



# DUKE OF CONNAUGHT



DECEMBER 2017

DEAR PARENTS/GUARDIANS,

The students have been working hard and are engaged with their learning. The spirit of peaceful living and mindfulness is being practiced in many classrooms. The explicit teaching of the Zones of Regulation is evident throughout Kindergarten and in our Primary grades.

"Game On!" boys group has completed its 8 weeks and we are proud that Big Brothers have offered us another round of these empowering sessions in the new year. The boys focus on developing social skills, healthy eating habits and always manage to get in a game or two in the gym.

We are grateful that the Skate Room is open and sign out hours will be held by parent volunteers. We are fortunate to have such a great resource. Classes also sign out the skates as needed and go to Greenwood Park to skate. Parents will be informed of these walking trips. Always remember that helmets are required.

Student leadership at Duke of Connaught is ever present. Room 30 sold red noses this month to raise money for the Toronto Foundation for Student Success. The student council have been working enthusiastically each week planning a series of engaging and thought provoking activities for students for the new year. They are organizing a series of scavenger hunts to highlight mental health and well-being. They are planning to set up a monthly newsletter to engage and inspire and have been working with a group of parents to design inspirational murals with the aim of promoting health and well-being.

We are fortunate to have a number of teams that are working hard and having fun. Thank you to all parents who help to get students to school for early practices; and a big thank you to all of the coaches.

I would like to wish everyone a very Merry Christmas, Happy Holidays and a very Happy New Year. Enjoy the days and the time away from school. We look forward to seeing everyone January 8<sup>th</sup>, 2018. Don't forget that the Ski Trip is Tuesday January 9<sup>th</sup> and Monday January 15<sup>th</sup> at 7:00 a.m.

Sincerely,  
Beverly O'Brien  
Principal

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## MUSIC CORNER

The Duke Music program is running along at full steam. Our **School Winter Concert** was held on December 14th. A huge thank you to Duke students, staff and parents who made this concert another success -- Way to go DUKE ARTS!!

There will be **Carolling** in front foyer on December 18th and 20th in the front foyer from 8:50 - until approximately 9:30 a.m.

A message to all Duke Students Grades 4 to 8 -- Do you like to Sing? Dance? Act? tell jokes? do magic? Or have another hidden Talent? Then think auditioning for Duke of Connaught's **Talent Show**. Auditions will begin in January -- with the Talent Show taking place the first week in April.

Duke of Connaught's **Primary and Junior Choirs** will be participating in the TDSB Non-Competitive Choral Music Festival at the end of January. Stay tuned for more information on this event.

Lastly, there will be a **GRADE ONE choir** beginning in January 2018. Permission forms will be handed out to Grade 1 students after January 9th. The first rehearsal will be on Thursday, January 18th, 2018.

Thanks, once again, to the Duke Community for your continued support of Duke's Music Program.

Ms. Pierce and Mr. Caruso.









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## Red Nose Campaign

Thank-you Duke! Our red nose campaign was a huge success! Again this year we partnered with The Toronto Foundation for Student Success (TFSS) in offering flashing red noses for sale for \$3.00 each. All proceeds are going to provide food, warm clothing and other essentials to TDSB students in need!



## The Everlasting Flame

Students in Ms. Astor's grade 7/8 class, as part of their studies on entrepreneurship created crafts and then sold them over three days. The proceeds raised are going to help a school in Nunavut!



## Woodgreen Food Drive

Once again we are supporting our community partners at the Woodgreen children's centre with their annual holiday food drive!



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# News from the Library

## Forest of Reading:

The library is pleased to announce the Forest of Reading books are now available to borrow! The Forest of Reading is Canada's largest recreational reading program and is organized by the Ontario Library Association. This initiative offers eight reading programs to encourage a love of reading in students of all ages. Over 150 Librarians and Teacher-Librarians across Ontario select the best books by Canadian authors and illustrators that have been published in the last two years. More than 250,000 readers participate annually from their school, public library or individually. Duke students are encouraged to get their Forest of Reading passport at our library. Duke Students are encouraged to read five of the ten books in a particular category (with the exception of Blue Spruce and Prix Peuplier where all 10 books must be read).

The categories include:

Blue Spruce (Kindergarten to Grade 3),  
Silver Birch Express (Grades 3 to 5),  
Silver Birch (Grades 4 to 6),  
Silver Birch Non-Fiction (Grades 3 to 6) and  
Red Maple (Grades 7 and 8).

