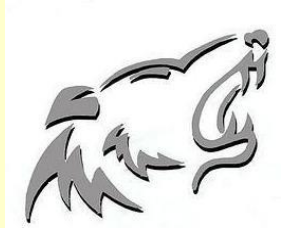


# Cosburn Middle School Newsletter

December 2017 Newsletter



**Office Administrator:**  
Christina Krezic

**Office Secretary:**  
Kim Carreiro

**Guidance:** Claudio Daniele

**School Council Co-Chairs:**  
Grant Daly and  
Ossama El Sarraff

**Superintendent:**  
Lucy Giannotta  
**Trustee:** Jennifer Story

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Toronto, Ontario  
M4J 2P1

**Phone:**  
(416) 396-2335

**Website:**  
<http://schoolweb.tdsb.on.ca/cosburn>

## Upcoming Events

- ◆ 8:30 am: Breakfast Club  
Tuesday, Wednesday, and  
Thursdays
- ◆ Dec 24 - Jan 8: Holiday Break
- ◆ Jan 9: School Resumes
- ◆ Jan 17 - 7:00 pm: School  
Council Meeting—Staff Room
- ◆ Jan 18 Grade 8 Skills Canada  
presentations
- ◆ Jan 29-31: 6B Ms. Clark's to  
Sheldon Outdoor Ed Centre
- ◆ Jan 31-Feb 2: 6A Ms.  
Rasmussen's class to Sheldon  
Outdoor Ed Centre

David Finkelstein, Principal  
Vincent Spadaro, Vice Principal



## December News

Wonderful events and happenings have been going on at Cosburn all December long. Students and staff have much to be thankful for and appreciative of. Whether engrossed in inquiry based learning in the classroom, in groups, teams or challenges made available, students and staff have had a wonderful time. The final week saw the return of Cosburn's Got Talent, as well as a new initiative: Cosburn's Minute to Win It! Congratulations to all! Welcome Ross Doughty (Head Caretaker) and welcome back Rose Tsang (7A). Thanks to Ms. Keech for all her work!

## Cold Weather and Winter Safety Reminders

Winter is here and so is the cold, snowy weather. We remind parents that morning entry is 8:50 and our field is supervised starting at 8:40. Please ensure your child is dressed to be outside during lunch and has a pair of indoor shoes.

### Grade 7 & 8 Parents:

The rink at Dieppe Park opened recently and skating is popular at lunchtime for our students. We have a number of students who have come with hockey sticks and skates to school to take advantage of the outdoor rink.

The only concern raised here is safety.

Many of the students do not bring helmets, and as a school we are unable to supervise the activities at Dieppe Park. We are asking parents to please ensure that their kids are wearing CSA approved helmets if they are skating at lunch. Skates and sticks are to be stored in the students' lockers.

## Cellphone and Electronic Devices

All students are reminded about our school expectations on cellphone use and all other electronic devices. Unless a teacher has told the class they can bring their phone to class for a specific period, cellphones are to be stored in lockers during the school day. As useful as these devices can be, they can also be very distracting. Students found to not be following the rules will be sent to the office. The office will then discuss the expectations with the student and further consequences may be given. Please review appropriate cellphone use with your child and reinforce the importance of following our expectations here at school. Your support is appreciated.

## Allergy Alert

Please be sure to check that all food sent to school is nut free. We have several students with serious life-threatening allergies to nuts. Several staff and students have allergies and are sensitive to scented products. We ask that you limit use of these products and remind all students that these should not be used at school. Cosburn is a Scent Aware School.

## Student Absence

Please ensure to call Safe Arrivals (416) 396-2339 by 9 am if your child is absent or is going to be late for the day.

Early dismissals i.e. appointments, requires written notice to be provided to the teacher; otherwise a parent must sign the student out. **For safety reasons phone calls cannot be accepted for dismissals.**

## Me To We

Me to We has been working very hard this year! We are grateful for the support of our community in our annual We Scare Hunger Food Drive. We collected 1200 lbs of food for the Yonge Street Mission. We also presented them with a cheque for \$1000 that was given to us as a grant from TELUS for our previous work with Yonge St. Mission in the spring, creating comfort kits for people who use the YSM's services. We are also collecting new hats, scarves, mitts and other warm clothing to donate to the Yonge Street Mission to donate to their clients in need. Look for our Mitten Tree in the front foyer! This year we have sold almost \$1000 in rafiki bracelets to raise money for WE village initiatives in third world countries. Me to We has also been collecting used batteries for the Zinc Saves Lives initiative. Sponsored by Teck, we are taking the batteries to specified recycle facilities that will then donate the value of the zinc received to WE in support of zinc and health work in WE villages in Kenya. We will drop off our first load of batteries this week. Battery collection will continue throughout the year as part of our Eco-Schools initiative as well as continuing to contribute to our WE village initiatives. Stay tuned for new Me to We activities in the New Year!

