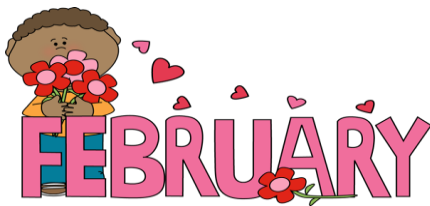


McADAM ELEMENTARY SCHOOL

Respect Yourself And Respect Others

MONTH: FEBRUARY 2018



MES Spirit Week Events (Feb. 26– Mar 2)

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
To support IWK / School Activities**

**USING THE FORM THAT WAS SENT HOME:
(FORM WILL BE SENT WEEK PRIOR TO SPIRIT WEEK)**

PLEASE submit your money for ice cream sandwiches the **DAY BEFORE OR FOR THE ENTIRE WEEK.**

Cost is \$1.00 and all profits go to extracurricular activities or IWK.

NOTE: Popsicles will be available only for students **WHO ARE NOT ABLE** to have ice cream sandwiches



February Health Note

Staying Warm and Safe in Cold Weather

Winter time can be really fun for children of all ages! It's a great time to build snowmen or forts, go skating or sliding. But while everyone is out enjoying the snow, they need to know how to keep warm and be safe.



Here are some cool and easy tips for children:

- Dressing in layers is the best way to stay warm and toasty in the cold. Depending on the temperature, more or less layers may be needed. But if you're in doubt, go for more layers as they can always come off later. (Whatever you do, always keep your coat on, that's one layer that should stay!)
- Avoid jeans or light cotton pants (like khakis), because they won't keep you warm. They will actually make your legs colder if you fall down and get wet. Waterproof pants (like ski pants) are best. Finish up with heavy socks and waterproof boots. If you're going to be doing lots of exploring, wear boots that have good treads for keeping steady on snowy and icy areas.

- After getting all bundled up and ready to go, you might think you are forgetting something? Don't forget to put a hat onto your head! A lot of body heat escapes right from your head. Scarves, facemasks, and earmuffs are also great at covering you up so you'll stay comfortable longer. Be sure not to forget mittens or gloves, the waterproof kind are best if you know you'll be playing around a lot in the snow. Keeping your hands warm and dry is important because fingers are very sensitive to the cold.

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 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Heritage Week February 12-19 PSSC Meeting February 27 @ 6PM</p>			<p>Quote of the Month: "Don't let what you can't do stop you from doing what you can do." – John Wooden</p>	1	2 	3
4 	<p>SNOW SHOING GRADE 2/3 ALL WEEK WEATHER PERMITTING! DRESS APPROPRIATEDLY!</p>		7	8 Skating Grades: 3/4 Weather Permitting	9	10 
11 	12	13	14 Valentines Day 	15 HARVEY 2-BALL COMPETITION	16 Skating Grades: K/1 & 1/2 Weather Permitting	17 
18 	19 NO SCHOOL FAMILY DAY HOLIDAY	20	21	22 Skating Grades: 3/4 Weather Permitting	23 Skating Grades: K/1 & 1/2 Weather Permitting	24 
25 SCHOOL SPIRIT WEEK Feb 26-Mar 2nd 	26 	27 Early Dismissal PL DAY G. K-2@11:00AM G. 3-5 @ NOON Wacky Hair Day 	28 Pink Shirt Day Blue Shirt Day 	March 1 Inside Out/ Backwards day 	March 2 Pajama Day! 	March 3
<p>UPCOMING EVENTS:</p> <p>March is Nutrition Month! MES Spirit Week Continues Feb 26-Mar 2d March 5-9: March Break March 23-April 6th QSP ORGANIC EDIBLE & GIFT CAMPAIGN!</p>				<p>FEBRUARY 27TH FAMILY 2 BALL NIGHT! With Mrs. Glaspy! 5pm – 6PM @MES GYM GRADE 3-5 only</p>		