

École Sir Adam Beck Junior School Newsletter

March 2022

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Toronto, Ontario M8W 2C2
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<https://schoolweb.tdsb.on.ca/siradambeck>

Upcoming Events

March

7: Council Meeting, 6:30PM

Join via Google Meet:

<https://meet.google.com/myr-qjcg-jro>

8: International Women's Day

11: Locker and Lost & Found Clean Out

14-18: March Break

22: National Water Day – Wear Blue

25: Silly Hat/Hair Spirit Day

25: TDSB Earth Hour Day

29: Grade 5 Moving On Photo Day

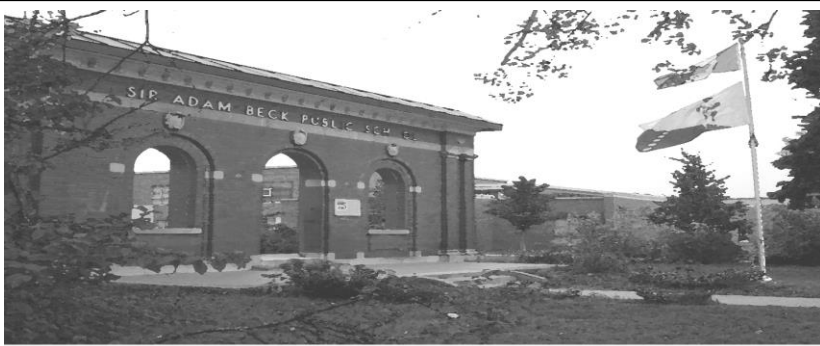
30: Walk on Wednesday (WOW)

Greek Heritage Month



Character Attribute for March
Honesty

Principal Michael Kanalec
Vice-Principal Lauren Rovas
Superintendent Dr Debbie Donsky
Trustee Patrick Nunziata
School Council Co-Chairs
Paul Younger, Corinne Frey
Title Photo Credit: Steve Burazin



Will your child be absent from school?
Call our Safe Arrival Number.
NEW ** 1-833-250-2290 **

Principal's Message:

Thank you to all parents/guardians who attended interviews during the month of February. Ongoing home and school communication is integral to your child's success and we will continue to work in partnership to support every student in their learning. We appreciate all the very positive comments and feedback from parents and their ongoing support of our dedicated staff as we work together for the common goal of supporting every child's success.

Many thanks to our School Council for organizing presentations for our parents/guardians as well as our students and staff. Part two of the Telus Wise presentation – Staying Safe in a Digital World was well received and extremely informative. The Pan Piper, Shaqq Hameed introduced our students to the steel pan 'drum', how it 'arrived' in the Caribbean, it's various sounds and played a mix of traditional and familiar songs. His incredible passion for the instrument and enthusiasm was felt by all. Students and staff were also brought to their feet for a fun and active virtual dance performance by C-Flava.

Red and white were common spirit colours this month as we celebrated the efforts of our Olympic athletes. We look forward to our next spirit day – silly hair/hat day at the end of the month. The lost and found has become a happening place over the winter months. Please remind your child to reclaim misplaced items. All unclaimed items will be bundled up and donated on March 11.

Each year, as we transition from winter into spring we are faced with some erratic weather. Warm days of thaw followed by intense cold spells often results in large icy areas on our playground and field. We appreciate Mr Jasinski for always working so hard and doing his best to keep the snow and ice clear from our walkways. We do understand there are extra challenges as parents/guardian are careful to avoid walking through classroom cohort reception and dismissal zones. Please do exercise extra caution as you navigate the school property at drop off and pick up times.

From all of us here at SAB – we would like to wish all of our students and their families a wonderful and safe March Break
Yours in partnership,
M. Kanalec

Lunchroom Supervisors Needed

Do you have an hour to spare in the middle of the day? We are seeking energetic, reliable and trustworthy individuals with a love of working with children that are interested in becoming Supply Lunchroom Supervisors. If you are interested, please contact the school at 416-394-7670 for more details.

