

Whitney Word



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school dates for april

26 Tuesday
Final Lice Check

school dates for may

4 Wednesday
Healthy Living Conference 2016

5 Thursday May 5, 7pm
The Main Event, Toronto Lawn

6 Friday, 10:30
SPA Day Trait: Integrity, Room 207

FUNKY

Funky Day! funky hair, funky fashion and funky hat day! Change your new look with a new hairstyle, wear a wig, makeup or a fun hat!

19 Thursday, 11am
School Panoramic Photo Day

30 Monday
EQAO Starts for Grade 3 and Grade 6

from the principal



What a spectacular evening! Thank you to all the teachers and support staff for their support in preparation for last night's Talent Show! As well, a thank you to our caretakers and Allison in the office.

The kids were so awesome...so talented and seemed so comfortable performing in front of such a wonderful and supportive audience. A special thanks **Ms. Werbitsky**, our music teacher who made all the magic happen!

Whitney P.S:
where the talent and fun never stops!

Debbie Stern

Staffing Model for 2016-2017

Thank you to the parents and staff who worked collaboratively to create a staffing model for 2016-2017. Superintendent **Louis Papathanasakis** has approved our staffing model based on 283 students and 16 teachers.

It is important to understand the Ministry & TDSB mandated criteria in the creation of all classes:

- Must create all classes based on projected enrolment numbers (not actuals).
- Must create three FDK classes, not to exceed 30 students/class. One of those classes must not exceed 15 students.
- Must create five grade 1 to 3 classes, capped at 20 students/class with NO exemptions.
- Must create one 3/4 split class (not to exceed 23 students).
- Must create three Junior classes with no cap size.
- Must provide the mandated 240 minutes/5 days of preparation time for each full time teacher.
- Mandated 0.5 Library, 0.5 HSP, 0.5 Resource and 0.5 prep coverage.

Preparation time for teachers for 2016-2017, will be delivered through a combination of gym, French and the arts by specialist teachers, with some prep minutes delivered by some junior teachers.

Given the mandated set criteria and after much discussion and collaboration, we have created the following model for 2016-2017. Please remember that this model is based on the staff allocation and the *projected number* of students, subject to **September reorganization and realignment**.

At this time, it is anticipated that there may be a slight difference in projected and actual enrolment in specific grades, and **some classes may need to be reorganized** in early September. But we will not be able to make any changes until that time. If you have any questions, please do not hesitate to give me a call.

FDK (up to 30 students)	1.0 Gym
FDK (up to 30 students)	0.5
FDK (up to 15 students)	0.5 French
Grade 1	0.5 Resource
Grade 1/2 (possibly gr.1)	0.5 Library
Grade 1/2 (possibly gr.2)	0.5 Home School Program
Grade 2	
Grade 2/3 (possibly gr.3)	
Grade 3/4	
Grade 4/5	
Grade 5	
Grade 6	Staff Allocation = 16



WHITNEY MAIN EVENT

The parent teacher
Social of the Year!

The Toronto Lawn

44 Price Street

Yonge & Summerhill

Thursday, May 5 @ 7pm

NAME(S): _____

EMAIL: _____

ADDRESS: _____

POSTAL CODE: _____ PHONE: _____

Address is required to receive tax receipt.

CHILD NAME(S) & GRADE(S): _____

Tickets are \$125 per person. Attendees will receive a welcome beverage, two drink tickets, appetizers and finger food. Please note that a portion of the ticket proceeds goes directly to the school.

- Please accept our reservation(s) for ____ people @ \$125 per person.
- Sorry, we cannot attend, but enclosed is our contribution to the event.

RSVP and Payment: Please return form and cheque payable to Whitney School Council to the Main Event bin in the office by **Apr 28th**.



Auction Sneak Peek!

WHITNEY MAIN EVENT

Thursday, May 5
The Toronto Lawn
@ 7 PM

Parent teacher Social of the Year!
Super fun!
Great opportunity to mingle & support Whitney!

The evening includes a silent auction focused on experiences that make our Whitney community special.

Here's a sneak peek at some of the auction items!

TEACHER EXPERIENCES

- * Cooking & Painting Sessions @ Whitney
- * "Sundae Funday" with Kinder Teachers
- * Teacher/Principle for Half a Day
- * Phys Ed Teacher for the Day
- * Tour of all the Secret Places at Whitney!

