



Sheridan Park Standard

114 Linwell Road, St. Catharines, Ontario L2N 6N8

Tel: (905) 937-0510 Fax: (905) 937-8845

E-mail: she@dsbn.edu.on.ca

<http://www.dsb.edu.on.ca/Schools/SheridanPark>



From the Principal's Desk

Dear Parents & Students,

As the Googlism quoting Lord Kelvin suggests, "If you cannot measure it, you cannot improve it." http://en.wikipedia.org/wiki/Lord_Kelvin



On March 26, 2011 at 8:30 pm, hundreds of millions of people around the world will turn off their lights for an hour to demand action on climate change. But that's just the beginning. Every hour, Canadians are taking small steps to lessen their impact on the environment. From hanging your clothes to dry to taking transit to work, those small steps add up to huge changes for the better.

In preparation for this event, Sheridan Park will be staging a daily power down throughout the school week. Each day, we will power down from 2:15 pm to 3:15 pm.

Please try recognize Earth Hour at home on Saturday, March 26th evening from 8:30-9:30pm. And follow up by logging onto our school website Saturday evening after 9:30pm to sign our Earth Hour guest book and tell us what you did with your family during Earth Hour!

Sign in, turn off (lights) and participate in the action with the staff and students of Sheridan Park for Earth Hour 2011.

Yours in environmental education,

J.M. Roberto
Principal



FROM THE OFFICE

FAMILY DAY

We had some great submissions, thank you to all of the Skyhawk families for participating. We would like to congratulate the Sawada family, who were presented with a gift and invited to our school to receive the family plaque. You can read Thomas Sawada's story on our website. Thank you for sharing your family traditions with the rest of our Skyhawk families!!



MARCH (14-18) BREAK

There will be no classes for students from Monday, March 14th to Friday, March 18th. Classes will resume on Monday, March 21st.



GRAD PICTURES

The information session was held on Monday, February 28th. Pictures will take place on Friday, March 4th. Say cheese! Graduation composites will cost \$25.00. Order forms were sent home. If students are unable to attend, please contact Mrs. MacTavish and she will coordinate alternate arrangements with Pegasus. Below are the dates and locations she has received. Please call her to arrange an alternate sitting, ensuring our school colours are present for the photos. Queen Mary-March 22nd, Lockview March 23rd, Maywood March 24th, Port Weller & Ferndale March 31st or Briardale May 5th.

**ECO**

Congratulations to our **Gold bin** winners: 3B and the **Energy** winners: 780 **Organic:** JK/SK
Don't forget we still collect old cell phones for Tribes points!

**DSBN UPDATES**

Eco-Corner...by the DSBN Environmental Sustainability Committee
Reducing/Eliminating Single Use Plastic Water Bottles:
Millions of single use plastic water bottles are purchased every day in North America....Where does that water and plastic come from? Where will that plastic go? Do some fact finding...here's some facts and websites to get you started.
Get involved at home, at school, or at work...'Bottled Water Free Day' on March 10
(<http://www.bottledwaterfreeday.ca>)
World Water Day on March 22
(<http://www.worldwaterday.org/>)
Let the DSBN Environmental Sustainability Committee know about your school's or family's plan to reduce waste with plastic bottles by uploading your idea to our website @ www.dsbn.org/esc/

20 YEAR RECOGNITION

Congratulations to Mr. Pinkerton and Mrs. Mawson for 20 years of service. Thank you for their years of service to the District School Board of Niagara and the students we serve.

EVENTS**MARCH IS NUTRITION MONTH:**

What can I have to drink?

The best thirst quencher is water. Canada's Food Guide recommends that you "satisfy your thirst with water!" Parents often send juice to school with their children not realizing that the "drink", "beverage", or "cocktail" that they send contains very little juice. Only those juice boxes that specify 100% fruit juice actually contain pure juice and not a combination of a small amount of juice and mostly sugar and water. Have vegetables and fruit more often than juice, and enjoy a variety of options. For most children at least two glasses of milk is recommended daily. Milk is another good option for quenching thirst. Pop, sports drinks, and juice should be limited and offered occasionally.

