognise and name emotions. Start with 'happy', 'sad' disappointed, and then try hurt and proud.
- Help your child to notice others and to find ways to help them. You might say, "Look at Mohamed's face. See how sad he is? Can you think of anything that might make him feel better?"
- Help your child to see things from another person's perspective. Explain unseen reasons why another child is upset. E.g. "Tyler's game was cancelled and now she is disappointed."
- Join the band: Recent studies have shown that playing music together boosts empathy in kids. Really!
- Model empathy. By showing concern for your friends, family, making a meal or childminding for someone who is sick, you can show your child a better way to live.

Empathy reduces bullying, racism, prejudice, and even promotes heroic acts! Any fiction books can help make children more attuned to the emotions of others, but here are some particularly good reads to promote empathy:

### Grades K-3



### Grades 3-6



**Empathy is**  
seeing with the eyes of another,  
listening with the ears of another,  
and feeling with the heart of another.

Congratulations to the following students who were recognised for showing **Responsibility** in September:

#### Ms. Church's class:

Poppy Lyons  
Hazel Mackenzie

#### Mr. Stoch's class:

Aletzia Piedrasanta Fattori  
K. J. Williamson

#### Ms. Vlahos' class:

Dylan Yee  
Trinity Cutler  
Tyler Cutler

#### Ms. Kiil's class:

Nadia Gillingham  
Gabriel White  
Ahmad Arif

#### Ms. Barr's class:

Lucas Chamberlain  
Mandy Huang

#### Ms. Yoannou's class:

Kyle Ong  
Jia Ying Zheng  
Lulya Tsegai

#### Mr. Tsai's class:

Lily Jiang  
Justin Sturges  
Mohammed Al-Sama'neh  
Niomi Coulman

#### Ms. Paton's class:

Jing Han

#### Ms. Tsue's class:

Ben Gillingham  
Maggie Zheng

#### Ms. Thorn's class:

Michelle Sin  
Ramisa Habib

#### Mr. Milburn's class:

Quinn Catty-Kaczoski  
Ahmed Moallim-Ahmed

#### Ms. Ho's class:

Bismah Naeem  
Zubeda Bhayat  
Tony Deng

#### Ms. Hunt's class:

Isaaq Abukar  
Zoolnad Haque  
Kandeel Iftikhar  
Steven Zheng



# PEER MEDIATORS

By Zoolnad Haque

### Interview from Mr. Pace about Peer Mediators

"Peer mediators help students stay active by providing equipment at lunch and by helping to solve problems as they arise. The peer mediators have been working on organizing age appropriate games for the students that may need help feeling connected. There are fewer incidents of bullying and office visits. More students are happy to be actively involved outside."

Mr. Pace, Health and Physical Education Teacher

### Interview from a Peer Mediator

"It feels fun to be a peer mediator. I like taking responsibilities. Since I'm the youngest in my family being a peer mediator makes me feel like being a big part of something. To solve problems I ask what happened, I take both sides of the story into consideration, and then I think of a fair solution for the problem. I think that the atmosphere has been changed when students play activities hosted by the peer mediators. I really think it's a good idea and I think it should be continued."

Peer Mediator Samuel Woldegebreal

# SAY NO TO RUNNY NOSES



**Say No to Runny Noses, Scratchy throats and Aching Bodies:**

**Staying Healthy Through the Cold and Flu Season**

By Lucy Frankel, Holistic Nutritionist and Blake parent

(On Oct 10, Blake Parent Outreach held their final nutrition workshop **Staying Healthy through the Cold and Flu Season**. In this session parents learnt some simple ways to boost their family's immune system. This article is a summary of the main points given at the workshop)

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

[Here are some simple ways to boost your family's immune system:](#)