In French the categories include:

Prix Peuplier (Kindergarten to Grade 3)  
Tamarac Express (Grades 3 to 5)  
Tamarac (Grades 4 to 8)



Please encourage your child to pick up their passport today!

The Virtual Library has many, many wonderful resources, including ebooks! Once you log on to AW, you can navigate to the Virtual Library by using the menu to the left, the Virtual library is about two thirds the way down. Check out the following video that helps introduce all the amazing resources on the Virtual Library at:

<https://www.youtube.com/watch?v=svK20lvbizA&t=61s>

In our next installment we will be exploring ebooks in the Virtual Library.

Biobliotheque Bloor/Gladstone will be having French Book talks regarding the nominations for Prix Peuplier, Prix Tamarac Express and Prix Tamarac from 7:00pm to 8:00pm on the following dates:

Mon January 8

Mon Feb 5

Mon March 5

A great opportunity for you and your child to celebrate their reading and practice their speaking and listening skills en francais!

Greetings from your School Advisory Council (SAC) executive!

Happy Holidays!

The Annual Holiday Breakfast was a huge success! A big **THANK YOU** to the volunteers who made it all possible. Organizing the event, setting up, cracking eggs and flipping pancakes, washing dishes, running booths and activities, and cleanup takes a huge effort and cannot be done without the wonderful community at Duke helping out.

We are all always eager to meet and speak with as many parents as possible. Please join us for coffee morning on the first Friday of each month during and immediately following drop-off, just west of the parking lot. Our next coffee morning is Friday, January 12th. Hope to see you there!

Skating is always a fun activity during the holidays. Our free skate library can be accessed by appointment during school hours, just email [skates@dukesac.ca](mailto:skates@dukesac.ca) to arrange borrowing a pair. The skate library is located in the basement of the Duke building. Parents will need to sign-in at the Main Office and then come down the staircase at the North end of the hall.

We hope to see you at our next SAC meeting on Tuesday, January 23rd at 6:30 pm, in the cafeteria. We are hoping to have a presentation from the new pediatric clinic at Chester P.S. As always, childcare will be provided.

The Adult Social will tentatively be held on Saturday, March 4th. Mark it on the calendar now, as it is sure to be a blast. More details will follow in the New Year.

SAC's Need to Read (NTR) newsletter contains updates, school info, and important dates. If you are not receiving the NTR, visit the SAC website to sign up:  
[www.dukesac.ca](http://www.dukesac.ca)

There are many ways for you to get involved at the school. We are currently recruiting volunteers to help with upcoming events. If you wish to get more involved, please email us at [info@dukesac.ca](mailto:info@dukesac.ca). It is only with volunteers that these community building and fundraising events happen. Let's continue to work together to keep Duke's school community strong!



# Holiday Breakfast





Congratulations to the junior boys' volleyball team on a wonderful season! They worked very hard since the beginning of the season and saw it pay off with wins against Kew Beach, Wilkinson, and Williamson Road. They advanced to the playoffs for a second year in a row and ended their season with a tough quarter-finals match against Palmerston. Well done, everyone! Keep working hard and see you next year! Thank you - Mr. Abbey



The junior girls had a wonderful basketball season. They came first in the tournament, won in the quarter finals but came up short losing in the semis. The girls were a pleasure to coach and showed great team work throughout the season. Looking forward to next year! Thanks – Mr. Aishford and Mr. Noonan





The Gr. 7 Boys Volleyball Team finished first in their tournament, going 10-0, defeating Winchester, Queen Alexandra and Earl Grey. The Boys have knocked out Deer Park in the Semis and then took the CONFERENCE FINAL!



The senior girls basketball team had a short but sweet season. In the tournament, they were beat by Queen Alexander but managed to pull it together with some awesome shots and teamwork to defeat Winchester by more than double. The team worked hard and played hard. They should be proud of their efforts. Great job, girls! Ms. Lee and Ms. Bartzis

The Gr. 8 Boys Volleyball team finished first in their tournament, going 12-0, defeating Bowmore, D.A. Morrison, G.A. Brown, Jesse Ketchum and Glen Ames. The Boys went on to defeat Winchester in the Quarter-Finals, and Winona in the semis, and also won the CONFERENCE FINAL!





## ***SKI TRIPS TO SNOW VALLEY SKI RESORT***

### ***Gr. 5/6 - Tuesday, Jan. 9, 2018***

### ***Gr. 7/8 - Monday, Jan. 15, 2018***

### ***Snow Valley Ski Resort***

#### **Reminder to all students and families:**

- Meet at 7am sharp in the Woodfield Gym.
- Dress appropriately: adequate clothing for winter outdoor activity; warm pants, a coat and gloves or mittens.
- Lunch is not provided. You may bring your own lunch or you may bring money to purchase a lunch in the chalet.
- If you are bringing your own equipment, a properly fitted (as per manufacturer's guidelines) and properly worn snow sport helmet certified by a recognized safety standards association (e.g. ASTM F2040, CEN 1077, Snell RS98, CSA Z263.1) must be worn.

