

# BLAKE BEAT



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BLAKE STREET PUBLIC SCHOOL

21 Boulton Ave, Toronto, ON M4J1A7

Phone #: 416-393-9415

Fax #: 416-393-9414

blakeschoolcouncil.tdsb@gmail.com

www.blakestreetpublicschool.com

## *A Note From The Blake Street School Council Chairs*

Hello Blake Street Students and Parents,

As we roll into fall, your School Council is building momentum and moving to action!

We continue to be inspired and humbled by the level of support from the parent community. Our October meeting was attended by more than 35 people. A principal focus of the meeting was discussing and determining the fundraising initiatives and special events that we will advance for the 2014-2015 year. Initiatives like the Fun Fair - our top fundraiser - Spirit Days, Movie Nights, Book and Clothes Swaps, Family Fitness Nights, Pizza Lunches, Teacher Appreciation Potlucks, Elin and Gardening activities, and 'Blake Showcase' - this school year's 'Parents Reaching Out' grant.

At the meeting, individuals were able to learn more about these fundraising initiatives and special events, and most importantly volunteer. Following the meeting, working groups were formed. While the council is strong, we still need your help in building our school community and enriching our children's experience. If you would like to volunteer, you can speak to us directly, or email us [blakeschoolcouncil.tdsb@gmail.com](mailto:blakeschoolcouncil.tdsb@gmail.com).

Our next council meeting is Thursday, November 20 from 6:00 - 7:30pm in the school library. We would love to see you there. And as always, please bring your children.

Thanks for your support and contributions to make Blake all that it can be. We look forward to seeing you around school... and on November 20th!

Emma & Sean



### *Mission Statement and Philosophy*

At Blake, our mission is to provide a caring, safe and bully-free environment, which meets the intellectual, physical, social and emotional needs of our students.

With the assistance of our families and greater school community, we are committed to support our students and lead by example so that they reach their full potential.

Our code of conduct clearly states that all students have the right to be heard and valued, must respect themselves, and have the responsibility to follow staff directions.

Principal: Kiki Karaliadis

School Council Chair(s): Sean Neeb and Emma Brejak

Superintendent: Mike Gallagher

Trustee: Cathy Dandy

### *Newsletter Submissions*

This newsletter is not possible without the hard work of the many hands who volunteered their time. We'd love to hear from you!

If you have a newsletter submission or idea, please e-mail it to: [blakeschoolnewsletter@gmail.com](mailto:blakeschoolnewsletter@gmail.com), or drop a copy in the School Council mailbox in the office, by the 25th of every month. Articles should be sent in Microsoft Word format.

#### **THE OCTOBER NEWSLETTER TEAM**

Emma Brejak

Kelly Dymont

Valerie Foussias

Lucy Frankel

Jamie Gillingham

Aisha Ibrahim

Yukina Kuo

Darcy Losell

Sean Neeb

Eric Novakovics

Nicole Novakovics

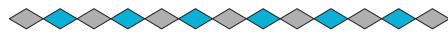
Lisa Tsue

#### **BLAKE BEAT**

**ISSUE # 2, VOLUME 03**

## *Pyjama Day*





# "We Day"

"We Day" Changed my Perspective by Yukina Kuo

I was so glad that I had the chance to go to We Day. Listening to the people who created things to help others, the people who were bullied, and the people who made a difference, really inspired me to make a difference. I was really glad that inspirational women were there like Queen Noor of Jordan and Mama Leiya.

Kendrick Lamar was at We Day and he sang one of his singles named, "I Love Myself". He inspired me because to change the world, you first have to love yourself. Appreciate yourself, and love yourself was basically the main message.

Big Sean, another rapper, was there but he didn't rap. Instead he said some very inspirational words about bullying. Like Ms. Dymont said to us, "Everybody has been a bully, even the smallest thing can hurt someone deeply."

Spencer West is a man with no legs, but he didn't start off like that. People bullied him because he was different. I was touched by his story and perseverance.

I was really inspired. Some issues I would like to change are:

- Equality between boys and girls
- Poverty (collecting money, food, etc.)
- Hunger (collecting food cans, etc.)
- Education (building schools, etc.)
- Bullying (all forms including cyber, physical, verbal, etc.)
- Health care (doctors, first aid kits, hospitals, etc.)
- The chance to be heard (a lot of children, adults, girls, boys, women and men don't get heard)

I hope I can succeed in some of these goals. With your help we can make a difference.



# We Scare Hunger

The "Free the Children" club has their first project on the go and we need YOUR HELP to make it successful!



