

McADAM ELEMENTARY SCHOOL

Respect Yourself And Respect Others

MONTH: MARCH 2018



March is Nutrition Month

SPIRT WEEK EVENTS (Feb. 26 – Mar 2)

Monday Feb 26 - Hat Day

Tuesday Feb 27-
Wacky Hair Day



Wednesday Feb 28 -
Pink/Blue Shirt Day
Positive Learning Initiatives –
“SAY NO TO BULLYING!”

Thursday March 1st –
Inside Out/Mismatch or Backwards Day

Friday March 2nd - 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

Quote of the Month:

“You are what you eat. What would **YOU** like to be?”

— Julie Murphy, Nutrition Across A Lifetime

March is Nutrition Month! Public Health Dietitians from Horizon and Vitalité, along with Dietitians of Canada, want to help you **Unlock the Potential of Food** to enhance your life, improve your health, inspire children, fuel your activities and bring people together.

Having trouble staying energized? Think about eating regular meals and snacks, as needed. Avoid going long periods of time without eating. Snacking can be part of a healthy eating pattern and is a great way to get all the nutrients the body needs in a day. Some healthy snacks may include vegetables with hummus, trail mix, fruit and nut butters and high fibre granola bars.

Want to set your kids up for a lifetime of healthy habits? Teach them to shop and cook! Have your kids help make a grocery list and get them involved in the kitchen with meal preparation. This could include washing and chopping up vegetables and setting the table for a meal. This will give them the power to discover better health as they grow.

Lifestyle, including what we eat, is a major influence on disease prevention. Healthy eating habits that include vegetables, fruit, whole grains, healthy fats and healthy protein sources such as legumes, nuts, seeds, meat, poultry, fish and dairy may help prevent type 2 diabetes, heart disease, stroke, dementia and some types of cancer. A bite of prevention goes a long way!

Food can promote healing! Food is crucial for the human body because it provides nutrients, which are used by the body for daily activity, growth, repair, and all bodily functions.

Submitted by: Public Health Dietitians (Zone 3)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	SCHOOL SPIRIT WEEK! Feb 26-Mar 2 ND 		FEB 28 Pink & Blue Shirt Day 	1 Inside Out Mismatch or Backwards Day 	2 PJ Day! 	3 
4 	MARCH 5 – MARCH 9th 					10 
11 	12 back to School 	13 	14 BOOKS FOR BIKES Reading To Begin! 	15 	16 <div style="border: 2px dashed pink; padding: 5px;"> <i>Saint Patrick Day Joke:</i> Why should you never iron a four-leaf clover? <i>Because you don't want to press your luck!</i> </div>	17  Everyone's Irish On March 17th.
18 	19 	20 PSSC MTNG @ 6PM MES	21 	22 	23 	24 <div style="border: 2px dashed green; padding: 5px;"> QSP FUNDRAISER March 23 – April 6 QSP ORGANIC EDIBLES & GIFTS CAMPAIGN </div>
25 	26 	27 PL DAY No School For Students ½ PL AND ½ RC. PREP FOR TEACHERS	28 	29 	30 	
UPCOMING EVENTS: April 2 – Easter Monday <u>No School</u> April 6th QSP Edible Organics Campaign Ends April 11 th - Report Cards Go Home April 12 – Scheduled Parent/Teacher 4:30PM – 6:30PM April 13 – ½ Day PT / ½ Day PL (<u>No School</u> for students)			April 18 – TTOKAM (Talk To Our Kids About Money Day) April 24 – PL Day (Early Dismissal for students) GRADE K2 @ 11AM & GRADE 3-5 @ 12:00PM April 27 KICK OFF for Jump Rope!			
						