

McADAM ELEMENTARY SCHOOL

MONTH: February 2019

Respect Yourself, Respect Others, Respect Community

MES Spirit Week Events (Feb. 25– Mar 1)

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

Heart & Healthy Schools Initiative 2019

MES took part in their fruit and vegetable challenge from January 21-25th and we had a successful week. The students participated in daily tracking of their 5 servings of fruits and vegetables and had lessons in their classrooms on the importance of fruits and vegetables in their diet. We had a school wide fruit day where all classes indulged in fruit during snack time that was provided by the school.

In addition, the entire school participated in a salad day where students and staff had dinner together in our gymnasium, on the menu was fresh salad! Yum! We also were able to have a whole school smoothie day where students assisted in preparing the smoothies and serving to all students in the school! This initiative of the Heart and Stroke Foundation of New Brunswick aims at improving the school environment to support and promote healthy lifestyle choices and MES is up to the challenge.

Our next challenge is coming up this month and it is the week of February 18th to February 22nd 2019. This challenge encourages students to keep track of their sedentary screen time at school and at home with the screen time tracking sheet that will be provided to all students. We are aiming for less than 2 hours of screen time each day.

Sedentary behaviour is defined as any activity that requires very little energy and movement. Common sedentary behaviors involve sitting for long periods of time, usually relating to screen based behaviors, for example watching TV, playing video games, browsing the Internet, or doing homework on a computer. Although some screen based activities incorporate movement, most do not have a high enough intensity to achieve health benefits.

Screen time is defined as any time spent in front of a TV, computer, tablet, iPad, gaming console, smart phone, and/or other devices equipped with a screen. Reducing screen time can help reduce the total time spent sedentary.

It has been found that children and youth that spend less time being sedentary can:

- ♥ Maintain a healthy body weight
- ♥ Do better in school and learn new skills
- ♥ Improve their self confidence
- ♥ Have fun playing with friends and meeting new ones
- ♥ Improve their fitness, including a healthy heart

By limiting screen time, children and youth have more time to be physically active or to engage in meaningful activities, such as reading, drawing, playing music, and making friends. Now it is time to get up and stay active! Wish us luck on our less screen time challenge! **One last thing, be sure to check out our school website for videos containing what the students have been up to during our Heart and Healthy Schools Weekly Challenges.**

Thank you, Mrs. Glaspy

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
 MEETING PSSC Mtng February 25 @ 4PM		 GUESS WHAT?	<div style="border: 2px dashed red; padding: 5px; background-color: #4a7ebb; color: white;"> SCHOOL SPIRIT WEEK STARTS THIS MONTH! February 25th! </div>		1 Skating Grades: K & 1/2 Weather Permitting	2 Happy Groundhog Day! 
3  Did You Know?	<div style="border: 2px dashed blue; padding: 5px; background-color: #0070c0; color: white;"> A goldfish has a memory span of three seconds.  </div>		6  Safer Internet Day	7 Skating Grades: Grade 3/4 Weather Permitting	8 Skating Grades: K & 1/2 Weather Permitting	9 
10  Staff Appreciation Week	<div style="border: 2px dashed red; padding: 5px; background-color: #ff0000; color: white;"> DON'T FORGET THURSDAY FEBRUARY 14 HAPPY VALENTINES DAY! </div>			14 Skating Grades: Grade 3/4 Weather Permitting Valentines Day!	15 National Flag Day! Skating Grades: K & 1/2 Weather Permitting	16 
17  100 th Day of School! Is February 21 st !	18 Family Day No School! Heritage Day	19	20	21 Skating Grades: Grade 3/4 Weather Permitting	22 Skating Grades: K & 1/2 Weather Permitting	23 
24 SCHOOL SPIRIT WEEK Feb 25-Mar 1 	25  CRAZY Hat Day	26 Wacky Hair Day 	27 Pink Shirt Day Blue Shirt Day 	28 Inside Out/ Backwards day	March 1 st Pajama Day! 	

UPCOMING EVENTS:

March is Nutrition Month!
 MES Spirit Week Continues Feb 25-Mar 1
 March 4-8: March Break

30 days have **September**,
April, **June** and **November**.
 All the rest have **31**
 except **February** alone
 which has but **28** days clear
 and **29** in each Leap Year

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