**BREAKFAST CLUB**

We serve breakfast daily at 8:30 am in the foyer. Donations are welcomed! Thank you to Niagara Nutritional Partners for their funding. We now have a new breakfast cart.

Healthy snacks are provided during first break. We have had an overwhelming response to this program. We served approx. 150 snacks during the month of February. This indicates that there is a need to continue to run this program in our school. Talk to your child and ask if they are using the program. Thank you to Mrs. Nakhooda, Mrs. VanSlageren, Mrs. Penfound, Mr. Etherington, Henri T. and our Student Council for their help!



CANADIAN POLITICS

We welcome back Stephan Galbraith, a former Skyhawk. He will engage the intermediates in a discussion about the current understanding of Canada's political system and government. Stephen is currently at Lakehead University. The project that he is working on will serve a useful purpose in analyzing the political knowledge awareness and interest for youth.

STARLIGHT

Thanks to students from grades 4-6 who participated in the 1st annual Starlight Children's Foundation Art Project. The Foundation is dedicated to improving the quality of life for children with chronic and life-threatening illnesses and life-altering injuries by providing various supports to families. The Project is an annual opportunity to introduce young students to the concepts of "giving back" and social responsibility, building lifelong character traits that will help mold them into caring and concerned adults. Our Sheridan Park students learned that they can make a difference-even if they can't donate money directly for this important cause; they can still donate their time and talent.



Sheridan Park was selected as one of 200 participating schools in Canada, to create an original piece of artwork around the theme "Hope and Courage". Nine pieces of artwork will be forwarded to the Starlight Foundation for entry into an on-line auction taking place in April. A panel of judges will then choose a winning piece of art from each school, 2 from each province and a final panel will choose the top 3 pieces nationally. Please read April's Newsletter for further details on the auction. Thank you to Crayola Canada who graciously supplied the water colour pencils.

The net proceeds of the art selected for the auction will be shared 50/50 between the student's school and the Starlight Children's Foundation. Good luck Art Hawks!! Consent forms were sent home.

ART GALLERY

"Art is not what you see, but what you make others see." G. O'Keefe

The Niagara Falls Art Gallery is coming to Sheridan Park. Art sessions are scheduled for March 4th (Kindergarten) and March 9th (grades 1-8). A notice was sent home with your child.

Thank you Ms. Kamendy and Mlle Hedemann for organizing this annual event with homeroom teachers! Our students are looking forward to this opportunity!



INCREASING FIRST NATIONS, METIS AND INUIT KNOWLEDGE AND AWARENESS 2010-2011

The District School Board of Niagara received funding through the Aboriginal Education Office to create a program to offer first hand First Nations, Métis and Inuit cultural teachings and experiences to every elementary school.

On March 7th, we welcome the Pow-Wow Presenter: Phil Davis *Ohnia: Kara Native Drum and Dance Group.

Learning Objective: This presentation examines the tradition of the Pow-Wow and will interactively discuss the origins, associated regalia, settings, etiquette and different drums such as Pow- Wow, water and hand drums. Students will be encouraged to drum, sing and dance. Thank you Ms. Downs for organizing this event.



Target audience: grades K-8

Parents are also invited to join us in the gym at 1:35 pm

EQAO

In order to better prepare our Grade 3 and 6 students in writing the Grade 3 and 6 Ministry EQAO (Education Quality and Accountability Office) Assessment scheduled in May. The students will be writing a Mid-Year School Based Assessment practice test. The DSNB Literacy team has put this assessment together for all students across the District. Your child will be writing the Language and Mathematics Assessment. The school practice test will help our students get used to writing such types of assessments and it will also help our staff to reflect on various curriculum expectations for the next

several months. A note has been sent home to each family with additional information. Please remember, EQAO is just a snapshot. Our staff is experienced and supportive, creating an atmosphere, where students feel comfortable and the delivery approach is positive. Contact your child's teacher, if you have further questions. Together, our goal is making every child feel successful, when reaching their goals in all that they do! Parents can also access past assessments and anchors on the EQAO website.

