



Quaker March 2015

Inside this issue:

Quaker Comet Optimism Award winners for 2015	2
Celebrating 100 Day	3
Kindergarten Open House	4
Immunizations	5
Family Fun Night	6

March Dates

March 5 : Trivia Night Fund-raiser 7 PM

March 6 : Winter Activity Day (weather permitting) dress warmly!! & Student Success Assembly Period 5

March 10 : DSBN Instrumental Program Performance 10 AM

March 13 : Quaker Variety Show Period 5 & 6

March 16–20 March Break

March 24 : Skating Jr. 10:45–11:45 AM/ Primary 1 -2 PM

March 30 : Grad Photos in PM

**** Please check page 7 for some important dates beyond March !!!!**

Principal's Message

What A busy month February was, and March is shaping up to be! Our students have been involved in a myriad of activities, as have our teachers! Our Lego Robotics is getting set to compete; as are our junior basketball teams; just as our intermediate basketball teams' seasons are winding down. We are looking forward to some more great fun and participation with our QHL Intramural Hockey League for students of all ages which is about to begin, not to mention showcasing our artistic talents as we prepare for our Quaker Road Variety Show on March 13th, and our book club for the Forest of Reading Program. There is something for everyone at Quaker Road and we have a busy second term underway!

On Wednesday, February 18th, Quaker Road School held our second annual " Family Fun Night" We welcomed over 130 participants where both parents and students spent time learning about Wellness, playing games to develop both Numeracy and Literacy Skills, exploring Technology that is available to our students, experiencing the challenge of "cup-stacking", and actively participating in some Family Zumba! Thank you to all of those were able to join us, we hope that you had a great evening. Thank you also to all of the teachers who worked hard to prepare for the evening activities, and to Mr. Winger's daughter Jessica who helped us out leading 6 sessions of family Zumba

As March Break approaches (hard to believe), we are looking forward to many more exciting learning opportunities and engaging activities here at Quaker Road School. Have a great March Break, Comets!



Tyrell and Tanner enjoy each other's company as our intermediate students work with their kindergarten buddies. Congrats to Tanner on your amazing guessing skills. He won the gr. 6 "Guess How Many" contest on Feb. 25th.

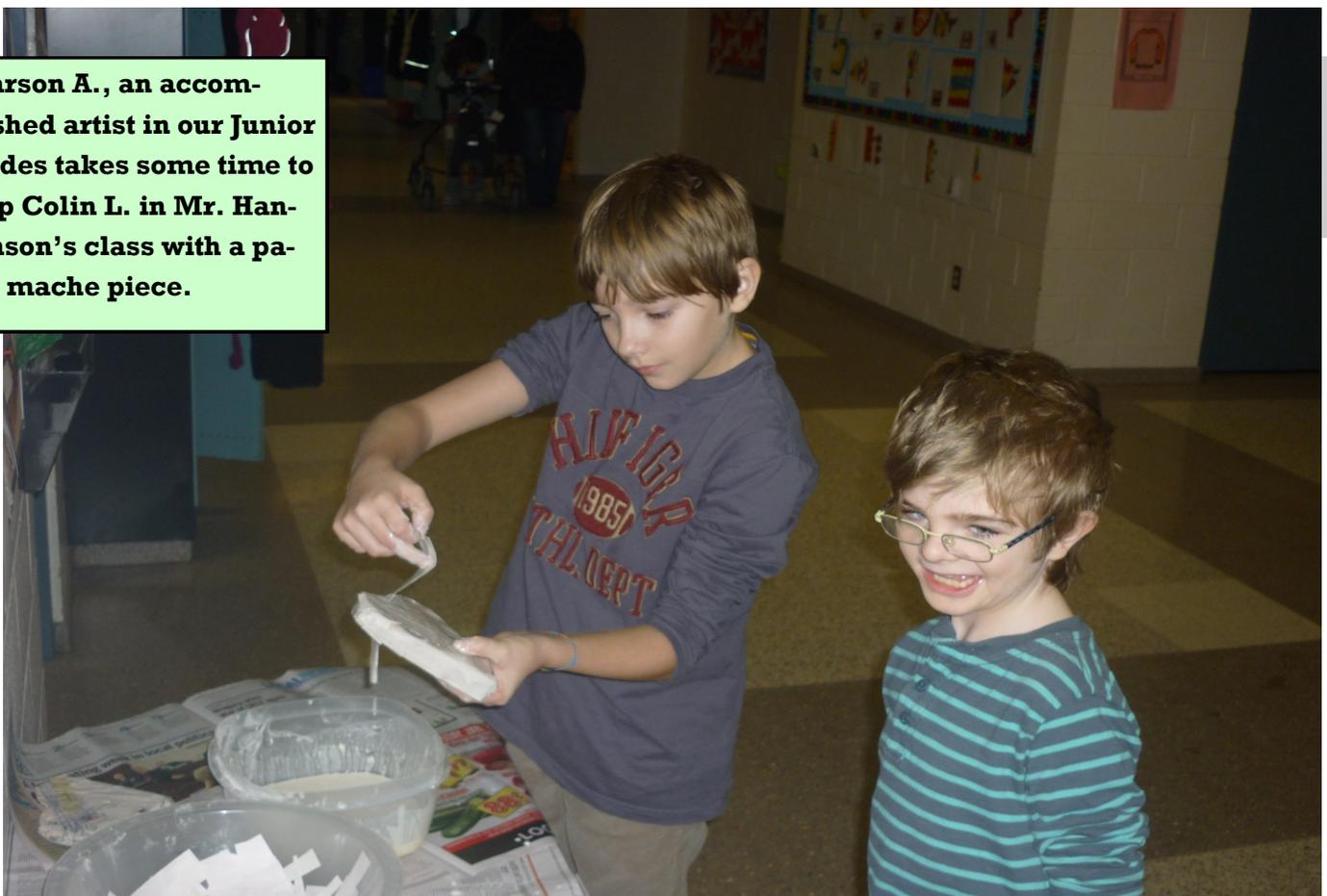
Optimism is a character trait that we highly value at Quaker Public School. We define optimism as having a positive attitude, the resiliency to bounce back from adversity, and having a hopefulness for the future. As our grade 6 Haiti school building project demonstrates, an important part of optimism is doing our part to make the world a better place.



