



WARDEN AVENUE PUBLIC SCHOOL
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Anja K. Belter, Principal Bill Vatzolas, Vice-Principal

Principal's Message

It's been another great month at Warden Avenue P.S. It's hard to believe that we are gearing up toward our final two months of school. In typical Warden Avenue fashion, we are not slowing down at all - amazing extracurricular and leadership opportunities are coming up in May and June, as well as fantastic opportunities for authentic learning through special events, trips, and community nights. Please ensure that you are checking our weebly page regularly - there's so much going on, you'll want to ensure that you don't miss a thing!

On that note, be sure that you are aware of what your child is doing on the computer at all times. Technology and social media has amazing benefits for our kids - but can also bring some significant risks to our students. These risks can be eliminated if we are aware of what our kids are doing. Is your child on Facebook? Twitter? You should know, and you should be checking their accounts regularly, as well as monitoring the internet sites that they are visiting. Let's be sure that our students are safe online. We will be having parent workshops on technology at Warden on April 30th and May 14th at 6:30 PM. You won't want to miss it!

Please note that EQAO testing will take place for grade 3 and 6 students between May 26th and June 6th. Please ensure that your child is well-rested, relaxed and present during the tests. If you have questions about EQAO, please contact your child's teacher. Information about EQAO as well as links to EQAO are also posted on our weebly...please take a look!

Mrs. Reyes has gone on maternity leave this past week; we welcome our new teacher in room 13, Ms. Cava. Ms. Cava is well known to our students, and we look forward to working with her for the rest of the school year!

Finally, you'll notice that this newsletter, in addition to sharing what's been going on and what's coming up at Warden Avenue, focuses on our accomplishments as an Eco School. While we've come a long way, we can't rest on our laurels - it's critical that we continue to focus on the little and large changes we can make to save energy, conserve water, and reduce the waste and carbon footprint that we create in our normal day to day lives. We hope our newsletter is helpful in allowing your family to focus on changes you can make to support the environment. Enjoy a green, sunshine filled month.





Healthy Minds For Healthy Kids *A Parent's Symposium to Support Children & Youth Mental Health & Well-being*

*Please join us on Wednesday, May 7th, 2014 at Warden Avenue Public School for a
community information night on Mental Health & Well-being
There will be guest speakers, information booths, and snacks.*

Program will begin at 7:00pm. For more information, please visit our website.

www.wardenaveps.weebly.com

Additional information will be available prior to the event.

World Wide Autism Awareness Day

Warden Avenue marked World Wide Autism Awareness Day on April 2nd this past month. Our primary, junior and intermediate divisions had an opportunity to listen to students speak about their own experiences with autism. Willow and Alex Beacock, students in grade 4 and 2, talked about what it was like to have a brother with autism, and Benjamin Kalisch, Ms. Belter's son, spoke about his experiences since he was diagnosed with Asperger's Syndrome 6 years ago. Autism consultants from East Metro Youth Services also came out to provide information that day. Ms. Roulston stole the show when she lifted her kettlebell while the students counted down in order to raise money for the autism society she supports. The students at Warden Avenue were incredibly respectful of our young presenters, asked intelligent questions to find out more about autism, and learned a great deal. Ask your son or daughter about autism and learn more about it!

TDSB's Years of Action - Warden Avenue's School Vision

The TDSB's 'Years of Action' (2013-2017) is an action plan that outlines the TDSB's strategic direction moving forward. Here at Warden, we are looking to create a school vision that embodies the values and beliefs that are important to our school community and that are reflected in the 'Years of Action' action plan. We ask that parents take a moment to review the TDSB's 'Years of Action' online at www.tdsb.on.ca and provide us feedback at our next School Council meeting.

Lunch Room

In order to make our lunch time here at Warden more efficient, we will be changing the order of when students have lunch. Starting on Monday May 5th, our primary students will be eating lunch first followed by our junior/intermediate students.

Notice of Hearing Clinic

The Toronto Foundation for Student Success provides free hearing clinics for our school community, within the TDSB *Model Schools for Inner Cities Program*.

Hearing assessments are done by a certified Communicative Disorders Assistant & an International Medical Graduate (Ear, Nose & Throat Specialist).

It is available for our students at Willow Park School Based Medical Clinic on the **First Friday** of each month. Appointments are served only through advance bookings.

