

McADAM ELEMENTARY SCHOOL

MONTH: OCTOBER 2019

Respect Yourself, Respect Others, Respect Community



IT'S ALL ABOUT SAFETY!

Fire Prevention Week is this month, and our MES Students will be learning Fire Safety Tips as well as receive a visit from our Fire Department!!!

WOW!

SPARKY SAYS...
SIX COOL FIRE SAFETY TIPS

- 1 DON'T PLAY WITH MATCHES**
- 2 DON'T HIDE GO OUTSIDE**
- 3 FALL & CRAWL**
- 4 STOP DROP & ROLL**
- 5 HAVE AN ESCAPE PLAN**
- 6 CALL 911**

FIRE SAFETY PREVENTION WEEK



Vaccines Work!

In Canada, vaccines save lives. Without vaccines, we can expect to see more outbreaks of the diseases that we are now protected against.

Vaccines protect the people who get them and the people around them. When enough people are vaccinated, those who are not immune to the disease (like those who have lowered immune systems) are protected too!

Tips to Prevent the Ouch!

Distract Yourself

Talk to someone, play a video, read, play music, rub your arm, allow yourself to daydream.

Relax

Belly breath, self talk, have a family member or friend with you, ask for privacy.

Ask Questions

What will happen on my turn? What am I getting for a vaccine?

Get Comfortable

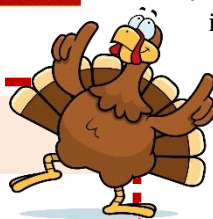
Wear short sleeves, eat a snack, bring a favorite item, sit up straight in the chair, let your arm go loose like cooked spaghetti.

Parents

Always keep immunization record in a safe place and ensure it is updated with every new vaccine. Throughout the years, your child will need to provide proof of immunization (for camps, activities, college and/or university). Remember to provide a copy of any updates in your child's immunization record to his/her school.

HAPPY THANKSGIVING TONGUE TWISTERS

- Hairy Harry hurried home to heap helpings of honey ham on his plate.
- Gobbling Gill grabbed the gravy from Greedy Gus!
- Peter Pilgrim passed the platter of pumpkin pie.



Immunize Canada - <https://immunize.ca/>

Parents Guide to Vaccination

<https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html>

Teens, Meet Vaccines <https://www.canada.ca/en/public-health/services/publications/healthy-living/teens-meet-vaccines.html>

When parents choose not to vaccinate: Risk and Responsibilities

[http://www.caringforkids.cps.ca/uploads/handout_images/CFK_tearsheet-ENG\(post\).pdf](http://www.caringforkids.cps.ca/uploads/handout_images/CFK_tearsheet-ENG(post).pdf)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>October 15 – 18th Registration for Kindergarten Students entering in 2019-2020</p> <p>Please bring</p> <ul style="list-style-type: none"> • Child's Birth Certificate • Child's Immunization Record 			<p>2</p> <p>Cross Country McAdam Campground Gr. 3,4 &5</p> 	3	<p>4</p>  	
<p>6</p>  <p>Fire Prevention Week Oct 6- Oct 12</p>	<p>7</p> 		<p>9</p>	<p>10</p>	<p>11</p> <p>What's Sparky Doing?</p>    <p>STOP! You should know at least two ways out of every room in case there is a fire. Ask a grown-up to show you how to open the doors and windows in your room so you can</p> <p>DROP! practice your home fire escape plan. Pick a special outside meeting place in front of your home where you will meet your family.</p> <p>ROLL!</p>	
<p>13</p> 	<p>14</p> <p>NO SCHOOL</p> <p><i>Happy Thanksgiving</i></p> 	<p>15</p> <p>16</p> <p>Grades 3, 4, and 5 are taking part in the Canada Student Vote 2019 the week of October 15th!</p>		<p>17</p> <p>Bone Health Presentation Grade 4 10:20</p>	<p>18</p> <p>Unity Through Drumming Presentation 9AM - Noon</p>	<p>19</p> 
<p>October 15 – 18th Registration for Kindergarten Students entering in 2019-2020</p>						
<p>20</p> <p>Safe Schools Week 21th-25th</p>	<p>21</p> 	<p>22</p> <p>CYBER SAFETY GRADE 5 11:00 AM</p>	<p>23</p> <p>McAdam Fire Dept VISIT!</p> 	<p>24</p>  <p>Picture RETAKE DAY</p>	<p>25</p> <p>did you know?</p>	<p>26</p> 
	<p>28</p> <p>29</p> <p>Oct 25-31 In class Halloween Safety Tips!</p>		<p>30</p>	<p>31</p> <p>Happy Halloween</p> 	<p>Cats spend 66% of their life asleep</p>	

UPCOMING EVENTS:

- **November 7/19** MES Remembrance Day Ceremony (parents/guardians welcome)
- **November 8/19** PL Day for Teachers (**no school** for students)
- **November 11/19** Remembrance Day (**no school**)

- **Nov 21/19** Report Cards Issued – Scheduled Parent Teacher Evening Interviews
- **Nov 22/19** Parent Teacher Scheduled Interview ½ Day Professional Learning 1/2Day (**no school** for students)
- **Nov 25/18** Ring A Bell Campaign