STUDENT COUNCIL NEWS

Student Council donated \$100.00 to the Make a Change for Children campaign. This campaign helps students during emergency situations.

Students have also been encouraged to apply for the Ministry Speak Up panel! Good luck to Dylan Petley –Eberhardt, as he has submitted his application!

WEAR GREEN TO CELEBRATE ST. PATTY'S DAY

On Tuesday, March 8th, we are celebrating St. Patrick's Day and our Skyhawks are encouraged to dress in green!

TACKY TOURIST DAY

Pull those items out and get TACKY!! See you in your TACKY WEAR, Friday, March 11th.

GRADE 8 GRADUATION

In past school years a parent committee comes together to plan an offsite event for the graduates. If there are any parents interested in taking the lead please contact Mrs. MacTavish and further information will be provided.

SCHOOL COUNCIL

- ♣ A Sheridan Park coupon booklet will be our spring fundraiser. Mrs. Sabourin provided us with a sample booklet, the cost is \$20.00. The booklet contains great coupons that will benefit the entire family!
- ♣ We have received positive Smoothie feedback from our students.
- ♣ Mrs. Sabourin will be looking into a MacDonald's Night, whereby the Sheridan Park staff will serve our community!
- ♣ Trivia Night has been cancelled. Mrs. Earle, in consultation with her committee will contact all parties that have booked tables and provide them with refunds. As for the Silent Auction, School Council invited the Trivia Committee to hold a raffle Tuesday, April 12th at Family Zumba Night. All proceeds will go towards the intermediate trip.
- ♣ The Cake Walk was a success! Thank you for the peanut/tree nut free cakes. Our profit was \$150.00.
- ♣ DSBN updates were presented: DSBN Academy, EQAO and French Immersion.
- ♣ Our next meeting is March 22nd at 6:00 pm. We will begin to plan our calendar of events for 2011-12.
- ♣ Author Night will be rescheduled, Mr. Diorio will rebook this event in consultation with School Council. Stay tuned for further information.
- ♣ We will also be planning a Bingo Night Friday, June 3rd.
- ♣ Cassidy M, our Governor General and Olivia J. highlighted many of the successful events that took place in January and February. Cassidy spoke to Tyler H., he thinks Give Where You Live has been an awesome experience! Nadine W. likes interacting with different people. Brianna V. said, "it is cool to learning new things!" Cassidy also reported on Skills Canada, stating they learned about different jobs, apprenticeships and salaries. Also noted, were iWalk & Cupid Run, which were successful events!



SHERIDAN PARK SCHOOL'S NIGHT AT THE ICE DOGS

Bring your family and friends to see the Niagara Ice Dogs take on Sarnia STING Saturday, March 5th 2011. We have been invited to participate in a free family skate before the game. The hockey game begins at 7:00 p.m. Tickets are \$13.00 per person. Order forms will be sent home.



Bones took one home too!

By the way, when introduced, ask your child, if the Ice Dogs came in **BACKWARDS!** Yes, that's the spirit!

At our school visit, many of us had an opportunity to ask the players questions and play floor hockey, including Ms. Roberto with her hattrick!! Ms. Osborne, Mrs. Mawson, Mrs. Trussell and Mr. Etherington were a hit! We presented the Ice Dogs with our signature "Character Dog tags"!!