1. **Eat seasonal fruits and vegetables.** Mother nature is pretty smart; the fruits and vegetables we tend to associate with this time of year contain nutrients and properties that help protect us from getting sick
  - **Orange vegetables** (pumpkins are not just for Halloween) e.g. yams, sweet potatoes, pumpkin, carrots, butternut squash
  - **Leafy greens and cruciferous vegetables** e.g. kale, Swiss chard, collard greens, spinach, bok choy, broccoli
  - **Root vegetables** e.g. beets, yams, sweet potatoes, carrots, parsnip, turnip
  - **Berries** e.g. strawberries, blueberries, raspberries,
2. **Add a little spice to your cooking.** Spices are an amazing way to boost your immune system and flavour your food without the use of salt. Some particularly beneficial ones are fresh ginger, turmeric and cayenne but all of them have healing properties
3. **Drink plenty of water!!!** Your immune system cannot function properly without adequate hydration. How much is enough? Halve your body weight in pounds and that is how many fluid ounces you should be drinking a day e.g.

someone who weight 120lbs should be drinking at least 60 fl oz (7.5 cups)

4. **Reduce your consumption of sugar** as it significantly compromises your immune system
5. **Get plenty of sleep;** There is nothing as restorative as a good night's sleep; adults need 7-8 hours and children need 10-12
6. **Reduce stress levels** e.g. practice stress reduction techniques such as yoga or meditation, create a support network of friends and neighbours, take time for yourself and schedule in down time (for children especially)
7. **Exercise** for at least 30 mins a day as this makes the immune system more responsive to bacteria and viruses
8. **Get outside.** Sunlight is the best source of Vitamin D which is important for a healthy immune system

## RECIPE OF THE MONTH

### Kowalchuck Borscht

Borscht originates from Eastern Europe. It is a rich and hearty stew that will warm your bones, make your blood flow and your ears tingle. (Approx 8 servings)

#### Ingredients

- 2 tbsp. olive oil
- 1 tsp. cumin seeds
- 1 onion chopped
- 5 cloves garlic crushed
- Lots of ginger -too much is never enough (2 inch cube approx.)
- ½ lb. beef strips or cubes of stewing beef (optional)
- 4 cups stock (preferably chicken but veg will do)
- 1 can diced tomatoes (28oz/796ml)
- 1/4 tsp. cayenne (1/8 tsp. if you want your children to eat it)
- 3 big beets peeled and grated
- 3 large carrots peeled and grated
- 2 stalks celery finely chopped
- 1 zucchini grated
- 1 potato peeled and diced
- Salt & pepper to taste
- Plain yogurt (optional)

#### Method:

1. In a big deep pot, heat up the olive oil and add the cumin seeds. Let them sizzle for a few seconds
2. Add the onion, ginger and garlic.
3. If using beef add it at this point and sauté until brown
4. Add stock and diced tomatoes
5. Add cayenne pepper
6. Add remaining vegetables
7. Bring to the boil and simmer for at least 40 mins; the longer you leave it the better it will taste! Add more water as needed
8. Serve with a dollop of plain yogurt

## PRINCIPAL'S MESSAGE



## SAFETY

### Successful Parent-Teacher Interviews

Learning is a partnership and we encourage you to continue to be involved in your child's education. As parent teacher interviews are upon us, we encourage you to take this opportunity to find out about your child's progress. Report cards will be sent home soon. Below are some questions and tips that you may find useful for the interview. Interpreters are available. Please contact your child's teacher or indicate your requirements on the parent-teacher interview form.

### Great Questions to Ask

- What skills does my child need to work on?
- What activities can we do at home to strengthen those skills?
- Does my child do his/her homework and assignments efficiently and conscientiously?
- Is my child facing any struggles in class not related to her/his schoolwork?

### Interview Tips

- Talk to your child about school before the interview. Ask how they think they are doing and how the teacher can help them meet their goals.
- Get an idea of what the curriculum is like, the level your child is working at, and areas where they are struggling.
- Make a list of what you want to know before you go into the interview. You can even prepare questions ahead of time if it will make you feel more at ease. Knowing what you want to know and writing it down ensures that you don't forget anything, and that you get the information you need.
- Be open and honest. Feel free to add your own observations around your child's behaviour, strengths and weaknesses.
- Find out what they're learning. Ask curriculum questions. Find out what your child has learned and what is coming up in the term ahead. Know the skills your child will need to be successful in the term ahead (i.e. knowing how to multiply and divide fractions)
- Ask about strengths and weaknesses and possible problems. Find out about problems before they happen. Building on weaknesses allows students to get help before they fall behind.
- Find out how often and how much homework is being assigned. Also ask if your child is completing his/her homework regularly, how long the work assigned should take to complete and does the teacher correct the homework regularly. The answers to these questions will help you better monitor your child's homework habits.
- Ask what you can do at home to help your child. Make a commitment to support your child by monitoring their homework, and helping them learn specific skills.