Please call Rajkumar (Clinic Coordinator) on **647 460 9949 to book your appointment.**

Parking Lot Closure

Thanks so much to our entire community for their understanding and support of our decision to close the parking lot to cars at the end of the day. Our parking lot has become much safer, congestion has been significantly relieved, and our students are much safer. As well, our students have indicated that they are enjoying walking home in lieu of being driven. It's better for the environment; better for their health; and better for their safety - it's win, win, win! Thanks again to our community for putting children's safety ahead of their own convenience.

Adult ESL Summer Program July 2 - 25, 2014

Learn English with TDSB this summer! Build your literacy and English language skills. Learn about your community and the services available. Prepare for further education, citizenship and language proficiency tests. Improve your conversation skills. Discover our bilingual programs, where English is taught with the help of other languages. Find out about our adult ESL summer program.

- Duck Pond
- Go Fish!
- Dinosaur Dig
- Lollipop Pull

- BBQ
- Bake Sale
- Fire/Police
- Bike Tune Up

Community

Day!

Warden Avenue Public School

Saturday, May 10th, 2014.

10:30 AM to 2:30 PM

- Basketball Shoot
- Football Throw
- Bean Bag Toss
- Carnival Games

- Dunk Tank
- Bouncy Castle
- Prizes
- Gifts/Sales

Earth Day 2014- A time to go green - or greener!

Earth Day Canada recommends the following ten actions that you can do to take part in helping the environment:

1. **Park It**

Leave your car at home for a day (or a week or a month) and try walking or biking. If work is too far away to walk, take public transit or carpool. One city bus eliminates the emissions of 40 cars.

2. **Shut Down**

Turn off the lights, the computer and the TV when not in use. Use only highly efficient and money saving appliances to reduce your electricity consumption.

3. **Where's The Beef?**

Try eating meat-free at least one day a week. A meat-based diet requires seven times more land than a plant-based diet. Livestock production is responsible for more climate change gasses than all the motor vehicles in the world.

4. **Eat It**

Choose foods produced organically, locally and in season. Support your regional farmers & farming industry. Buying locally and in season is better for the environment than buying foods that have been shipped hundreds of kilometers to your local market.

5. **Let It Rot**

Put a composter in your backyard or use your green bin to reduce household waste. Composting organics reduces the amount of waste going to landfills and helps nourish soil and plants.

6. **Don't Be Idle**

Turn off your car's engine if stopped for more than 10 seconds. If every driver of a light duty vehicle avoided idling by five minutes a day, collectively, we would save 1.8 million litres of fuel per day, almost 4500 tonnes of GHG emissions, and \$2.34 million in fuel costs each day (assuming fuel costs are \$1.30/L).

7. **Keep Your Eye On The Temperature**

Set your thermostat above room temperature in summer and below room temperature in winter. For each degree you adjust, you can save five per cent on your utility bill and one per cent on your energy use.

8. **Bright Ideas**

Replace incandescent light bulbs with compact fluorescent bulbs (CFLs). A CFL uses only 25 per cent as much energy as an incandescent bulb and lasts 10 times longer.

9. **Don't Dump It - Blue Box It!**

The simple act of recycling has more impact on the environment than the average Canadian thinks. The amount of wood and paper North Americans throw away each year is enough to heat five million homes for 200 years.

10. **Tell Someone**

This is a great opportunity to brag. Tell someone what you're doing to make the world a better place. Support the cause. Encourage them to get involved too!



Warden Avenue Public School

Heritage Dinner

Thursday, May 1, 2014
at 6:00 p.m.

You are invited to join us on Thursday night for the Warden Avenue Heritage Dinner! Bring a dish from your culture or a favourite family food, and enjoy a dinner with the students, staff and family of Warden Avenue!

Please bring a food item to serve 10-12 people, at 5:45 p.m., ready to serve, so that dinner may start promptly at 6:00 p.m. Please **do not bring items that may include peanuts, nuts, shellfish, or seeds**. While we cannot guarantee that every item at the dinner will be safe for allergies, we want to make our Heritage Dinner as enjoyable as possible for everyone in the community.

In addition, families are encouraged to bring their own sets of reusable cutlery, cups and plates, where possible, in order to cut down on waste production and make the Heritage Dinner more eco-friendly.

