

McADAM ELEMENTARY SCHOOL

MONTH: MARCH 2019

Respect Yourself, Respect Others, Respect Community



MES STAFF AND STUDENTS HAD A SUCCESSFUL FRUIT AND VEGETABLE CHALLENGE!

This year MES is taking part in the **Heart Healthy Schools Initiative**. This is an initiative put forth by the Heart and Stroke Foundation of New Brunswick aimed at improving the school environment to support and promote healthy lifestyle choices. Our school as you have been made aware of is participating in 4 challenges throughout the remainder of the school year and they are as follows:

- ♥ Encouraging students to have 5 servings of fruit and vegetables each day.
- ♥ Encouraging students to have less than 2 hours of screen time each day.
- ♥ Encouraging students to have 1 hour of physical activity or more each day.
- ♥ Encouraging students to have 0 sugar sweetened beverages each day.



Our students and staff had an exciting week and successfully completed our first challenge of encouraging students to have 5 servings of fruit and vegetables each day. Thank you to all students and staff for participating in many activities throughout the week in order to meet our goal of our first challenge. **Our school salad day turned out to be a hit with the students.** Students had a large buffet of vegetables to choose from: cucumbers, celery, tomatoes,

grated carrots, grated cheese, sunflower seeds, pumpkin seeds, etc. **There were many seconds served!** 😊 MES students also took part in healthy snacks by whole school fruit trays as well as whole school smoothie day where students took greens directly from the school garden



tower to add to their fruit smoothies. **They prepared and served more than 80 smoothies.**

Great work MES students!

Our screen time challenge is happening February 25-March 1st. Our objective is to create an environment that promotes less than 2 hours of sedentary screen time each day. Our goal is to decrease students sedentary screen time. Our school and classrooms will have posters and lessons regarding the importance of reduced screen time. In addition, all students will receive a handout on our first day regarding sedentary screen time. In addition, each day as part of our morning announcements students will be advising and providing facts about the importance of this challenge. Our students will also be keeping track of their screen time for an entire week. We have also planned many activities for students to take part in in order to be successful in this challenge. **Students who spend less than 2 hours a day with screen time is linked to improved academic performance, increased physical activity, healthy eating, healthy weight and positive social development.**

Thank you
for your
support in
advance.

Mrs. Glaspy,
Physical Education
Teacher



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Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
	MARCH IS NUTRITION MONTH!! FUN FACT: Potatoes were the first vegetable to be grown in SPACE!!!				MARCH 1ST Pajama Day! 	2 	
3 	MARCH 4TH - 8TH ENJOY YOUR BREAK! 					9 	
10	11 	12	13	14	15	16 <i>March</i> Winds of March, We welcome you, There is work For you to do Work and play And blow all day, Blow the dry Leaves away! 	
17 	18  MEETING PSSC Mtng March 18th @ 4PM	19  Q: What type of bow can't a leprechaun tie? A: A rainbow.		20	21 PL DAY No School For Students ½ PL ½ RC PREP		
24 	25 A snail can sleep for three years.... 	26	27 Heart & Healthy School Challenge #3 March 25-29 th 1 hour or more of physical activity each day!			29	30 Sat 31 Sun 

UPCOMING EVENTS:

April is Poetry Month!

Books for Bikes! (to begin in April!)

April 1st - Report Cards Issued

April 2nd - World Autism Day

April 4th - Scheduled Evening Parent Teacher Meetings 4:00PM - 6:00 PM

Apr. 5th - NO School for Students

Scheduled Parent Teacher Interviews ½ day
PL ½ day.

April 17 - Talk With Our Kids About Money Day

April 19 - No School/Good Friday

April 22 - No School/Easter Monday

April 26 - KICK OFF for Jump Rope for Heart!

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