### Officer Stacey Branton Comes to our School to Talk About Safety!

#### What I Learned from Officer Branton's Visit

By: Yukina Kuo

Officer Branton came to our school. She talked to my class about cyber bullying, which means bullying online. She also talked about netiquette and internet safety. If you don't know what netiquette is, made from two words internet and etiquette. Etiquette means online rules. Internet safety is super important. If you want to be safe on the internet here are some tips:

- Have a good password use numbers, letters and symbols
- Do not join chat rooms it is not always safe
- Beware of viruses

I learnt a lot about cyber safety from Officer Branton and now I know how to be safe while using the internet! Thank you Office Branton!



## TREASURER'S REPORT

Our activities are well under way for the year. The Acorn Cards fundraiser saw participation from quite a few classes and those parents and children are excitedly awaiting their products to be returned from the printer. The first pizza lunch of the year was a roaring success with the highest participation so far and the upcoming movie night promises to be one which will help build excitement at Blake. All of these activities serve to add interest and variety to student life at our school and also serve as fundraisers for the School Council. To have your say in the priorities for the School Council to spend the money it is raising, please come to the next meeting of the School Council on Thursday, 21 November at 6pm in the library at Blake.

Jamie Gillingham, Treasurer, Parent Council



# JOB SEEKING FOR PARENTS

## PART TWO: THE THREE R'S

By Darcy Losell, Employment Advisor and Parent

In last month's newsletter, I introduced readers to three easy steps to get started with a job search and the notion of having a clear and focused vision for that quest. It seems obvious but if you aren't specific about your objective, your search will lead nowhere fast. More importantly, the employment goals that I suggested you set, must be both realistic and attainable.

The next thing that you should consider is the idea of actively researching your chosen career sector while taking into account the needs of employers in that industry and in your local market. That is why I am introducing the 3 R's of job seeking (Steps 4-6) that will help you to gain a competitive edge as you move your search to the next level.

### **Step 4: Research your Occupation and Industry Sector**

Whether you are moving into a new field or staying in your existing career, make sure you study the trends and qualifications needed in the occupation/field of your choice. Take time to actively research on-line resources and collect information in-person and directly with employers or network contacts. These approaches will enable you to build a clearer picture of the employment sector you're competing in for available jobs. Below are some helpful online resources to get your research started:

#### **The National Occupation Classification Website**

<http://www5.hrsdc.gc.ca/noc/english/noc/2011/welcome.aspx>

*This easy to use web-site gives you the latest information on education, professional qualifications and skill requirements needed to succeed in any role. Just use the quick search feature, enter a job title and you will get detailed report with information on market trends for that specific occupation and a breakdown of Roles/Duties and Education/Training requirements.*

#### **Working in Canada National Website**

[http://www.workingincanada.gc.ca/occupation\\_search-eng.do](http://www.workingincanada.gc.ca/occupation_search-eng.do)

*This website features a wide range of features and tools for job seekers of all backgrounds and skill levels. The link above is for the 'occupational search' feature but you can also use the site to look for job postings in your region, home province and across Canada. More importantly, you can also find information on wage and labour market trends, occupational descriptions and supplemental community resources to help your search.*

### **Step 5: Resume Development**

Although technology has made it easier to search online for work and social media has revolutionized networking, every job seeker - regardless of their age or status - needs a good, quality resume. Despite what you may have heard, paper resumes are not yet extinct and most employers still require career documents or electronic portfolios. If you haven't had your resume looked at in a while, consider seeking expert or professional advice or at the very least, a second opinion from a trusted source.

### **Step 6: Rehearse your 'Employment Story'**

As you start to job search, hopefully you will also start talking to individuals in your network or potential employers. One thing that will inevitably occur is that people will start to ask you about who you are as

a professional and what kind of work you want. If you take time to consider your 'story', you won't be caught off guard when someone asks you about your education or work history.

