












<p>Montgomery Street School Mission Statement</p> <p>Maximize all children's potential, academically, Physically, and socially while Striving to guide and enrich students to help them reach and Sustain a positive self-image, within a safe, secure environment</p>	 <p>Principal: Mr. Stiles V.P : Mrs. O' Rourke-Miller</p>	<p>SCHOOL HOURS</p> <table> <tr> <td>7:45-8:05</td> <td>Drop off</td> </tr> <tr> <td>8:10</td> <td>Classes Begin</td> </tr> <tr> <td>1:45</td> <td>Dismissal Grades K – 2</td> </tr> <tr> <td>3:00</td> <td>Dismissal Grades 3 - 5</td> </tr> <tr> <td>12:00 Noon</td> <td>Wed. Dismissal Gr. K – 5</td> </tr> </table> <p><u>Students are considered late for school arriving at 8:10 am or later.</u></p>	7:45-8:05	Drop off	8:10	Classes Begin	1:45	Dismissal Grades K – 2	3:00	Dismissal Grades 3 - 5	12:00 Noon	Wed. Dismissal Gr. K – 5
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Montgomery Street School NEWSLETTER 2022

 <p>Happy New Month!!!</p>	<p>2ND TERM OF BAGELS Feb 17- Apr 28 EVERY THURSDAYS</p> 	<p>2ND TERM FOR PIZZA Feb 15- Apr 26 EVERY TUESDAY</p> 	<p>2nd TERM FOR MILK: Feb 14- Apr 29 EVERYDAY NO WED</p> 
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4 
7  MARCH BREAK!	8	9	10	11 
14  back to school	15	16	17  Happy St. Patrick's Day	18 Crazy Hair Day! 
21	22  WORLD WATER DAY MARCH 22	23	24	25  NO SCHOOL TODAY PL DAY FOR TEACHERS
28	29	30 LOTTO DEADLINE! You Win /We Win!	31 WINNER ANNOUNCED! 	



Just a reminder...

- ✓ **All visitors/parents** will be permitted in the school through **appointment only**. Visitors/Parents will sign in at the office, including visiting professionals.
- ✓ **Student Sign in** - office if arriving after 8:10 am and sign out if leaving before dismissal. The Admin. Assistant or teacher will escort the student to the front door for pick up.

Call the school if your child will be absent. Please leave the reason and child's first and last name. 453-5433

SNOW LINE: 453-5454 OR 1-888-388-4455 / WE ARE ZONE 6

Check the Anglophone West District (<http://web1.nbd.nb.ca/sites/ASD-W/pages/default.aspx>) will give you access to information regarding district or regional school closures and late or cancelled buses.

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LOOKING AHEAD

April 15 – NO SCHOOL GOOD FRIDAY

April 18 – NO SCHOOL EASTER MONDAY

April 14 – NO SCHOOL PD DAY/PT INTERVIEWS



What is groundwater?

Groundwater is water found underground in aquifers, which are

geological formations of rocks, sands and gravels that can hold water.

Groundwater is invisible, but its impact is visible everywhere. Out of sight, under our feet, groundwater is a hidden treasure that enriches our lives. In the driest parts of the world, it may be the only water people have.

Almost all of the liquid freshwater in the world is groundwater, supporting drinking water supplies, sanitation systems, farming, industry and ecosystems. In many places, human activities over-use and pollute groundwater. In other places, we simply do not know how much water is down there.

Groundwater will play a critical role in adapting to climate change. We need to work together to sustainably manage this precious resource.

For More Information follow the link:

[Learn | World Water Day](#)



MARCH IS NUTRITION MONTH

Go, go, H2O!

We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better benefits that drinking six or more glasses of water a day would.

Choose food over supplements

Though there are some who sincerely lack certain vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food – not store-bought supplements. Research shows that certain supplements haven't been tested to meet many purity and safety standards, making them unreliable sources of nutrition.

Opt for color

When in doubt, throw some color on your plate – natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, they'll give you a healthy boost.

Pack your lunch

Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch. Try something fun like a DIY Bento box!

MONTHLY ONLINE 50/50 LOTTERY!

All proceeds will go towards student activities and educational items. Winner receives ½ and will be announced

Friday MARCH 31st!!
ONLY \$2.00 A TICKET!!



WINNER OF THE FEBRUARY LOTTO WAS
THE THOMAS FAMILY!!!

Thank you *Thomas Family*
for graciously donating
your winnings to the
school!!!



HEALTHY NEWS FROM THE GYM!

March 13th-19th is Sleep Awareness Week



Did you know that elementary students should be getting a minimum of 10 hours of sleep every day? Adults should also be getting 7-9 hours of sleep each day to maintain a healthy and happy lifestyle.

Sleep affects not only how we feel throughout the day, but also affects learning and long-term memory. Following a sleep schedule, even on weekends, can drastically help maintain appropriate sleep patterns and increase many aspects of learning such as motivation, memory and decrease irritability.

The amount of sleep we get each day also has a direct correlation with our immune system, where a lack of sleep increases our chances of getting sick.



We hope you have a healthy active March Break and take time to rest!

Mr. Doliver,
Phys Ed Teacher