

## February 2018

### KCS WEBSITE

Please refer to our school website for important dates and information regarding KCS. The website is: <http://kingsclear.nbed.nb.ca/>.

### WINTER WEATHER

As per Policy 550-2, principals are asked to remind parents/guardians to dress students warmly and appropriately during cold weather. School personnel adjust outside recess time according to the weather. Generally, temperatures below -20°C (wind chill) would warrant staying inside.

Parents/guardians are also asked to send extra clothes (socks, pants, etc.) in case their child gets wet at recess.

### PICK UP & DROP OFF PROCEDURES

Please remember to use Fairview Drive or Westwood Drive to pick up/drop off your child. The parking lot is not considered a safe pick up/drop off area.



### SKATING

KCS classes will have the opportunity to go skating at the Grant-Harvey Centre throughout the month of February. Please mark the following dates on your calendar: February 6, 13, and 20. If your child does not have skates, please contact your child's teacher to make arrangements. The school has some extras that your child may use. Students must wear a helmet while skating. There is no cost to students for this activity.



### \*KCS FAMILY\* BRACELETS

"KCS Family" bracelets may be purchased at the school office for \$3.00 each.

### SCIENCE EAST NIGHT OF ENVIRONMENTAL SCIENCE

Science East will be hosting a night of Environmental Science at KCS on Friday, February 23, from 5:00pm to 6:15pm. Drop by to see the display and take part in some hands-on activities!

### PARENTS FOR KINGSCLEAR (P4K)

KCS families are invited to attend P4K's movie night on Friday, February 23, at 6:30pm. Admission is \$5 and includes the movie, popcorn, and juice/water. The maximum charge per family is \$15. Kids are welcome to wear their pajamas and bring the favorite stuffy and blanket!

### PSSC UPDATE

At 6:30pm, on Thursday, February 22, the DEC will be holding a public meeting at Fredericton Education Centre (FHS). One of the agenda items is to vote on the previously tabled decision on the sustainability of Kingsclear Consolidated School. There are several possible outcomes, including any of the following:

1. Decision to close the school
2. Decision to invest money in the school for repairs
3. Decision to keep things status quo
4. Decision to table again until a future date

We encourage you to attend the meeting. Although we are not able to present, our DEC rep will give an update. Representation at the meeting helps show the DEC that we, as parents, and the community are invested in the sustainability and future of Kingsclear Consolidated School. Please plan to attend.

### A NOTE FROM PUBLIC HEALTH

#### **Staying Warm and Safe in Cold Weather**

Winter time can be really fun for children of all ages! It's a great time to build snowmen or forts or go skating or

sliding. While everyone is out enjoying the snow, they need to know how to keep warm and be safe. Here are some cool and easy tips for children.

- Dressing in layers is the best way to stay warm and toasty in the cold. Depending on the temperature, more or less layers may be needed. If you're in doubt, go for more layers as they can always come off later. Whatever you do, always keep your coat on! That's one layer that should stay!
- Avoid jeans or light cotton pants (like khakis) because they won't keep you warm. They will actually make your legs colder if you fall down and get wet. Waterproof pants (like ski pants) are best. Finish up with heavy socks and waterproof boots. If you're going to be doing lots of exploring, wear boots that have good treads for keeping steady on snowy and icy areas.
- After getting all bundled up and ready to go, you might think you are forgetting something? Don't forget to put a hat onto your head! A lot of body heat escapes right from your head. Scarves, facemasks, and earmuffs are also great at covering you up so you'll stay comfortable longer. Be sure not to forget mittens or gloves, the waterproof kind are best if you know you'll be playing around a lot in the snow. Keeping your hands warm and dry is important because fingers are very sensitive to the cold.
- Drink up! Sounds like advice for hot weather, not cold weather, right? Well, the truth is that it's good advice for both kinds of weather. When you're outside in the cold and breathing hard, you lose a lot of your body's water through your breath. The best way to get that water back is to drink up!
- If you're starting to shiver or your teeth are chattering, it's a message from your body that you need to head inside. Keeping an eye on others can help make things safe. If it looks like a friend is shivering and really cold, suggest that you take a break inside for a while. Ignoring the signs your body sends could put you in danger of getting frostbite. Frostbite is when the body's tissues freeze, and it usually happens to skin that is exposed (like your face or your ears) or to parts of the body like your fingers or toes. If you think even for a second that you might have frostbite, go indoors and tell an adult right away.

Keeping safe in the winter is easy to do, once you know how. You want your snow day and other cold days to be the most fun they can be, so put on those layers, wear your hat and gloves, have something warm to drink, and enjoy your day!

Adapted from: <http://kidshealth.org/en/kids/winter-safety.html?WT.ac=ctg%23#>  
Woodstock Education Centre, Anglophone School District-West

### RECIPE OF THE MONTH

#### *Gloomy Day Smoothie*

Ingredients:

- 1 mango – peeled, seeded, and cut into chunks
- 1 banana – peeled and chopped
- 1 cup orange juice
- 1 cup vanilla nonfat yogurt

Directions:

Place mango, banana, orange juice, and yogurt in a blender. Blend until smooth.

Recipe was Found at: <http://allrecipes.com/recipe/84189/gloomy-day-smoothie/?internalSource=staff%20pick&referringId=143&referringContentType=recipe%20hub>

FEBRUARY 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Lunch: Pita Pit (Pre-Purchased Orders Only)
5	6 Skating 10:45am-11:45am 	7 "A Herman Tale" - TNB Play at Garden Creek School 9:00am	8	9 Lunch: Papa John's Pizza (Pre-Purchased Orders Only)
12 Staff Appreciation Week	13 Staff Appreciation Week  Skating 10:45am-11:45am	14 Staff Appreciation Week  Happy Valentine's Day!  	15 Staff Appreciation Week	16 Staff Appreciation Week  Lunch: Pita Pit (Pre-Purchased Orders Only)
19 Family Day (No School)	20 Skating 10:45am-11:45am	21 Wacky Wellness Wednesday: Team Canada Day (\$1.00 per Student)  	22 "Family Pizza Day" Fundraiser at Papa John's Pizza (Smythe Street Location)  	23 Lunch: Papa John's Pizza (Pre-Purchased Orders Only)  Science East Night of Environmental Science (at KCS) 5:00pm  Family Movie Night 6:30pm  
26 Winterlude: Career Day	27 Winterlude: Hawaiian Day  Early Dismissal (11:20am): Professional Learning for Staff  PSSC Meeting 6:00pm  P4K Meeting 7:00pm	28 Winterlude: Pink Shirt Day (Anti-Bullying)  		
<b>Dates to Remember:</b>				
<ul style="list-style-type: none"> <li>• March 1 Winterlude: Crazy Hair Day</li> <li>• March 2 Winterlude: PJ Day Mini Olympics Trip to Chapters Indigo</li> <li>• March 5-9 March Break</li> <li>• March 16 Family Movie Night</li> <li>• March 20 STEM Expo at AYR Motor Centre in Woodstock</li> <li>• March 21 Pre-K 4-Station Day</li> <li>• March 22 "Family Pizza Day" Fundraiser at Papa John's Pizza (Smythe Street Location)</li> <li>• March 27 Professional Learning Day (No School for Students)</li> <li>• March 30 Good Friday</li> </ul>				