



## Andover Elementary School Newsletter

- March 4-8 March Break
- March 11 First Day back
- March 14 Group Photos for yearbook (students should wear jerseys/uniforms if they have them)
- March 15 Cyberbullying/Bullying presentation at PAMS for Grade 5's.
- March 20 Young Entrepreneur sale at 9
- March 22 PL day for teachers (No School for Students)
- March 25 WIIS Assembly  
Book Fair set-up
- March 26 Grade 5s visit PAMS and attend TNB performance  
Book Fair 8am-7pm
- March 27 World Theatre Day  
Book Fair 8am-4pm
- March 28 AES grade 5, PAMS gr. 7 and Mah Sos grade 5  
Skating & Lunch
- March 29 Sistema spring Concert at AES



Grade 4 & 5 students who plan to use the microwaves in the cafeteria must supply their own plates, utensils, and condiments.

The Compass Group, who manages our cafeteria, is NOT responsible for supplying these items to students who are bringing their own lunch.

Due to the large volume of clothing in our lost and found buckets it has been decided to take these items to the local depot on March 27th instead of the end of June this year. If your child has is missing an item of clothing PLEASE stop in and have a look.



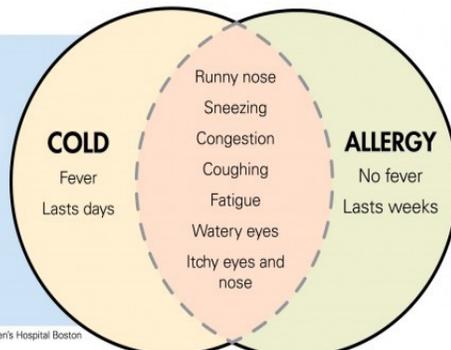
Everyone's Irish On March 17th.



**Warmer days and spring rain means a lot of water on the playground. Please send students with appropriate footwear and a change of clothes from home.**

### Cold or allergy?

The symptoms can be similar, here's what to look for.



**Eat Well. Live Well. Canada's new food guide released!**

Canada's food guide was released in January with a focus on eating a variety of healthy foods every day, having plenty of vegetables and fruits, protein, whole grain foods and making water your drink of choice. Canada's food guide also encourages Canadians to be mindful of their eating habits, cook more often, enjoy their food, eat meals with others, use food labels, limit foods high in sodium, sugars or saturated fat, and to be aware of food marketing. Grocery bills can add up, but there are many different ways to cut costs while enjoying nutritious foods.

- Buy fruit and vegetables that are in season when they are less expensive. Also consider frozen or canned fruit and vegetables - they are also healthy options.
- Choose plant-based protein like beans, lentils and tofu more often. These are inexpensive protein foods that you can use to replace meat or decrease the amount of meat needed in a recipe.
- Limit highly processed foods (like instant meals) and prepare foods at home more. Cooking at home saves money and the whole family can be involved in creating a culture of healthy eating in your home.
- Drink tap water! We are lucky to live in a place where we have access to safe drinking water from our taps. Carry a reusable water bottle with you when you are out, and order tap water at restaurants. Water is important for your health and a great way to stay hydrated.
- Make a grocery list, shop for sales (on things you know you need and will use), and compare prices between brands and between stores. Buy in bulk when it makes sense; buying more than you need will result in waste in the long run!

Adapted from [www.canada.ca/foodguide](http://www.canada.ca/foodguide)

