



Promoting Academic Excellence and Personal Growth

Sussex Elementary School Family News

May 8, 2015

<http://sussexelementary.nbcd.nb.ca>

An Important message from the SES Home & School!!!!

Sussex Elementary School has been selected by J.D. Irving, Limited to receive the sponsorship for their annual mulch sale. This will be a fantastic fundraiser for Discovery Park! **We will be taking pre-orders for purchasing mulch by the bag or by the truck-load - more information about this will come next week. We are also looking for volunteers on the day of the sale - Saturday, May 23rd.**

If you and your children would like to help out, please contact Meredith McCartney at meredith.mccartney@gmail.com or 433-5772. Let all of your friends and family know about the sale - the more mulch we sell, the more money will be raised for the new Discovery Park!

Thank you to the SES Home and School Association volunteers for their support in organizing and helping with the FORD - Driver 4 YOUR Community Event! Nearly \$5000 dollars was raised through the event!



SES Code of Conduct

I will be;

Responsible

Respectful

Reliable

SES Snack of the Week Program

Week 10 (May 11-15) - Strawberries

Week 11 (May 18-22) Bananas

Week 12 (May 25-29) Cucumber

Week 13 (June 1-5) Blueberries

Week 14 (June 8-12) Oranges

Week 15 (June 15-19) Grapes

Important Dates for your Calendar

NBTA Branch 0618 AGM - no school	May 15th
Victoria Day Holiday—no school	May 18th

Dates & Info. in this Issue

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Sussex Elementary is a Nut and Peanut FREE School!

The Wild Migration Map is coming to SES. Thanks to Mrs. Bronnum for making this happen!



The Wild Migrations Map, a giant floor map, is part of an education program made available free of charge in partnership with Canadian Geographic. This program sends the map to schools, camps and other youth programs across the country to inspire and teach students about the wildlife and habitat that surrounds us. The following is an example of what is included on the map.

[Arctic Tern Interactive Quiz](#)

The Arctic tern makes the longest migration of any animal across the globe, flying 71,000 kilometres a year. This tiny but mighty bird zigzags from Greenland to Antarctica annually. Researchers estimate that as Arctic terns can live for more than 30 years, they'd cover 2.4 million kilometres in their lifetime. That's three jaunts to the moon and back!

KVMHA, Hockey NB and Esso are pleased to offer a **free** Learn to Play Hockey for girls born from 2008 - 2003. Open to girls who are **not** currently registered with a Minor Hockey Association and are interested in giving hockey a try prior to open registration.

Learn to play hockey, have fun & make friends. Full gear is required. All ice times will be at the **QPLEX** in Quispamsis.

Sunday May 24th - 2:45pm-3:45pm

Sunday May 31st - 4:30pm-5:30pm

Tuesday June 2nd - 6:30-7:30pm

To register for our event, please e-mail:

Eric Poirier at femalehockey@kvmha.com with the following information:

e-mail:

First Name:

Last Name:

Date of Birth:

Address:

Thanks

Eric Poirier

Director of Female Hockey

KVMHA



Sussex and Area Wellness Network would like to encourage all to participate in some of the exciting events happening.

Friday

Saturday

1. Go lift FREE at Go train Sussex 5:45 am
Lorne Elliott Comedy Show 7:30pm All Seasons tickets \$25.00 available at back stage music
Laser Tag at the area. Doors open at 6:45pm 20 players per game. COST: Donations to Jumpstart accepted

2. Sussex Corner Elementary annual Spring Fling. Doors open at 9:00am
4-h Breakfast 8am-11am. Smith Creek Hall
Adults \$7 Under 8 \$4.
Craft Fair for Relay for Life
Gate Way Mall 9am-6pm

Visit the Farmers Market and bought veggies day

Eat a healthy snack day

Sunday

Monday

Tuesday

Wednesday

Thursday

3. TRX XCAMP
Go Train Sussex 9:30am
Salmon Dinner

Right To Life Fundraiser
5:30 pm St Francis
Xavier Hall \$25.00 433-1897

Try a new food day

4. Family Resource Centre (FRC) Musical Moments 10:00am



Go for a short walk before work/school day

5. 8am Glam Fashion Show 6:30pm SRHS \$5.00

DROP in Ball Hockey for ages 14+ 8:30pm at the arena FREE

Have salad for dinner day

6. Go Train Zumba 5:30 pm donations accepted for Crosswinds

Go to FREE Zumba day

7. FRC drop in 9:00-12pm

Give us feedback on what Sussex is missing for wellness programs day

8. FRC drop in 9:00-1pm

Laser Tag at the area. Doors open at 6:45pm 20 players per game. COST: Donations to Jumpstart accepted

