



McADAM ELEMENTARY SCHOOL

Respect Yourself And Respect Others

MONTH: JANUARY 2018

Keeping Children Smoke-Free



The New Year is a time to say I'll use my hands in every way.

*To do good deeds and spread good cheer
For all the people I hold dear!*

FRIENDLY REMINDER;

- **Parents please call the school** if your child is going to be late or absent. This is a safety measure.
- **A written excuse** is to be provided to the school when your child is absent from school.
- **Please sign in and out** at the office upon arrival. This measure ensures that safety protocol is followed and that interruptions during instructional time is kept to a minimum.
- **When dropping off students** in the morning and at noon we are asking parents to let their children exit from the right side of their vehicles next to the sidewalk, on Rose Street then proceed down the sidewalk to the crosswalk. **At the crosswalk there is a crossing guard to ensure a safe crossing. Please do not turn or pull into the lower end parking space when dropping off or picking up your child.** The school appreciates your cooperation in maintaining this safe area.

This policy is in place to ensure safety for all.

January is Tobacco Reduction Month, and this is a good time to think about how to keep your child's environment smoke free

Tobacco Facts:

- Tobacco smoke contains over 4000 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 or vaping is not recommended by Health Canada because of possible health risks, nicotine poisoning and addiction. Nicotine free or flavoured vaping products are also not recommended.

Tips for Talking to Children:

- Take advantage of opportunities to let your child know about the harmful effects of tobacco.
- If your children are involved in sports, remind them that remaining smoke free will help their performance in physical activity.
- Talk to your child about peer pressure and practice how to refuse smoking or vaping.

What Else You Can Do:

- Quit Smoking, being a positive role model is important
- Protect your child from second hand smoke
- Speak out and support smoke free spaces in our communities.

Need Help? Go to: www.smokershelpline.ca or call 1-877-513-5333

Resources: NB anti-tobacco Coalition:

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

Health Canada: <https://www.canada.ca/en/health-canada/services/health-concerns/tobacco.html>

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












Office Phone
506 784-6808

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

JANUARY 2018

McADAM ELEMENTARY SCHOOL

Respect Yourself And Respect Others

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. 	2.	3	4	5	6 
7	8 	<div style="border: 2px dashed red; padding: 10px;"> <p style="text-align: center; font-size: 2em;">Is School Opened? Where is the bus?</p> <ol style="list-style-type: none"> Parents should rely on announcements made on local radio stations. Parents should check for late bus announcements <i>regularly</i>. Parents can call the district public information line for a recorded message: 453-5454 Parents can check the district website at : www.asd-w.nbed.nb.ca Parents of Gr K-2 students are reminded to wait with their children at the bus stop until the bus arrives in the morning as well as meeting them at the bus stop, at the end of the day. </div>				13 
14 	15 Lisa Stevens Floor Curling Demonstration K-5	16 Lisa Stevens Floor Curling Demonstration K-5	17	18	19	20 
21 	22	23 PSSC Mtng @ 6PM  MEETING	24	25 THANK YOU PSSC for providing Cookies for our Literacy Day! 	26 LITERACY DAY & PJ DAY! 10:25 – 11:25 (Storm Date Monday 29 th)	27 
28 	29 STORM DATE FOR LITERACY DAY	30	31	<p>School Family Literacy Day and Pajama Day DATE: Friday, January 26, 2018 TIME: Beginning at 10:25 and ending at 11:25. STORM DATE: Monday January 29, 2018</p>		

UPCOMING EVENTS:

- February 2 Ground Hog Day!
- February 12-19th: Heritage Week
- February 14: Valentine's Day!
- February 15: National Flag Day!
- February 19 – Family Day (No School)
- 100th Day Of School! (day to be determined)
- Feb 27- PL DAY - Early Dismissal Gr. K-2 @ 11am/Gr. 3-5 @ Noon

GRADE 3-5 will be Snowshoeing Periodically During Phys. Ed.
PLEASE DRESS WARM!

1. SKIPANTS
2. BOOTS
3. HATS
4. MITTENS



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