Include in this story details about your sector focus, work accomplishments and consider creating a profile summary. Also, be prepared to 'walk' someone through your resumes best features or highlights from your past achievements. In other words, get comfortable with the idea of talking about your values as a professional.

If you consider these steps and practice developing the 3 R's, you will be more prepared to not only represent and 'sell' yourself more effectively, but you'll be ready for the next set of steps, which will include ideas on effective job searching techniques and the art of cover letter writing.

Questions, comments, need help or a free resume critique?

Email: [dlosell@gmail.com](mailto:dlosell@gmail.com) or [ldarcy@sscto.ca](mailto:ldarcy@sscto.ca)



#### **Additional Resources**

<http://sharongraham.ca/>

**Great Canadian Resumes, 2nd edition** by Sharon Graham is my go-to resource for resume templates and ideas with great samples from nearly every major sector. Best of all, it's easy to use and updated to current Canadian industry standards. She also has a separate book on application letters, called *Great Canadian Cover Letters*. You can order both titles easily from the Toronto Public Library.

## CROSS COUNTRY COMPETITION

Our Blake Cross Country team give us the thumbs up after taking part in a competition October 9th at Ashbridges Bay..



**Remembrance Day** is a special day, not quite a "holiday" to celebrate but **a day to recognize, be thankful and honour our heroes**, both fallen and those who continue to dedicate their lives to our daily safety. Remembrance Day is important to talk about with your children.



### What is Remembrance Day?

Remembrance Day is a memorial day which take place every year so that countries in the Commonwealth can remember members of the armed forces who have lost their lives serving their country.

### When is Remembrance Day?

Remembrance Day is always 11th November (11/11). It was on the 11th hour of the 11th day of the 11th month, that combat in World War 1 came to an end in 1918.

Remembrance Day has been observed since 1919.



### Why do we wear poppies on Remembrance Day?

The poppy was one of the first flowers to bloom on the battlefields of Flanders during World War 1. Their bright red colour symbolised the blood shed during the horrific conflict, but also the hope of new life, and the poppy became the symbol of Remembrance Day.

The Remembrance Poppy has been used as a symbol since 1920.

### Why do we have Remembrance Day?

Remembrance Day is an opportunity to give respect and honour to those who lost their lives serving their country. It also gives people a chance to consider the cost of war.



# ARTS & CRAFTS

Conversation is often easier when we're doing something else - like crafting, so break out the glue and paper, start talking about the day together!



This special Poppy is perfect for young. Gluing the black beans on is great fine motor skill practice.



Another simple way to make a poppy - use your little one's Handprint!



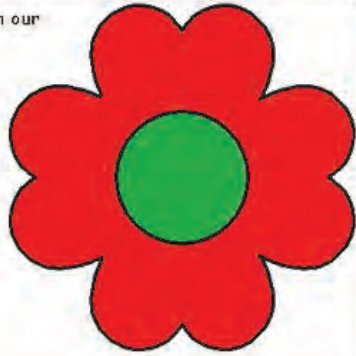
For older kids this is a fabulous watercolour project. To create the "reverse" effect, tape crosses to the paper and paint around and over for the background, then remove to leave the white "cross". Then add paper poppies once it's all dry.

# KIDS CORNER

Unscramble the letters to find the words in our

## Remembrance Day Anagram

Word List: army, bravery, courage, freedom, November, peace, poppies, soldier, veteran, war, wreath



a r w \_\_\_\_\_  
a b e r r v y \_\_\_\_\_  
a c g e r o u \_\_\_\_\_  
d e e f m o r \_\_\_\_\_  
a c e e p \_\_\_\_\_  
p p p e i o s \_\_\_\_\_  
m a r y \_\_\_\_\_  
b e e m n r v o \_\_\_\_\_  
a e e n v r t \_\_\_\_\_  
d e i r o l s \_\_\_\_\_  
a e h r t w \_\_\_\_\_

### A Soldiers Letter

Remember, Remember

It's about November, Soldiers in wars,

But now it's over. The poppies that grow,

To heaven I go, there's no saying no,

What do I do, I wait for you,

Until you come, you know who it's from.

