

# EQUINOX HOLISTIC ALTERNATIVE SCHOOL NEWSLETTER

Ms. T. Tafaro, Principal  
Mr. M. Sprack, Vice-Principal

February 2011  
Ms. J. Armstrong, Office Administrator  
Phone # 416-393-8274

## Administrator's Message:

It's been a busy term with various school wide celebrations, such as our Winter Play Day and Chinese New Year, all the while preparing for our first Provincial Report cards. Our annual Chinese New Year celebrations, which included an assembly featuring the Chung Wah Kung Fu lion dancers, was a great success. Thank you to the Roden school council for donating funds in support of this presentation for both schools. Our Equinox / Roden Winter Play Day on February 3<sup>rd</sup> was also a lot of fun – the weather and the snow were just perfect for a fun day of outdoor enjoyment. When life gives you snow, build an igloo!

## Planning for 2011-2012

A reminder that if you have not registered a sibling for September, 2011, but are intending to, please let Jodi know in the office. As well, if there are parents who have decided not to have their children return to Equinox next year, please do let Jodi know as soon as possible.

## Equinox Open House

Our first ever Open House was a grand success. We had well over 200 families attend. We do have limited spaces available for the 2011-2012 school year, mainly in junior and senior kindergarten and grades 6 and 7. The lottery will take place on February 28<sup>th</sup>. All families accepted will be notified by March 11<sup>th</sup>.

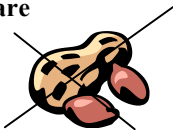
Thank you to all members of our Open House Committee for helping to organize and present this event. Much appreciated!

## Reporting to parents

The first Provincial Report card will be going home on February 14<sup>th</sup>. Interviews will also be set up following the distribution of the Provincial Report card. Please let your child's teacher know when to schedule an interview for you.

**REMINDER: Equinox and Roden PS are Peanut-free schools.**

*Some of our students have very serious peanut /nut allergies. Please do not include peanut or nut products in your child's lunch. Thank you.*



## Setting the standard for healthy eating in school

It's a fact: a healthy mind depends on a healthy body. Students who eat healthy food are better prepared to learn and are more likely to succeed in school. The Ministry of Education has released a new School Food and Beverage Policy that includes comprehensive nutrition standards. The policy, which is mandatory as of September 1, 2011, means that all food and beverages sold in schools will be healthy. Good health is a prerequisite for good learning. The School Food and Beverage Policy offers a way to encourage healthy eating in schools, and brighter futures for students. For more information, visit [www.ontario.ca/healthyschools](http://www.ontario.ca/healthyschools) The Principal will share more information regarding this policy at our next school council meeting.



## TEAMS AND CLUBS



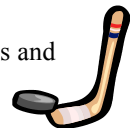
**Grade 5, 6 and 7 Girls' Volleyball (Mr. Poon and Mrs. Montgomery)**

Practice times are Mondays, Tuesdays and Fridays from 3:30 to 4:15pm in the gym

\*\*First game is taking place at Winona PS on Feb. 7<sup>th</sup>\*\*

**House league Floor Hockey, Gr. 5 to 7**

(Mr. Poon) 12:15pm in the gym, Tuesdays and Thursdays



**House league Floor Hockey, Gr. 2 to 4 (Mr. Parker)**  
12:15pm in the gym, Mondays and Wednesdays

## Breakfast Club

Breakfast is available for all of our students who didn't eat breakfast that day, or who need a little bit more to get them through the day. No cost. The Breakfast Room is located on the first floor, by the Equinox office.

**LEGO Club, all grades (Mr. Sprack and Mrs. Montgomery)** Wednesdays, 12pm, library

## Ambassadors' Club

Grades 6 and 7 students, meet on Mondays at 12:15pm in the library. Students chair this committee and Roden teachers alternate supervision.

## P.A.L.S "There's always room for one more!"

Schedule has been posted in the office. Thank you to all students who have volunteered to be playground leaders. The playground program is available every day in our school yard during morning, lunch and afternoon recess.

# Dates to Remember

## February, 2011

**February 9<sup>th</sup>** – School Council, 7pm, library (rescheduled from Jan. 26<sup>th</sup> date)

**February 14<sup>th</sup>** – Report Cards go home

**February 14<sup>th</sup>** – Roden's Grade 7 students hosting the Valentine's Day bake sale (supporting their camping trip)

**February 14<sup>th</sup>** – Our first ever Equinox / Roden Battle of the Bands at 1:15pm, in the gym \*\*Parents are welcome to attend\*\*

**February 18<sup>th</sup>** – PA Day \*\*Parent-Teacher Conferences\*\*

**February 21<sup>st</sup>** – Family Day \*\*no school\*\*

**February 25<sup>th</sup>** – Roden Family Movie Night, 6:00pm, gym (our friends from Equinox community are always welcome to attend!)

## March, 2011

**March 14<sup>th</sup> – 18** – MARCH BREAK!

**March 21** – Welcome Back!

**March 25<sup>th</sup>** – Roden Family Movie Night, 6:00pm, gym (our friends from Equinox community are always welcome to attend!)

## Equinox School Council

**Our next School Council meeting will be on  
February 9, 2011 at 7pm in the library.  
Please come out in support of our school!**

Chair - Paula Jubinville

Secretary - Amanda Taplin Milberry

Treasurer - Christine Williams

Volunteer Co-ordinator - Lorraine Spekkens

ASAC Rep (Alt. Schools Advisory Council) - Amy Goffin

Warren Huska - Communications

Green Team - Bonnie Gaztambide

Interior Spaces - Heather Bell and Rozanne Dioso-Lopez

Project Fundraising - Judy Hurst

Events - Kelly Drennan

Class Rep. Coordinator - Kristine Quan

*Also, Jennifer Pospelovsky, Roden parent, continues as Roden liaison to Equinox council.*

**Babysitting is available**

## PARENTING CENTRE

The Parenting / Family Literacy Centre is open Monday to Friday from 8:45am to 12:45pm in Area 15, on the first floor. All families with children under the age of 6 are welcome to attend. This is a great program which helps to prepare your child for kindergarten!

Lunch time – 11:45 to 12:15 – grades 1 to 3 are welcome with parent / guardian supervision as long as the parent / guardian and younger siblings have been in the Parenting Centre program in the morning. For more information regarding this program, please speak to Melanie Slater, Parenting Centre worker.

**Pizza lunch days** - Please note the following days on your calendar. Halal pizza is served. **Feb. 25<sup>th</sup>; March 25<sup>th</sup>; April 29<sup>th</sup>; May 27<sup>th</sup>; and June 24<sup>th</sup>.**



## Tips for helping your child learn...

### Tip #7 – Math is Patterns!

Kindergarten to Grade 3 – clap your hands and stomp one foot in a particular sequence (clap, clap, stomp; clap, clap, stomp, etc.). Have your child repeat the same sequence.

Grade 4 to 6 – Numbers read the same way forwards and backwards are called palindromes. For example, 1881 and 9560659. Ask your child to make a list of all palindromes between 1 and 200; 1 and 1000; 1 and 10000! Enjoy!



## INDOOR AIR QUALITY SCHOOL SURVEY

A group of concerned parents and school staff, as well as members from the South Riverdale Community Health Centre recently met to discuss the indoor air quality in our school building. Attached to this newsletter, please find an Indoor Air Quality information sheet, as well as a survey. Please complete the survey and return to your child's teacher or the office by February 22<sup>nd</sup>. If you prefer, the survey may also be completed on line at <http://www.surveymonkey.com/s/SJFPDV2>. Thank you for your interest and your support.