

A Journey of Learning

Bath Elementary School
 112 School Street, Bath, NB E7J 1C4
 Phone: 278-6003 Fax: 278-6005
 bes.nbed.nb.ca
Acting Principal – Linda Justason
 justalin@nbed.nb.ca

IMPORTANT DATES:

CHANGE IN DATE – Per red handout sent home
MEETING WILL NOW BE ON APRIL 9TH AT 6:30PM AT
 Bath Middle School
FUTURE OF BATH ELEMENTARY SCHOOL
PLEASE ATTEND THIS IMPORTANT MEETING!

- March 26th Drama Festival
10:45am Hartland Community School
- March 30th Parent Teacher Sign up Form
sent home
- April 1st Parent Teacher Form Returned
- April 2nd Meduxnekeag Science Fair
(BES gym)
- April 3rd Good Friday (no school)
- April 6th Easter Monday (no school)
- April 7th Music Festival at CNHS
- April 8th Report Cards Sent Home
- April 8th Parent Teacher (3:30-7:00pm)
- April 9th Sustainability of BES Meeting 6:30pm
- April 10th NO School
Parent Teacher 8:45-11:45am
- May 1st Council Day (no school for students)
- May 11th NBTA/AEFNB (no school for students)
- May 18th Victoria Day (no school)

WELCOME:

Staff and Students would like to welcome Mrs. Linda Justason who will be our Acting Principal at BES until Mrs. McBrine returns. You may recognize her from her many years as Principal at Florenceville Middle. Please feel free to contact her any time. Welcome Mrs. J. !!



COINS FOR KIDS-IWK FUNDRAISER 2015:

We will be mailing a cheque to IWK for \$672.77 thanks to all students for bringing your donations! Awesome job, awesome cause!

DRAMA:

On March 26th our Drama Club, will be performing GOAL "The Beautiful Game" of Football....er....Soccer! at Hartland Community School at 10:45am.
 "Break a Leg" BES!

If you miss this production, students will be re-performing at BES. Date to-be announced.

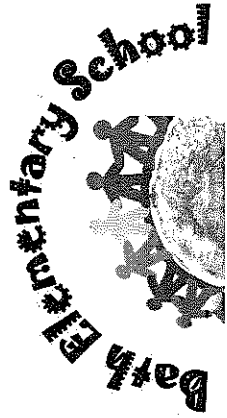
MEDUXNEKEAG SCIENCE FAIR

Students will be presenting to home rooms on April 1st and setting up in the gym for April 2nd judging. Please come out and see all the amazing projects from our students.

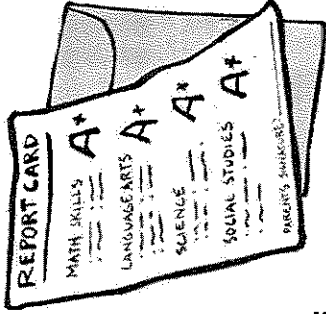
MUSIC FESTIVAL: Tuesday, April 7th at CNHS

**Please note cost per session \$2 or week pass \$5*

- 9:00am – Kindergarten
- 9:20am – K/1
- 9:50am – Grade 2
- 10:20am – Grade 3
- 10:40am – Grade 4
- 11:00am – Grade 5
- 1:00pm - Choir



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REPORT CARDS:

Sign up for Parent Teacher appointments will be sent home March 30th and need returned by April 1st.

Teachers at BES like to make contact with each of their students and parents at least twice during the school year. This will be our 3rd opportunity to discuss your child's progress. *If you have not met with us yet, please indicate on the appointment sheet what times work best for you ☺*

If we have met with you already this year, please also feel free to attend with indicated appointment times.

Report cards will be sent home April 8th.

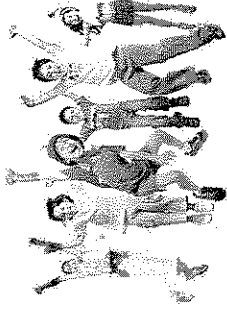
Parent Teacher will be April 8th from 3:30-7:00pm and then on April 10th from 8:45-11:45am.



SPRING WEATHER:

Yes, Spring is really coming and with it, melting snow and puddles!! Please ensure your child is dressed appropriately with extra outside clothing/gloves/splash pants ☺

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Nurturing your child's mental health – On the way to wellness –

Our mental health affects every aspect of life, no matter how young or old we are. As a parent, you can help to improve and maintain your child's mental health with your words, actions, and the loving spaces you create. Try these tips to enhance your child's mental wellbeing:

- build strong, healthy relationships with your child – talk with them at the dinner table to see how they've been doing – lots of positive interactions with family and friends are essential
- be the parent your child can turn to – when children know they have someone there for them, it helps them to "bounce back" from their struggles
- build self-esteem by loving and accepting them for who they are, letting them know when they've done a good job, and finding out what's important to them in life
- be a great listener, and let them know their feelings matter; if they're not comfortable talking to you, you can help them find a trusted person they can open up to
- create safe and happy spaces – allow time for fun and active family pastimes, and show them how important self-care is by being a role-model and making time for yourself as well
- be "teci"-safe by knowing their media habits and how much screen time they're getting
- keep serious family issues on a need-to-know basis – children are sometimes upset by adult problems, particularly when they feel unable to help
- help them learn how to de-stress in a healthy way – deep breathing exercises, a calm quiet place, or a relaxing walk in nature can all be very soothing
- guide them to find their own solutions to problems – by using your past experience and know-how, you can help your child to become an expert problem-solver

Healthy bodies need healthy minds – help your child get their best start in life!

Adapted from http://www.caringforkids.cps.ca/handouts/mental_health

Holly McLean
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