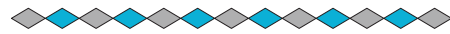
For the month of November we want you to send in quite a bit of things:

- Rice
- Baby stuff (diapers, baby food, formula)
- Powdered milk
- Pasta
- Canned fruits, vegetables and meat (tuna, chicken)
- Beans (dried and canned)
- Cereal
- 100% fruit juice

Please help us help our neighbours at the Eastview Community Centre Food Bank.

Put your donations in the "We Scare Hunger" boxes in the office, or give them to your child's teacher.

Help us "Scare Hunger" out of our community!



## *Blake Bobcats Play Softball*



by Jamie Gillingham

On Friday 24th October the elementary boys played softball at Stan Wadlow Park in East York against three other Division 3 teams from our district. The boys have been practising with Mr. Pace after school since the middle of September and the multiple rain delays have not dampened their enthusiasm for learning what for many of them is a new sport. Mr. Pace has been focusing on softball skills and rules as well as the dynamics and responsibilities of team sports.

The first game of the day was against Kimberley Elementary in the Beach. Mohammad had the first good hit of the game by putting a ball in the outfield but was thrown out just as he hit home plate. The boys cycled through the various positions on the field and everyone had a chance to bat. This was the first experience competing against another school on the softball diamond and our players had a great time making their first plays, getting on base, or getting an opposing player out.

The second game was against General Mercer P.S. from Toronto West. The game opened with a General Mercer player bringing home full bases to score four runs. There was huge excitement on their bench! Mr. Pace talked to the players at the bottom of the first inning about the importance of perseverance in softball. Peter stuck to his pitching and got three opposing players out by sticking to the job he had to do in the face of difficulties. Mohammad then hit the ball in the bottom of the inning and got a three-run triple, bringing home all his teammates on base. The coach of the opposing team commended the Blake Bobcats for showing sportsmanlike respect for the opposing team and towards the officials of the game and for being positive.

The third team we played was Shirley Street P.S. Mohammad got on third base with a run and then Edson got him home with a base hit. Ayden pitched the bottom of the first inning. His pitching was strong the entire day, catching a pop fly to get a batter out in the second game. By the third game he was throwing pitches that were striking out batters. Shirley Street P.S. played as a very cohesive team and cooperated to complete plays which prevented Blake from scoring more runs, demonstrating the importance of defense in the game. Mohammad pitched the last inning.

During the whole game Mr. Pace was having one-on-one conversations with players about the purpose of playing as a team, how we should think of short-term setbacks in terms of long-term improvement, the importance of self-control in order to be our best, and how great it feels to be part of a team.

*Cross County South Conference Finals, Ashbridge's Bay Park*



GET YOUR MO' ON!  
Friday November 28<sup>th</sup>



Clothes don't grow.

**Kids do.**



## WELCOME FAMILIES OF BLAKE STREET PUBLIC SCHOOL

Parent Council is pleased to hold our 2<sup>nd</sup> Annual

### FAMILY CLOTHING AND BOOK SWAP

On THURSDAY NOVEMBER 13<sup>TH</sup> from 315p-830p

A SWAP means to **exchange** your valued but no longer *used* clothing and books, for clothing and books you *will* use. There is no exchange of money at this event.

It is time to *declutter* and *refill* your and your children's wardrobes and trade some good books and sporting equipment. This year's a little different, for this swap, we'd like to include the whole Family. Mom's & Dad's clothing along with the Children's clothing and Books and sporting equipment. Some examples are: JEANS, T-SHIRTS, PARTY DRESSES, SWEATERS, BUSINESS ATTIRE, MITTENS, HATS, SCARVES, BOOTS, SHOES, SNOW PANTS, WINTER COATS, LONG JOHNS, SKATES, HOCKEY STICKS, and HELMET'S AND OF COURSE BOOKS!!!

How it Works: PLEASE GO THROUGH YOUR DRESSERS, CLOSETS AND BOOK SHELVES AT HOME AND BRING ALL THE CLEAN *WASHED*, GENTLY USED, ITEMS TO THE SCHOOL OFFICE BEFORE: **WEDNESDAY NOVEMBER 12<sup>TH</sup> BY 330pm.**

We are holding this on the same evening as the Parent/Teacher Interview Night, so please stop by the gym and take what you need. See you there!!!