## What is Stress; how can you deal with it?

In grades 6, 7, and 8 you may develop stress, from school, homework, sports, and more factors. At Cosburn MS, Ms. Karakozidis and M. Mastorakos' classes have spent the last term working on a stress unit learning about what stress is and how to deal with it. We learned that if you develop stress as a teenager, you can also develop coping methods to deal with it. It's important to deal with stress when you're younger because your body is growing, and it's much easier because you have your family and friends to help you get through it. When you're older, you may have more stuff to deal with and its way more stressful. As well, if you have stress as an adult it can turn into anxiety or even depression which could lead to self-harm. Things that can lead to stress are homework, sports teams, sports out of school, taking care of siblings, and maybe your parents/family etc. In conclusion it's important to be educated about stress in your school or community and to learn how to deal with it or prevent it.

### Ways to Deal With Stress

- Taking a bath
- Talking to a friend
- Going for a run/walk
- Listening to music
- Meditating
- Counting
- Taking a deep breath
- Get more sleep (take a nap)
- Doing yoga
- Playing sports

By: Meghan 8 FIA & Johnny 8A

## Lunch Reminders

Lunch at Cosburn is from 11:28 to 12:40. Once dismissed, students may go to the washroom and to their locker; collect items needed then proceed to the cafeteria. If they have written permission, they may go home or off property. Grade 7 and 8 students with school and parental permission to leave the property are reminded to be on their best behaviour.

**Students are not permitted at restaurants on Coxwell Ave nor the Civic Centre cafeteria. They are also not to go further west than Dieppe Park.**

Once students have finished eating they go outside to the field. The entrance area off Durant Ave is not supervised.

As some at Cosburn MS have life-threatening allergies, we are a **nut-free school**. Please ensure **no nut or peanut-containing food is sent to school**. We are proud to be a Platinum Eco School; Students and parents can help us maintain this by packing waste free lunches and by ensuring all waste is put in its place.

## Reminders from the Office

Items that are brought to the office for a student (i.e. lunches/homework/clothing) must be clearly marked with both a student & teacher name. Students are responsible to pick up their belongings - the office staff will not be disturbing classes for dropped off items.

**Safe arrival calls should be made to (416) 396-2339 by 9 am**  
(messages can be left any time before 9 am)

**Parents:** When leaving Student Absence voice messages: **Please speak slowly and spell clearly** the name of the student and include their homeroom class and/or teacher name. Thanks for your help!

## “Choices for 9” - Looking Ahead

**Optional Attendance** - Note the list of *Closed* schools below. *Closed* schools do not take optional attendance applications.

A student may apply to any two "regular" schools beyond their home school and two "specialized schools or programs."

Once you accept an offer of admission to a school of choice, it becomes your "home" school and you are expected to remain there until graduation.

### Important Dates:

**Feb. 2/18** - Optional Attendance Forms due at Secondary Schools no later than 4pm (family delivers to requested high school(s))

**Feb. 16/18**- High schools inform students of their Optional Attendance decision.

\*Please inform Mr. Daniele if you are accepting an Optional Attendance offer ASAP\*

**Feb. 23/18** - Final "Course Selection Sheets" submitted to Mr. Daniele

**March 2 2018 Course Selection Sheets due at all secondary schools.**

### Elementary Guidance to deliver forms

REGULAR PROGRAMS			
Learning Centre 1	Learning Centre 2	Learning Centre 3	Learning Centre 4
Lawrence Park CI	Earl Haig SS	Lester B. Pearson CI	Humberside CI
Leaside HS		Native Learning Center East	Malvern CI
Marc Garneau CI		RH King Academy	Riverdale CI
		SATEC @ W.A. Porter CI	
		Sir Wilfrid Laurier CI	
		Wexford CI School for the Arts	
<b>EXTENDED FRENCH</b>			
Humberside CI			
Lawrence Park CI			
<b>FRENCH IMMERSION</b>			
Harbord CI			
Humberside CI			
Lawrence Park CI			
Richview CI			

## MyBlueprint - Career/Life Education Planning

Grade 7 and 8 students are actively creating and updating accounts using the web-based tool, MyBlueprint. This resource is licensed for TDSB students in Grades 7-12. The tool provides opportunities to complete assessments to support students in developing their Individual Pathways Plan (IPP) and to support decisions around high school choices and course selection. Please have your child work with you to create your parent/guardian account so that you may link with your child's account as well.

[www.myBlueprint.ca/tdsb](http://www.myBlueprint.ca/tdsb)

## Guidance - Web Page

Visit Mr. Daniele's Guidance page at

<https://sites.google.com/tdsb.on.ca/guidancelc4/home>

Happy Holidays! Mr. Daniele

## What is Sarahah and why are people concerned about it??

(From CommonsenseMedia.org)

SARAHAH is an anonymous feedback app originally designed for use in the corporate workspace so that employees could give anonymous criticism to their employers. However, teens use it to essentially pass anonymous digital notes to each other. The app lets you create a profile and works as an add-on to the popular social networking app Snapchat. Drawing upon the contact list on your phone, it lets you connect with friends and send anonymous comments to them. It also lets you search for users and send anonymous messages to them, as well, even if you don't know them. In the privacy settings, teens can choose to not be found in a search or get feedback from unregistered users.

