MCADAM ELEMENTARY SCHOO

MONTH: January 2019

Respect Yourself, Respect Others, Respect Community



This year MES will be taking part in the Heart Healthy Schools initiative. This is an initiative of the Heart and Stroke Foundation of New Brunswick aimed at improving the school environment to support and promote healthy lifestyle choices. Our school will be completing 4 challenges throughout the remainder of the school year. The challenges are as follows:

- Encouraging students to have 5 servings of fruit and vegetables each day.
- Encouraging students to have less than 2 hours of screen time each day.
- Encouraging students to have 1 hour of physical activity or more each day.
- Encouraging students to have 0 sugar sweetened beverages each day.

Supporting this initiative is important to the healthy development of children and youth. They also play an important role in the prevention of childhood obesity which is a major risk for many chronic diseases, including heart disease and stroke.

MES has many activities planned for the remainder of the school year in order for students and staff to complete these 4 challenges. We will have lots of information being sent home as well with students during each challenge week. Our first challenge will be to encourage 5 servings of fruits and vegetables each day.

We will be completing this challenge the week of January 21-25, ending our week off with a school salad day on January 25th where we will be using the greens grown by the students in our school tower garden. Our next challenge will be in February and we will have



more information on this challenge in the February calendar.

Thank you, Mrs. Glaspy

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. Is School Opened? Where is the bus? 1. Parents should rely on announcements made on local radio stations. Parents should check for late bus announcements regularly. 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 5. 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.

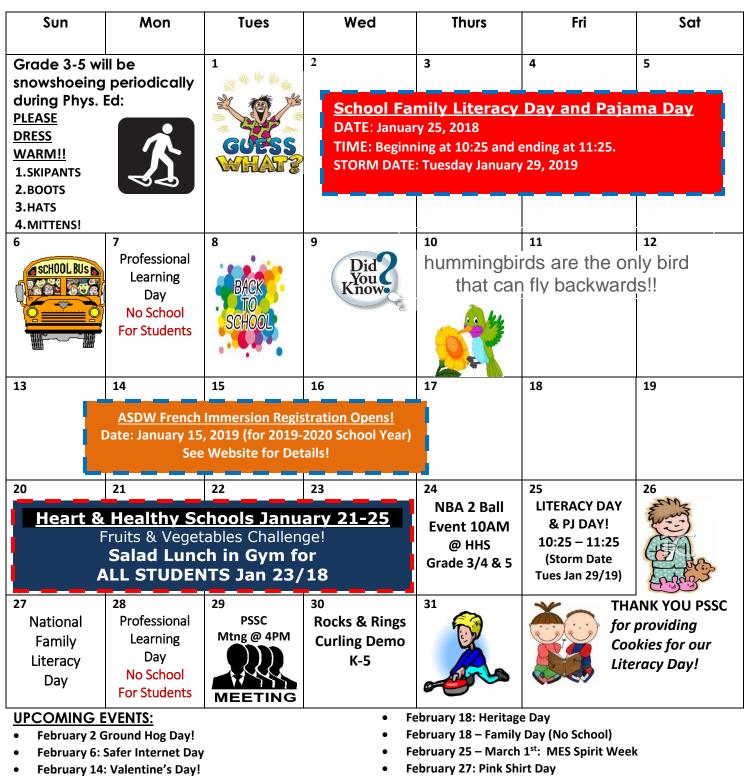
Address: 29 Rose Street McAdam, NB, E6J 1Z1 **Office Phone** 506 784-6808

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

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• February 15: National Flag Day!

• March 1st: PJ Day