Mission

Calderstone’s mission is to develop good citizenship and love of learning through a diverse, caring, supporting and inclusive environment which develops the whole student and empowers all members of the community to take ownership of students success.

Calderstone Office

P: 905-913-1162  Fax: 905-913-2620  Office Open: 8:00 am-4:00 pm
Jennifer Lording  Sharon Dhanoa  Jannet Giftopoulos
Principal  Vice Principal  Office Manager

Superintendent:  Patrika Daws  905-451-2862
Trustee:  Carrie Andrews  647-473-1858
Follow us on Twitter @CalderstoneMS
Web: Calderstone.peelschools.org

School Hours

8:05 am  Supervision Begins
8:20 am  Classes Begin
11:20-12:20  Lunch
2:20  Dismissal

SafeArrival Student Absence Reporting

Please ensure to report all absences through SafeArrival System.

Three Ways:
P: 1-855-209-6155
Web: go.schoolmessenger.ca
SchoolMessenger App

Upcoming Dates

<table>
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<th>Date</th>
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<tr>
<td>Mar 05</td>
<td>Vaccine Clinic, 6:7</td>
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<td>Mar 07</td>
<td>Ski Trip-Snow Valley Resort</td>
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<td>Mar 11-15</td>
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<td>Mar 22-26</td>
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<td>March 30</td>
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<td>May 1</td>
<td>Grad re-take Picture Day</td>
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Bussing Information:

Parents can now sign-up to receive automatic e-mail notifications for delays or cancellations for their children’s bus run. Go to www.stopr.ca and click on the “bus delays and cancellations” link and then click “subscriptions” to sign-up for this service.
Peel board celebrates public education during Education Week – April 8 to 12

The Peel District School Board will host hundreds of celebrations, activities and events across its 257 schools and worksites to celebrate Education Week from April 8 to 12. On April 15, the Peel board will host Showcase of Excellence, an evening to honour recipients for their outstanding contributions to public education. The theme for this year’s Education Week is We Inspire.

In addition to inviting parents and community residents to visit their classrooms during the week, Peel schools are hosting open houses, plays/musicals, storytelling, environmental activities, awards assemblies, talent shows and much more.

More than 1,000 individuals will also be honoured during Education Week with Awards of Distinction for their contributions to their school or workplace. Schools and worksites will use so-

Peel public schools celebrate Education Week

Peel public schools will host hundreds of special activities and events to celebrate Education Week 2019 from April 8 to 12. The theme for this year’s week-long focus on education is We Inspire.

(Insert information about events and activities at your school)

Each year, more than 50,000 parents and community members across Peel attend activities and events during Education Week. We are looking forward to an equally successful week this year.

Lunchroom Supervisors Appreciation Day on March 1

In 2017, the board of trustees declared the first Friday in March as Lunchroom Supervisors Appreciation Day. This year, the recognition day falls on Friday, March 1, 2019. Take this opportunity to thank the important work of lunchroom supervisors, and their support and commitment to helping to ensure that students are safe and secure.
Calderstone is once again excited to launch FitSpirit geared towards our grades 6-8 girls. FitSpirit is a non-profit organization founded in 2007 to encourage teenage girls to discover the fun of being active. At Calderstone the goal of FitSpirit is to help inspire a positive body image by having fun. They will be supporting one another through physical activities and encouraging each other to surpass our personal goals. Training will begin the Monday after the March Break. Girls will participate in about 2 hours of physical activity per week or 2-3 times per week for a period of 8-10 weeks. The ultimate goal is for the girls to complete a 5k or 10k run together on May 9th at Downsview Park. We are looking forward to all the fun filled physical activities our girls will be participating in and that our girls feel empowered regardless of their skill level.
Badminton Tournament

Over the past few months the Calderstone Badminton teams have been working extremely hard to prepare for their singles and doubles tournaments hosted here at Calderstone Middle School. With hard work, perseverance and great sportsmanship both teams played extremely well throughout the tournament and had a great day of Badminton! They boys team brought home some hardware with Isaiah and Arav coming 1st in doubles, Abhi and Fenil 3rd in doubles and Harakem 3rd in singles. In the overall team category the Calderstone Boys placed second. A big congratulations goes out to all Badminton team members for having fun, representing Calderstone with the utmost respect and truly showing us what it means to be a Calderstone Star. Your coaches are extremely proud of you!

![Calderstone Badminton Tournament](image-url)
February is recognized as Black History Month, this month set aside to honour and celebrate the achievements of people from African ancestry, not only in Canada but throughout the world. Black History refers to the stories, experiences and accomplishments of people of African origin. As we celebrate and showcase the many tradition, heritage and culture of this important group, our aim is to educate students by providing them with opportunities to become more aware of the many ways that African-Canadians contributed to many aspects of society, both past and present.