CURRICULUM UPDATES



WAYS TO KEEP YOUR CHILD ENGAGED DURING THE MARCH BREAK LITERACY

- ♣ Let your kids read the mail: ads, brochures, sales, coupons, and letters.
- ♣ Subscribe to the newspaper. Share and discuss articles, cartoons and columns.
- ♣ Bus, train, or plane trips are for reading too. Put a bag of books and comics on board.
- ♣ Notice life print around you – ads, signs, menus – and point out examples of word play.
- ♣ Kids love to collect things. Help them arrange and label each artifact they collect during their holiday.
- ♣ Ask your kids to write out the shopping list, address an envelope help make a calendar of weekly activities.
- ♣ Sing songs with your kids. Share the lyrics.
- ♣ Have kids check the internet to answer questions that arise.
- ♣ Let kids plan for and read maps on an excursion.
- ♣ Exercise everyone's mind doing crossword puzzles, word jumbles and word searches.
- ♣ Write a letter, short story or a song together.
- ♣ Question your child about the story you're reading together -What do you think happened next?
- ♣ Read all the descriptions on exhibits and displays on outings to the zoo, museums or galleries.

NUMERACY

- ♣ In the car, estimate how many kilometres or how much time it will take to get to your destination, estimate how many cars you will see in 5 minutes, or how many license plates it will take to see all the numbers from 0 to 100.
- ♣ Play Tic-Tac-Total by drawing a tic tac toe board and having each player print the numbers 1 to 10 off to the side. Players take turns crossing out one of the numbers and writing it in the board. The player who makes 15 first wins.
- ♣ Play Bizz Buzz as follows. Players generally sit in a circle. The player designated to go first says the number "1", and each player henceforth counts one number in turn. However, any number divisible by three is replaced by the word bizz and any divisible by five by the word buzz. Numbers divisible by both become bizz buzz. You may change the numbers to counting by 2's and 10's or divisible by 6 and 2 etc., for variations.

- ♣ Players may either be eliminated if they make a mistake or you may play co-operatively.
- ♣ Bake with your child. Have them work with you to halve or double a recipe.
- ♣ Play card games and board games.
- ♣ Build with blocks, found materials or a model kit.

COMMUNICATION MATTERS

Quality Family Time: It's All In The Balance!

Juggling School, Work, and Activities Can Be A Challenge

From Robin McClure, former About.com Guide

If your nightly refrain is how tired you and the kids are, perhaps your family is struggling with how to balance work, school, and activities. Here are some quick tips for juggling the various schedules and spend some quality time together:



- Create a family night. The solution is simple and can create memories to last a lifetime. Whether it's movie night, take-out night (think pizza or Chinese, for example), game night, or a family walk night, the key is that a night each week is designated for together time. Relax...and talk with each other! You might be surprised the things you learn from your kids on your special night.
- Enjoy and interact with your child's friends. Yes, really! Letting kids "hang out" at your place gives you valuable insight into what interests and motivates your own child as well as understanding the "crowd" he or she is associating with. For younger kids, an hour or two with a friend can teach sharing, responsibility, taking turns, and other traits through actual learning and experiences. And don't forget that many child experts indicate that free time for play and social interaction can be better for a child's development than too many organized or structured activities.
- Consider the commitment when making decisions. More and more activities are emphasizing additional practices and time requirements in today's competitive world. You as the parent have to decide if a particular activity is appropriate for your child.
- Determine your child's commitment as well. If your kid says an activity "might" be fun, avoid committing to a full season or year. Not only could it present a problem for your child if he/she doesn't like it, but will infringe on the other players/members participating in the activity. Many teams rely on a certain number of players or kids to form a group, and a last-minute pull-out could cause an impact on everyone else. If you're not sure, consider signing your child up for a mini-camp or week-long or short session instead. If your kid loves it, then you can always seek something more in the future.
- Assign family responsibilities. If everyone in the family is participating in some type of activity, then general household chores may be harder to get accomplished due to lack of time. Have a family meeting and explain that in order to do these enrichment activities/sports/music, everyone will have to pitch in to make sure the clothes still get washed, dishes done, and table cleared. If you set expectations up front, any grumbling will be minimized. Even small children can help set the table, clear dishes, or take out the trash cans to the curb.
- Watch for signs of being overextended and adjust schedules as needed. If your child's grades start plummeting or you get a note that says Emma often falls asleep after mid-morning snack, you may be asking too much of them. Keep in mind a child's age, personality, and true interest in making decisions.
- Encourage the "all for one and one for all" concept. A family who plays together, stays together is the message and encourage your children to support each other's activities and endeavors.
- Above all, keep family first! Keeping your priorities straight will ensure a happier, better-adjusted family.