If you are interested in attending the Heritage Dinner, please return the form below so that we will have an estimate of how many guests to expect. If you would like to volunteer to help out with this event, please contact Ms. Nick or Ms. Brooking at 416-396-6625. Thank you and we hope to see you on Thursday, May 1st!

Children's Mental Health Week is May 5 - 9

One in five Canadian children suffers from a mental health disorder and many of these go either undiagnosed or untreated. During Children's Mental Health Week, the Toronto District School Board joins organizations and individuals across the country in raising awareness. Be on the lookout over the next month for more information about Children's Mental Health Week activities. There will be awareness walks, performances and presentations. In addition, there will also be year-round activities to raise awareness of children's mental health issues. For more information, visit www.tdsb.on.ca.



Are Your Children Stressed?

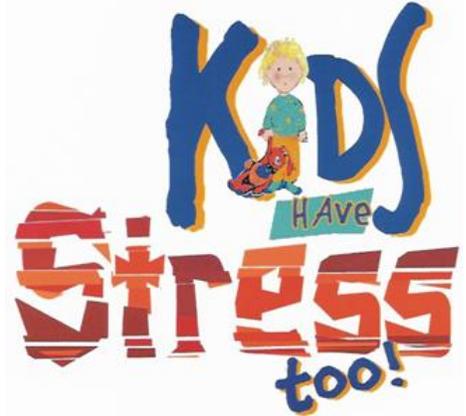
Just like adults, children can feel anxious or stressed about new situations, meeting new people or having too many things to worry about. Stress in your child may show up in many ways including:

- headaches
- tummy aches or just not feeling well
- trouble sleeping
- eating more or less
- not wanting to go to school
- becoming more quiet
- looking sad or worried.

You can help your child if they feel stressed by:

- spending time and doing things together
- listening to them when they talk
- showing them that you love them
- giving them time to relax as they may feel too busy
- watching them play and help them get along with other children
- asking the teacher if she/he notices any problems, and tell her/him your concerns.

For more information you can consult with your school's social work, psychology or guidance departments, call Toronto Health Connection at 416-338-7600 and speak with someone, or visit www.toronto.ca/health.



How do You Spell Success? Warden Avenue's Primary Spelling Bee!

Although there was only one trophy at Warden Avenue Public School's Primary Spelling Bee, all contestants were winners in their display of dedication and persistence. On Wednesday, April 16th, the following pupils put forth a tremendous effort in spelling words that were well beyond their grade level plus a bonus round of words that they were not given to study in advance. Congratulations to Leen Abuldeber, Alexis Burns, Junaid Chowdhury, Najma Farah, Masudah Haque, Vernan Kugarajan, Ahmed Mouze, Rehan Muhammad, Kazi Saruar, Raha Abdul Sattar, Jalil Abdulahi, Jihan Chowdhury, Kalisha Grant, Inaaya Mahjabin, Tehzeeb Rahman, Tannei Sarker and Auheen Syed for their excellent spelling of words and cooperation!

Congratulations to our grade 1 representatives: Jubair Chowdhury, Aanzala Haque, Afifa Ibnat, Abdulfatah Mohamed, and Rusul Tuma. Well done to our grade 2 representative Elakshan Elangathan and our grade 3 representative Ahmed Musse. The 2014 Primary Spelling Bee Champion is Ameena Choudhury. All contestants have made the Warden Avenue Public School community very proud.

Help Your Child Do Well in School and in Life!

As parents and caregivers, you have opportunities every day to help your child learn how to cope and "bounce back" from life's disappointments. Here are some helpful tips to consider how you can help your child make healthy choices in life.

- 1) Learn about typical growth and development for different ages - knowing what is typical can help you decide if your child's behaviour is something to be concerned about. A great resource is www.hincks-dellcrest.org/ABC.
- 2) Listen to what your child has to say - invite your child to share their opinions, even if they are different from your own. Find opportunities when everyone in the family can share about their day (e.g. during meals, or in the car).
- 3) Praise your child's efforts and respect their individuality - let them know you are proud of them.
- 4) Set time limits on TV, video games and internet use - learn about internet safety and monitor your child's use. Keep TVs and computers in common areas like the kitchen or family room, (not a child's bedroom), in order to see what your child is viewing or doing on-line.
- 5) Give your child clear guidelines and discuss what behaviour you expect.
- 6) Set a good example of the values and behaviour you expect from your child - let your child see you eating healthy, saying "sorry" for a mistake, managing anger in a difficult situation or helping others.



