



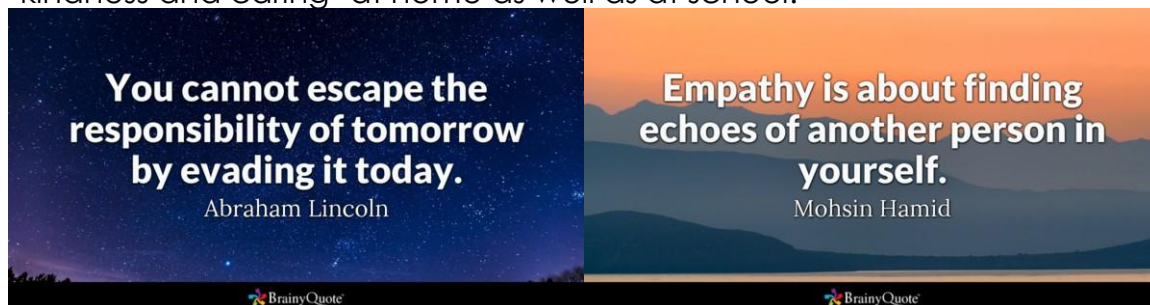
James S. Bell Junior Middle Sports and Wellness Academy
Principal's Newsletter
October-November, 2018

School Community Building

During the month of October we focused on the important character trait of 'responsibility'. Responsibility is being accountable for who you are and what you do. Responsibility is being dependable and trustworthy. Someone who is responsible does his/her best and doesn't blame others for his/her mistakes. A responsible person makes sure a job is done correctly and on time. Of course students are expected to demonstrate responsibility both in their classrooms and during the school day especially during recesses and lunchtime. We hope that you will continue to have discussions with your children about how they may demonstrate responsibility at home.

November was a time to recognize the important character trait of 'empathy'. We had a beautiful and memorable assembly on the 9th commemorating Remembrance Day on November 11th. The ceremony was highlighted with lovely songs, educational messages about contributions and sacrifices made by our soldiers, and powerful tableaux, poetry and imagery too. Our students did a remarkable job demonstrating respect and demonstrating their appreciation for our Veterans' courage. It was a time to remember those who made sacrifices for our freedom and for peace. What a wonderful message to our school community that we need to remember to support one another in times of need and have empathy for our fellow human beings. (More on Remembrance Day below.)

Our December character traits are 'kindness and caring'. Given that the holidays are around the corner, these character traits are very appropriate and timely. We hope you will continue to discuss how students may demonstrate 'kindness and caring' at home as well as at school.





Terrific Tigers (Student Recognition Presentations)

Our monthly Terrific Tigers Assemblies are a chance for students to be recognized for demonstrating our important character traits with their class mates, school mates and caring adults in the school. We hope all of our students will remember to strive for excellence not only in academic achievement, sports and the arts but also in positive leadership and responsible citizenship at JSB. Each student selected by their teacher received a certificate and JSB pencil or pen!

Congratulations to the following students:

Room	Name for Oct.	Name for Nov.
101 (Ms. Brake/Ms. Szpylma)	Adhivika B.	Fatema A.
102 (Ms. McKnight/Mr. Morley)	Angela L.	Jackson I.
103 (Ms. Leis/Ms. Clark-Barret)	Mackenzie T.	George M.
104 (Ms. Baron)	Zachary P.	Nessa C.
105 (Mr. Barton)	Evan H.	Amina M.
108 (Ms. Kostiuik)	Grace K.	Kyle F.
110 (Ms. Reaney/Ms. Baig)	Jaziyah S.	Isaac N.
112 (Ms. Debowski)	Liane M.	Mateo N.
107 (Mr. Michailidis)	Claire L.	Alexa C.
203 (Ms. Chard)	Bronson K.	Joslin C.
201 (Ms. Cruikshank)	Jake S.	Isabelle B.
202 (Mr. Cosic)	Ania Y.	Nick K.
208 (Ms. Kis)	Katherine S.	Elijah G.
210 (Mr. Maxwell)	Psalms B.	Reid L.
206 (Mr. Kobe/Ms. Pacheco)	Joshua M.P.	Joshua M.P.
213 (Ms. Enns)	Natasha O.	Amber M.
211 (Ms. Morrison)	Yalda N.	Jaedynn H.
214 (Mr. Barnes)	Nya C.	Teghan K.
215 (Ms. Karpat)	Julia B.	Antonio G.
207 (Mr. Harvie)	Breanna B.	Annabelle T.

Parents will be invited by the classroom teacher to join the assembly presentations when their child is nominated for a certificate.