KIDS' FUN!

- * Tea Parties for Grade 2 Girls and JK/SK
- * Soccer Practice & Match for Grades 1-3
- * Blue Jays Fever for Grades 3 & 4
- * Pool Party for Grade 4 Girls
- * Ball Hockey for Grades 5 & 6

GROWN UP FUN!

- * Wine Tastings
- * Poker Night
- * Shuck You! Oysters with the Experts
- * Neighborhood House Crawl
- * Smokin' Bourbon Night

And much more...

- * Guitar lessons
- * Cottage Rental
- * Ski Days at Osler, Alpine, GP.. etc..

Looking forward to seeing you there!



Kudos to Rooms 205 (grade 2) and Book Buddy Room 303 (grade 4) cleaning up the community litter!

Katie
My Earth Day Promises
 I promise to not litter.
 I promise to turn off the tap.
 I will use cloth bags.



^{Travis}
My Earth Day Promises
 I will not litter ever!
 I will plant at least 5 trees.
 I will clean up any litter I see.
 When I brush my teeth I will tell of the fossils.
 If I see anyone litter I will tell.



My Earth Day Promises
 I promise to not litter or throw out stuff that can be recycled and I will go to clean up when I can. I can use cloth bags.



^{Lucia}
My Earth Day Promises
 I promise I will never litter.
 I promise I will use cloth bags not plastic bags.
 I promise I will save energy. I promise I will turn off the lights.
 I promise I will always turn off the tap when I'm not using it.



What Every Parent Should Know about Concussions



We had a very useful session on the brain and concussions with Dr. Charles Tator on April 12th. Thank you to Debbie Stern for organizing this! Below are our takeaways from the presentation. Also, Dr. Tator referred us to the following two sites --virtually everything he said at our presentation can be found on the [Parachute Canada](#) website, including a downloadable slide selection from a lecture.



Concussions 101, a Primer for Kids and Parents

- Concussions result from the brain moving around inside the skull. This happens as a result of the head snapping back / forward / sideways quickly and the brain shearing within the skull. A person can get a concussion without actually experiencing a blow to the head (e.g., body impact that causes the head to snap back).
- Helmets don't protect against concussion, though obviously are important to wear to prevent other injuries.
- A genetic predisposition to concussions is suspected, but unproven to date. Also, females are more susceptible and we don't know why. It may have something to do with neck muscles being weaker.
- The young brain is more vulnerable to injury.
- The peak age range for concussion is 14-16. This may be due to how the brain is developing during these ages.
- There are approximately 50 different symptoms that can result from concussion. Among these are dizziness, headache, nausea and photosensitivity. There are many others and people's symptoms can vary substantially. Symptoms often occur in phases, with the 2nd phase (days or longer after the incident) yielding an intensification of the initial symptoms or completely new symptoms. If symptoms don't resolve within the first 2-3 years, they are unlikely to ever resolve. In an unlucky few, there is a 3rd phase that occurs years or even decades later, with symptoms including dementia and depression, and potentially leading to suicide, homicide etc.
- Concussion is an invisible injury. It can't be diagnosed with a CT scan or an MRI. This means that it is a clinical diagnosis so requires a knowledgeable examiner and a truthful patient (kids and even parents often want to hide the fact that a concussion has occurred and may not be truthful about the symptoms they are experiencing).
- After experiencing a concussion once, a person will concuss more easily in future and take longer to recover. This is exacerbated with each subsequent concussion.
- Red Flags post-concussion include: (1) cognitive deficits (e.g., difficulty remembering, difficulty concentrating), (2) multiple concussions within a short period, (3) long recovery time (e.g., months or years), (4) brain lesions. These are indications of ongoing concern and should be taken very seriously. In these cases, Dr. Tator would recommend that the person seriously consider giving up the impact sport altogether.
- The brain is extremely susceptible to further injury while healing from a concussion. **It is critical to stop impact activities in the 2-3 weeks post-concussion. A second hit before full recovery can be highly damaging to the brain and can even result in death.** More on post-concussion protocol below.
- Dr. Tator shared a sad example of a female, teenage rugby player who recently died after having a concussion and continuing to play rugby in the following days. She had a second hit, then a third hit, and then died.
- Education is really important. Kids need to know this stuff so that they don't continue with the activity.