By: Kim Hoang

Thank You

Dear Soldier

I want to thank you for fighting for

Our peace and land and thank

You so much for fighting

By: Brennell Lewis

## Remembrance Day Word Search

H B Y P P O P O B  
R E M E M B E R R  
G K P A W L X E A  
Y R W R E A T H V  
M O D E E R F M E

brave  
freedom  
hero  
poppy  
remember  
wreath





## WHAT'S ON

### NOVEMBER EVENTS

#### FREE EVENTS AT THE PAPE / DANFORTH LIBRARY

1. **Family Time**  
Time Travel with Colborne Lodge.  
Saturday November 9 - 2-3pm.

#### EVENTS AT THE BRICKWORKS

1. **Farmer's Market**  
Every Saturday 9am – 1pm.
2. **Children's Garden**  
Saturdays and Sundays 10am – 4pm.  
Free activities with eco-theme in the outdoor play area.

#### HARBOURFRONT EVENTS

1. **Mexico's Day of the Dead Festival.** Sunday November 10  
FREE workshops include: Dance for the Dead, film: Dia de los Meurtos for kids, Mariache Salute to Day of the Dead and storytelling. See [harborfrontcentre.com](http://harborfrontcentre.com) for more details.

#### 109TH ANNUAL SANTA CLAUS PARADE

1. **Christie Pits to St. Lawrence Market**  
Sunday November 17 12:30pm

#### KIDS FEST

1. **FREE family fun at Yonge Dundas Square**  
Sunday November 17. The full-day event will feature appearances by My Little Pony, The WotWots, Chuck the Dump Truck, Rapunzel and Santa!

### *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](mailto: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 NOVEMBER NEWSLETTER TEAM

Kelly Dymont

Yukina Kuo

Kate Green

Brennel Lewis

Lucy Frankel

Darcy Losell

Zoolnad Haque

Eric Novakovics

Kim Hoang

Jeanette Rees

BLAKE BEAT

ISSUE # 2, VOLUME 02



**Pajamma to the left!  
Pajamma to the right!**

**Jamma, jamma, jamma, jamma P!J!**

**THURSDAY NOVEMBER 7<sup>th</sup> is...**

**PAJAMA DAY & MOVIE NIGHT**

**MOVIE is at 6p in School Gym:**



**Movie night includes: sales of pizza, popcorn, and juice boxes.**

**And its a byowb - bring your own water bottle!!**

BLAKE STREET JUNIOR SCHOOL

# November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 Photo Retake Day  Book Bank -Ms. Vlahos  After school club in the library  Riverdale students volunteer in our library	5 Chess instruction: Mr. Milburn & Ms. Ho  Homework Club run by Eastview C.C.  After school club in the library	6	7 Ontario Science Centre- Mr. Tsai  Pajama Day & Movie Night  Homework Club run by Eastview C.C.	8 Pape Library: Ms. Tsue & Ms. Ho	9
10	11 Remembrance Day  After school club in the library  Riverdale students volunteer in our library	12 Report cards go home  Chess instruction: Mr. Milburn & Ms. Ho  Homework Club run by Eastview C.C.  After school club in the library	13	14 Scientists in Schools-Mr. Tsai  Regent Park Film Festival- Ms. Tsue  Homework Club run by Eastview C.C.	15 PA Day	16
17	18 After school club in the library  Riverdale students volunteer in our library	19 Chess instruction: Mr. Milburn & Ms. Ho  Homework Club run by Eastview C.C.  After school club in the library	20	21 Blake hosts the Boys' Volleyball Tournament  Blake School Council meeting  Homework Club run by Eastview C.C.	22 High Park-Ms. Ho	23
24	25 After school club in the library  Riverdale students volunteer in our library	26 Chess instruction: Mr. Milburn & Ms. Ho  Homework Club run by Eastview C.C.  After school club in the library	27 OISE teachers visit Ms. Church's class	28 Homework Club run by Eastview C.C.	29 OISE teachers visit Ms. Church's class  Character Trait Assembly  Pizza Day	30



Character Trait for November:  
**Empathy**

#### 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**