Student Parliament

Student Parliament members at JSB have been working hard for the last couple of weeks. We have put in place our Student Parliament members. Our executive members consist of co-Prime Ministers, Natalie Barnes and Georgia Kane. Treasurer/Secretary Camille Blackford, Health and Wellness Rep: Amber Mays, Media Reps: Natasa Oroz and Summer Winn. Class reps have also been voted in by their homerooms. Our first project this year was the October food drive and Halloween dance. All proceeds will go to the Salvation Army Food Bank located on 30th St. We have also planned spirit days for each month. For the month of October we had JSB Spirit day where we all wore our new JSB t-

shirts. November is Twin day (see photos below) and December is Ugly Christmas Sweater day. For the month of December we are asking students to donate new hat or mittens for families in need. This will also go to the Salvation Army on 30th St. The students are really working hard to make this year a fun one at JSB.

Upcoming Dates:

November 29 -- Twin Day

December 10-20 -- Selling candy canes

December 20 -- Ugly Christmas sweater day

December 21 -- Winter Dance for grades 6-8

Sherri Enns





Grade 7/8 Science Update

This month, the Grade 7's continued on their Ecosystems unit. We learned about the interplay of living and non-living elements in ecosystems, the role various groups of organisms play (i.e. - producers, consumers, decomposers), how producers create energy through the process of photosynthesis and how energy transfers through ecosystems (represented by food webs, chains and pyramids). Students are currently completing a research project on the negative impacts of an invasive species of their choice.

This month, the Grade 8's worked through their unit on cells, tissues, organs, organ systems and organisms. We covered the cell theory, the levels of cellular organization, the roles of all major organelles in plant and animal cells and the processes of photosynthesis and cellular respiration. After looking at the main components and functions of compound light microscopes, and trying them out, we compared these to scanning electron microscopes (SEM) and transmission electron microscopes (TEM) used in many laboratories around the world. We are wrapping the unit up with an in-depth look at various organ systems in humans. The summative task involves researching an organ system of choice as well as an investigation into common health conditions related to this system, how to treat them and new technological and medical advances related to the system.

Both grades also completed their sixth STEM challenge of the year (see photos below) with impressive results. In terms of technology, we looked at some of the incredible things being produced by three-dimensional printers and Lego robotics. On Halloween, we learned about some interesting chemical reactions, common characteristics of reactions and did a simple experiment where we made some slime (See photos below). Lastly, our order of USB microscopes has arrived, and we are beginning to work with them as well.

Upcoming Science and Technology Extracurricular Opportunities:

- Hour of Code (Introduction to computer programming/coding - December 7th)
- Skills Canada Cardboard canoe competition (starts in January)
- Lego Boost Robotics club (starts in December)
- Woodworking and microscopy club (starts in late November)

As always, all work, assignment expectations and deadlines, website and video resources, as well test dates and hints can be found on my websites:

Grade 7 Science - mrmakgr7science.blogspot.com

Grade 8 Science - mrmakgr8science.blogspot.com



Grade 7/8 – Music Update

In Music, the Grade 7 and 8's finished up and presented their excellent STOMP and Body Percussion rhythm performances. We then learned about the "neutral" or percussion music staff, and have learned to read and perform some progressively harder rhythms on it, including the songs Pompeii and Uptown Funk. In pairs, students from both grades also designed and presented their own unique beats, using quarter notes and quarter rests. These were represented visually as rhythm cards; using illustrations and musical notation (see images below). We are currently learning to play bucket drums and will be putting together a unique performance for next month's Terrific Tigers. Lastly, many talented students from the JSB Rock Band and Performance Choir will be sharing the song "Keep Me in Your Heart" during the school's Remembrance Day assembly (see the JSB twitter account for a short clip).

Music Extracurricular Opportunities

- JSB Rock Band continues for the rest of the year
- JSB performance choir will continue to work alongside the rock band during the winter and spring concerts
- Ukulele club will be back at some point in the winter months

Please see a few photos below!

Mark Makowiecki





Chudleigh's

Students from all the primary classes visited Chudeigh's Farm on Oct. 16. They enjoyed running through the hay maze, playing on the playground, the scavenger hunt in the forest, the wagon rides, picking apples and a pumpkin for the class. They also went to the petting zoo and met many animals. Many of the classes made apple sauce and apple crisp to enjoy!