#### **\*\*\* PLEASE NOTE GRADE 5/6 PARENTS/GUARDIANS \*\*\***

We will be returning at approx. 5pm (depending on traffic). Grade 5/6 students must be picked up by a parent/guardian at school unless we have a note dismissing them from the bus.

Thank you!

## **News from the Pool**

Swim club was a great success. Swim team will be starting in the new year. Stay tuned for practice times and when forms will be ready for pick up. All the kids this year will receive a swim team cap and have the option of ordering t-shirts and sweatshirts for swim team.

Have a great holiday! Ms. Gothreau and Mr. Aishford



## Eco Schools News

Our Platinum application was submitted a few weeks ago and we look forward to our interim audit sometime in February. We have several projects on the go: Mr. Darkhor has been overseeing a school-wide waste audit with the help of grade 7 and 8 students. They are integrating the results into their math curriculum. Thanks to Ms. Bartzis as well. In addition, we have a new recycling table in the front foyer, thanks to Mme Mak-Tubbs. We are now re-directing batteries, lightbulbs and used markers from landfills and working with Woodgreen to re-purpose milk bags!



As part of our on-going commitment to student success, Mr. Darkhor has been conducting after school math support, as part of the Board's Literacy and Numeracy program beyond the regular school day. This is to remind parents and guardians of students enrolled in the program that UNIT ONE will conclude on January 11th and UNIT TWO will start on February 20th.



## Around the School:



Ms. Garda's class checking  
Out some monsters downtown!



Our Early Years team talking literacy with  
Gayle David, our Literacy Coach



Hour of Code



Our sparkling new bathrooms in the  
Duke basement!



Roots of Empathy in Room 20!



Eager readers in French Immersion!



Grade 7/8 girls have made a short video about name shaming in line with the TDSB policy about this – film maker Dan Bergeron from TDSB Creates is working with them to make this professional. These students want to raise awareness through the school

## Community News



**S.H. ARMSTRONG**  
**POOL Party Rentals**  
Plan a Party for any Celebration!

**PARTY PACKAGES**  
**STARTING FROM \$170.00**  
includes 1 hour room rental, 1 hour pool rental,  
2 lifeguards and insurance  
Accommodates up to 50 people

Rental Times: Saturdays - 2:30 to 4:30pm\*  
\*Other days and times available

To book your party, call 416 392 7917  
We can customize any party!

### Drop-In Swims

| Day  | Time          | Start  | Fee Adult | Fee Child, Youth, Older Adult |
|--|---------------|--------|-----------|-------------------------------|
| Fri  | 5:15PM-6:15PM | Jan 12 | \$4       | \$2                           |
| Sun  | 2:30PM-3:30PM | Jan 14 |           |                               |
| <b>Lelaure Swim</b> All Ages                                   |               |        |           |                               |
| Mon  | 8PM-9PM       | Jan 8  | Free      | Free                          |
| <b>Lelaure Family Theme Days</b> All Ages                      |               |        |           |                               |
| Fri  | 6:15PM-7:45PM | Jan 12 | Free      | Free                          |
| <b>Lelaure Swim: Women/Girls</b> All Ages                      |               |        |           |                               |
| Thu  | 8:30PM-9:30PM | Jan 11 | Free      | Free                          |
| <b>Aquafit</b> 17 yrs+   |               |        |           |                               |
| Wed  | 6:00PM-7:00PM | Jan 10 | \$13      | \$6.50                        |
| <b>Deep End Water Jogging (Drop-In, self-directed)</b> 17 yrs+ |               |        |           |                               |
| Sat  | 8:30AM-9:15AM | Jan 13 | Free      | Free                          |

### Family Drop-In

| Day   | Time          | Start  | Fee Adult | Fee Child, Youth, Older Adult |
|---|---------------|--------|-----------|-------------------------------|
| <b>*New* Family First Steps to Swim</b> Drop-In Family<br>A drop-in program designed for families new to swimming. Staff will introduce the family to swimming basics. Families participate together to support each other in their learning. |               |        |           |                               |
| Tue   | 6:15PM-7:30PM | Jan 9  | Free      | Free                          |
| <b>*New* Family Fun and Fit</b> Drop-In Family<br>A drop-in program for families to participate in organized aquatic activities. Family relay races, aquafit, obstacle courses, and much more!  |               |        |           |                               |
| Wed   | 7:00PM-8:30PM | Jan 10 | Free      | Free                          |

