

Thorncliffe Park PS News

Principal: J. Crane
 Vice-Principal: K. Sanchez-Kandankery
 M. Wolf
 Office Administrator: M. Sheehan
 School Secretary: C. Giannopoulos
 S. Dinadis
 S. Patrascu
 Superintendent: A. Howard
 Trustee: Rachel Chernos-Lin



Volume 2 Issue 4

November/December, 2018

Vice-Principal's Message

As the cold weather sets in, please remember to ensure that your child comes to school with the appropriate boots, coat, hat, scarf and gloves/mittens so that they can enjoy the weather outside.

We ask that you co-operate with us so that the office can continue to run smoothly. Things you can do include: ensuring your child comes to school on time so that there is not an overwhelming line-up at the office for late slips. Your child will benefit from this because he/she will not be missing valuable learning time and be a distraction to the class when he/she arrives late.

Spirit Week-“Twin Day”



We sometimes get inquiries from parents regarding the policy around cold weather and students being outside. Please refer to the TDSB parent site.

The holiday season is upon us once again. All families have developed traditions for each of their special holidays; these traditions are what gives each family its own identity and culture. Regardless of how you spend the next couple of weeks, the sentiments at the heart of all celebrations this time of year are the same. On behalf of the Thorncliffe team, we wish each one of you good health, peace and joy.

Ms. Kandankery
 Vice - Principal



Table of Contents

PAGE	ARTICLE
1	Vice- Principal's Message
2	School Community News
3	Sana Mir-Professional Cricket Player
4	Thorncliffe Stands Up Against Violence/Positive Climate Award Winner!
5	October Winners!
6	December Winners!
7	Winter is on its way....
8	Health News
9	Street Proofing
10	Strengthening Families Program!

Please use the walkways provided surrounding the school and please do not walk through the parking lot? We have stopped quite a few parents with their young children walking through our busy parking lot and we want to keep students and parents safe!

Thanks for your cooperation,
 Ms. Kandankery

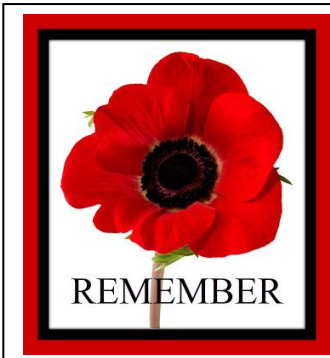


Community News

Thorncliffe Remembers.....



Let's We Forget
Remembrance Day
November 11



Professional Cricket Player Sana Mir

Dec. 5/18

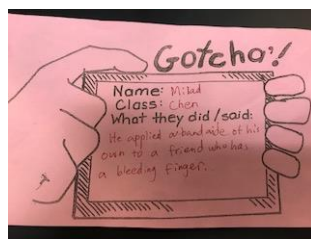
Today we were excited to have the world's number one female cricket player, Ms. Sana Mir, visit our school. She spoke to our Grade 4 and 5 students at an assembly, walked around the school to greet all of the Grade 1, 2, and 3 students and conducted a cricket workshop with 40 of our Grade 4 and 5 girls. Ms. Mir was overwhelmed with the warm and enthusiastic reception and loved all of the posters our students made for her. It was a very exciting day!

Principal-Mr. Crane



Indeed a powerful message to continue to mourn for the loss of women and to end violence against women. The Agents of Change had been discussing gender equity with excellent leadership from Ms. Beattie and Ms. Floros and took the time to tie the ribbons, that were kindly brought by Ms. Holder Hardy. THANKS!!

Ms. Dewji



Congratulations to Milad who won the Positive Climate Award on Friday, Dec. 14 for asking for a bandaid and helping a classmate apply it to his finger. Thanks for showing kindness and caring Milad!!!

HOLD THE DOOR
SAY HELLO
SMILE
USE "PLEASE" AND "THANK YOU"
OFFER TO HELP
BE POLITE
PAY A COMPLIMENT

OPERATION
NICE
OPERATIONNICE.COM

Award Winners-October Responsibility



Grade 1



Grade 2



Grade 3



Grade 4



Grade 5



Award Winners-November Empathy



Winter is on its way.....



Traffic safety tips: help make this a safe winter season

As winter approaches, we know that severe weather will be part of our daily lives for the next several months. While traffic safety is an important matter all year long, this is a particularly good time to review what we can do to keep students safe.

The need to be aware and alert at all times, on any road, and even in the most routine circumstances is key to traffic safety. This applies to students and drivers alike. Road conditions can be challenging in the winter months. So to those of us who drive, please take extra care on the roads and in parking lots, especially in areas where children might be present.

School staff periodically review street and traffic safety with students. Parents can help reinforce these safety messages with children at home. Below are some tips that might be helpful to review.

1. Stop, look, and listen for traffic.
2. Only cross at corners and crosswalks.
3. Make eye contact with drivers.
4. Walk on the right side of the crosswalk.
5. Wear appropriate footwear to reduce the chances of slipping.
6. Never run into the street.
7. Obey crossing signals.
8. Cross only if clear.
9. Walk on sidewalks.

Where there are no sidewalks, walk as far away from traffic as possible, facing traffic.

The safety of our students is always a top priority. Let's work together to make the winter season safe so we can enjoy all it has to offer.

Cold Weather

During cold weather, the school remains open and students are expected to attend.