MOVEMENT

X-Movement at JSB

Our students in all grades participated in a fun and energizing program called X Fusion during the week of Nov. 5 followed by a well attended family night on Nov. 7th. X Fusion explored self-regulation through a mix of yoga, high intensity fitness, and mindfulness. Students were guided to identify their feelings and emotions, choose their desired state, and use physical action to achieve it. By the end, they were equipped with the steps to self-regulate. Some messages from the program include:

MENTAL BENEFITS:

Self-Regulation (Creativity through Drama)

PHYSICAL BENEFITS:

Stability Skills (Core, Balance)

AFFIRMATION:

I Can - You Can - We Can



Remember Them

We had a beautiful Remembrance Day observance in the gym on November 9. Thank-you to all of the teachers under Mr. Kobe's leadership for preparing students for the assembly and a special thank-you to Mark McKeon for the lovely set, lighting and sound. Thank-you also to Tyler and Kennedy who did a superb job emceeing. Thank-you to all those who joined us for this 100th Anniversary of the First World War. It was an honour to have 2nd Lieutenant Riggs and Private Fazio join us and say a few moving words. We continue to collect donations for the poppies that were distributed on that day to students. If you would like to contribute please send a loonie or toonie to the school office. We will be sending

a donation to support our veterans and the Royal Canadian Legion just before the holidays.



Sports News

Cross Country Running

We had over 50% of our runners qualify for the West Championships and had 5 qualify for the City Championships.

Senior Flag Football

Tigers Black pulled off the upset with a win over Tigers Gold in the semifinals and won the Finalist banner!

Senior Boys Volleyball

Tigers Gold won the annual JSB Invitational and is currently undefeated in the season so far. We just won our pool and will host the 1/4 final match in the next 2 weeks.



Senior Girls Volleyball

We've begun practising twice a week in anticipation of yet another strong season. The Invitational Tournament is set for January 26th.

Junior and Senior Girls Basketball

Congratulations to both the Junior and Senior girls who finished first and second respectively in their tournaments. Both teams now move on to the quarter finals!

Junior Girls Soccer

The Jr Girls soccer team went to Park Lawn for their tournament. The girls played great, and it came down to goals or vs goals against to see who goes the playoffs. Where the girls came up just short in victory, They certainly exceeded expectations and had so much fun that day. Overall, what a great day and a great experience!

Jason Barnes, Jason Michailidis and Kerri Baron



Anaphylaxis & Food Policy

There are staff and students attending James S. Bell who suffer from life-threatening allergies to peanuts, latex, egg, shellfish, among other allergens. Prevention is the best approach. Therefore, we ask your co-operation in not sending any snacks or lunches containing nuts or nut products with your child.

Students who have severe allergies to such food substances are exposed to a severe health risk when tree nut products are consumed in their environment or shared with them. Please speak with your child about not sharing their snacks or lunches with other students at any time.

The Board has procedures for the prevention and management of anaphylactic reactions. If you are interested, contact the VP for further information. Further information is also available through Anaphylaxis Canada (416-785-5666).

If your child has health problems of any kind, please inform your child's teacher or office staff immediately so that the necessary health protection steps may be taken.

Your understanding and co-operation in ensuring the safest environment is appreciated.



Kids and Flu

Flu germs spread when people cough, sneeze or talk. Flu germs can also live on surfaces like toys, countertops, and door handles for up to eight hours.

Students can pass the flu germs to each other, to school staff and to family members before they show symptoms. Children under five, seniors and people in poor health are at greater risk of complications from flu.

Vaccination is the best protection against flu. It takes 2 weeks for the vaccine to be fully effective so get it early.

Tips on staying healthy this flu Season:

1. Get your flu shot early
2. [Wash your hands](#) often
3. Avoid touching face and eyes
4. [Cover your cough](#) or sneeze
5. Do not share drinking cups and utensils
6. Disinfect common surfaces like door handles, hand railings, keyboards, cell phones and tablets.

For more information, visit toronto.ca/health/flu
Public Health Nurse



Occasional Lunch Room Supervisors needed!

James S. Bell is seeking parents and responsible adults in our community to join the TDSB to supervise our students during the lunch hour. If you are available to support us on occasion, or seeking temporary part-time work with availability from 11:30 to 12:45 on Monday to Fridays, please contact Ms. Bellehumeur at the school for more information. We'd love to have you join our team!



31st Street Parking and Staff Parking Lot

As inclement weather approaches, please be reminded to obey street signs and do not park in the bus loading zone along 31st Street. Ensure that you park in only designated areas along the street always watching for children crossing the street between cars. Please also note that the school parking lot is for staff members only particularly between 7:30 a.m. and 4:30 p.m. All other cars (without a TDSB authorized parking tag) will be ticketed and towed at the owner's expense. Thanks for your support as we strive to make student safety a priority.



