

McADAM ELEMENTARY SCHOOL

MONTH: January 2019

Respect Yourself, Respect Others, Respect Community



MES HEART & HEALTHY SCHOOLS INITIATIVE 2019!!

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.**
2. Parents should check for **late bus** announcements *regularly*.
3. Parents can call the district **public information line** for a recorded message: **453-5454**
4. 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/>

McADAM ELEMENTARY SCHOOL

Respect Yourself, Respect Others, Respect Community

MONTH: January 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
<p>Grade 3-5 will be snowshoeing periodically during Phys. Ed: PLEASE DRESS WARM!! 1.SKIPANTS 2.BOOTS 3.HATS 4.MITTENS!</p> 		<p>1</p> 	2	<p>School Family Literacy Day and Pajama Day DATE: January 25, 2018 TIME: Beginning at 10:25 and ending at 11:25. STORM DATE: Tuesday January 29, 2019</p>			5
6	7	8	9	10	11	12	
	<p>Professional Learning Day No School For Students</p>			<p>hummingbirds are the only bird that can fly backwards!!</p> 			
13	14	15	16	17	18	19	
<p>ASDW French Immersion Registration Opens! Date: January 15, 2019 (for 2019-2020 School Year) See Website for Details!</p>							
20	21	22	23	24	25	26	
<p>Heart & Healthy Schools January 21-25 Fruits & Vegetables Challenge! Salad Lunch in Gym for ALL STUDENTS Jan 23/18</p>				<p>NBA 2 Ball Event 10AM @ HHS Grade 3/4 & 5</p>	<p>LITERACY DAY & PJ DAY! 10:25 – 11:25 (Storm Date Tues Jan 29/19)</p>		
27	28	29	30	31	<p>THANK YOU PSSC for providing Cookies for our Literacy Day!</p> 		
<p>National Family Literacy Day</p>	<p>Professional Learning Day No School For Students</p>	<p>PSSC Mtng @ 4PM</p> 	<p>Rocks & Rings Curling Demo K-5</p>				

UPCOMING EVENTS:

- February 2 Ground Hog Day!
- February 6: Safer Internet Day
- February 14: Valentine's Day!
- February 15: National Flag Day!
- February 18: Heritage Day
- February 18 – Family Day (No School)
- February 25 – March 1st: MES Spirit Week
- February 27: Pink Shirt Day
- March 1st: PJ Day

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

Office Phone
506 784-6808

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