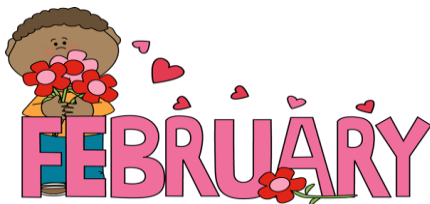


McADAM ELEMENTARY SCHOOL

Respect Yourself And Respect Others

MONTH: FEBRUARY 2017



MES Spirit Week Events (Feb. 27 – Mar 3)

Monday - Hat Day

Tuesday - Wacky Hair Day

Wednesday - Pink/Blue Shirt Day and Positive Learning Initiatives - Sliding Day or Snowshoeing (done during Phys. Ed. Time) If your child requires a helmet for sliding, please send it in for them to wear.



Thursday – Inside Out/Mismatch or Backwards Day

Friday - Pajama Day

We will be selling popsicles/ice cream sandwiches each day.

Cost \$1.00. Profits to go to support bus field trip costs & extracurricular activities or IWK

NOTE:

PLEASE submit your money for popsicles/ice cream the

DAY BEFORE your child receives their popsicle & ice cream snack. (for example, for Monday's ice cream treat you would submit your money Thursday Feb 23)



February Health Note

Keeping Children Smoke-Free

Here are some valuable facts about how to keep your child's environment smoke-free.

Tobacco Facts:

- Tobacco smoke contains over 4,000 chemicals including at least 70 which are carcinogenic or
- cause cancer.
- The top 6 toxins which 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 are not recommended by Health Canada because of possible health risks, nicotine
- poisoning and addiction.



Tips for Talking to Children:

- Take advantage of opportunities to let your child know about the harmful effects of tobacco.
- Talk to your child about peer pressure and practice how to say "No".

What Else You Can Do:

- Quit smoking, and/or be a positive role model.
- Protect your child from second-hand smoke.

Need Help?

Go to: www.smokershelpline.ca or call toll-free 1-877-513-5333.

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

<http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/body-corps/index-eng.php>

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

Office Phone
506 784-6808

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

McADAM ELEMENTARY SCHOOL

Respect Yourself And Respect Others

MONTH: FEBRUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MES PSSC MEETING ON FEBRUARY 28 @ 6:00 pm			1	2 Happy Groundhog Day! 	3 Skating Grades: K/1 & 1/2	4 
5	<p>Quote of the Month: “Education is the most powerful weapon which you can use to change the world.” – Nelson Mandela</p>		8	9	10 Skating Grades: K/1 & 1/2	11 
12 Heritage Week February 13-17	13	14 	15 National Flag Day 	16	17 Skating Grades: K/1 & 1/2	18 
19 	20	21 100 th Day of School	22	23 Donna & Andy 1:00 – 2:00 PM 	24 PL Day for Staff No School For Students	25 
26 SCHOOL SPIRIT WEEK Feb 26-Mar 3rd 	27 	28 Wacky Hair Day?  STAR STUDENT!	<p align="center"><u>SCHOOL MISSION STATEMENT</u></p> <p>To work cooperatively as partners - McAdam Elementary staff, parents and the community to provide students with the resources and opportunities to become life-long learners effective thinkers respectful citizens and to fulfil their individual potential</p> <p align="center"><u>SCHOOL VISION</u></p> <p>Our vision is to provide a happy safe caring and engaging environment where all students at McAdam elementary will recognize and achieve their fullest potential.</p>			
<p>UPCOMING EVENTS: March is Nutrition Month! MES Spirit Week Continues Feb 27-Mar 3rd March 6-10: March Break March 29: Calithumpians (date tentative) April 3-18th QSP Edible Organics Campaign</p>						