# ORANGE IS THE NEW BLACK

By Lucy Frankel, holistic nutritionist & parent

DID YOU KNOW that brightly coloured fruit and vegetables are higher in vitamins, minerals and phytonutrients? Each colour contains unique properties which help to keep you fit and healthy. Orange vegetables are the perfect choice at this time of year as they are extremely high in Vitamin C, beta-carotene and antioxidants, which work together to strengthen the immune system and fight infection.

Orange vegetables can also be used to naturally sweeten your baked goods while providing vibrant colour and nutrients.

## Spooky Spice Pumpkin Bread

(Recipe adapted from [www.100daysofrealfood.com](http://www.100daysofrealfood.com))

This loaf is really simple to whip up and makes for a great festive snack.

### Ingredients:

- 1 ½ cups whole-wheat flour
- 1 ½ teaspoons cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon nutmeg
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- ½ teaspoon salt
- 2 eggs
- ½ cup oil (I used coconut oil)
- ½ cup honey
- ½ teaspoon vanilla
- 1 cup pumpkin puree



wiseGEE

### Method:

1. Preheat oven to 350°.
2. In a large bowl mix together the dry ingredients (from the flour down to the salt).
3. In a separate bowl whisk together the eggs, oil, honey, and vanilla.
4. Make a well in the centre of the dry ingredients and gently stir in the egg mixture (careful not to over mix).
5. Fold in the pumpkin puree.
6. Grease a large loaf pan or put muffin liners in a muffin pan and then pour in the batter.
7. Bake for approximately 30 minutes (to make sure it is done you can insert a tooth pick; when the loaf it is ready the toothpick will come out clean).

## True Carrot Cake

This pudding-like cake is deliciously light and sweet, the perfect ending to a big festive meal. You'll be amazed at how good carrots can taste!



### Ingredients:

- 2 lbs carrots, peeled and chopped
- ¼ cup honey
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- Orange zest of 1 orange
- 3 eggs
- ¼ cup blanched almond flour (ground blanched almonds)
- ½ cup raisins

### Method:

1. Preheat oven to 350°.
2. Cook carrots in a steamer until soft, about 20 minutes. Allow to cool.
3. In a large bowl add honey, cinnamon, orange zest, eggs and almond flour to cooled carrots and blend with an immersion blender or food processor until smooth.
4. Stir in raisins.
5. Pour mixture into a greased 8 x 8 inch baking dish.
6. Bake at 350° for 1 hour, until browned around the edges.
7. Allow to cool completely and then cut into squares.
8. Remove pieces with a spatula or flat knife and store in the fridge until ready to serve.
9. Tastes good at any temperature, but in my opinion is best eaten cold.



# Job Coach Corner

## Focus on:

### The Ontario Skills Passport

By Darcy Losell, Job Coach & Blake Parent



Last month I wrote about solution-focused techniques that you can use at home or in the classroom to support conversations with your children about careers and the world of work. This month I want to tell you about an informative web site, the Ontario Skills Passport, that parents, teachers and students can use to further support career exploration.

Current research suggests that career development can start as early as Grade 3. I believe that one of the responsibilities of every parent is to support their children in the discovery of a career 'identity', where they can begin to recognize and value the skills and qualities that come naturally to them.

Start by following the link below for the **Ontario Skills Passport** website which provides the following information: (<http://www.skills.edu.gov.on.ca/OSP2Web/EDU/Welcome.xhtml>)

- Easy to read descriptions of **Essential Skills** and **work habits** important for success
- Tools and resources to **assess, build, document** and **track skills** in the classroom, cooperative education and other extracurricular activities
- Updated information that can help students, professionals, and job seekers develop their own **Individual Pathways Plan (IPP)**

The site is challenging to navigate at first but once you begin to explore the different sections and resources, you will find useful tools and ideas. With resources like these at your disposal, you can begin to help your child build a strong foundation for their future work lives. Through early identification of the positive skills, habits, and attributes of our children, we can promote healthy work habits at home and in the classroom.

Join me again next month, where I will go into more detail about the OSP site and its sister microsite, **Skills Zone**, that has even more age-appropriate tools and videos to assist students in developing a sense of their career identity.

Job Coach  
Twitter: @darcylosell



# Parenting and Family Literacy Centre

Looking for a place to hang out with your baby, toddler or pre-schooler? If so, the Blake Street Parenting Centre (in the kindergarten area) is just the place for you!

Open from 9 a.m. to 2 p.m. Monday to Thursday, we offer a safe, fun place for children ages 0 to 4 years to play with you and other children, while you enjoy a cup of tea or coffee and relax with other parents, grandparents and caregivers. No registration is required; stay for a long time or a short visit, whichever suits your schedule and your child's needs. For questions please drop by to talk to Margot in the Centre. Hope to see you soon!