Each year, the Peel District School Board celebrates Black History month. The theme for 2019 is entitled, *Inspire Inclusion*. At Calderstone, we strive to ensure that a community approach is used as we celebrate the many contributions of Black Canadians. As a school community, we have engaged in a list of school and board wide activities. Some of the activities included:

- “Kick Off” assembly that consisted of an engaging presentation by Alpha Rhythm Roots, an African drumming ensemble
- Participation in the PDSB Spotlight on Black Heritage
- Essay, Poetry, and Visual Arts competition
- Black Heritage Showcase Assembly
- Jamaican Patty sales and a staff luncheon to experience and appreciate African cuisine

A key example of how we bring Black Heritage to life at Calderstone was illustrated by students from 6E3. Students presented a short monologue in front of their peers in class and during our closing assembly. In each monologue, they highlighted a significant Black person and how they made a influential impact on society. They started by converting their classroom into a wax museum. The students were “wax figures” who would only come to life when students visited their booth and pressed their ‘magic button’.

We look forward to forthcoming celebrations that demonstrate our commitment to *Inspire Inclusion*. 
Black History Celebration

CALDERSTONE MS

Volume 7. Issue 7
March/2019
Black History Celebration

We,
Encourage everyone to be,
Inclusive,
Not because we have to but..., since we choose to,
Possibly that there might be some who choose not to but...,
I am sure that they will change their mind and be inclusive,
Regardless of what might and might not happen,
Ensuring that by the end of the day, everyone feels included,

Incredible inclusion is for all,
Never leaving people out,
Celebrating each other’s strengths,
Learning to live together,
Sing our hearts,
Showing others that we care,
Inviting others to join in,
Opening our minds to differences,

Noticing when someone needs a friend.
By Erica P.
Calderstone M.S. Proudly Stands Against Bullying by Celebrating Pink Shirt Day

In 2007 in Nova Scotia, Grade 12 students David Shepherd, Travis Price and a few friends saw that a grade 9 student was being bullied for wearing a pink shirt on the first day of school. They knew they had to do something to show that this kind of behaviour was not okay.

They decided to go out and buy a bunch of pink shirts and hand them out to other students to wear. By the end of that week, most of the students in the school were wearing pink shirts to show support for the grade 9 student who was bullied.
Calderstone students Choose Kindness and Sportsmanship, Not Bullying

On Tuesday February 27th, Calderstone in partnership with our Community Officers engaged in a competitive game of basketball game against our Grade 6, 7 and 8 classes. The game resulted in a 2-1 win for Calderstone. Student were thrilled and enjoyed watching the teams battle it out on the court.

Having our Community Officers and Calderstone staff present wearing Pink Shirts shows our ongoing commitment to creating safe, positive, healthy climate and well-being. Together we stand up to bullying - today and every day and remind our Calderstone Community to always choose kindness.

Our students recognize that a win can be momentary, but kindness and the impression that makes can last a lifetime.
Even without trying, children can come across materials on the internet that are obscene, disturbing, violent, hate-filled, racist or offensive in other ways. Here are some steps to help you ensure that your children use the internet as safely as possible:

- make sure your children understand what sites are appropriate for them
- keep the computer in a common area of the home like the kitchen or family room
- discuss the meaning of an ‘unsafe’ site with your children
- explain to your children what they should do if they reach an unsafe site
- make exploring new websites a family activity
- pay attention to the games your children may download or copy

Look into software or online services that filter out offensive materials or sites.

It's important to review safety tips with children regularly. It is possible for children to meet unsafe strangers on the internet. Ensure your child knows the following rules:

- never give out personal information (including name, address, phone number, age, school name or location)
- never arrange a face-to-face meeting with someone they meet online
- never use bad language or send mean messages
- never respond to e-mail messages that make them feel confused or uncomfortable

Tell an adult immediately if something on the internet makes them feel uncomfortable.
Peel Learning Foundation aims to create hopeful tomorrows for Peel board students

In partnership with the Peel District School Board, the Peel Learning Foundation was created to enable Peel board students to achieve personal excellence by providing resources to help them overcome barriers.

In its first year, the foundation will support Peel board students through:

**Student Emergency Needs program**

Depending on the need, the foundation will support individual students with food and clothing, medical supplies, eyeglasses and transportation costs, or where there is an emergency situation that requires a compassionate response.

**Student Backpack program**

The foundation will provide backpacks filled with school supplies that students need to fully participate in regular classroom work. The backpacks will be provided to students in need in a respectful and confidential manner. They are tailored for students in kindergarten to grade 3, grades 4 to 8, and grades 9 to 12.

Individuals or organizations who are interested in learning more about and supporting the foundation can visit [www.PeelLearningFoundation.org](http://www.PeelLearningFoundation.org). You can also follow the foundation on [Twitter](https://twitter.com) and [Facebook](https://facebook.com) and use the hashtag #CreateHope to join the conversation.

Smoking and Vaping Prohibited on School Property

The Smoke-Free Ontario Act, 2017 (SFOA, 2017) came into effect on October 17, 2018. This law aims to protect the health of Ontarians by regulating the sale, supply and use of tobacco and vapour products (electronic cigarettes), and the smoking and vaping of cannabis.

