



James S. Bell Junior Middle Sports and Wellness Academy March 26, 2015



School Office 416-394-7680
Safe School Arrival 416-394-7642
J. Phillips-Long Superintendent
P. Gough Trustee- Ward 3

J. Currie Principal
W.Y. Mok Vice Principal
Office Administrators
S. Rier, K. Pogolian

This newsletter can be viewed at www.tdsb.on.ca/scripts/schoolasp.asp?schoolno=2072

Mini-Stick Hockey Champs

The first ever JSB Mini-Sticks Stanley Cup Championship took place on March 2nd. The Oilers defeated the Canadiens 1-0, winning the first JSB Stanley Cup. Three cheers to all the 70 Gr.1 to 3 boys and girls who played enthusiastically during the season. Thank you to Coach Currie and his dedicated middle school student assistants for affording fun and skills to the young athletes!



championships. The girls on Tigers Gold defeated Swansea in the semis and went on to beat Hollycrest in the finals in straight sets to become the West Conference Championships for the second year in a row! The team was led by captain Kate, Sarah, Alison, Katerina, Briar, Hope, Maggie, Aibhlin, and Daniella. Congrats to Coach Shears, and well done, girls on a fantastic and successful season!



Jr. Girls Volleyball Back-to-Back Championship

The junior girls volleyball teams have completed a successful season. Team Tigers Black finished second in their division, advancing to the playoffs but lost a tough 3 set match to Hollycrest in the quarterfinals. Tigers Gold finished 1st in their division with a record of 15-1, advancing to the west conference

Sr. Girls Volleyball City Silver Medalists

The Sr. Girls Team showed true tiger grit and spirit! The season highlights:

Jan 22 - went undefeated in the James S Bell Invitational tournament. The girls achieved a perfect 12-0.

Jan 29 - went undefeated in the Pleasant View invitational tournament held at Pleasant View JHS in North York. The



James S. Bell Junior Middle Sports and Wellness Academy March 26, 2015

girls went 12-0 and defeated a very tough Joseph Howe team in the finals.

Feb - the girls went undefeated in round robin play (12-0) during the regular season.

Mar 3 - defeated Runnymede in the quarter finals in 2 straight sets.

Mar 4 - defeated Smithfield 2-0 in the West Conference semi finals, then defeated Bloordale 2-0 in the finals to capture the West Conference Division 1 championship held at West Humber Collegiate Institute.

Mar 10 - at the city championships at Variety Village in Scarborough, the girls defeated the south champion from Deer Park in straight sets. In the finals for the city championship, the girls fell just short in 3 sets to Joseph Howe, the east champion.



Overall, the girls won 4 team banners for the school, along with 2 crests, a gold medal, and a city silver medal for each team member.

The girls are to be commended for their hard work, commitment, and excellent play throughout the entire season. Mr. Barnes could not have been more proud!! Way to go Tigers!!

Scrabble Tournament

The JSB Scrabble Team travelled to Swansea to compete in the West End Scrabble Tournament on Thursday, March 5th. Several matches and many letter tiles later, we finished 5th as a school!



The Team has been practising all year, meeting regularly on Tuesdays and Thursdays at lunch. The team consisted of Alison, Zenon, Eshan, Daniel, Evan, Sarah M. and Beth. The Scrabble Team came home with a brand new Scrabble board, and Eshan and Zenon were recognized for their sportsmanship!

Well done, Scrabble Team! A big thank you to Mr. Dosanjh for running the club, and thank you to the parents who drove to Swansea and provided encouragement all year long!

House Day

All Gr.1 to 8 students participated in a spirited House Day held on Friday, March 6th in the morning. Houses, in groups of 16 to 18 students, did a rotation of team-building cooperative games led by older students under the supervision of teacher advisors. The House leaders - Gr.6 to 8 students -



James S. Bell Junior Middle Sports and Wellness Academy March 26, 2015

invariably showed kindness and patience to the younger students who reciprocated with warmth and friendship. A special thank you to Ms. Enns and Ms. Shears for organizing the day and for training the student leaders. Everyone is looking forward to the next House Day!



On Friday, March 13th, the nursing students did presentations on personal hygiene, nutrition (salt and sugar), and vaccination. The fair generated much interest and questions, and unmasked some myths. We truly value the learning opportunity offered by the Humber/JSB partnership.

