

McADAM ELEMENTARY SCHOOL

Respect Yourself And Respect Others

MONTH: MARCH 2017



SPIRT WEEK EVENTS (Feb. 27 – Mar 3)

Monday - Hat Day

Tuesday- Wacky Hair Day



Wednesday - Pink/Blue Shirt Day

Positive Learning Initiatives –
“**SAY NO TO BULLYING!**”
Outdoor Activity – With PE
Teacher Weather Permitting

Thursday – Inside

Out/Mismatch or Backwards Day

Friday - Pajama Day

USING THE FORM THAT WAS SENT HOME:

PLEASE submit your money for ice cream sandwiches the **DAY BEFORE OR FOR THE ENTIRE WEEK.**

Cost is \$1.00 and all profits go to support our bus field trip costs & extracurricular activities or IWK.

NOTE: Popsicles will be available only for students **WHO ARE NOT ABLE** to have ice cream sandwiches



March is Nutrition Month

For many families, back to school means a return to packing lunches. Making sure that your children are well-fed 365 days of every year is hard enough, but adding 180 school lunches can feel downright relentless, so let your kid pack their own lunch box!

Packing Lunch Is Empowering for Kids

No, it's not passing the buck or even punishment – you'll be surprised to see that your kids may even take some joy in being in charge of their own lunch. Allowing kids to pack their own lunch boxes is empowering. They might not love doing it every single day, but they can be in charge of a significant part of their diet, which goes a long way towards a healthy relationship with food and cooking, even when they make less-than-optimal choices.

And, yes, getting your kid to pack her own lunch frees you of the daily task. It's okay to reap benefits while teaching your kid a life lesson. It's smart, even.

The Keys to Help Kids Pack Their Lunch

- Keep the pantry stocked with healthy staples.
- Keep school lunch in mind when you make dinner, because leftovers are lunch box gold.
- Keep a posted list of ideas available for kids to choose from.

Breakfast for dinner gets all the glory, but who doesn't love a second breakfast at lunchtime? Pack the freezer with your favorite **waffles, pancakes, or French toast** or – even better – homemade leftovers from a double batch that you make on the weekend, and all your kid has to do is toast and smear for a breakfast sandwich of champions.

Make it Fun!

If your kid likes being in the kitchen, hand over a small, round cookie cutter that's about the same size as the crackers you use. They can use it to cut the **cheese and ham** to easily stack just like store-bought Lunchables!

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












Office Phone
506 784-6808

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

McADAM ELEMENTARY SCHOOL

Respect Yourself And Respect Others

MONTH: MARCH 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SCHOOL SPIRIT WEEK! Feb 26-Mar 3 rd 			1 Pink & Blue Shirt Day 	2 Inside Out Mismatch or Backwards Day 	3 PJ Day! 	4 
5 	MARCH 6 – MARCH 10 					11 
12	13 back to School 	14	15	16	17 18 <div style="border: 2px dashed green; padding: 5px; text-align: center;"> Celebrating Nutrition Month We will be serving Fresh Fruit to all students this month! </div>	
19	20	21 PSSC MTNG @ 6PM MES	22 23 24 25 <div style="border: 2px dashed pink; padding: 5px; text-align: center;"> Quote of the Month: “You are what you eat. What would YOU like to be?” — Julie Murphy, Nutrition Across A Lifetime </div>			
26	27 	28 29 30 <div style="border: 2px dashed yellow; padding: 5px; text-align: center;"> NEXT MONTH APRIL 3-18TH QSP ORGANIC EDIBLES CAMPAIGN GROW YOUR OWN GARDEN ITEMS! </div>			31 Star Student 	
UPCOMING EVENTS: April 5 - Report Cards Go Home April 6 - Scheduled PT 4:30PM – 6:30PM April 3-18th QSP Edible Organics Campaign April 10 – ½ Day PT / ½ Day PL (no school for students)			April 14 – Stat Holiday No School April 19 – T TOKAM (Talk To Our Kids About Money Day) April 27 KICK OFF for Jump Rope! April 28 – PL Day (no school for students)			