TDSB - Supporting Ukrainian Communities

As the world watches the shocking developments in Eastern Europe, our thoughts are with the people of Ukraine and the Ukrainian community here in Toronto.

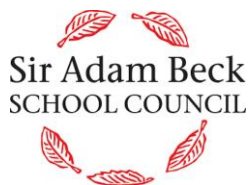
This is a very difficult time for some of our students, staff and their families, who have loved ones in Ukraine and are worried, wondering what will happen next. It is our sincere hope that these senseless attacks will end very soon, that peace will prevail and that the people of Ukraine can resume their lives free from the threat of an armed invasion of their country.

In the days ahead, many of us will be confronted by the significant media coverage of the invasion and may experience a wide range of reactions and emotions. TDSB Professional Support Services staff have prepared tips that may be helpful for parents/guardians whose children are experiencing difficulties:

- Bring up the topic at a time and place where a discussion can occur. If there are distractions, a shortage of time or if either you or your child are too tired or busy, it is likely the conversation will be interrupted.
- Begin by listening. Let your child tell you what they believe they know, how they learned it and how they are feeling. Don't rush to correct or reassure. Allow them to finish their thoughts. Open-ended questions are better than specific ones. It is better to ask, "How are you feeling about what happened?" than "Are you scared because of what happened?" You can be a bit more specific if general questions fail.
- Respond to what your child tells you. Their concerns may be specific or general, concrete or abstract, closely related to the events or related very little. Address what they are concerned about. Don't overload children with information or solutions. Talk to them with ideas they can handle at their age. If you help them with their concerns today they will likely share more in the future.
- Limit exposure to media coverage as it can become overwhelming.
- Be aware that new stresses may open old wounds. When a child is confronted with a crisis, losses and upsets from the past may be remembered. The child may or may not wish to talk about these old issues.
- Talk about specific things you can do to make your child feel secure.
- Children deal with stress in many different ways and at different paces. While children may not wish to talk today, they may wish to talk in weeks or days to come. Follow up discussions may be helpful.

Parents/Guardians and students are encouraged to contact their school principal for more information about additional supports through our Professional Support Services department, which will be there to help students with any challenges they may be experiencing.

Colleen Russell-Rawlins
Director of Education



March 2022 Council Corner

Email: sabschoolcouncil@gmail.com

Facebook: [facebook.com/sabschoolcouncil](https://www.facebook.com/sabschoolcouncil)

Website: <https://schoolweb.tdsb.on.ca/siradambeck/School-Council>

Fundraiser Update

The Chocolate Almond Fundraiser has been a HUGE success! Our students sold 308 cases of almonds earning roughly \$13,000 for our school.

The TOP sellers and classes will be announced as soon as all families have completed their payments for the cases of almonds on CASH ONLINE. Please email: SABchocolates@gmail.com if you have any questions.

Our school council has asked our talented teaching staff to submit a "wish list" for classroom resources. The council will be reviewing their requests at our March meeting. Be sure to read the April Council Corner for all the details on how these funds have been allocated to support our children and their learning and wellbeing.

Thank you very much to all the families who have participated in this fundraiser for the school. A special thank you to Tracy Saunders and Christine Sheehan for all their hard work and countless hours volunteering to ensure this fundraiser was a huge success.

If you have ideas about future fundraisers for SAB or would like to volunteer to help with future fundraisers, send us an email: sabschoolcouncil@gmail.com.

Parent workshop

On February 7th, we hosted a second workshop for SAB parents and guardians titled: **TELUS Wise Workshop for Parents - Staying Safe in a Digital World**. This workshop focused on providing information and strategies to adults to empower them to support youth to stay safe in an increasingly digital world. The workshop covered topics including living in a digital society, internet, smartphone and social media safety. The slides from the workshop have been posted on the School Council page of the SAB website: <https://schoolweb.tdsb.on.ca/siradambeck/School-Council>

Tip from our community

One of the parents/guardians who attended the TELUS Wise workshop for parents shared a tip about how their family developed a digital safety strategy at home to set boundaries around internet usage. The Google Family Link app is being used to manage digital limits using the following features:

- Generate activity reports on computer and internet usage
- Get notifications instantly on your mobile device when children request access to a site, allowing you to instantly approve or block websites, apps, and in-app purchases that are requested
- Set screen time boundaries, with scheduled lock/unlock times and daily time limits
- Easily grant extra screen time when needed

An example of how it can be used: set it up to unlock the kids' computers at 8:30 a.m., and lock them at 9 p.m., and within that time, have a limit to 1 hour computer time per day by default. The kids learn the limits, parents/guardians don't have to keep checking what they are doing or asking them to shut it off, and can easily grant more time by request using the app when they want or need it.

More information is provided in a helpful resource that we have posted on the School Council page of the SAB website, under the resources section: <https://schoolweb.tdsb.on.ca/siradambeck/School-Council>

Do you have a tip to share with the SAB community? Feel free to email it: sabschoolcouncil@gmail.com.

Diversity, Equity & Inclusion

In March, we celebrate International Women's Day on the 8th of the month. International Women's Day is a day to recognize and celebrate gender equality - a term that means that girls and women matter, and that they have always been - and will always be - an important part of world history. We celebrate this day to help us all remember that little girls can and will grow up to do amazing things and in fact, little girls are already very important people!

To recognize this day at home, consider starting a discussion with your kids by asking:

- Which women or girls are you learning about in school?
- Who are your favorite female characters from books, television or movies?

Here are some kid-friendly resources to engage your children:

<https://www.internationalwomensday.com/School-Resources>

TDSB also recognizes March as Greek Heritage Month. Toronto is home to a vibrant Greek population, with restaurants, places of worship and cultural centres dotted all across our city. For information on ways to celebrate Greek Heritage around the city this month, check out this link:

<https://sites.google.com/a/tdsb.on.ca/greekheritagemonth/events>

The past few weeks (and years!), as we have watched global events unfold on the news and social media, a lot of it has been hard to process, for adults and kids alike. This is a great opportunity to teach kids about media literacy and critical thinking. Ask: Who is this story about? Who is absent from this story? Whose voice is not being heard? Are similar stories reported in the same way? Through this level of critical thinking, we can begin to look for, listen to and include those who are typically and systemically left at the margins. These questions provide an important step toward a more inclusive society.

Next Council Meeting

Join our next Council meeting on Monday, March 7th at 6:30 p.m. to meet other parents and get the latest updates from the principal on school activities. The Google Meet link is included on the first page of this newsletter. You can also follow the Council on [Facebook](#).

Monthly Virtual Assembly

February's virtual assembly took place on Friday, February 25th. Mrs. Bishop's class started the assembly by presenting skits written and produced by the grade 2/3s students in her class. They highlighted the importance of teamwork, January's TDSB Character Trait. They acted out a variety of examples of winter Olympic sports and discussed how teamwork is needed for athletes to reach their highest potential.

Kindergarten students from Mrs. Harwood's class shared ideas about what they love, inspired by the book *I Love You More*, by Laura Duksta. Students also shared information they learned about Angela James, such as she played hockey, worked really hard and won a medal for Canada.

The assembly continued with an English and French presentation by Mrs. Bishop's and Mme Brown's grade 2/3 students. Students read a book called *A Family is A Family is A Family/Une famille c'est une famille* by Sara O'Leary. They shared the message in the book, that there are many different types of families. They also thought about what makes a family a family. They decided that a family is a group of people who care about each other,

that help each other, that accept each other. Students also decided a family is everyone in a class!



Sir Adam Beck's EcoSchool, with help from Mrs. Bishop's class, recently completed a waste audit, one of the requirements for Platinum certification. Students wanted to make sure that we don't produce too much garbage at our school and make sure that the garbage we do make is sorted properly. The waste audit results found that some bins were contaminated. Did you know that one piece of contamination results in the entire bin being garbage! We have to make sure we always compost paper towels, they are not recyclable. Also, some masks were found in the recycling bin, but they belong in the garbage. Thank you for helping to create a greener, healthier environment.