FUNDRAISING

BOTTLE DRIVE

Mr. and Mrs. Langelaan are still collecting bottles. Thank you to our families for dropping them off at the office!!

REGAL UPDATE

The intermediate profit was approximately \$240.00. Thank you for your support. We will continue to provide families with a year round online Regal access to fundraise for our entire school. Stay tuned for an announcement!

TRIVIA NIGHT

At this time, we would like to thank a great bunch of parents who have been meeting weekly to organize this event. Unfortunately, the event has been **cancelled** due to a few responses. A Silent Auction will be held on Tuesday, April 12th.



*All profits will be totaled prior to the final Quebec payment and the intermediate staff will provide each family with an update.

SPORTS & CLUBS

BASKETBALL

Hats off to our Boys' Basketball team, the winning announcements have been endless! They are so proud of their accomplishments and we can't help but share in their excitement! They played their best at the DSBN tournament too! Coaches: Mr. MacIsaac and Mrs. Bashford.



A big thank you goes out to all of the girls, who were on the Basketball team this year. Mr. Diiorio is extremely proud of your hard work and commitment show over the course of the year. We did learn a lot and had fun too. A great big thank you goes out to our parent drivers too. You were always there when we needed. Coach: Mr. Diiorio.

Junior teams are underway! Mrs. Barton is currently running a girls' basketball clinic and Mrs. DeLuca together with Mr. Langelaan will be scheduling boys' basketball practices soon! Stay tuned for morning announcements!

LEGO ROBOTICS/THE CHALLENGE

Congratulations to our Tech Challenge teams, Emily E., Sabrina L., Olivia J., Evan S., Daniel T., Michael C., Nadine W. and Alex K. Nadine W., Michael C., Olivia J and Alex K. placed 2nd and they moved onto the next round!! Congratulations to Victor, Kelsea, Chantal and Dylan, who moved on to the Lego tournament too. The tournament was held at School Support Service in NOTL, Wednesday, Feb.23rd. The Lego team placed Silver. The tech team did their presentation but then their bore head fell off and they couldn't adjust it in order to move on. We are thrilled with their accomplishments! Thank you to all of our drivers. We couldn't have done it without you! Coach: Mrs. Janzen.



CHESS CLUB

Chess Club is held during 1st break in Mlle Hedemann's room. Information is noted on our daily announcements. The juniors meet on Wednesdays and the intermediates meet on Fridays. A letter with further information regarding the tournament will be sent home at the end of March.

**GYMNASTICS**

Mrs. Mongelluzzo will be holding a gymnastics club for juniors and intermediates. Stay tuned for further information on our daily announcements.

DRAMA CLUB

The students of Sheridan Park are such a creative group, filled with so much hidden talent. In drama club, the foci have been monologues and improvisation. Students have been working on the fundamentals of forming characters and they continue to develop new ways of approaching various scenarios and skits. Staff member: Ms. Downs and Volunteer: B. Dieter.

CHARACTER EDUCATION**CHARACTER TRAIT**

The character trait for March is Healthy Living.

Our dog tag this month is a walker.

Healthy Living: Keep active, establish good eating habits and be confident.

Indicators:

- Daily physical activity.
- Keep fit and have fun!
- Eat Right.
- Stay positive, think healthy!

TRIBES TEAM POINTS (including Backwards Day)

Yellow Hawks	Blue Hawks	Orange Hawks	Green Hawks	Purple Hawks
188	140	177	159	178

Thank you Evan & Riley for tallying up the Tribes points!

