



McADAM ELEMENTARY SCHOOL

Respect Yourself And Respect Others

MONTH: MAY 2016

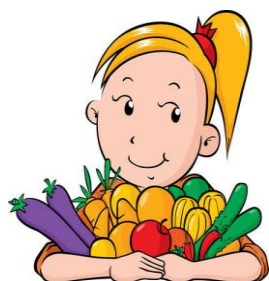


NEED A CURE FOR YOUR KIDS SPRING FEVER? TRY THESE SUGGESTIONS!

- **Soak up the Sun:** Encourage your youngsters to study by a sunny window or on a porch. The change of scenery will help satisfy their desire to be outdoors.
- **Get Hearts Racing:** Let your children run and play outside before starting schoolwork or before school in the morning, if there's time. A little activity will get spring fever wiggles out!
- **Stick to Bedtimes:** It's tempting to let kids stay up later as the days get longer but keep in mind that most elementary school students need about 10 hours of sleep each night. Getting plenty of rest will help your children keep their minds on schoolwork.



QSP ORGANIC EDIBLES CAMPAIGN RESULTS



Thank you Parents/Guardians for supporting this New Fun Campaign.

We sold a total of: 174 POTS!!!!

**WAY TO SELL
McAdam Elementary School!**

Monies raised will go towards special programs and end of year activities!

Cool and Healthy Lunches!

A healthy lunch consists of at least three of the four food groups from Canada's Food Guide: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives. The best options to send in your child's lunch are foods with little processing such as fresh fruits and vegetables, whole grains, milk and fresh meat, fish or poultry. Try to limit packaged foods such as pre-prepared store bought foods, packaged sweets and candy.

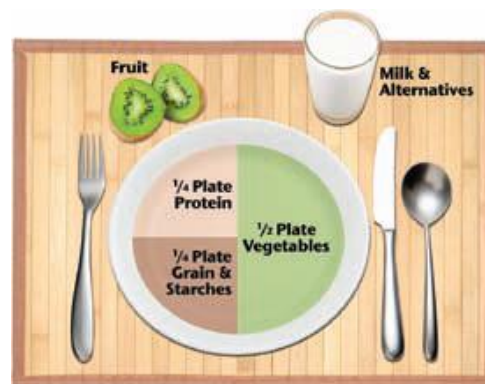
Horizon Health Network encourages parents or guardians to involve children in making their lunches to get them excited and interested in meal preparation. Here are some great options for healthy lunches:

- Homemade supper leftovers such spaghetti or stew
- Raw vegetables with hummus dip
- Yogurt with granola and fruit
- Whole grain crackers or pita with cheese cubes

Remember to keep cold foods cold and hot foods hot. An insulated lunchbox with an ice pack helps keep foods cold, and a thermos is helpful to keep foods hot. Preheat the thermos by filling with boiling water, discard water and fill with hot food

Dietitians of Canada's Cool Lunch Guide!

Start with the Grain	Bread, pasta, bagel, roll, crackers or breadsticks
On top, in between or on the side	Cheese, leftover chicken or turkey, canned fish, hummus
Add a crunch!	Carrots, celery, cucumber, apple, broccoli, cauliflower
Thirst quenchers	Water, milk, 100% fruit juice
Kid pleasing additions	Yogurt, pudding, a new sticker or note



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


Office Phone
506 784-6808

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

MAY 2016

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4 Grade 3/4 Ducks Unlimited Field Trip Today	5 K-CLASS Mother's Day Makeover on at 1:00pm 	6 NO SCHOOL FOR STUDENTS NBTA COUNCIL DAYS	7 
8 	9 DEC Elections (more information go to www.decnb.ca)	10	11 SPRING CONCERT 6:30pm Doors Open At 6:05PM	12 	13 JUMP ROPE FORMS GO HOME 	14 
15 	16 NO SCHOOL FOR STUDENTS TEACHER MEETINS	17 	18 	19 	20 Sports Ambassador. Bob Kierstead (Olympic and Paralympic Target Shooting Coach) presents to Grade 3/4 and 5	21. 
22 This Week Orientation To  Kindergarten	23 NO SCHOOL Victoria Day/Statutory Holiday	24	25 Kindergarten <u>Early Dismissal</u> at NOON Kindergarten Orientation for Year 2016-2017	26  JUMP ROPE FORMS DUE TODAY!	27 JUMP ROPE FOR HEART! @ 10:15 AM Weather Permitting 	28 
29 	30	31 STAR STUDENT <i>YOU'RE A STAR!</i> 		 <p>RESPECT YOURSELF AND RESPECT OTHERS</p>		

UPCOMING EVENTS JUNE 2016:

- June 2 Worlds Unbound 10:30 – 12:00
- June 3 Sports Day
- June 7 Safety Fair PM
- June 8 Grade 1/2 Science East Class Trip
- June 10 Kindergarten/Grade 5 Trip to Kingswood
- June 13 Swimming Trip Grade 2/3 & Grade 3/4

- June 15 Grade St. Andrews grade 3/4 & Grade 2/3
- June 17 – Bike Rodeo PM
- June 21 Kindergarten Community Visits
- June 21 Grade 5 Station Visit
- June 23 End of Year School BBQ
- June 24 Achievement Awards
- June 24 Last Day of School



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