School Mobile Vaccine Clinic (SMVC) @ Lakeshore Collegiate Institute

Thursday March 3, 2022 from 3:30 pm- 8:30 pm.

The School Mobile Vaccine Clinics (SMVC) will serve:

- ✓ Children Ages 5 to 11 (Children must be 5 years old at the time of vaccination) and Individuals Ages 12+
- ✓ Both Pediatric and Adult vaccines are available including: Dose 1 & Dose 2
- ✓ Dose 3/ Booster Dose are available for individuals who are Ages 12 + *Dose 3/booster dose must be 6 months or 168 days since their second dose*
- ✓ School Mobile Vaccine Clinics (SMVCs) offer both MRNA Vaccines: Pfizer & Moderna
 - ✓ Pfizer Pediatric Dose will be offered to Children Ages 5 - 11
 - ✓ Pfizer Adult Dose will be offered to individuals Ages 12 – 29
 - ✓ Moderna & Pfizer vaccines will be offered to individuals Ages 30 +
- ✓ Kindly Note: While both Pfizer & Moderna vaccines are effective against Covid-19, the Moderna booster has shown increased efficacy against variants

Diana Vumbaca PHN, R.N., B.Sc.N.

Toronto Public Health – Child and Youth Response Team

(W) 416-338-7074

(C) 647-270-4993

diana.vumbaca@toronto.ca

City of Toronto



PET DOGS ON SCHOOL PROPERTY



This is reminder that dogs are not allowed on school property during the school day (8:20AM – 3:25PM)

Some of the members of our school community have allergies and/or are uncomfortable (uneasy) with dogs in close proximity. Mr Jasinski has worked hard with our ground crew to introduce signage around the property reminding our families and visitors of this TDSB Risk Management Policy. If you do enjoy walking your pet after hours please do remember to pick up after your pet.

Loose Parts

Play supports the social and emotional development of a child as well as their overall academic success. As such, children do not learn and play, but rather, children learn **through** their play. By providing authentic opportunities for children to play, they will explore both familiar and new concepts, develop and test theories, and come to new understandings.

It is through play that children explore, discover and make sense of the world around them. As they construct their own thinking, children engage with their senses to touch, see, smell, taste and listen to their environment. Play is a natural part of who they are. When we honour play, we honour **every** learner.

Over the next few months we will be working to create an Early Years Cupboard as we continue to explore Play and Inquiry Based Learning in our classrooms. We are reaching out to families requesting that if you have any of the following materials and would like to donate them to school please send them to school care of Mme Rovas.

Please rest assured that materials will be properly quarantined prior to use.

Thank you in advance for your support.

Loose Parts:

- Glass beads
- Buttons
- Corks
- Stones
- Tiles
- Beads
- Wood Spools
- Wood Cubes
- Beechwood Rings
- Nature treasures (eg. acorns, pinecones, etc.)
- Ribbon
- Tree Disks
- Paint Chips
- Fabric
- Shells
- Bells
- Kids tweezers
- Toothpicks
- Golf pencils

Literacy:

Ziplock Bags (variety of sizes)
Magnetic letters
Mini Whiteboards
Clipboards
Used picture frames (variety of sizes)

Art:

Sponges
String

Music:

Variety of instruments
(marakas, tabourines,
drums, bells, cymbals, etc)

Outdoor:

- Shovels
- Rakes
- pails/buckets
- Skipping ropes
- Brooms

bug/insect homes
Mirrors
Plastic crates
Magnifying glass
Binoculars

Important Reminder – Bussed Students and Bus Drop Off and Pick Zone

NO Parking Zone: Drop off/Dismissal Time

Please do not park on the North East side of the school (Eltham Drive) as it is our Bus Loading Zone at drop off and Dismissal time.

To ensure the safety of our bussed students we kindly request parents/guardians to remember to send a written note to school in the event that arrangements are made for your child to be picked up by yourself or by your designate on any given day.

Please refrain from picking up your child from the bus lines at the end of the day without prior notice.

Thank you for your understanding and support in this matter.



