

## January 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

Winter weather and colder temperatures have arrived. Please ensure that your child is dressed appropriately when he/she comes to school. Please also send a zipper-seal bag containing extra clothes (socks, pants, etc.) in your child's book bag.



### THANK YOU!

Barb and Denise, our bus drivers, would like to say "thank you" for all of the kind gifts and thoughtful words they received in 2017. They would also like to wish everyone a Happy New Year!

### 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.



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

### PARENTS FOR KINGSCLEAR (P4K)

KCS families are invited to attend P4K's movie night on Friday, January 26, at 6:00pm. Admission is \$5 and includes the movie, popcorn, and juice/water. The maximum charge per family is \$15. The movie will be decided by the kids and will be voted on the week before the movie. Choices include: *The Lorax*, *Despicable Me 3*, and *Cloudy with a Chance of Meatballs 2*. Kids are welcome to wear their pajamas and bring the favorite stuffy and blanket!

### A NOTE FROM THE PSSC

In advance of the upcoming DEC decision on the sustainability of KCS (which was currently tabled until February pending a decision on the budget/possible school in Hanwell), the PSSC submitted a formal request for a catchment review, as well as a request for the addition of French immersion. We truly believe either just one or both of these items could significantly impact KCS in a very positive way. As always, we will keep you posted as we know about the upcoming decision, meeting, and if there is any help/support we need from you.

### NOTE FROM PUBLIC HEALTH

#### **Keeping Children Smoke-Free**

January is Tobacco Reduction Month, and this is a good time to think about how to keep your child's environment smoke-free.

#### **Tobacco Facts:**

- Tobacco smoke contains over 4000 chemicals including at least 70 which are carcinogenic or cause cancer.
- The top 6 toxins that are released when a tobacco product is burned are: tar, nicotine, carbon

monoxide, formaldehyde, hydrogen cyanide and benzene.

- Besides cancer, smoking is responsible for many other diseases.
- Because children breathe faster than adults, they are particularly sensitive to second hand smoke. Asthma rates are much higher in children whose parents smoke, and children are more likely to develop ear infections if exposed to second hand smoke.
- E-cigarettes or vaping is not recommended by Health Canada because of possible health risks, nicotine poisoning, and addiction. Nicotine-free or flavored vaping products are also not recommended.

#### **Tips for Talking to Children:**

- Take advantage of opportunities to let your child know about the harmful effects of tobacco.
- If your children are involved in sports, remind them that remaining smoke-free will help their performance in physical activity.
- Talk to your child about peer pressure and practice how to refuse smoking or vaping.

#### **What Else You Can Do:**

- Quit smoking. Being a positive role model is important.
- Protect your child from second hand smoke.
- Speak out and support smoke free spaces in our communities.

**Need Help?** Go to: [www.smokershelpline.ca](http://www.smokershelpline.ca) or call 1-877-513-5333

**Resources:** NB anti-tobacco Coalition:

<http://www.nbatc.ca/en/>

Health Canada: <https://www.canada.ca/en/health-canada/services/health-concerns/tobacco.html>

### RECIPE OF THE MONTH

#### *Healthy Banana Cookies*

Ingredients: 3 ripe bananas  
2 cups rolled oats  
1 cup dates, pitted and chopped  
1/3 cup vegetable oil  
1 teaspoon vanilla extract

#### Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, mash bananas. Stir in oats, dates, oil, and vanilla. Mix well and let sit for 15 minutes.
3. Drop by teaspoon onto ungreased cookie sheet.
4. Bake for 20 minutes or until lightly brown.

Recipe Found at: <http://allrecipes.com/recipe/9615/healthy-bananacookies/?internalSource=previously%20viewed&referringContentType=home%20page>

JANUARY 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Christmas Break	<b>2</b> Christmas Break	<b>3</b> Christmas Break	<b>4</b> Christmas Break	<b>5</b> Christmas Break
<b>8</b> Girls' Club at Lunch Recess	<b>9</b>	<b>10</b>	<b>11</b> "Family Pizza Day" Fundraiser at Papa John's Pizza (Smythe Street Location)	<b>12</b> Lunch: Papa John's Pizza (Pre-Purchased Orders Only)
<b>15</b> KCS Breakfast Program Launch	<b>16</b> PSSC Meeting 6:00pm  P4K Meeting 7:00pm	<b>17</b> "Welcome to Kindergarten" Parent Meeting 6:00pm	<b>18</b>	<b>19</b> Lunch: Pita Pit (Pre-Purchased Orders Only)
<b>22</b>	<b>23</b>	<b>24</b> Storm Date: "Welcome to Kindergarten" Parent Meeting 6:00pm	<b>25</b>	<b>26</b> Lunch: Papa John's Pizza (Pre-Purchased Orders Only)  Family Movie Night 6:00pm
<b>29</b>	<b>30</b> PSSC Meeting 6:00pm  P4K Meeting 7:00pm	<b>31</b> Wacky Wellness Wednesday: Jersey Day \$1.00 per Student		

**Dates to Remember:**

- February 6 Skating at the Grant-Harvey Centre (10:45am-11:45am)
- February 7 TNB Play at Garden Creek School (9:00am)
- February 12-16 Staff Appreciation Week
- February 13 Skating at the Grant-Harvey Centre (10:45am-11:45am)
- February 19 Family Day (No School)
- February 20 Skating at the Grant-Harvey Centre (10:45am-11:45am)
- February 21 Wacky Wellness Wednesday: Team Canada Day
- February 22 "Family Pizza Day" Fundraiser at Papa John's Pizza  
(Smythe Street Location)
- February 23 Family Movie Night
- February 26-March 2 Winter Carnival
- February 27 Early Dismissal (11:20am) – Professional Learning for Staff  
PSSC Meeting (6:00pm)  
P4K Meeting (7:00pm)