## HOW DO I REGISTER?

**PHONE :** 416-338-4386  
**ONLINE:** [efun.toronto.ca](http://efun.toronto.ca)  
**IN PERSON:** LOCAL COMMUNITY CENTRE 



**THE FUN GUIDE SUPPLEMENT**  
Toronto Parks, Forestry & Recreation

**S.H. ARMSTRONG COMMUNITY CENTRE**  
56 Woodfield Road, Toronto  
**Winter 2018 Pool Programming**



Toronto and East York District  
Registration begins  
**December 5, 2017**

 [toronto.ca/swim](http://toronto.ca/swim) Call **311**

### The Model School Pediatric Clinic at Chester Elementary is now open!

The Toronto District School Board, in partnership with South Riverdale Community Health Centre, has opened a pediatric clinic to serve the students and families of our community.

The clinic will be open to students and their families on Thursdays. The Model Schools Pediatric Health Initiative brings medical clinics to the place parents trust the most: their local schools and makes it easier for children to access needed healthcare.

To make an appointment for the Clinic or to ask questions please contact Ann-Marie at 416 461-2493



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# Holiday Traditions

## Winter Solstice:

The celebration of Winter Solstice (also known as Yule) is one of the oldest winter celebrations in the world. Ancient people were hunters and spent most of their time outdoors. The seasons and weather played a very important part in their lives. Because of this many ancient people had a great reverence for, and even worshipped the sun. The Norsemen of Northern Europe saw the sun as a wheel that changed the seasons. It was from the word for this wheel, *houl*, that the word yule is thought to have come. The ancient Romans also held a festival to celebrate the rebirth of the year. Saturnalia ran for seven days from the 17th of December. The festival involved decorating houses with greenery, lighting candles, holding processions and giving presents. Celtic priests would cut the mistletoe that grew on the oak tree and give it as a blessing. Oaks were seen as sacred and the winter fruit of the mistletoe was a symbol of life in the dark winter months. It was also the Druids who began the tradition of the yule log. Many of these customs are still followed today. They have been incorporated into the Christian and secular celebrations of Christmas.

## Christmas

Christmas or Christmas Day is an annual festival commemorating the birth of Jesus Christ, observed most commonly on December 25 as a religious and cultural celebration among billions of people around the world. A feast central to the Christian liturgical year, it is prepared for by the season of Advent or the Nativity Fast and initiates the season of Christmastide, which historically in the West lasts twelve days and culminates on Twelfth Night; in some traditions, Christmastide includes an Octave. Christmas Day is a public holiday in many of the world's nations, is celebrated culturally by a large number of non-Christian people, and is an integral part of the holiday season, while some Christian groups reject the celebration. In several countries, celebrating Christmas Eve on December 24 has the main focus rather than December 25, with gift-giving and sharing a traditional meal with the family.

## Hanukkah

Hanukkah is a Jewish holiday commemorating the rededication of the Second Temple in Jerusalem. It is observed for eight nights and days. It is also known as the Festival of Lights and the Feast of Dedication. The festival is observed by the lighting of the *menorah*. One additional light is lit on each night of the holiday, progressing to eight on the final night. The typical menorah consists of eight branches with an additional visually distinct branch. The extra light, with which the others are lit, is called a *shamash*) and is given a distinct location, usually above or below the rest. Other Hanukkah festivities include playing dreidel and eating oil-based foods such as doughnuts and latkes.

## Kwanzaa

Kwanzaa is a week-long celebration. It honors African and is observed from December 26 to January 1, culminating in a feast and gift-giving.<sup>[1]</sup> Kwanzaa has seven core principles (*Nguzo Saba*). It was created by Maulana Karenga and was first celebrated in 1966–67. Kwanzaa was established as a means to help African Americans reconnect with their African cultural and historical heritage. Seven candles in a candelabra symbolize the seven principles of Kwanzaa. Kwanzaa celebratory symbols include a mat (*Mkeka*) on which other symbols are placed: a *Kinara* (candle holder), *Mishumaa Saba* (seven candles) *mazao* (crops), *Muhindi* (corn), a *Kikombe cha Umoja* (unity cup) for commemorating and giving *shukrani* (thanks) to African Ancestors, and *Zawadi* (gifts). Corn being the primary symbol for both decoration and



