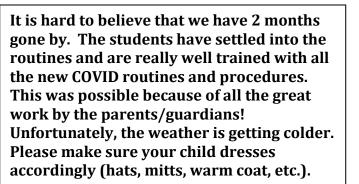
# MCADAM ELEMENTARY SCHOOL

#### MONTH: NOVEMBER 2020

Respect Yourself, Respect Others, Respect Community



the Royal Canadian Legion to provide assistance to Veterans. More than 2 300 000 Canadians have served throughout our nation's history. So on the eleventh hour of the eleventh day of the eleventh month we pay tribute to those who served.



# Lest We Forget

### **Remembrance Day Ceremony:**



The Remembrance Day Ceremony will look a little different this year. MES will be teaming up with MHS and doing a video version of the ceremony. Each class

will be video taped and they will watch the ceremony on Tuesday. We will also post it to the Facebook page.

### Why Do We Wear A Poppy?

The poppy is a symbol of Remembrance Day because it was one of the only plants to grow on the otherwise barren battlefields. Replica poppies are sold by



It was great to have our first PSSC meeting in October. We have another meeting coming up on November 3<sup>rd</sup> @ 4:30 at MES. There is still room for new members if you are interested. Please call the school if you would like to join.

## Lakeland Resource Centre

We are pleased to announce that we collected 183 lbs of food during our Food

Drive. This equates to approximately \$475. It is great to give back to the resource centre because they are great supporters of our milk program.



**Healthy Heart** 

#### **Heart Healthy School**

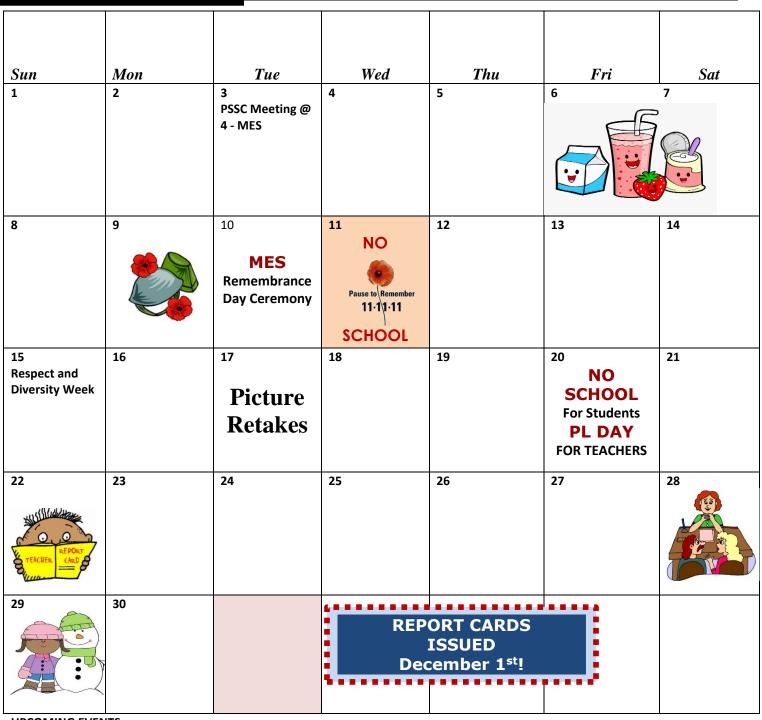
We are proud to announce that MES has registered for the Heart Healthy Schools program again this year. This is a program put on by the Heart and

Stroke Foundation. We have Healthy You accepted the challenges of eating healthy, exercising and reducing screen time and sugar beverages. We have four challenges that we will do throughout the year. Stay tuned for the challenges.

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#### UPCOMING EVENTS:

- Christmas Break December 18 January 4 (First Day Jan 4)
- Parent-Teacher Interviews Dec. 3 (pm) and Dec. 4 (am)