Under the SFOA, 2017 it is illegal to smoke (tobacco or cannabis) or vape on:

- School grounds (both inside the school and on the outdoor grounds, including the parking lot and sports fields)
- Public areas within 20 metres of school property.

New signs are being posted at our schools to notify users that smoking and vaping is prohibited in these areas.

The smoking and vaping prohibition is always in effect and applies to staff, students and visitors.

Region of Peel - Public Health enforces the smoking and vaping prohibition and has been working with school administrators to keep our schools smoke and vape free. Individuals found smoking and/or vaping in a prohibited area may be subject to a fine.

For more information on how the SFOA, 2017 applies to schools, contact Region of Peel - Public Health at 905-799-7700.

For more information on the health effects of smoking and vaping visit the Health Canada website: [https://www.canada.ca/en/health-canada/services/smoking-tobacco.html](https://www.canada.ca/en/health-canada/services/smoking-tobacco.html).
Bus cancellation and closing schools due to bad weather

During the winter months, we may need to cancel buses or close schools because of inclement weather.

Information regarding details of cancellations or closures will be available on Twitter @Peelschools, Facebook at www.facebook.com/peelschools, www.peelschools.org and www.stopr.ca or by calling 905-890-1010 or 1-800-668-1146. It is usually also announced on the radio and television stations listed below:

- VIRGIN RADIO FM 99.9
- CFNY FM 102.1/AM 640
- NEWSTALK 1010 AM
- FM Z 103.5
- CHIN FM 100.7/AM 1540
- GLOBAL NEWS
- CFRB – (Bell Media)
- BREAKFAST TELEVISION
- CJCL AM 590
- EZ ROCK FM 97.3
- FM 93.1
- CBC 99.1
- CHFI FM 98.1
- CJBC (FR) AM 860
- FM Q 107
- CITY PULSE
- CTV

One of the following messages will be announced:

**Peel District School Board buses are cancelled**

This means that schools remain open for students and staff, but buses are cancelled. Bus cancellations could occur in all or parts of municipalities. Buses will remain cancelled all day. All activities that require busing will also be cancelled. Permits, night school classes, child care and other activities in schools will operate as usual.

**All Peel District School Board schools and board offices are closed**

This means that all schools and Peel board offices are closed to students and staff. All activities in schools and board offices are also cancelled, including child care, night school and permits.

**All evening programs and permits at the Peel District School Board are cancelled**

This means that all activities in schools and Peel board offices are cancelled, including continuing education courses and events. The buildings will be closed.

**All weekend programs and permits at the Peel District School Board are cancelled**

This means that all activities in schools and Peel board offices are cancelled, including continuing education courses and events. The buildings will be closed.

**What if my child does not go to school due to a bus cancellation or inclement weather?**

If your child will be absent as a result of a bus cancellation or you choose to keep your child home due to inclement weather, parents/guardians must report the absence using one of the following methods:

- For elementary K-8 students: report it through SafeArrival by calling 1-855-209-6155 or visiting go.schoolmessenger.ca
- For secondary students: call the school office directly
Many parents face difficulties getting their children back into regular sleep routines, especially after holiday breaks. Studies have shown that a lack of quality sleep in children can increase the likelihood of anxiety, depression, poor grades and school performance, and even physical pain. Research has proven that kids need a lot of sleep in order to function adequately during the day, and sleep deprived children often overcompensate for lack of sleep by becoming fidgety or even disruptive in school.

**How much sleep does your child need every night?**

Children ages 5-8 need the most sleep, requiring about 10-11 hours every night. Children ages 9-12 need between 9.5-10 hours nightly. And teenagers 13-18 need between 8.5-9.5.

Knowing how much sleep your child needs every night is key in establishing a proper bedtime. And it's important to remember that the above times aren't set in stone, but merely general approximations. Your child will have their own individual sleep needs, and you may need to fine-tune their bedtimes a little bit until you find your child less groggy and sleepy in the mornings, and more alert and aware.

**Tips for getting your children on a regular sleep routine**

- Keep a regular bedtime schedule, including weekends.
- Begin a relaxing bedtime routine such as baths, books, prayers, goodnights.
- Turn off electronics at least an hour before bedtime.
- Bedrooms should be cool, quiet, dimly lit, comfortable and associated with sleep.
- Limit caffeine and sugar intake after lunch and none within three hours before bed.
- Make sure they eat healthy and have regular exercise.
- Communicate with your children about why regular bedtimes are important.
- Practice these tips yourself and set a good example.

For updates and to follow along with the work of the PDSB Mental Health Resource Team, find them on Twitter @MHRTPeel.

*Adapted from Alaska Sleep Clinic (2018)*
### Celebrating Faith and Culture

**March 2019**

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<td>Alá (Fasting month)</td>
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<td>Avalokitesvara Bodhisattva’s Birthday</td>
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