PRINCIPAL'S AWARDS

Our Principal's Awards assembly recognized students for their fine efforts, dedication and commitment to school during the month of February. Our character trait was Perseverance.

JK/SK	Owen H., Alana R., Spencer C., Coby T.
Grade 1	Zacharee A., Kaitlyn S.
Grade 2	Katelyn E., Rebecca G.
Grade 3	Anton P., Justina I.

**CONGRATULATIONS SKYHAWKS**

- ♣ Hats off to our teal tickets winners for the month of January, lunch winners, iWalk, Cupid Run winners, Dance winners and Eco winners.
- ♣ Congratulations to our Silver Sneaker winners: The results are in, 7/8B 95%, 7/8D 90% and 7/8O 96%. Congratulations to 7/8O!!
- ♣ Perfect attendance for Term 1: Sabrina Leip.
- ♣ Congratulations to our Shining Examples, please feel free to stop in and have a look.

WELCOME STUDENT TEACHERS, COOPS

We are truly lucky! This term we also welcome coops and student teachers in our building from Brock University, Eden, Laura Secord and Governor Simcoe.

- ♣ Kristi W. (JK/SK coop) Ashleigh (FSL coop) and Janelle (grade 2 coop).
- ♣ Student teachers: Mrs. Whitfield, grade 7/8 B, Miss Pranger, grade 2 and Mr. LeCavalier, grade 3.

KUDOS

- ♣ To all of our amazing coops. Welcome back Henri T. (OPC recipient 2008-09), Riki W. (Effort recipient 2008-09) and Nicole B. It certainly is a change from a grade 7/8 student!! This one is for credit!
- ♣ Mr. Mottley, greatest D.J. ever!!
- ♣ Mrs. Massalis, Mrs. Earle and Mrs. VanSlageren for the Valentine's Cake Walk assistance.
- ♣ Mrs. Graham, for the great Valentines, iWALK & Cupid Run prizes!
- ♣ To all of our families on the ICE!!
- ♣ Mrs. Burdon for her volunteer time with the Intermediates and Give Where You Live support!
- ♣ Thank you to all of our parent drivers, assisting with sporting events and tournaments!
- ♣ Mrs. Goertz, Mr. Lockhart and Mrs. Janzen for their dedication to our Lego team!
- ♣ Mr. Langelaan for the fabulous skating pictures plus! He manages to capture school spirit in the moment!
- ♣ Mrs. Sabourin for organizing our upcoming spring fundraiser.
- ♣ Mrs. VanSlageren for helping Mrs. Nakhoda, Emily & Sabrina with Friday's pizza delivery.
- ♣ The Alcott's for donating skates to the school.
- ♣ Thank you for your book fair support!

**MARCH 2011 MARK YOUR CALENDAR (Note changes, additions & deletions)**

Breakfast Club is every day!

Plan G -Wednesday and Fridays at 10:25 am/Go Girls with Gabrielle & Lindsay is on Mondays at 12:45 pm.

Silver Birch Club with Mr. Diiorio is on Wednesdays at 10:25 am.

- ♣ **March 4, 8** Drug Free and Tobacco Feud presentation to grade 5/6 & 7/8's.
- ♣ **March 7** 1:35 pm Ohnia Kara Native Drum & Dance Group Presentation grade 1-8
- ♣ **March 10** Bottled Water Free Day
- ♣ **March 21-** Food orders go home/**March 28** Food orders are due
- ♣ **March 22 & 24** Engineer Day with Mr. Goertz grade 7/8
- ♣ **March 24** M & M Day
- ♣ **March 21-25** 2:00-3:00pm Power Down for Earth Hour/**March 26** Earth Hour 8:00-9:00 pm/**March 27** Sign our online "Guest Book" for Earth Hour for Tribes points!
- ♣ **March 31st/April 1st** Give Where You Live Volunteer Day TBA

