

# 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

**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)

### 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

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**MONTH: MARCH 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>SCHOOL SPIRIT WEEK!</b> Feb 26-Mar 2 <sup>ND</sup> 			FEB 28 Pink & Blue Shirt Day 	1 Inside Out Mismatch or Backwards Day 	2 PJ Day! 	3 FUN 
4 	MARCH 5 – MARCH 9th 					10 
11	12 back to School 	13	14 BOOKS FOR BIKES Reading To Begin! 	15 Saint Patrick Day Joke: Why should you never iron a four-leaf clover? Because you don't want to press your luck!	16	17 Everyone's Irish On March 17th. 
18	19	20 PSSC MTNG @ 6PM MES	21	22	23 QSP FUNDRAISER March 23 – April 6 QSP ORGANIC EDIBLES & GIFTS CAMPAIGN	24
25	26	27 PL DAY No School For Students ½ PL AND ½ RC. PREP FOR TEACHERS	28	29	30 	
<b>UPCOMING EVENTS:</b> April 2 – Easter Monday <u>No School</u> April 6th QSP Edible Organics Campaign Ends April 11 <sup>th</sup> - 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!			
						