

McADAM ELEMENTARY SCHOOL

Manners Excellence Safety

MONTH: MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Spirit Week 	Feb 27  MES Monday	Feb 28  Tropical Day	1  Western Wednesday	2  Tie-Dye Thursday	3  Fuzzy Flannel Friday (P J Day)	4	
	5 	6					11 
12	13	14	15  Smoothie Day	16	17 Happy St. Patrick's Day 	18 Fill Up The Ram Friday 	
19  Heart Healthy Schools	20	21 International Day for the Elimination of Racial Discrimination World Down Syndrome Day	22  World Water Day	23	24 No School for students – PD Day for teachers	25	
Heart Healthy Schools Challenge Fruit & Veggie Challenge Mar. 20 - 23		26	27 World Theatre Day	28	29  Smoothie Day	30	31 

UPCOMING EVENTS:

- April 7 - Good Friday
- April 10 - Easter Monday
- April 14 - Parent/Teacher Interviews (No School)



March is National Nutrition Month

Eat Right!

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MARCH

This year has been going by so quickly. Soon all the snow will be gone and warmer weather will be on its way. We hope that everyone gets a chance to rest and relax during March break. We all need a little battery recharge so that we can give 110% on the last 3 and a half months of school.



JavaMoose Fundraiser

Our Java Moose Fundraiser was a BIG hit. It seems like there is always a need for caffeine! 😊 We didn't reach our \$1300 goal but we were close. In total we sold 280

bags of coffee. This added up to a total of \$1120 raised for MES! A BIG thank you to all of our sellers and their families and to everyone that bought coffee through this fundraiser. Your support is greatly appreciated!



Fundraiser

The Home & School Committee, along with MES, has decided to try a new spring fundraiser, starting in late March or early April. We will be selling high-quality Non-GMO seeds and greenhouse kits, from **Make It Sow**, a 100% Canadian company. This company promotes protecting the earth and all products are produced in an environmentally friendly way. Our school will earn a 50% profit on each seed packet sold which is an excellent gross margin return for us. We are excited about this fundraiser and look forward to lots of happy planting in the spring! There will be prizes for the top 2 sellers!



Spirit Week



To celebrate our school spirit, MES is having a Spirit Week, the week before March Break, with fun themes planned for each day.

Monday, February 27th – MES Monday

Tuesday, February 28th – Tropical Day

Wednesday, March 1st – Western Wednesday

Thursday, March 2nd – Tie-Dye Thursday

Friday, March 3rd – Fuzzy Flannel Friday (PJ Day)

We will be serving lunch on Wednesday and breakfast on Friday.

Wednesday, March 1st Breakfast - Muffins

Lunch – Pizza

Friday, March 3rd

Breakfast - Pancakes

There are lots of fun activities happening during Spirit Week so stay tuned! We love our school and look forward to seeing everyone show their McAdam Elementary School Spirit!

Heart Healthy Schools



As part of our commitment to being a Heart Healthy School we will be doing our **First Challenge – Eating More Fruits and Veggies**. We will show the students videos and give them facts about fruits and vegetables. We will also provide various fruits and veggies during snack and lunch time. We are fortunate to be part of pilot program called **Breakfast Food Procurement Program** in partnerships with the Province of NB, Moncton Food Depot, Breakfast Clubs of Canada, and Brewer Foundation. This program provides students with various healthy snacks at no cost to the school or the families. It has been great having them on board this year and we hope that the program continues.

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