Note: Parachute Canada is a not-for-profit organization and small donations to them to support the excellent work they are doing would be greatly appreciated.



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Handling a Suspected Concussion

- Remove from play / activity immediately
- Do not administer medication
- Have the person evaluated by a physician
- There is a 6 step graduated protocol for "return to play". Please review these on the Parachute Canada website. The first step involves complete physical and mental rest. Each step takes at least one day (two days for kids). Therefore, the fastest return to full play is one week for adults and two weeks for kids. If symptoms return at any of the 6 steps, the patient needs to drop back down to step 1 and move back through the 6 steps.
- The "return to learn" protocol is more complex and is very individualized.
- Learning accommodations are usually required due to varying symptoms like light sensitivity, sound sensitivity, etc.

Preventing Concussion

- Obviously, one of the best things we can do as parents and coaches is to promote safer play and respect. Get rid of fights, elbows to the head and illegal play. Enforce the safety of the game and monitor what is going on.
- If he could, Dr. Tator would raise the age of body checking to 16 and the age of heading in soccer to 14.
- The Parachute website includes SCAT3 tools: print these off and keep them in your child's sport bag.

On Monday April 25th, Mark "Bird" Stafford from the Toronto Blues Society will be singing and playing harmonica for Rooms 202, 209, 303 & 208 during music class. He will teach the students all about THE BLUES! Thank you to the Toronto Blues Society for providing us with this workshop. Ms Werbitsky

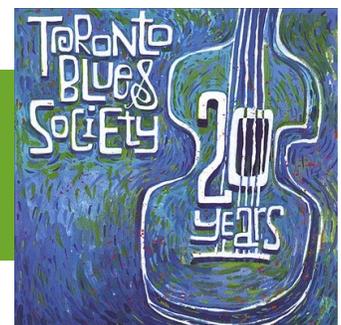
thank you!



Thank you to the entire Whitney School community for supporting the Grade 6 Book Sale. It was a success on so many levels- we received fabulous donations, the students from JK&SK right through to Grade 6 were such enthusiastic & respectful shoppers, the teachers were enormously helpful in organizing class visits, Tom was, as always, terrific with set-up and Mr. Smith & Ms. McGee were most generous in accommodating a 4 day sale during their busy academic week!

Kudos to a sensational 6th grade class- you rose to a great challenge & traded 1.325 books in the first ever Whitney Book Sale. Here's to a great new school tradition. Some of the proceeds will be donated to a school in need (details to be confirmed) and some will support the Graduation celebration of the class of 2016.

Enormous Thanks,
The Grad Committee





HEALTHY LIVING

Healthy Living Conference May 4, 2016

On Wednesday May 4th, in recognition of Mental Health Week 2016, all Whitney students will be involved in our first Healthy Living Conference! The conference will run for the full day for our grade 4-6 classes and will run during the morning only for our students in grades 1-3.

We are very excited to be hosting workshops including yoga, nutrition, stress management, using drama in positive social interactions and much more!

Presenters:

Joanne Del Core - is a trained and certified expert in emotional intelligence. Her specialized work revolves around the emotional health of individuals, employees and schools – particularly in the areas of negativity, anxiety and depression. Joanne will be hosting a workshop for our primary students in grades 1-3.

Public Health – We are happy to have three experienced nurses presenting workshops on this day for our junior students in grades 4-6. Topics will include nutrition and stress management.

Karen Reeves - Karen has worked in the fields of Education and Children's Mental Health for 2 decades. Presently, she works with children and adolescents in private practice. Karen will be presenting a Chair Yoga and Mindfulness session with all our students in grades 1-3. Chair Yoga offers the benefits of this ancient and profound practice and is well suited to the classroom environment! It allows for much needed physical and mental breaks.

Heather Sullada – is an experienced teacher in the TDSB who is trained and specializes in working with all ages of children on proper and fun yoga techniques. She currently teaches at Davisville P.S. We are thrilled to have Heather back with us again to work with our junior students in grades 4-6.

