

McADAM ELEMENTARY SCHOOL

Manners Excellence Safety

MONTH: FEBRUARY 2022



It has been a long time coming and MES is so happy to have our students back. Thank you, parents/guardians, for your hard work during Learning From Home. We understand that it was a difficult time for everyone and we appreciate everything that you did to support your child.

Please remember that student drop off and pick up is across the road in the designated area. Students begin arriving around 8 am so be cautious when dropping your child off. Masks are to be worn at all times inside and also when they are outside during recess. It is important that students bring extra masks because they can become wet and soggy. We do have some disposable masks at school and we will give them to students when we notice they need them.

It is cold out at recess and now there is a lot of snow. It is important for children to dress accordingly (toque, gloves/mittens, snow pants, etc.). Children are required to have snow pants for playing in the snow.

♥ Student Engagement

Starting this month, we will be showcasing student excellence. During announcements on the last Friday of each month, selected students will exhibit a unique talent or something extra special that a teacher may have noticed. We have some amazing students here at MES and we want to show them off!

♥ COVID Update

It is a challenge to keep up with all the new mandates and changes from COVID. The district has provided a COVID-19 DASHBOARD to give information on exposures and other related material. Please visit this website for information and to find out if there has been an exposure at MES.

<http://web1.nbed.nb.ca/sites/ASD-W/Pages/COVID-19-Dashboard.aspx>

If your child tests positive for COVID please contact the school immediately so that we can communicate the exposure (child's name will be kept confidential).

♥ Spirit Week

Spirit Week will be from February 28 to March 4th. Each day will have a theme and we will be doing different activities.

♥ Heart Healthy Schools

We are starting our Heart Healthy School Challenge. The challenge is about raising awareness of the 5-2-1-0. The 5 is for students to have 5 servings of fruits and vegetables each day. The 2 is for students to have less than 2 hours of screen time each day. The 1 is for students to have at least 1 hour of physical activity each day. The 0 is for students to have 0 sugar sweetened beverages each day. Our first challenge is the fruit and veggie challenge.

PINK SHIRT DAY

FEBRUARY 23, 2022

Feel free to wear a pink shirt on Feb. 23rd to show your support for **Anti-Bullying**. Part of the education around this is knowing the difference between **Conflict & Bullying**. It is common to have conflict with others, it is part of life. However, here are some indicators that you may be dealing with a **Bullying** issue:

Bullying:

- The best way to identify **bullying** is to recognize that it is a deliberate act. The goal is to hurt, insult, or threaten another person.
- When **bullying** occurs the victim is upset, but the bully is not.
- In the case of **bullying**, the bully has no remorse
- In a situation of bullying, the bully does not see the need for a resolution.
- **Bullying** is an ongoing negative interaction between two people where there is an imbalance of power.
- **Bullying** can be a serious emotional or physical threat.

In society today, there is a significant increase in bullying that happens online. Please be conscious of your child's online activity.

To help students deal with Conflict & Bullying we have implemented the W.I.T.S. program. Check out the website for more details:

[WITS 2.0 is coming – WITS \(witsprogram.ca\)](http://witsprogram.ca)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<p>February 7-18 Heart Healthy Schools Challenge – Eat 5 servings of fruits and veggies each day!</p>			<p>GROUNDHOG DAY</p>			
6	7	8	9	10	11	12
	<p>Heart Healthy Schools Challenge Starts!</p>		<p>Safe Internet Day</p>		<p>Fill Up The Ram Friday</p>	
13	14	15	16	17	18	19
		<p>HAPPY Canada FLAG DAY</p>	<p>Smoothie Day</p>	<p>HAPPY 100TH Day of School</p>		
20	21	22	23	24	25	26
	<p>Family Day</p> <p>No School</p>		<p>PINK SHIRT DAY</p>		<p>Fill Up The Ram Friday</p>	
27	28	March 1	March 2	March 3	March 4	
<p>Spirit Week</p>	<p>Hat Day</p>	<p>Tropical Day</p>	<p>Jersey Day</p>	<p>School Colours Day</p>	<p>P J Day</p>	

UPCOMING EVENTS:

- March Break: March 7-11
- March 17: St Patrick's Day
- March 25: PL Day – No school for students



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