

# McADAM ELEMENTARY SCHOOL

MONTH: JUNE 2019

Respect Yourself, Respect Others, Respect Community



***Congratulations to all students and staff for such a successful school year!***

*I can't believe the school year is almost over.* It has been a great year and I wanted to thank all of our families for their support this year.

Our staff, students, community, and all the families have worked together to make our school an excellent place to learn and grow.

I will truly miss our 5th grade students and I know they will make a great addition to McAdam High School and I hope they have an excellent transition to Grade 6 next year. **Good Luck!**

**Summer is a very special time for children and is the source of many happy memories.** I would like to wish everyone a safe and exciting summer and I hope that you and your children enjoy many opportunities to have fun as a family in the weeks ahead. I look forward to seeing everyone in September.

**Have a Great Summer!**

K Smith Lunn  
Principal  
McAdam Elementary School

## Use Your Head – Wear A Helmet!

**Did you know that over 85% of all serious head injuries from bike falls could have been prevented by wearing a helmet?** For children under 18, wearing a helmet is the law in 7 provinces in Canada – legislation that resulted in a drop in bicycle-related head injuries among kids by a whopping 45% in some provinces! Many adults disregard this important safety habit, but children look to adults to set an example – and adult heads can also be injured.

**Helmets work by absorbing the energy of an impact so that less force is transferred to the head.** They have special plastic foam inside the helmet that accomplishes this. Never wear a helmet that has been in an accident; the foam has already been crushed and won't work as well the next time. And, even without accidents, they don't last forever – look for the manufacturer's recommendations on when to replace your helmet.

**When purchasing a helmet, make sure that it fits your head** – check that it touches all parts of your head but is not too snug. It should be impossible to pull your helmet off your head without removing the chin strap, and when you are wearing it, it should not shift around more than an inch in any direction. Check for the CSA symbol, which means your helmet has been tested and passes the standard for safety and performance as set by the Canadian Standards Association.

**A helmet can also help you avoid accidents by making you more visible.** You should purchase a helmet in a light colour that can be seen by motorists, and if you ride at night, wear one with a reflective strip.



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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<p><b><u>PARENT &amp; CHILD PRE-K WORKSHOP</u></b>                      Friday June 7, 2019                      McAdam Elementary School                      12:30 – 2:00PM                      Call: 454-8698                      Email: Joanne.westall@nbed.nb.ca</p>					1
2 		Honey is the only natural food which never spoils!	5  BIKES ARE AWARDED! YIPPEEEE!	6 Donna & Andy Show! Parents, Siblings Welcome! AT 12:55	Friday June 7 <u>Sports Day</u> ✓ Sunscreen ✓ Hats ✓ Water bottle ✓ Sneakers (no sandals, crocs, flip flops)	
9 	10	11	12 Gr: 1/2 & Gr:2/3 Trip to Science East!	13	14 Gr: K, Gr 3/4 & Gr 5 Trip to Kingswood	15
16	17	18 GRADE K Community Visits!	19 	20 CLASSROOM PJ PIZZA PARTY! 	21 ACHIEVEMENT AWARDS! LAST DAY OF SCHOOL! 	22
23	24	25	26	27	28	29

**SUMMER MELON**  
by Tricia Stohr-Hunt

Full of water  
full of sweet  
juicy, messy  
treat to eat.

Dessert of summer  
picnic jewel  
ruby red and  
oh so cool!



Have a great  
  
 Vacation!

SEE YOU TUESDAY SEPTEMBER 3<sup>RD</sup>!