



# Apohaqui Elementary News

	<b><u>March</u></b>
7-11	March Break
25	Good Friday
28	Easter Monday Student-Led Conferences
	<b><u>April</u></b>
1	Parent Teacher Conferences – no classes
22	<b>Professional Learning Day – no classes</b>
25	<b>Professional Learning Day – no classes</b>
	<b><u>May</u></b>
6	Provincial Subject Council Day – no classes
20	AEFNB/NBTA Annual Meeting – no classes
23	Victoria Day – no classes
	<b><u>June</u></b>
24	Last day of school

## Celebrate notes . . .

The following students were recognized as Star Readers for the month of February: Ashton K, Evan H, Saxon P, Ally W, Jayden C, Kennadi H, Wyatt W, Jack D, Jack B, Hunter F, Zackary H, Kaitlyn M, Caleb J, Zachary S, Cory H.

The following students were recognized as Mathletes for the month of February: Dallas P, Spencer L, Axel A, Blake G, Izabella G, Syrus K, Brian H, Kalyan M, Dylan P, Kaitlyn M, Hayden F, Kristen A, Logan H, Valerie C, Caleb J.

Caught You Being a Bucket Filler for the month of February: Dallas P, Rian M, Rhys D, Kelsie D, Jenna G, Josh L.

Congratulations!!

## Home & School

The Home and School has picked out a T-shirt design. A letter has been sent home if you are interested in purchasing a shirt please send the \$15 and size sheet back to school.

Home & School had a busy February - we looked after Teacher/Staff Appreciation week by supplying snacks and some thoughtful gifts to our great staff at AES. We also hosted the movie Monkey Up to try out our new projector in the gym.

AES collects batteries at school. If you have any batteries at home send them in with the kids. Each month the home and school provide a lucky winner with a book. For every 5 batteries turned in you get a ballot!

Our next meeting is March 21 at 7:15pm. We will be discussing the end of year event!! All are welcome!

## Attendance Matters!

### PERFECT ATTENDANCE

FOR THE  
MONTH OF FEBRUARY

Jaden A.	Axel A.	Jack B.
Jayden C.	Joel C.	Valerie C.
Jonathan D.	Rhys D.	Brooklyn D.
Wyatt D.	Colten F.	Izabella G.
Cory H.	Syrus K.	Ashton K.
Jaiden L.	Hannah M.	Kaitlyn M.
Jacob M.	Brianna MG	Declan O.
Dylan P.	Paige P.	Gavin P.
Skyla S.	Zach S.	Ally W.

**Congratulations !**

## PLEASE NOTE THE ADDITIONAL PROFESSIONAL LEARNING DAYS ADDED TO THE DISTRICT SCHOOL CALENDAR



Thank you to the AES Home & School for all the wonderful treats & gifts provided to us during Staff Appreciation Week!

Also, staff and students loved the decorated doors!

Students enjoyed the movie "Monkey Up" shown as part of the Staff Appreciation Week!

## Parent School Support Committee

The next meeting will take place on Monday, March 21st at 6pm.



## The Benefits of Eggs Unscrambled!

Written by Melissa Baker, MHSc, RD, BC Dairy Association

### Are eggs good or bad for you? The answer has finally been unscrambled.

Recent research has highlighted that the cholesterol found in eggs has a minimal effect on blood cholesterol levels. An average of 1 egg per day can easily fit into a healthy diet. So, despite eggs unhealthy reputation in the past, we now know that eggs are a great choice:

- **They are an excellent source of protein.** Getting enough protein from your meals can be especially challenging during breakfast time. Eggs can help! Each large egg has 6 grams of protein. Add them to your breakfast to help spread your protein intake more evenly throughout the day.
- **They are nutritious.** Don't throw out the yolks, as they contain almost half of the protein and many other healthy nutrients, such as choline, folate, vitamin B12 and vitamin A.
- **They are affordable and readily available.** Some organic or omega-3 enriched options can be more expensive so stick to the regular option. Eggs are a good choice any way.
- **They are versatile and easy to use.** Perfect for quick meal with family or friends. Get the little ones involved too – teach them how to crack open an egg and whip up some delicious scrambled eggs!

Here are some simple ideas of how to incorporate more eggs into your diet:

- Hard boil eggs and keep them in the fridge for easy snacks or additions to meals.
- Bake mini-quiches in muffin cups for a quick grab-and-go option in the morning, or make a sandwich with an English muffin and microwave it with a slice of cheese for a quick meal.
- Egg salad is a great staple when you just don't know what to pack for lunches. You can make it ahead of time and keep it in the fridge for 2-3 days.
- Try a healthier version of "fried" rice at home. Stir-fry brown rice, with your favourite vegetables, and some eggs.
- Top pizza or sautéed greens with an over-easy egg.

Want some more delicious and nutritious ideas? Visit Breakfast for Learning's Nutrition corner at <http://www.breakfastforlearning.ca/services-info/nutrition-corner/>.

### About Breakfast for Learning

Breakfast for Learning is committed to helping children across Canada realize their full potential in life by ensuring they attend school well nourished and ready to learn. Breakfast for Learning has been helping support student-based nutrition programs in every province and territory for 23 years. During the 2015/16 school year, Breakfast for Learning funded 1,887 breakfast, lunch and snack programs, supporting 238,853 children with more than 40 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped 3.8 million children enjoy over 594 million healthy meals and snacks. For more information, please visit [www.breakfastforlearning.ca](http://www.breakfastforlearning.ca).

## GUIDANCE



Wow, another month has gone by and look March Break is almost here! Time sure flies when you are having fun. Our Student Leaders continue to help games and activities on the k-2 playground. They collect the Mathlete and Star readers names as well Subway Caught You Being a Bucket Filler. They deliver fluoride to the classes ~ Hats off to our student leaders! The entire school and staff enjoyed Pink Day on February 24<sup>th</sup>. A day to promote kindness and compassion toward others. Great! We have been and will continue to discuss Leadership in March....

- What is leadership? Leaders are kind, helpful, honest
- We are all leaders and can lend a helping hand.
- Taking turns and listening to others shows leadership.
- Someone who follows the rules are leaders.
- Someone who is fair is a leader

We are continuing to teach about the Zones of Regulation along with strategies which will lead us back to the Green Zone. Ask your child to explain the zones ~ Its fun and sure helps us to see where we are, how we got there and how to get back to Focus. Social skills groups continue

Guidance- (Mrs. Gray) is in the school on Thursdays School Intervention Worker - Mrs Whitters is in the school on Tuesdays and Fridays. Please feel free to contact us at anytime if you have any questions, concerns or ideas for us!

*Mrs. Gray & Mrs. Whitters*

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apohaqui.nbed.nb.ca

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*Amiable, Enthusiastic, Supportive*

Anglophone South Website:  
<http://web1.nbed.nb.ca/sites/ASD-S>

## Check out these photos:

