



Promoting Academic Excellence and Personal Growth

Sussex Elementary School Family News

Jan. 23, 2015

<http://susselementary.nbed.nb.ca>

Family Literacy Day—Tuesday Jan. 27th

ABC Life Literacy Canada is encouraging Canadian families to have "15 Minutes of Fun" learning together. Learning can happen at any time. Practicing literacy together every day has tremendous benefits for both children and parents. Here are some great ways to get started;

1. Read a "wake up" story in the morning (after reading your bedtime story the night before).
2. Search online for fun places to go in your community. Pick out a spot for your next family day trip.
3. Make up a new recipe together and post it online.
4. Tell knock-knock jokes together while doing the dishes.
5. Create a story with your family: take turns writing one sentence at a time, then read the whole story aloud when you're done.
6. Write a review of a book you read together as a family. Send it to the author through email or snail mail.
7. Organize a book swap at your school or with your friends.
8. Track your trip to school, the park, and the grocery store on a map. Find a different route to take to each place.
9. Learn to play a musical instrument. What about the ukulele?
10. Write a note to include in a grown-up's lunch – ask them to write back!
11. Make a popsicle stick model with your family.
12. Write your names graffiti-style using chalk on your sidewalk – you may need to shovel first!
13. Play a board game together.
14. Look up the words to your favorite song online. Have a sing-off with your friends!
15. Count how many steps it takes to get from your bedroom to your kitchen. Find out who in your family has the most steps to a snack!

Visit the HSBC Learning Activity Centre for more fun literacy activities you can complete as a family!

<http://abclifeliteracy.ca/fld/family-literacy-day>

SES Code of Conduct

I will be;

Responsible

Respectful

Reliable

Winter Safety Week - January 19 - 25

Winter weather can be dangerous in several ways. The dropping temperatures and wind chills create climatic hazards, while the general indoor lethargy of winter can create health hazards due to overeating and less activity. Winter sports, holiday gifts and winter nutrition also present unique hazards that parents should be aware of in order to safeguard their children's health and well-being. With careful planning and supervision, however, children can enjoy the fun and freedom of playing indoors or outdoors on chilly winter days without substantial risk. Every year our grade 2 students are presented with winter safety information by the NB Trauma Program.

Important Dates for your Calendar

| | |
|---|------------------|
| | |
| | |
| Professional Learning Day - no school for students | Feb. 13th |
| Young Theatre New Brunswick | Feb. 16th |

Dates & Info. in this Issue

| | |
|--------------------------|-----|
| Family Literacy Day | 2 |
| Gr. 6 Program info. | 2 |
| Winter Safety | 3 |
| School Skating | 3 |
| Cafeteria Menu - January | 3 |
| NB Student Wellness | 4-7 |
| | |
| | |

Sussex Elementary is a Nut and Peanut FREE School!

PROGRAMS INFORMATION FOR ELEMENTARY ENTRY POINT



IMPORTANT NOTICE TO ALL GRADE 2 PARENTS

Information Nights will be held, according to the following schedule, for parents of Grade 2 students entering Grade 3 in September 2015.

The information will be provided on two of the programs available at the Grade 3 level: English Prime and French Immersion – Grade 3 Program.

Parents/guardians are invited to attend the meeting for their school. If this is not convenient, please feel free to attend another meeting near you.

| HAMPTON EDUCATION CENTER | | | | |
|--------------------------|-----------|---------------------------------|--|--|
| Date | Time | Location | Target Schools | Snow Date |
| Wednesday, February 11 | 7:00 P.M. | Sussex Middle School | Apoahqui Elem. Norton Elem. Sussex Corner Elem. Sussex Elem. | Thursday, February 12 at Sussex Middle School |
| Tuesday, February 17 | 7:00 P.M. | Hampton Middle School | Dr.A.T.Leatherbarrow Hammond River Macdonald Consolidated Belleisle Elem. | Thursday, February 19 at Hampton Middle School |
| Wednesday, February 18 | 7:00 P.M. | Kennebecasis Valley High School | Lakefield Elem. Quispamsis Elem. Fairvale Elem. Kennebecasis Park Rothesay Elem. | Tuesday, February 19 at Kennebecasis Valley High School |

GRADE 3 INFORMATION MEETINGS 2015

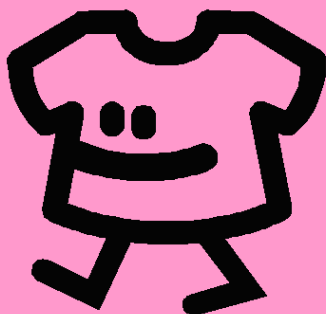
Grade 5 students, who are not in early French immersion, will need to make a grade 6 program choice as well. Details of the grade 6 program information evening is on page 2.

