



James S. Bell Junior Middle Sports and Wellness Academy Principal's Newsletter September, 2017

School Community Building

At James S. Bell we strive to build cohesion, collaboration and student leadership, in a safe, caring and equitable learning environment for all students. We will be learning about and discussing the TDSB character education traits including Respect, Responsibility, Empathy, Kindness and Caring, Teamwork, Fairness, Honesty, Co-operation, Integrity and Perseverance throughout the year to build community in our school and at home. We will have various activities, performances, discussions and school wide initiatives throughout the year. September's character trait is 'Respect' which is defined 'as the ability to act in a way that shows that you are aware of someone's rights, wishes, beliefs'. Thomas Paine speaks of respect in the following terms: "Give to every other human being every right that you claim for yourself." Brooke Griffin reminds us of below. We are striving to help our students understand and apply these notions in their interactions with peers, classmates and adults.



If you have a few minutes during your evenings or weekends, we ask that you discuss with your children what respect means to them, its value and significance and how they may demonstrate respect among their friends, staff and family members both at home and at school.

We look forward to working closely together to support our students to learn, grow, build caring and positive relationships and foster confidence and independence in our students throughout the year.



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 classmates, 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! Congratulations to the following students:

<u>Room</u>	<u>Name</u>
101	James A.
102	Nicolas C.
103	Marcello C.
104	Brooke B.
105	Anagha R.
108	Lucas B.
110	Liane M.
112	Gerd K.
107	Isabelle B.
203	Braxton T.
201	Stefan O.
202	Molly F.
208	Selina L.
210	Abigail L.
206	Raquel G.
213	Tyler B.
212	Andres E.
214	Owyn T.
204	G-One M.
207	Andrew M.

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



Eco-schools Certification

Gold Certification

We are so proud of maintaining our Eco-schools Gold Certification at JSB! Every school community member has done their part to ensure a greener school community. Our kickoff assembly for 2017-2018 is on October 17. Ms. Youngs

and Ms. Taylor will be spear heading our Eco school certification efforts. Let's continue to help our environment for a better tomorrow.



Green Team

Join the Green Team! JSB endeavours to raise environmental awareness and promote conservation. Our Eco Green Team is made up of students from various grades and gathers weekly on Thursdays at lunch. Our Vice-Chairs this year are Ola, Katherine and Kristina. Our Energy Conservation Leaders include Breann and Claire. This team, under the care of Ms. Youngs collects recycling for our school and performs regular energy and consumption audits. This helps to ensure that we conserve energy by reducing the use of lights and electricity. They also will assist with litter collection around the school yard whenever necessary. We are also encouraging classrooms to keep their air vents clear of objects so that they may function efficiently and to make use of GOOS (Good On One Side) paper whenever possible.



JSB Mental Health Leaders

Introducing the new mental health leaders group! This is a group of 14 senior students and their mission is to improve the mental health of their fellow students. After some training (with Ms. Kim-Public Health Nurse and Ms. Bryer-Guidance Counsellor), once a week over lunchtime they will be introducing students to different ways they may handle stress and worry in their lives. This will be done through fun activities throughout the year. With the support of Ms. Bellehumeur, Ms. Kostiuik and Ms. Baron, they are introducing 'Relaxation' for the month of October! The activities will include slow deep breathing using bubbles and a giant parachute; mindfulness with glitter jars; and yoga. Monthly activities will strive to promote school spirit, physical activity and connect students through games and play.

So if your child (grades 1-4) is looking for something to do at lunch and she/he loves to play games, meet new people and have a good time, be on the lookout for the JSB Mental Health Leaders. Activities will take place on Tuesdays at lunch. Listen to the announcements to find out how your child can participate in this exciting opportunity! Below is a link to a useful resource.

https://psychologyfoundation.org/Public/Resources/Public/Resources/Material_Order_Forms/Resources.aspx?hkey=dd3ae1e1-877b-4eb4-a69c-06552878dd7f

The Mental Health Leaders



Music Notes

In music class, students have been polishing up their vocal performance skills, learning two new songs (one of which was performed with piano and guitar accompaniment at our September Terrific Tigers assembly!). Additionally, we have been working on a variety of rhythm drills to improve familiarity with quarter, eighth and half notes, as well as quarter rests. The Grade 7 and 8's are currently putting the final touches on their "Sports Stomp" rhythm performances, which focus on the musical elements of duration, tone, tempo, dynamics and, of course, teamwork and creativity. The Grade 5 and 6's were introduced to basic bucket drumming techniques, and are starting to create their own performances as well. Several of these will be shared at October's Terrific Tigers assembly.