## Remembrance Day Word Scramble

Unscramble the jumbled words below, all of which are used in Dr John McCrae's poem from 1915, "In Flanders Fields".

- leesp \_\_\_\_\_
- oef \_\_\_\_\_
- utesns \_\_\_\_\_
- sppipoe \_\_\_\_\_
- srcsoes \_\_\_\_\_
- atifh \_\_\_\_\_
- vleod \_\_\_\_\_
- nwad \_\_\_\_\_
- ighh \_\_\_\_\_
- lkars \_\_\_\_\_
- relaybv \_\_\_\_\_
- ilsefd \_\_\_\_\_
- rnefalds \_\_\_\_\_



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*Blake School Parent Council*

**Calling all Parents and Kids  
Get your Hip Hop on at Family Fitness Night!**

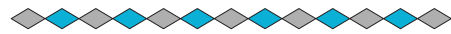


- WHEN:** Thursday Nov 6, 2014  
**TIME:** 6.30-7.30pm  
**WHERE:** Blake Street Public School (Gymnasium)  
**WHO:** All ages welcome

**Join *Culture Shock* for a fun-filled, easy to follow Hip Hop class that your whole family can enjoy.**

**It will be off the charts!**

*Culture Shock Canada* serves to use Hip Hop dance as a tool to promote positive values amongst individuals through youth outreach, community classes, and social interactions.



# Focus on Guangdong China

By Jamie Gillingham

Guangdong is one of China's provinces and located in the south of the country. The first records from this area are from the first empire that unified China over 2,000 years ago when the region was a province of that empire. Because it is on the coast, Guangdong has very often had close connections with other parts of the world. Large numbers of original emigrants from China to Canada came from Guangdong. There are over 100 million people in Guangdong and this makes it the province in China with the highest population.

Guangdong is located between Hong Kong and Fujian (profiled in Blake Beat last year). Because of where the province lies, the major language in Guangdong is not Mandarin (the official language of China) but Cantonese (the same language people speak in Hong Kong).

Mei, Alan's mom and Li, Amy's mom (both children are in Mr. Stoch's class) are both from Guangdong province. Mei is from the city of Dongguan and Li is from the capital, Guangzhou. In order to return home Mei flies into Hong



Kong and drives the couple of hours across the border from Hong Kong to her home city. The major confusion comes from the driving! Hong Kong used to be a British colony and people there drive on the opposite side of the street from Canada. In all of China people drive on the same side of the street as in Canada...so at the border you need to switch your thinking and make sure you are on the side of the street that you are supposed to be on!

There is a very strict approach to education and many students board at the public schools even though they live close by. Mei's nephews and nieces in Guangdong go to school from 8:00 am to 5:00 pm with a break in the middle of the day for a couple of hours. During this break all students eat lunch and then nap! A siesta is a very common thing still in China and many people catch a nap of at least half an hour after lunch.

The biggest holiday in Guangdong is the same as in the rest of China –

Lunar New Year. In Canada we call it Chinese New Year because it is different from our common new year on January 1st. Lunar New Year follows a calendar based on the moon and next year falls on 19th February. Children get three weeks off school and, although they still have homework and studying to do, they don't have classes. There is lots of food at New Year and lots of visiting family members. Mei especially loved the steamed goose with sauce and stuffing. There is a dessert that translates into English as New Year Cake and is made with sticky rice and sugar.

Another big holiday is Independence Day and this is celebrated on 1st October every year. In the middle of August is the Moon Festival (famous for its Moon Cakes) and this is a big time for getting together with family and eating.