Youth Speak – is a Toronto organization that empowers youth who face challenges through leadership training, in order to increase their social and emotional strengths and positively impact their world by sharing personal stories in assemblies and workshops. Two young members from Youth Speak will be opening our conference with an assembly for our junior students in grades 4-6 and then following up with these classes with a workshop focusing on wellbeing.

Christine Jackson – is the TDSB Central Coordinator for The Arts! We would like to welcome Ms. Jackson to Whitney PS. She will be presenting workshops for our primary students in grades 1-3 on social awareness through drama.

Christianne Laframboise – we are thrilled to have Chris join in our day and host workshops for our students in grades 1-3 on the topic of good nutrition. Chris is a Certified Holistic Nutritionist and former parent in the Whitney community!

wittenberg's wall

sports. house leagues. wildcats

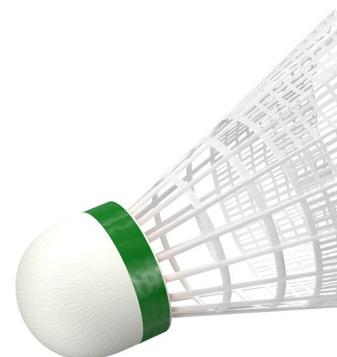


Track and Field

Tryouts for the track and field team have already begun in class, but more tryouts will be taking place before school, at morning recess, and at lunch. These tryouts are only for students in grades 4, 5 and 6. If a student is unable to attend one of the tryouts, and is interested in participating, please come see me as soon as possible.

Grade 4/5 Badminton

Congratulations to the members of the grade 4/5 badminton team who traveled all the way to Brown School (by foot!) for an incredible day of athletics. The boys and girls played some outstanding badminton, making some pin point shots, smashing the bird as hard as Jose Bautista hits home runs and moving their opponents from side to side! Unfortunately only one team could move on from the tournament (sadly not our Whitney crew), but I am very excited about the growth of the sport at Whitney over the next few years. Way to go boys and girls!



Grade 6 Badminton

Congratulations to the members of the grade 6 badminton team who traveled (not by foot) to Hillcrest to play in a quarter final match. It was an eye popping display of skill from both teams. Whitney and Hillcrest split the first four matches, and it all came down to the mixed doubles game featuring Russell and Lily. They were in tough against a very skilled team from Hillcrest. The first game went back and forth, and our dynamic duo squeaked out with a 21-19 victory.

The second set didn't start nearly as well, and they found themselves down 17-6. This didn't seem to bother Russ and Lily (cool as cucumbers those two!), as they stormed back to win 21-19!! The highlight of the match (and possibly the greatest shot hit in grade 6 badminton history) was Russell, a.k.a. Superman/Kevin Pillar, who dove headfirst to hit the bird just over the net for a winner...the crowd went wild! The team has now advanced to the semi finals which will take place sometime next week. Good luck team!



Boys and Girls Soccer

Tryouts for the girls soccer team have come to an end and practices start next week. The girls on the team are in for a very busy May, as they play on May 3rd, 10th, 12th, 17th (and one more date to be confirmed). Team practices begin next week.

Tryouts for the boys soccer team will continue next week.

at a glance

two weeks

sports, house leagues, wildcats

Monday 25—Friday 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 Grade 6 Badminton Practice	7:30 Boys Soccer Tryout	7:30 Girls Soccer Practice	7:30 Boys Soccer Practice	Sleep In!
12:00 200m Tryout	12:00 400m Tryout	10:05 800m Tryout	10:05 1500m Tryout	
3:30 Grade 6 Ultimate Practice	3:30 Grade 4/5 Ultimate Practice	12:00 Triple Jump Tryout 3:30 Grade 6 Ultimate Practice	12:00 Shot Put Clinic and Tryout 3:30 Grade 4/5 Ultimate Practice	

Monday 2 — Friday 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 Grade 4, 5 and 6 Hurdles Tryout	7:30 Girls Soccer Practice	7:30 Boys Soccer Practice	7:30 Girls Soccer Practice	7:30 Boys Soccer Practice
3:30 Grade 6 Ultimate Practice	3:30 Girls Soccer Game (Whitney vs. Davisville)	3:30 Ultimate Practice (both teams)	3:30 Grade 4/5 Ultimate Practice	