Appropriate Weather Clothing

As the colder weather approaches, please ensure that your child(ren) come(s) to school dressed in appropriate clothing and apparel to be outside for recesses. We ask that you send your child with a pair of indoor shoes that may remain at school for the duration of the winter season. Please label all belongings with your child's name so that we can return misplaced clothing more easily.



Valuables

We ask that students avoid bringing expensive valuables such as handheld video games, toys and other miscellaneous items. Please be aware that Pokémon cards are not permitted at school. These items are distractions for children from their learning at school and although we understand the entertainment value and good intentions of bringing such items, we cannot ensure their security and protection from damage, nor will we allocate time and resources to investigate damage, loss or theft of these valuable items. We do have cell phone contracts and policies in place for our older students. Please help your child abide by the contracts at all times.



Important Dates:

Dec. 7- PA day no school

Dec. 10- Candy Gram sales start Student Parliament
 Dec. 12-Holiday Concert at 6:30 pm and grade 8A to Cadbury Factory
 Dec. 14 – Skating at MCC – Chard/Cruickshank/Cosic
 Dec. 14 – Subway Lunch
 Dec. 17 – LCI Presentation –pm
 Dec. 20 – Ugly Sweater Day
 Dec. 20 –Terrific Tigers assembly at 9:20 a.m.
 Dec. 21 – Pizza Lunch
 Dec. 21 – School Dance \$4 Games Room \$3 (6/7/8)
 Dec. 24-Jan. 4-Winter Break no school
 Jan. 7 – School Begins
 Jan. 11 – EFSC – Barton
 Jan. 11– Subway Lunch
 Jan. 18 – PA Day no school
 Jan. 21 – X-Movement (Power)

Please be reminded that you can follow us on twitter! @TDSB_JSB2.

Principal's Message



HAPPY
Diwali



Firstly, Happy belated Diwali to all those who celebrated this occasion on Nov. 7 and Happy Hanukkah to all those celebrating this holiday between Dec. 2 and the 10. Autumn has come and seems to be leaving us with much colder days. We had a fun and enjoyable indoor K-5 Halloween parade and there were many creative costumes! Thanks to the parents who joined us for the parade. The grades 6-8 Halloween dance was a fun time had by all! Thanks for your food bank donations organized by our Student Parliament. We look forward to many winter events such as skating trips to Mastercard Centre, our ski trip, hockey season and our Marlies Game outing to name a few!

I wanted to take this time to thank all of our staff members who organized or coached sports teams and other extracurricular activities these past few months. Thank-you to all the parents and in particular members of the school council for all of their unwavering support of our endeavours. Our students benefit greatly from everyone's generosity of time, effort and energy. I wanted to thank our council for the purchase of a new JSB sports tent that our teams used in the fall and will again in the spring! It is great for protection from the sun and the rain!

See photo below.



Please be reminded to inform the office of any updates to your contact information so that we may input changes immediately. This is especially important as we are now a TDSB School Cash Online school. We thank everyone who has already signed up to this online system to pay for school fees, class trips and items like year books, sweatshirts and tickets to our Toronto Marlies game!

You may have noticed by now that we have a fresh layer of wood chips on our playground! We hope that you will assist us in ensuring that they remain contained by reinforcing with your child(ren) the need to leave it in the designated areas of the playground. Thank-you for your help and cooperation.

Finally, we look forward to seeing you at our JSB Holiday Concert on Dec. 12 at 6:30 p.m. Our students and staff are very busy preparing for an entertaining and lovely evening showcasing many talents! See flyer attached.

Warmest Regards,
J. Petko and C. Bellehumeur

School Council News

MLSE Fundraiser

- Last year, the School Council partnered with the Toronto Marlies hockey team to sell tickets to a Marlies game. This was a big success and enjoyed by many JSB families so it was decided to do it again on **Saturday January 12th at 4 pm**. This date is also scheduled to be a bobblehead giveaway game of a current Maple Leaf **(details to come)**.

Bellapalooza

- JSB's annual fun fair fundraiser "Bellapalooza" will take place on **Saturday, May 25** from **11 am-3 pm**.

- In order to continue this wonderful fun fair tradition for our children and the JSB community, we need volunteers to help plan, organize and execute to make this event a success.
- If you can volunteer some of your time in the planning and organizing of Bellapalooza, please email jsb.schoolcouncil@gmail.com to let us know.

STAY CONNECTED!

Have you signed up for our weekly email blast? Email us at jsb.schoolcouncil@gmail.com to receive emails about upcoming events, Pizza Lunch, Subway Lunch, and other School Council information!

Like us on Facebook - www.facebook.com/jsbschoolcouncil/

Follow us on Twitter - www.twitter.com/JamesSBellSAC