

McADAM ELEMENTARY SCHOOL

MONTH: DECEMBER 2019

Respect Yourself, Respect Others, Respect Community





HO! HO! HO!


WINTER SAFETY TIPS!

Snow and ice provide a great playground for many fun outdoor activities in New Brunswick.

Activities like sliding, snowshoeing, skiing and skating are all ways to get kids outdoors and active during the long winter months. Participating in winter activities has many benefits including improved physical and mental health. Below are a few things to keep in mind to help keep them safe while enjoying the great outdoors;

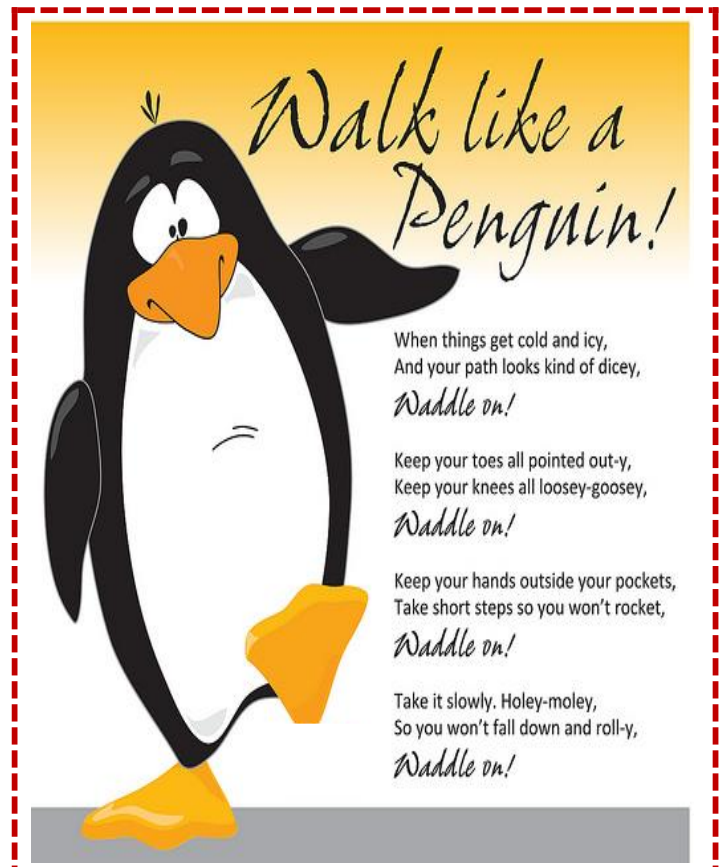
 **Keep an Eye on the Weather.** If temperatures fall below -18°C (-13°F) children should stay indoors as exposed skin can freeze within a few minutes.

 **Bundle Up. Dressing in Layers**
An absorbent synthetic fabric next to the skin, warmer middle layer and a water resistant/ repellent outer layer will keep them warm and dry. A single pair of wool blend socks is better to keep feet dry and avoid restriction of blood and airflow to the feet. Avoid loose scarves and drawstrings to prevent strangulation.

 **Wear Safety Gear** Helmet use is recommended when skiing, skating and sliding. Goggles, sunglasses and sunscreen may also be appropriate. Ensure that equipment is in good repair and properly fitted for your child.



Check the Depth and Quality of the ice of ponds, lakes, and rivers before traversing. Ice thickness should be approximately 20 cm (8 inches) for skating and 25 cm (10 inches) for snowmobiles.



FROM ALL THE STAFF

AT MCADAM ELEMENTARY SCHOOL

WE WOULD LIKE TO WISH YOU

**A HEALTHY, HAPPY &
PEACEFUL NEW YEAR!**



Address:
29 Rose Street McAdam, NB, E6J 1Z1

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506 784-6808

Website:
<http://mcadames.nbed.nb.ca/>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  Ring A Bell Campaign to Promote Positive Mental Health The week of December 2-6th Aimed at raising awareness on the mental health needs of children and youth	2	3	4	5	6 Grade 1/2 Palfrey Lodge Lake Trip 	7 
8 	9-11 Riddle: Why is Santa so good at Karate? Answer: Because he has a black belt.			12 Christmas Concert! Doors Open 6:00 PM	13 Food Bank Donations Due Today 	14 
15  Gingerbread Decorating This week For Grade 1/2 !	16	17 Christmas Concert! STORM DATE Doors Open 6:00 PM	18	19 	DECEMBER 20TH K-Class Polar Express Christmas Party! School Wide Pajama Day 	
22	23	24	25	26	27	28
Merry Christmas Everyone!						
29 	30	31 Happy New Year 		did you know? 	Santa Claus is 1,748 years old! (That doesn't seem that old for an elf!) In months, Santa Claus is 20,985 months old!	

UPCOMING EVENTS:

- January 6 Professional Learning Day K-12 (full day)
- First Day Of School January 7, 2019
- January 27 Professional Learning Day K-8 (full day)
- Literacy Day TBA



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