

Niagara Street News

November 2019

Principal's Message

The fall weather is winding down and we are heading into the fun winter months! The progress reports have gone home and we hope you've all had a chance to have a conversation with your teacher about your child's strengths and areas for growth as we keep going on our learning journey together. The first report focuses on the learning skills like organization, responsibility, self-regulation etc. These skills are the foundation of a student's ability to do well in their classroom subjects. We also always recommend at least 8 hours of sleep for our students as more and more studies show that learning that happens in the day consolidates as we sleep. Last week I was at a conference where the Keynote speaker was Dr. Greg Wells of Toronto – he has quite the resume and is currently a scientist in Translational Medicine at the Hospital for Sick Children where his research is focused on improving outcomes in children with chronic disease via physical activity. He talked about the need for everyone to take sleep seriously and that we need to have a sleep protocol an hour before bed like turning off screens and winding down. Probably something a lot of us don't do with the business of life but certainly something that he got me thinking about. From his research, good regenerative sleep helps maintain good health and performance.

At Niagara we are always encouraging being active and the School Council has helped to fund XMovement to come in with their program that combines movement with social skills December 16th, 17th, 18th. All students will have a chance to participate in the program from Kindergarten to Grade 6 where they will be exploring a growth mindset through sport. When council is raising money through things like the bake sale, pizza day, etc., this is where the money goes -to provide these kinds of learning experiences for the students at Niagara. Mr. Brink has also started up the Machine's Club up where they are working to create a Rube Goldberg machine. If you look on the internet you'll see many examples of what they are trying to do – ours won't be as fancy, but the satisfaction when it all works usually leads to a big cheer!

As our school population has grown the dismissal has become a little crowded. We now have the primary grades dismissing to the upper deck to try and make things flow a little easier. The daycare has their outdoor play at that time and need to lock the gate to keep their students safe. We would like to encourage you to leave as soon as possible once you've picked up your child as daycare is going to be locking the gate at 3:45. If you'd like to have a little outdoor play time after school Stanley Park is not too far and is a great space to explore.

Our Winter Concert is coming up on December 5th and because our gym cannot handle having all the parents in one sitting we divide up our concert into two. We have our Kindergarten concert from 5:30-6:00 PM. Each class will let you know where you need to drop off your child around 5:15 and then all the Kindergarten classes will be down in the gym sitting at the front



Principal's Message Continued

for the concert. Each class goes up to perform and sits back with their class. We ask that you wait till the end of the Kindergarten concert before you pick up your child.

The concert for the Grades 1-6 will be from 6:30-7:30. The teachers ask that you drop off your child at 6:15 to their class. Since there are so many more classes they will stay in their classroom until it is their turn to perform and then they return to their classroom. We hope that you will stay for the whole show but if you must leave early please pick up your child at the classroom so that the teacher can keep track of their students. The night of the concert the School Council is running a Bazaar of second hand toys and books for sale and I've heard that there may also be some baked goods for sale from local businesses. They are asking for donations of gently used toys and books and there are boxes on the first floor if you would like to drop them off. Niagara is also participating in the Toronto Police Services food drive. Classrooms have boxes where they are collecting food and there is a little competition that the class that collects the most food will play dodgeball against officer Gribbon, our community officer, and some of his friends on the force. The competition is between classes from other schools in the area as well. Officer Gribbon will be picking up our donations on December 18th.

Another tradition before the winter break is our pot-luck lunch organized by the school council. It's a time for us to share some of our favourite holiday foods! The date is December 19th. For the Kindergartens to keep things simple we order pizza and they stay in their classrooms. Please feel free to send anything they might also like in their lunch bags, but know there will be pizza and some dessert for them. For the Grades 1-6 if you would like to send something with your child we set it out on a table in the gym. Each class sits together with their teacher and it's like a buffet where the students choose what they would like to try. We ask that you don't send dessert - I look after that. We also ask that whatever dish you prepare that it is nut free and if you could list the ingredients because of the various allergies that our students have it's helpful so that they can make safe choices. If your child has an allergy that you have a concern about please call the office or speak to your teacher so that we can make accommodations. Council is also looking for some parent volunteers to help out - they usually need help starting around 10 to set things up and reheat some of the foods and help to clean up afterwards. If you're able to help please call the office and we'll pass you name along to the school council.

Just a reminder that the last day of school for 2019 will be December 20th and we return on January 6th 2020. However we still have a few more weeks to go before the break with lots of learning and fun! Flu season has started and if your child should get sick please don't hesitate to leave us a message on our answering machine at any time to let us know they're going to be away.





Physical Education Update

Division 2 Girls Basketball

Congratulations to the members of the division 2 girls basketball team on their outstanding performance at their tournament in November. The girls had been spending many hours developing their skills, and put it all together when playing against Ryerson CS and Givins/Shaw. Although the final scores didn't go in Niagara's favour, the girls played exceptionally well, and many of them could be on their way to a tryout with the Toronto Raptors! Way to go team!!

Division 3 Girls Basketball

Good luck to the members of the division 3 girls basketball team as they head to Palmerston Avenue PS on Tuesday December 3rd for a day of skills, drills and games!

Boys Volleyball

Congratulations to the members of the boys volleyball team on their terrific performance at their tournament a couple of weeks ago. The team played exceptionally well, finishing the tournament with a 1-1-1 record. A big thank you to Ms. Arrindell for all of the hard work she put in with the team.

What's coming...

Tryouts for the boys basketball team are underway, and tryouts for the girls volleyball team will start in a couple of weeks.

Website

For information about athletics at Niagara St PS, please visit <https://sites.google.com/tdsb.on.ca/niagarastreethpeandathletics/home>

