

# McADAM ELEMENTARY SCHOOL

Manners Excellence Safety

MONTH: MARCH 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Spirit Week</b> 	 <b>Hat Day</b>	 <b>Tropical Day</b>	 <b>Jersey Day</b>	 <b>School Colours Day</b>	 <b>P J Day</b>	
						
 Heart Healthy Schools	<b>Heart Healthy Schools Challenge #2 Screen Time Challenge March</b>			<b>Happy St. Patrick's Day</b> 	 <b>Fill Up The Ram Friday</b>	
<b>20</b>	<b>21</b> International Day for the Elimination of Racial Discrimination  World Down Syndrome Day	 <b>World Water Day</b>	<b>23</b>	<b>24</b>	<b>25</b>  <b>No School for students – PD Day for teachers</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>  		

**UPCOMING EVENTS:**

- April 15 - Good Friday
- April 18 - Easter Monday
- April 14 - Parent/Teacher Interviews (No School)



March is National Nutrition Month

**Eat Right!**

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# MARCH

March break is just around the corner. We hope everyone enjoys the week. The weather has been quite inconsistent lately. Hopefully it will be consistently warmer in March.

Thankfully, our attendance has improved. We are happy to have more students are back in school and in the classroom learning. We thank you for your cooperation with the COVID restrictions. Right now, as of March 14 the mask mandate is set to be lifted. More details will follow as we get closer.

## Mitchell's Soup Fundraiser



We have extended the Mitchell's Soup Fundraiser until Wednesday, March 2<sup>nd</sup>. This will give everyone a couple of extra days to get orders in. Thank you for all of your support. It is greatly appreciated!



## JavaMoose Fundraiser

We will be running our Java Moose fundraiser again this year. It was a big hit last year, so we thought we would try it again. It will start later on in March and more details will follow. A voicemail will be sent out and details will be posted on Facebook.

We will be trying a Mabel's Labels Fundraiser in April/May.

## Spirit Week



For the first week of March MES is having some themed days to show our school spirit.:

Monday, February 28<sup>th</sup> – Hat Day  
Tuesday, March 1<sup>st</sup> – Tropical Day  
Wednesday, March 2<sup>nd</sup> – Jersey Day  
Thursday, March 3<sup>rd</sup> – School Colour Day  
Friday, March 4<sup>th</sup> – PJ Day

We will also be serving some breakfasts and meals.

Tuesday, March 1<sup>st</sup> – Breakfast - Pancakes  
Wednesday, March 2<sup>nd</sup> – Breakfast -Banana Muffins  
Thursday, March 3<sup>rd</sup> – Breakfast - Scrambled Eggs  
Friday, March 4<sup>th</sup> – Lunch - Pizza

We want to give a special thank you to Mrs. Plourde, our wonderful chef, and her special helpers. 😊 MES appreciates all you do for our students!



## Heart Healthy Schools

As part of our commitment to being a Heart Healthy School we will be doing our **second challenge – limiting screen time to 2 hours or less.** Few will need your help with this at home. This is usually the toughest part for students in the technology dominant society we live in. However, I am sure our MES students are up for the challenge. It will be a little easier if the weather cooperates he students will be more likely to go outside if it is nice outside. The Fruit & Veggie challenge was a success! The students tried some new fruits and veggies and they looked forward to us delivering it. We will continue serving some fruits and veggies at times throughout the year.