Quaker Optimism Award Winners; Sofia T., Sophie R., (Mrs.Boon), Domenica M. (Mrs. Ellis), Dallas G., Dylan S., Lindsay W., (Mrs. Bernard), Colton H., Parker K., (Mrs. Shannon), Taylor V., Zachary J., (Mrs.Longo), Abbi P., Erika M., (Mrs. Toews-Peplinski), Gwenyth P., Katelyn B., Azhan K., Dawson B., (Mrs. Seccord), Kendra L., Matthew D., (Mr. Bateson), Lucas G., Mateo S., (Ms. Fulford), Claire A.,(Mr. Bootsma), Madelynne D.,(Ms. Haining), Ethan R.,(Mr. King), Tanya N.,(Mr. Hannahson)



Pearson A., an accomplished artist in our Junior grades takes some time to help Colin L. in Mr. Han-nahson's class with a pa-per mache piece.



Kindergarten Open House on February 5th saw our Quaker community welcome a lot of new faces. Some of our Intermediate Comets helped guide our new visitors as they visited the classrooms.



TRIVIA NIGHT Fundraiser for our Quaker Intermediate students to support their efforts to raise money for their year end trip to camp. It will be held on **Thursday, March 5th** at the Club House on Rice Road. More information to follow.

Saving cents makes sense! Simmer up a pot of scrumptious soup.

There's nothing like the aroma of homemade soup simmering on the stove on a cold day. Fill the pot with your favourite vegetables, whole grains and legumes for a healthy fibre-filled meal in a bowl. The combinations are endless! Make your own stock using vegetables; chicken, turkey or beef; water; garlic and spices. A big pot of soup can cost little and go a long way. Cook a pot of soup on the weekend to enjoy for lunches or simple weeknight suppers.

Source: www.dietitians.ca



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Simple Carrot Soup (source: Karen Le Billon author of *French Kids Eat Everything*, www.karenlebillon.com)

60 ml (4 tbsp) olive oil

1 large onion, diced

1 kg (2 lbs) carrots

1 litre (4 cups) of water

salt to taste

5 ml (1 tsp) dried parsley and/or dill (optional)

Saute chopped onion at low temperature for at least 5 minutes, or until golden. (This is the secret of the soup! So don't rush.)

Add carrots (peeled or unpeeled, you decide) and raise the temperature to medium-high heat, and saute for 2 minutes. Add water. Cook at a gentle rolling boil until carrots are soft (about 8 to 10 minutes). Remove from heat, add herbs, and puree until smooth. If you like a thinner soup, add more water until it's just right.

Immunizations

Immunization begins in early infancy and continues throughout life. Your child will receive the majority of his or her immunizations between the ages of two months and six years of age.

Please take a moment to check your child's Immunization Record (yellow card) to be sure his or her immunizations are up-to-date. Immunizations work best when given on time.

For more information on childhood immunization, including the immunization schedule, speak with your doctor or visit www.health.gov.on.ca.

If you have further questions, please call the Vaccine Preventable Disease Program at Niagara Region Public Health at 905-688-8248 or 1-888-505-6074 ext. 7425 to speak to a public health nurse.



For the 2nd year in a row Quaker staff supported the, "Coldest Night of the Year" fund-raiser for the Open Arms Mission in Welland. Thanks to Mrs. Toews-Peplinski for organizing this event. As you can see we even convinced Welland's Rose Queen to join our picture.



Family Fun Night at Quaker on February 18th was a lot of fun for adults, students and staff. The amazing school culture at Quaker was on prominent display and everyone enjoyed the opportunity to learn, think and even dance.





Quaker needs You !!!

Can you help??

We need a **Breakfast Club Volunteer** to help at the school. Breakfast club runs Tuesday to Thursday and our need is for someone on Thursday, from 8 AM to 9 AM.

ALSO . . .

We have an opening for a **Casual Lunch Room Supervisor**. This means you would be available on an on call basis. This is a paid position.

Please contact the office if you are interested.

Attendance

As part of our Safe School Protocol, we ask that you report your child's absence promptly so that we can ensure their safety and identify where they are. The answering machine is available 24/7, so that you can leave a message in the evening if your child is ill or will be absent. If we have not received notification about a student's absence, we must every effort to account for the student's absence through a phone call home or to a parent's workplace. a school our size, this is a large task. We ask that you please report your child's absence/lateness prior to 9:00 am. Students who arrive at school late will receive a late slip upon signing in at the office. They will then proceed directly to their classroom.

Please Remember to Save the Dates below.

June 11 from 5—8 PM Annual Quaker School Fun Fair.

June 23 : Grade 8 Graduation

Did You Know??? **HOPE** (Helping Others Parent Effectively) Family Support Group. This support group has been helping parents of children with ADHD in Niagara for over 15 years. Group Meetings are held Wed. evenings, 7—8:30 PM. Meetings are held at the St. Catharines Regional Child Care Centre, 179 Carlton St., St. Catharines.

Mar. 4 Parenting Children with ADHD

Mar. 25 Managing Anger

Apr. 15 What is a Psycho-educational Assessment?

May 6 ADHD Affects the Whole Family

May 27 Internet Safety & ADHD Concerns : Guest Speaker Nadine Wallace

June 17 Social Skills