Take the family out for a new activity (laser tag) day

9. Single Mother Car Detailing 9:00-12:00pm Sussex Wesleyan Church
Preregister at andrea@smwc.ca

Lobster Dinner fundraiser \$20.00 per person please call for tickets 433-6244

Wellness month random act of kindness day. Show someone some appreciation

10. Drink 8 glasses of water day



11. Family Resource Centre (FRC) Musical Moments 10:00am

FRC Parents Time Out 6:30pm

Turn the electronics off for 1 hour (or more) day

12. Go Train Sussex Go Fast Express 5:00pm

DROP in Ball Hockey for ages 14+ 8:30pm at the arena FREE

Go outdoors for 30 minutes day

13. Go Train Zumba 5:30 pm donations accepted for Crosswinds

Take the stairs at work day

14. FRC drop in 9:00-12pm

Park at the back of the parking lot (to get a small walk in) day

15. FRC drop in 9:00-1pm

19th Annual Antique Power Show. 8th Hussars Arena. Call Dave at 4334700 for more information

Try a healthy fish recipe day

16. 19th Annual Antique Power Show. 8th Hussars Arena. Call Dave at 433-4700 for more information

Walk the Sussex trails day

17. 19th Annual Antique Power Show. 8th Hussars Arena. Call Dave at 4334700 for more information

Share a tip on how you relax day

18. Moon Walk. Burton Park at 9:00pm. A guided walk through the trails. Glow items will be passed out, bring your flashlight. In the event of Rain this walk will be cancelled.

Go for a night walk day

19. DROP in Ball Hockey for ages 14+ 8:30pm at the arena FREE

Have sweet potatoes for dinner day

20. FRC Arts & Crafts 10:00am

Go Train Zumba 5:30 pm donations accepted for Crosswinds
Eat berries day

21. FRC Active Kids 10:30am

Go Train Sussex, Go Train Express FREE 12:10 pm
No smoking Day

22. FRC drop in 9:00-1pm

Try lemon in your water day



23. Tim Hortons Community Clean Up. Start at the Arena entrance 9:00am. Please preregister by calling 432-4573

Clean up your yard/park day



Walk the bluff day

25. Go Train Sussex. Go Fit Warrior FREE 6:30pm

Try cauliflower rice day

26. DROP in Ball Hockey for ages 14+ 8:30pm at the arena FREE

Visit your local health food store for healthy snack options day

27. Go Train FREE Zumba 5:30 pm donations accepted for Crosswinds

Have green tea day

28. FRC drop in 9:00-12pm

Take 30 minutes quiet time day

29. FRC drop in 9:00-1pm



Share with us a healthy recipe day

30. Jumpstart Days. Stop by your local Canadian Tire to join in the fun and help support your local Jumpstart.

Support a good cause day

31. Across Town for Crosswinds 5k, 10k, and Half Marathon register by contacting Crosswinds, PotashCorp or Outdoor Elements.

Walk/run at least 1km

Each day visit the Town of Sussex Community Services Department facebook page as we will have small contest listed there that you can enter to win some amazing prizes. To enter to any of the contest email your name, number and any additional information the contest requires to recreation@sussex.ca or simply message our facebook site.



Grade 2-5 Cafeteria Menu (May and June)

	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice Meal (\$4.50) with milk	BBQ Meatballs served with Rice and Vegetables	Macaroni and Cheese served with a Tossed Salad	Lasagna and Caesar Salad	Chicken Snack Wrap served with Baked Fries	Spaghetti and Meatsauce served with a Garlic Stick
Option 1	Garlic Fingers-\$2.50 Bowl of Rice-\$2.50	Pizza Slice-\$2.50 Beef Taco-\$2.50	Caesar Salad-\$2.50 Hamburger-\$2.50	Baked Fries-\$2.50 Grilled Cheese-\$2.50	Garlic Fingers - \$2.50 Bowl of Spaghetti-\$2.50
Option 2	Sliced Turkey Sandwich-\$3.60	BBQ Chicken Flatbread-\$3.60	Cheese Burger-\$3.60	Ham and Cheese Sandwich-\$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 are available daily. Juice and Bottled Water will be available daily. One \$1.50 ticket will purchase one of the following: Pudding Cup, Fruit Cup, Apple or 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 and Grade 1 Cafeteria Menu (May and June)

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza Slice-\$2.50	None	Chicken Snack Wrap-\$2.50	None	Garlic Fingers - \$2.50