Health News



November: By now the kids are in a routine and lunches may have become predictable. Try adding some surprise and excitement to the lunch bag by leaving notes or a challenge. The note could be as simple as a smiley face ☺, “I love you.” or “Have fun today.” A challenge could be, “If you eat your vegetables today you we can spend 10 more minutes on story time tonight.”OR “If you eat your whole lunch today you can go and play with a friend for 1 hour tomorrow.”



**Health Access
Thorncliffe Park**
Community Health, Close to Home.

Written by Zoe Barnett, Registered Dietitian
For more health or nutrition information please contact:
Health Access Thorncliffe Park
East York Town Centre
45 Overlea Blvd., Unit B7
416-421-6369

December:

Gingerbread muffins*

Ingredients

- 1/2 cup coconut oil
- 1/3 cup molasses
- 1 egg
- 1/2 cup real maple syrup (or 1/3 cup white sugar topped up with water to make 1/2 cup liquid mixture)
- 1/2 cup light sour cream (or plain yogurt)
- 1/2 cup milk
- 1 tablespoon fresh ginger paste (or 1 teaspoon ground ginger)
- 1 1/2 cups all purpose flour
- 1 cup whole wheat flour
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 teaspoons cinnamon

Instructions

1. Preheat the oven to 375 degrees. Grease a muffin tin with non-stick cooking spray or butter. Melt the coconut oil so it's in liquid form. In a small bowl, whisk the liquid coconut oil with the molasses.
2. In a mixing bowl, whisk the eggs, maple syrup, sour cream, milk, and ginger. Let the mixture come to room temperature so that you can easily add the coconut oil (30-40 seconds in the microwave is fine if you're rushed). When it's at room temperature, add the coconut oil and molasses from step one. The coconut oil should stay liquified.
3. Add the flours, baking soda, salt, and cinnamon. Stir a few times until just combined. Scoop into a muffin tin. Bake for 17-20 minutes or until the tops are puffy and firm to the touch. Cool for a few minutes before serving.

*Adapted from: <https://pinchofyum.com/healthy-gingerbread-muffins> Accessed Oct. 12, 2018.
Molasses is one of the sweeteners in this recipe and it's a great source of iron. Iron is a nutrient that many people don't get enough of. It is especially difficult to get enough if you don't eat red meat (beef, goat, lamb, etc.), are a picky eater, have had many children or are very athletic. Molasses can be used as a sweetener instead of white sugar in many recipes so consider replacing some white sugar with molasses to get some extra iron in the diet.



**Health Access
Thorncliffe Park**
Community Health, Close to Home.

Written by Zoe Barnett, Registered Dietitian
For more health or nutrition information please contact:
Health Access Thorncliffe Park
East York Town Centre
45 Overlea Blvd., Unit B7
416-421-6369



Streetproofing



The safety of your child is an important priority. Remember to keep your school staff up to date with your current address, phone number, childcare arrangements, to whom your child may be released, etc. We also need you to let us know about any changes of routine and to sign your child in if they are arriving late or leaving early for any reason.

The Toronto Police streetproofing program encourages you to teach your child:

1. his/her name, address, phone number
2. to Dial 9-1-1 in an emergency
3. to communicate with you when they feel unsafe or afraid
4. to keep you informed as to his/her whereabouts at all times
5. never to admit to being alone in the home when answering the telephone
6. never to invite strangers into the house or answer the door when alone
7. never to approach or enter a stranger's car or hitchhike
8. never to travel or play alone -- always be with friends
9. to trust their feelings and say "NO" to an adult if that adult wants them to do something that is wrong
10. not to accept gifts from strangers
11. to tell you if someone has asked them to keep a secret from you
12. that no one has the right to touch any part of his/ her body that a bathing suit would cover
13. that if he/she is being followed, or approached too closely, to run home or go to the nearest public place and yell for help
14. to report to your school authorities or a police officer, anyone who act suspiciously towards him/her
15. never to play in deserted buildings or isolated areas
16. never to enter anyone's home without your permission
17. to avoid taking shortcuts through parks and fields
18. never to show his/her money and if attacked to give it up rather than risk injury.
19. that a police officer is a friend who can always be relied upon when he/she is lost or needs assistance.

Together, we can keep our school and community a safe environment for our children.

What will Strengthening Families Program do for you ?

- Reduce conflict in the home
- Improve communication skills
- Improve sibling relations
- Reduce negative peer influence
- Developing healthy youth relationships
- Building strong family cohesion
- Improve problem solving skills
- Peer Pressure coping skills
- Stress management
- Parent/teen relationships

Six programs delivered per
year in three different
locations.

Give us a call to learn more
about SPF.



Contact:

Mitra: (416) 438-3697 ext. 13278
mmohseni@emys.on.ca

Alana: (416) 438-3697 ext. 13262
awalker@emys.on.ca

Dyzhini: (416) 438-3697 ext. 13191
dSriitharan@emys.on.ca

In partnership with:



Mitzie Hunter, MPP
Ontario's Future



Funded by:



Public Safety
Canada

Sécurité publique
Canada

STRENGTHENING
families **PROGRAM**
for parent and youth 12-17



1200 Markham Road
Scarborough ON. M1H c3c
(416) 438-3697
emys.on.ca

**The Children's Book Bank is open
during (part of) the winter holiday!**

CLOSED
Dec 23- Jan 1

OPEN
Wed, Jan 2: 10-6
Thurs, Jan 3: 10-6
Fri, Jan 4: 10-3
Sat, Jan 5: 10-3



Crafts and story times every day!

**Our regular hours will resume on
Monday, January 7th, including our
7pm Tuesdays.**



The Children's Book Bank
350 Berkeley St., Toronto
childrensbookbank.com