As you can imagine, this anonymous commenting tool makes it all too easy to be cruel. There's not much to Sarahah; its barren screens aren't attractive, and its interface is near nonexistent. The app works by attaching itself like a digital parasite to Snapchat, enabling teens to use screenshots of negative comments to garner consolation from friends (friends who might be the anonymous authors of those negative comments!) or to humblebrag about how cool they are. Sure, perhaps some teens use it to send anonymous messages with their schoolyard crushes, but more often it's used to say all the mean things teens would never say to a friend's face. App store reviews confirm this, as users recount stories of anonymous death threats and sexual harassment. So, like so many anonymous apps before it, this is another one to avoid.

For information go to:

[www.commonsemmedia.org/app-reviews/sarahah#](http://www.commonsemmedia.org/app-reviews/sarahah#)

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

*The Toronto District School Board, in partnership with South Riverdale Community Health Centre, has opened a paediatric 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 Paediatric 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*

## The Wonderful World of Sports at Cosburn

### Grade 7/8 Girls Basketball Team:

Congratulations to *Jacky L., Yianna R., Antonia F., Meaghan H., Renee W., Elizabeth H., Maya A., Fariha M Z., Josie Z., Victoria B., Kristina Z., and Trinity A.* on a successful TDESAA Basketball season. The team participated in after school League playing finishing with a 4-1 record. In the playoffs the team defeated Jesse Ketchum in the Quarter Finals and Westwood in the Semi Finals to advance to the South Conference Championship. In the Final the team played hard but came up just short 34-33 (OT). Nonetheless, the coaching staff (Mr. Stone, Mr. Photos, and Coach Stacy) is very proud of the team. Well done girls!

### Grade 7 and Grade 8 Boys Basketball Teams:

Boys Basketball season is in full swing with both the Grade 7 and the Grade 8 Boys teams practising and preparing for upcoming after school league games in the new year. Each team will also participate in additional exhibition games. **Grade 8 Team:** *Gabe M., Joseph T., Griffin W., Jared R., Noah G., Sam G., Alex D., Mahdi, Kosta D., Thomas B., Keegan D., and Malcom K.* **Grade 7 Team:** *Dino K., Ethan G., Zaine F., Patrick A., Aki Z., Stellan M., Cameron B., Jared C., Keenan M., and Dylan D.* Go Wolves!

### INTRAMURAL NEWS:

**Dodgeball Lunch League (Grade 7):** Throughout December the Den has witnessed some highly energetic and spirited play thanks to the Grade 7 Dodgeball Lunch League. The staff team, *Durant & Cosburn*, has also enjoyed regular season play and wishes all teams well in the playoffs. Participating Teams: *Doubledown, Devilfish, Dodgers, Demolition, Deadpool, Dynamite, Destroyers, Da Bomb.*

### Cosburn Ball Hockey League (C.B.H.L. - Grade 6):

The Lair is once again playing host to before school ball hockey intramurals. This year there are seven Grade 6 teams participating in the C.B.H.L.: *Rangers, Maple Leafs, Golden Knights, Lightning, Capitals, Penguins, LA Kings.* Regular season games have

### Cosburn Ball Hockey League (MORNING MONSTER - Grade 7/8):

The Grade 7 and 8s are also participating in early morning ball hockey in the Lair. Good luck to all six Grade 7/8 teams as they enter the **Cosburn Cup Playoffs:** *Aces, Mallards, Swamp Rabbits, Beast, Gladiators, Solar Bears.* Finally, our Before School ball hockey league pairs nicely with our Breakfast Nutrition Program. This provides students with a healthy and active start to their morning.

## Eco Club News

The Eco Club continues to work hard to care for our environment and to encourage all members of the Cosburn community to be good eco-citizens. Here are some of the Eco Club activities we have had this month: On Dec. 12, the Eco Club did a Waste Audit. The results were encouraging; however we need to reduce the amount of recycled paper in our waste. We also had a bake sale. All proceeds went to our WWF "Save an Endangered Animal" Campaign. On this occasion, we also sold Red Noses for the Toronto Foundation for Student Success. They make great stocking stuffers! All proceeds help provide food, warm clothing and other essentials to Toronto students in need. The TFSS is the independent charitable foundation for the Toronto District School Board. For more information, please visit their website [www.tfss.ca](http://www.tfss.ca). We finished the year with a hot chocolate celebration, appropriate for the season, for the very hardworking Eco Club members. The Eco Club welcomes any student who would like to join. Have a great holiday and do not forget the 3R's help the planet!

## General Reminders

- ◆ Morning Entry Time is 8:50, students MUST be in class by 8:55
- ◆ Lunch is from 11:28 - 12:40, entry is at 12:40, students MUST be in class by 12:45
- ◆ Dismissal is 3:18

**ALL VISITORS TO COSBURN, INCLUDING VOLUNTEERS, ARE TO SIGN IN AND OUT WITH THE OFFICE.**