Mr. Makowiecki



STEM Sports Design Challenge

Groups of Grade 7/8 students were presented with the task of creating a stable, durable, portable, retractable and aesthetically appealing basketball net, using only simple materials and tools (mainly tape, scissors, cardboard). After reviewing some structural concepts (i.e. - centre of gravity, reinforcing, use of gussets, internal and external forces), we went over the steps involved in the Engineering Design Process. Following these steps, the groups conceptualized a

design, sketched simple blueprints, built a prototype, tested and improved upon their designs (created iterations) and, lastly, added some aesthetic touches. Upon completing the task we had a short test related to the key concepts and vocabulary covered, and each group answered a series of follow-up questions to reflect on their learning. (see a sample below!)

Mr. Makowiecki



Volunteers!

Parents and community members are encouraged to participate in volunteer activities in our school to support our programs and help our students to succeed. Thank you for offering your valuable time to support James S. Bell students, teachers and classrooms. Here are some ways you can help in your child's classroom or school:

- Reading with students who need extra help
- Serving as a skilled mentor to a student who needs extra support
- Preparing, organizing or facilitating arts and crafts activities
- Supporting school plays or concerts, extra-curricular clubs, activities or athletics including driving athletes to and from events
- Arranging materials in the library
- Supervising children on field trips
- Serving as a guest speaker on topics related to the curriculum or classroom program
- Collecting community materials for a classroom project
- Producing the school newsletter or handbook
- Participate in meetings and activities of the School Council

Parents and community members who wish to volunteer must complete:

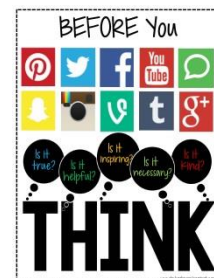
1. A Police Reference Check Application (which will include a Vulnerable Sector Screening) and be cleared before they can tutor/mentor in any TDSB location or participate in activities with our students. The school must keep the original PRC clearance letter, please ask for a copy for your own records.
2. With your application, you must also provide a non-refundable money order or certified cheque for \$20.00 payable to TORONTO POLICE SERVICES. Please submit this payment to the school office with your application form.
3. Once you have your PRC/VSS volunteer clearance, you may complete a yearly online annual offence declaration to remain on our active parent volunteer roster in subsequent years. Contact Ms. Bellehumeur, our Vice-Principal with questions regarding your volunteer status if needed.

Please note you may also find further information about this PRC/VSS process at www.torontopolice.on.ca under the Police Reference Check Program.



Safety is #1 at JSB

At school, the safety of your child is our most important priority. We remind you to report to the office every time you come into the building and sign in and out of our visitors' log. Adults can obtain a visitor's tag if required. Please remember to sign out and drop off your tag at the end of your visit. If you need to drop something off for your child, please do this through the office and not by going to the class. Please help us protect student instructional time. If you need to speak to the teacher, please make an appointment. Thank you for your cooperation in ensuring the safety of our students. "Please remember that we are all strangers to someone."



Digital Citizenship and Online Safety

On Sept. 19, we had an informative presentation by our Guidance Counsellor Sue Bryer on the topic of cyber bullying. We discussed online safety and how to deal with cyber bullying as well as what responsible online behaviour looks like. Please see attached two resources you may want to use with your child(ren) at home to further discuss this very important topic.



Orange Shirt Day - September 30, 2017 (Declared annually across Canada)

We will be recognizing Orange Shirt day at JSB on Wed. Oct. 4 to recognize the harm that the Residential School System did to First Nations, Métis and Inuit children and to recognize that "Every Child Matters." Phyllis Webstad, a member of the Stswecem'c Xgat'tem First Nation in British Columbia, was forced to attend St. Joseph's Mission Residential School, as her relatives before her. She entered the school in 1973 wearing a brand new orange shirt which was immediately confiscated by the staff and replaced with a uniform. She never saw the shirt again, and began to associate the colour with the traumatic experiences in the school and the loss of language and cultural identity she suffered. In 2013, Webstad transformed her negative experiences into something positive by creating a Nationally recognized Orange Shirt Day. Celebrated annually on September 30th, this day acknowledges the residential school system in Canada, honours those who survived, and remembers those who did not. It is a day to demonstrate, by wearing orange, that all students matter. Wearing orange shirts is a visual reminder of our shared past as Aboriginal and non-Aboriginal peoples in Canada, and provides an opportunity for dialogue between Aboriginal and non-Aboriginal peoples in shaping our shared future