Enjoy being involved in your child's life - go to their school & community events, play in the park together, welcome their friends in your home.

Developing a healthy parent/caregiver-child relationship helps your child learn to cope better with all of the challenges that school and life can bring them.

TEACHING AND LEARNING GARDEN

Spring is here! The students in Mr. McDonald's class have been working really hard to take care of the many vegetables and herbs that they have planted in preparation for our garden. Students are also in the process of creating a **seed library**, which contains many seeds to be shared. Below is a list of vegetables and herbs that are in our library. If you would like to plant any of these vegetables and/or herbs in your home garden (or any place where there is lots of sun), please check off which one you would like. Your son/daughter will bring the seeds home in a small pot filled with soil where you can plant the seeds. Once your vegetables and/or herbs grow and before you eat them, please keep the new seeds and return them to Mr. McDonald in the new school year in September.

Looking forward to exchanging seeds!

Vegetables	
Blue Lake Bush Bean	Mesculin Salad Mix
Brandywine Tomato	Mixed Pole Black Beans
Cherry Radish	Nevada Lettuce
Colourful Beet Mix	Rhubarb
Dark Star Zucchini	Red Cherry Tomato
Delicata Squash	Rosa Bianca Eggplant
Fordhook Chard	San Marzano Tomato
Garden Carrot Mix	Simpson Lettuce
Great White Tomato	Small Eggplant (Raveena)
Hale's Best Jumbo Muskmelon	Sugar Pod 2 Snow Pea
Howden Pumpkin	Tyee Fi Spinach
Japanese Eggplant	Yard Long Bean "long noodle"
Kabocha Squash	Yellow Crookneck Squash

Herbs	
Coriander	Lemon Basil
Dill	Thai Basil
Garden Sage	Thyme
Genovese Basil	



Student of the Month



The following students have been recognized by their teachers for demonstrating April's character attribute: Co-operation.

Mrs. Nick	Gabi Chan, Moiz Choudhry, Omed Popal
Mrs. Chapman	Jeremiah Wedderburn, Ayman Al-Mahdaly
Mrs. Reyes	Benjamin Lin, Caydence Lord, Nooha Khan
Ms. Orfao	Rubina Ahmed, Oliver Chong, Tasleem Farah
Ms. Violot	Fatima Honore, Hussain Al-Khafagi
Ms. McCalla	Jade Thomson, Ayman Hoque
Ms. Su	Omar Abdirahman, Najma Farah
Mr. McDonald	Justin Scaturchio, Devin Faulkner
Ms. Dew	Shaheer Ashfaq, Ivy Thai
Mrs. Brooking	Alexandra David, Subah Zaman
Ms. Roulston	Rayana Hopkin, Arpit Das
Ms. Lieu	Sakib Shahab, Wahid Popal
Mr. Bennett	Jaden Brown, Caleigh Burge
Mr. Stamatopoulos	Storm Crim, Nabeel Munir, Rahma Omar
Mr. Bigionni	Ifrah Ifrah, Safwan Islam
Mr. Clabassi	Mohid Syed, Michaela Whitly
Ms. Gavas	Tiffany Kerr

In the month of May, we will be recognizing students who demonstrate the character attribute of **integrity**.

Your child can show integrity by being honest and trustworthy toward his or her peers, friends and family members, by admitting her/his mistakes and learning from them, and by making the right choices and following through with the appropriate actions.

Topics you can discuss with your child include the importance of standing by what you believe, and telling your child where you stand on important issues, and your reasons for taking that stand.

Projects to do together include brainstorming a list of controversial issues, and discussing both sides of the issue, watching TV shows or movies or reading stories in which the characters show integrity, and discussing the various ways in which characters acted with integrity, and discussing and sharing with your child examples of a situation in which a family member acted with integrity.

To encourage integrity in your child, talk to her/him about what it means to have integrity, encourage and praise her/him when s/he shows integrity, provide your child with opportunities to actively engage in discussions that will help develop her/his opinions, and encourage your child to think about whether something is ethically right or wrong.