Comic Workshop



Health Fair

Once again, the Humber/U of New Brunswick nursing students offered a health fair to JSB students. This year, the fair was planned for Gr.8 students.



Students in the Comic Con Club were treated to an engaging graphic text workshop by Literacy Instructional Leader Lorne Kulak on March 12th. The students were introduced to the craft of composing a "story" for their cartoon figures.

Mr. Kulak was impressed by the keen interest and that the young JSB comic artists showed.





James S. Bell Junior Middle Sports and Wellness Academy March 26, 2015

Book-4-Book EcoTrade

The JSB free book trade is thriving. Do you know that since it was first introduced by parent volunteer Debbie Law in 2012, a total of 4,600 books have changed hands. That's right, **FOUR THOUSAND SIX HUNDRED** books!!!



Thank you, Ms. Law, for organizing the 4 book trade sessions each year and for nurturing the love for reading among the students at JSB.

Bellapalooza

The much anticipated Bellapalooza will take place this year on Saturday, May 30th. A letter will be sent home soon soliciting volunteer help and donations. In the meantime, when you are doing your spring cleaning, you can put aside items that can be used for yard sale at the Bellapalooza.



Character Trait for April: Co-operation

Within a family, a school and a community, we are all individuals, but in order to function together we must work as a team and co-operate with one another.



To help your child to further develop their co-operation skills:

- Practice teamwork and co-operation by engaging in fun activities like baking together, playing games, completing puzzles and engaging in team sports.
- Do household chores together.
- Model co-operative behaviour and recognize it in your child e.g. "thank you for helping your sister to clean up the living room".
- Create a team atmosphere by having all family members participate in choosing where to go for dinner, what movie to watch etc.
- Remind your child that everyone has strengths and ask them to think about what other assets team members bring to the table particularly in areas where they do not get to choose who they must co-operate with.



James S. Bell Junior Middle Sports and Wellness Academy March 26, 2015

Co-operation is an integral part of developing relationships. Through working together, a child sees the rewards of accomplishing something greater than what can be done alone.

“He that does good to another does good also to himself.”

~ Lucius Annaeus Seneca

Dates to Remember

School Council Meeting

Wednesday, April 1st, 7:00 pm

International Day of Pink

Wednesday,
April 8th

Have your child wear something pink as a fun way to promote diversity and anti-bullying.



Simple Wellness Workshop

by holistic nutritionist, fitness trainer and TV host Jenn Pike on family health and nutrition

Wednesday, April 8th

6:30 - 8:00 pm, Staff Room

Light refreshment, child care available
RSVP to jsb.schoolcouncil@hotmail.com

13th Annual

Colonel Sam Smith Park Cleanup

Sunday, April 19th, 9 am - 3 pm
Kipling Ave. and the Lake Shore

Meet on the path east of the Marina. Help protect our urban spaces by reducing the amount of garbage in the park and along the shoreline.

Garbage bags, water and snacks will be provided. Bring boots, gloves, rakes and shovels. For more info please contact alan_roy@rogers.com

James S. Bell April 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Day 1 School Council, 7 pm	2 Day 2 Gr.8 Volleyball, John English JSB Film Festival	3 Day 0 Good Friday No school	4
5 Easter Sunday 	6 Day 0 Easter Monday No School 	7 Day 3 Jr. Co-ed Volleyball @ JSB	8 Day 4 Pink Day Jr. Co-ed V-ball, JSB Simple Wellness Worshop, 7-8:30 pm	9 Day 5 Gr.8 volleyball, JSB Full day	10 Day 1 Pizza Lunch	11
12	13 Day 2 Gr.8 Co-ed v-ball, JSB, pm only	14 Day 3 Sr. Badminton games, JSB, full day	15 Day 4 Sr. Badminton games, JSB, full day	16 Day 5 Co-ed volleyball, LCI	17 Day 1 Subway Lunch	18
19 Sam Smith Park Clean-up, 9-3 pm	20 Day 2	21 Day 3	22 Day 4 Earth Day	23 Day 5	24 Day 1 Extreme Pita Lunch	25
26	27 Day 2 Police Talk, Gr.6, Gr.1	28 Day 3	29 Day 4	30 Day 5 Terrific Tiger Assembly 9:20am		