Terry Fox Walk/ Run

On September 27th, thanks to Ms. Youngs, classes focused attention and learning to one of Canada's greatest heroes, Terry Fox. Students raised awareness within the community and participated in a walk in the neighbourhood to demonstrate a common determination to battle cancer and seek a cure. Thank-you for all of your generous donations to the Canadian Cancer Society and Terry Fox Foundation. We have a lovely display board in front of our office highlighting this special cause. Please see photos below.





Cross Country

We will be going to the Cross-Country meet on Thursday, Oct. 5th @ Centennial Park. Remember to arrive at school as outlined in permission forms with a lunch, snacks, water, appropriate clothing (extra socks might be a good idea!), blanket, sunscreen, games and homework. Students should be prepared to stay outside for the day, rain or shine. Good luck to all of our runners!

The cross country team coaches-Mr. Barnes, Ms. Kis, Ms. Chard and Mr. Barton



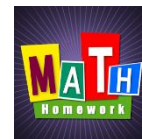
Boomerang Lunches

Please use recyclable containers to reduce waste and litter in and around the school and park. Any/all non-organic waste and litter (juice boxes, wrappers, bags, etc.) should return home for proper disposal. The school has compost bins for apple cores, orange or banana peels and other organics in the lunchroom. We encourage students to use BPA free water bottles and reusable containers to bring nutritious and "litterless" lunches and snacks to school.



GRADE 8 to 9 Parent Information Night – Oct. 26 at Lanor P.S.

The transition to high school is near and we will be providing students with opportunities to learn about different high school programs. Please join us at Lanor (we are partnering with them for this event) for a parent information night to better understand the transition process. If you have any questions please contact the school and we'd be happy to connect you with our Guidance Counsellor Ms. Sue Bryer.



Need Help with MATH Homework?- Get free online math help for Grades 7 to 10 with Homework Help. Register for free at www.tvo.org/homeworkhelp. Math tutors are available from 5:30pm to 9:30pm Sunday to Thursday.



Calendar of Events

Oct. 4-Orange Shirt Day

Oct. 5-**World Teacher/Educator Day** and Cross Country Meet @ Centennial

Oct. 6-PA Day No school for students

Oct. 9-Thanksgiving No school

Oct. 11-Sr. Girls Soccer @ Lakeshore

Oct. 12-Sr. Girls Football @ Park Lawn

Oct. 13-Subway Lunch and Sight and Sound clinic

Oct. 16-Sr. Boys Soccer @ John English and Grades 1-3 @ Chudleigh's Farm

Oct. 17-Cross Country West finals @ Centennial Park

Oct. 19-Sr. Boys Football @ Park Lawn

Oct. 19-School Council Meeting – 7:00 pm in Staff Room

Oct. 20-FDK @ Downey's Farm

Oct. 26-Photo retake day, Grade 8-9 Parent Information Night at Lanor (see attached flyer) and Cross Country City Finals @ Centennial Park

Oct. 27-Pizza lunch

Oct. 31-Halloween Parade at 1:00 p.m. K-grade 6 (Friendly reminder that costumes that include guns, swords or other replicas of weaponry are not permitted. Please save those for trick or treating.)

Nov. 2-Paul Davis Social Media – Presentations 1:00, 2:00 and 7:00pm for parents

Note: We are selling JSB Spirit Wear through Pegasus Clothing from Oct. 19-Nov.2 There will be a display on the evening of Nov. 2. Delivery will be prior to the winter holidays.

Nov. 8-JSB Sr. Boys Invitational



Principal's Message

We have had a wonderful start to the school year! Our students seem to have settled nicely into school routines and with cross country, soccer, bordenball, volleyball and football (both junior and senior), Green Team meetings, field trips and pizza, subway and hot lunches well underway we hope your child is enjoying school and is enthusiastically participating in all aspects of their program each day. Our staff continues to plan and offer thoughtful and excellent programming for students at JSB.

Thank-you to everyone who joined us at our Grand Opening of our Field on Friday, September 29. It was a lovely event with special guests Trustee Pamela Gough, Superintendents Tondat and Phillips-Long, Councillor Grimes and former Principal John Currie. Our students from Ms. Kostiuk's class and Ms. Morrison's class performed beautifully in two memorable sports themed skits! Thank-you to all who helped to make the event so special!





James S. Bell Sports and Wellness Academy

Special thanks to:

Diane Mahony - Landscape Design
 Mr. McKeon - Set up, overseer of track
 Mrs. Kostiuik and class - Entertainment
 Mrs. Morrison and class - Entertainment
 Mrs. Kis and class - Flyer distribution
 Mrs. Kis and Mr. Michailidis' students - Art work
 Mrs. Debowski and students - Art work
 Mr. Harvie - Photography
 Shannon Currie - Master of Ceremonies
 Nathan Jakeman - Master of Ceremonies
 Tech Team - Ryan, Owyn, Cormac, Andrea
 Ms. Billard - Refreshments
 More Than Pies - Food Donation
 No Frills Browns Line - Food Donation
 Construction Team, Facilities Team
 Mrs. Pearce - Marketing
 Ms. Bellehumeur - Event Planner



**TRACK AND FIELD
 GRAND OPENING
 SEPTEMBER 29TH, 2017
 1:15 P.M.**

As you may or may not have heard, Numeracy Achievement is a focus for both the TDSB and for our school this year! We know that research has shown that strong mathematics knowledge is required for success in the workforce and early achievement in math (even more so than reading skills) is one of the best predictors of later academic success, financial success and future career

options. Throughout the year we will continue to work collaboratively on raising student engagement and achievement in numeracy.

Part of our endeavour is to have our students develop a love of math and math learning and for families to begin to think about math as a necessary skill that we use regularly in our everyday lives. We have all become very aware that reading for 20 minutes with our children each day is highly beneficial to language acquisition and growth, but I'd like us to ponder the value of having math talks or working on basic math skills for 20 minutes each day with our children. How about engaging in a small cooking task together and discussing the measurements of ingredients that were used to make the recipe? The next time you go grocery shopping with your child, would you be willing to discuss how much your groceries cost and how you compare prices when buying items? What did the taxes come out to? How did you estimate or calculate this? When you are driving to and from places would you consider pointing out your speedometer and discussing distances travelled and how long it will take? One evening at bedtime, how about a discussion about the number of minutes it takes to brush their teeth leading to a discussion about time? Would you consider spending just 10 minutes going over basic addition and subtraction facts or for older children reviewing multiplication and division facts before dinner or bedtime? These kinds of basic review will supplement their learning in classrooms and will do wonders for their math performance at school especially when they are challenged with more open ended problem solving tasks. You will continue to hear more from us as the year progresses around our math initiatives.

Finally, a belated Happy New Year to all those families who celebrated Rosh Hashana from Sept. 20-22. We hope you enjoyed your time with family and friends. Happy Thanksgiving to all those families celebrating this occasion on Oct. 9. Enjoy your feasts and spending quality time with family giving thanks!

We look forward to working closely with you over the course of the school year. If you have any questions or concerns please contact us at the school.

Don't forget to follow us on twitter @TDSB_JSB2.

Warmest Regards,
J. Petko and C. Bellehumeur

James S. Bell School Council News

What is a School Council? We are parent volunteers that work with JSB staff to provide input on school events and policies to improve student achievement and support student success. We also raise funds to provide enrichment opportunities for our children at school. Please note that if you have questions or concerns that are related to school operations, curriculum or other programming you may direct them to the school office.

We meet one evening per month, and free child care is provided. Meetings are open to all parents/guardians and input from the school community is

encouraged. We'd love to see you at the next meeting which will be on October 19 at 7 p.m. in the library.

Sign up for our weekly email blast: jsb.schoolcouncil@gmail.com

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

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

We had our elections at our first meeting on September 27. Below is your 2017-18 School Council Executive. Congratulations and thank-you to each of you for your commitment to these important roles this year!

Co-Chairs - Morgen Young & Tara Pryke

Treasurer - Shannon McKechnie

Secretary - Veronica Zeballos

Parent Reps - Tamar Mignon, Natasha Campbell, Nicole Sullivan & Amy Vasil

All the best,

Morgan Young and Tara Pryke (Council Co-Chairs)