# Morning Meal – November 2014\*

<b>Monday Nov 3</b> Crackers Marble & Mozzarella Cheese Bananas	<b>Tuesday Nov 4</b> 1 slice baked goods 2% White Milk Tomatoes & Carrots	<b>Wednesday Nov 5</b> Nut-free low-fat Cereal Strawberry Yogourt Apple	<b>Thursday Nov 6</b> Pita/Tortilla Hummous Cucumbers	<b>Friday Nov 7</b> Bagel/Bun Cream Cheese Oranges
<b>Monday Nov 10</b> Nut-free low-fat Cereal Vanilla Yogourt Carrots	<b>Tuesday Nov 11</b> Crackers/Bread Marble & Mozzarella Cheese Melon	<b>Wednesday Nov 12</b> Pita/Tortilla Hummous/Dip Peppers	<b>Thursday Nov 13</b> 1 pc rice square 2% Chocolate Milk Pear	<b>Friday Nov 14</b> <b>PA Day</b> <b>Reporting to Parents</b> <b>No School</b>
<b>Monday Nov 17</b> Bagel/Bun Cream Cheese Apple	<b>Tuesday Nov 18</b> Nut-free low-fat Cereal Strawberry Yogourt Cucumbers & Carrots	<b>Wednesday Nov 19</b> 1 slice baked goods 2% White Milk Banana	<b>Thursday Nov 20</b> Crackers/Bread Marble & Mozzarella Cheese Peppers & Tomatoes	<b>Friday Nov 21</b> Pita/Tortilla Hummous Orange
<b>Monday Nov 24</b> Crackers Marble & Mozzarella Cheese Carrots	<b>Tuesday Nov 25</b> Pita/Tortilla Hummous/Dip Melon	<b>Wednesday Nov 26</b> Nut-free low-fat Cereal Vanilla Yogourt Cucumbers	<b>Thursday Nov 27</b> 1 piece rice square 2% Chocolate Milk Pear	<b>Friday Nov 28</b> Bagel/Bun Cream Cheese Peppers

\*Fruits/vegetables subject to change due to supply – check the Blake website under “Nutrition Programs” for the most up-to-date menu

\*\*all bread products are whole wheat with a minimum of 3g fibre

## Council Dinner Recipe

This dish was prepared and served by Valerie Foussias at our last School Council meeting on October 9. It was delicious!

### Tuscan Chicken

Makes 4 servings.

#### All You Need:

- 1 package of Club House Tuscan Chicken Flavourful recipe mix
- 4 boneless, skinless chicken breasts ~ about 1 lb (500g)
- ½ cup (125ml) of flour, divided
- 3 tbsp (40ml) olive oil
- 1 medium onion, sliced (I personally dice or mince, harder to pick out)
- 1 red bell pepper, sliced
- 1 ½ cups (375ml) of half and half 10% cream
- 1 bag (170g) of baby spinach

#### All You Do:

1. Lightly coat chicken in flour, reserving 2 tsp (10ml). Heat oil in skillet over medium heat. Brown chicken 2 minutes per side. Set aside.
2. Add vegetables to pan. Cook 2 minutes, stirring constantly.
3. Stir in reserved flour. Stir in cream and seasoning. Bring to a boil. Stir in spinach.
4. Return chicken to pan. Reduced heat and cover and simmer 15-20 minutes or until chicken is no longer pink.
5. Serve over cooked pasta.



# November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Artist in Residence Project (Grades 4,5,6) Girls Basketball Practice	4 Artist in Residence Project (Grades 4,5,6) Boys Volleyball Practice	5 Chess (Davey/Tsai) Boys Volleyball Practice OPERAtion Kids	6 Artist in Residence Project (Grades 4,5,6) Hip Hop Literacy Free the Children Club Girls Basketball Practice Family Fitness Night	7	8
9	10 Artist in Residence Project (Grades 4,5,6) Girls Basketball Practice	11 Send Report Cards Home Artist in Residence Project (Grades 4,5,6) Boys Volleyball Practice 	12 Chess (Davey/Tsai) Children's Book Bank (Room 206 ) Boys Volleyball Practice	13 Artist in Residence Project (Grades 4,5,6) Hip Hop Literacy Free the Children Club Karate Kids Girls Basketball Practice Clothing Swap Teacher Appreciation Potluck	14 PA DAY Parent Teacher Conferences	15
16	17 Artist in Residence Project (Grades 4,5,6) Girls Basketball Practice	18 Photo Retake Day Artist in Residence Project (Grades 4,5,6) Boys Volleyball Practice	19 Chess (Davey/Tsai) Boys Volleyball Practice	20 Artist in Residence Project (Grades 4,5,6) Hip Hop Literacy Free the Children Club Karate Kids Girls Basketball Practice Blake School Council meeting	21	22
23	24 Artist in Residence Project (Grades 4,5,6) Girls Basketball Practice	25 Artist in Residence Project (Grades 4,5,6) Boys Volleyball Practice <b>Newsletter Submissions Duel</b>	26 Boys Volleyball Practice	27 Artist in Residence Project (Grades 4,5,6) Hip Hop Literacy Free the Children Club Karate Kids French Immersion Info Night	28 Character Trait Assembly Pizza Lunch Mo' Day 	29