Pink Shirt Day - Feb. 25th

Pink Shirt Day began in 2007 after two Nova Scotia teenagers encouraged their fellow students to wear pink T-shirts in support of a pupil who was being bullied. Since then, schools, businesses and communities across Canada have recognized this day.

The provincial government of New Brunswick is encouraging everyone to take a stand against bullying within our schools, communities and workplaces. AWARENESS of anti-bullying initiatives is key to fostering respect and tolerance for all members of our population and creates safe and healthy environments for both learning and working.

WEAR PINK



STOP BULLYING

PROGRAMS INFORMATION FOR MIDDLE SCHOOL ENTRY POINT



IMPORTANT NOTICE TO ALL GRADE 5 PARENTS

Information Nights will be held, according to the following schedule, for Grade 5 students and their parents entering Middle School in September 2015.

The information will be provided on two of the programs available at the Grade 6 level: English Prime Program and the Late French Immersion Program.

Parents/guardians are invited to attend the meeting for their school. If this is not convenient, please feel free to attend another meeting near you.

GRADE 6 INFORMATION MEETINGS 2015

| Hampton Education Center | | | | |
|--------------------------|-----------|-----------------------|--|---|
| Date | Time | Location | Target Schools | Snow Date |
| Tuesday, February 3 | 7:00 P.M. | Rothesay High School | Fairvale Elem. Kennebecasis Park Elem. Rothesay Elem. Lakefield Elem. Quispamsis Elem. | Thursday, February 5 at Rothesay High School |
| Wednesday, February 4 | 7:00 P.M. | Sussex Middle School | Apoahqui Elem. Norton Elem. Sussex Corner Elem. Sussex Elem. | Thursday, February 5 at Sussex Middle School |
| Tuesday, February 10 | 7:00 P.M. | Hampton Middle School | Hammond River Hampton Elem. Macdonald Consolidated Belleisle Elem. | Thursday, February 12 at Hampton Middle School |

School Skating Schedule

| | | | |
|-----------------------|--------------------------|-----------------------|------------------------|
| | 9am – 9:45am | 9:45am-10:30am | |
| Jan. 21 st | 2Mu. & 2 Bu & 2Ba | 2 Br. & 3McC | |
| Jan. 28 th | 3Bo/3F/&3's from 3/4D | KR & KM | |
| Feb. 4 th | KD & KMc. | 1Mac. & 1B | |
| Feb. 11 th | 1/2M & 1H & 2Ba | 2Mu./2Bu/2Br. | |
| | 9am – 9:45am | 9:45am-10:30am | 10:30am-11:15am |
| Feb. 17 th | KR & KMu | KD & KMc. | 1H, 1B, 1Mac. |
| | 9am – 10:00am | 10am-11am | |
| Feb. 25 th | 2Br. & 2Bu. | 2Mu., 2Ba, 1/2Mo | |

Cafeteria Menu for January 2015



Grade 2-5 Cafeteria Menu (December 1st to January 30th)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--|
| Healthy Choice Meal (\$4.50) with milk | Sweet & Sour Meatballs served with Rice and Vegetables | Chicken Snack Wrap served with Carrot Sticks and dip | Lasagna and Caesar Salad | BBQ Chicken Flatbread served with Tossed Salad | Spaghetti with meat sauce served with a garlic stick |
| Option 1 | Garlic Fingers- \$2.50 Bowl of Rice \$2.50 | Pizza Slice- \$2.50 Hamburger- \$2.50 | Garlic Fingers- \$2.50 Pancakes- \$2.50 Caesar Salad- \$2.50 | Pizza Slice- \$2.50 Baked Fries- \$2.50 Tossed Salad- \$2.50 | Garlic Fingers - \$2.50 Perogies- \$2.50 |
| Option 2 | Cheese Burger- \$3.60 | Nachos and Cheese- \$3.60 | Chicken Burger- \$3.60 | Cheese Burger 3.60 | Chicken Burger \$3.60 |
| | Each Meal costs \$4.50 Can pay with cash The meal can be purchased with a ticket or a meal card. 20.00 meal card available | | | | |
| \$3.60 Ticket Item | There is at least one of these items available daily. One \$3.60 ticket will purchase one of the following: (Chicken Burger, Cheese Burger or meat sandwiches (ham, turkey or chicken salad)) | | | | |
| \$ 2.50 Ticket Items | There is at least one of these items available daily. One \$2.50 ticket will purchase one of the following: Hamburger, Pizza Slice, Garlic Fingers, Baked Fries, Pancakes, Grilled Cheese, Egg Salad Sandwich, Sm Tossed or Caesar Salad, Soup & Crackers. | | | | |
| \$ 1.50 Ticket Items | Not all of these items will be available daily. The canned juice will be available daily. One \$1.50 ticket will purchase one of the following: Pudding Cup, Can of Apple Juice, Can of Orange Juice, Bottled Water | | | | |
| \$ 1.00 Ticket Items | The juice box will be available daily, but not all other choices will be available daily. One \$1.00 ticket will purchase one of the following items; Juice Box, Muffin, Yogurt, Veggie Bags, Apple, Banana, Orange, 2-Low Fat Cookies | | | | |
| \$ 0.50 Ticket Items | Milk will be available daily to ALL grade levels from Kindergarten to Grade 5. One .50 cent ticket will purchase one of the following items; Chocolate Milk, White Milk | | | | |
| All products that are used by Chartwells are "better for you". We use low fat cheese, lean meats and burgers, lite dressings and enriched breads. These followed by healthy cooking methods create a healthier way to eat! | | | | | |
| The Following Items are available at recess break: | | | | | |
| Yogurt \$1.00, Fresh Fruit \$1.00, Muffins \$1.00, Veggie Bags \$1.00 | | | | | |

Kindergarten & Grade 1 Cafeteria Menu (December 1st to January 30th)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|------------------------|---------|------------------|----------|-------------------------|
| Option 1 | Grilled Cheese- \$2.50 | None | Pancakes- \$2.50 | None | Garlic Fingers - \$2.50 |

THE NEW BRUNSWICK STUDENT WELLNESS SURVEY (NBSWS)

The NBSWS is a provincial initiative of the New Brunswick Department of Healthy and Inclusive Communities (HIC) in cooperation with the Department of Education and Early Childhood Development. Data collection and analysis is carried out by the New Brunswick Health Council (NBHC). The purpose of this survey is to examine the health and wellness attitudes and behaviours of students in kindergarten to grade 5 and of parents of students in kindergarten to grade 5.

Importance of Student Wellness to Academic Development

The Feedback Report provides a unique opportunity to reinforce the importance of healthy lifestyle behaviors to student learning. Current research provides evidence of positive associations among the key focus areas and measures of students' academic readiness, engagement and success. For example:

HEALTHY EATING

Eating breakfast every day can help improve concentration, and increase students' potential to learn (Wesnes, et al., 2012). Body mass is an important indicator of scholastic achievement, attendance, behavior and physical fitness (Shore, et al., 2008).

PHYSICAL ACTIVITY

Active and healthy students have increased levels of concentration, relaxation and focus. Participation in physical activity is positively related to academic performance in young people (Singh, A. et al., 2012).

TOBACCO-FREE LIVING

There is an association between tobacco use and low academic achievement and motivation in students; students who use tobacco tend to have lower academic grades than their peers (Morrison and Peterson, 2010). "*Adolescents who do well in school are less likely to smoke.*" There is an association between academic achievement and rates of smoking initiation (Morin, et al., 2012).

MENTAL FITNESS

The satisfaction of mental fitness needs (competence, relatedness and autonomy) in the educational context has been associated with a range of positive personal and academic outcomes, including enhanced academic self-esteem and engagement, increased scholastic confidence and performance, and decreased likelihood of dropping out of school (Morrison and Peterson, 2010).

Over the next few newsletters you will find results on these 4 categories as they pertain to Sussex Elementary School.

This newsletter focuses on the SES results from the Physical Activity component of the survey (see newsletter pages 5-7). To view the entire survey results visit the SES website or click on the following link. Once on the website page scroll down to Important Links.

[NBESWS 2013-2014 for Sussex Elementary School](#)

