**

*November -December*

**Principal: Mrs. S. Mabie**

**V P: Mr. J. Tompkins**

**Phone: 279-6000**

*Newsletter 2016*

http://web1.nbed.nb.ca/sites/ASD-W/chs/Pages/default.aspx

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| **November** MCj03313740000[1]**7 10:45 am Remembrance Day Assembly****11 Remembrance Day – No School****18 Report Cards Grades 9-12** **22 Grades 9-12-WHS “Ghosts of Violence”** **Ballet Presentation 9:15-noon****23 Report cards Grades K-8** **24 4-7 pm Parent/Teacher K-12 parents** **EYE-DA for Pre-K students** **5:30 pm – PSSC MEETING** **25 8:30-11:30 am –Parent/Teacher meetings** **PM – Teacher PD – No School for Students****30 WE Day Atlantic****December happy-holidays[1]****5-7 Badminton Zones****8 7-9 pm –Winter Semi-Formal Dance** **Grades 6-12****9 Badminton Provincials –Hartland****14 Christmas Dinner in cafeteria****21 9 am & 1 pm -Christmas Concert** **23 Last day of school before Christmas break** ***Friday, Dec. 23 Half Day – Noon Dismissal*** | ***Free Salad Bar Wednesday, Nov. 16th****Home & School Sysco Food Sale**Orders Due: Nov. 14th****Congratulations to our Students of the Month S*tudents of the Month for September:**K-1 –Jack McKinney; Grade 2 –Conner Cerro; Gr. 2-3-Kayser McLaughlin ; Gr. 4- Gavin Irwin; Gr. 5 – Hannah Dickinson; Gr. 6-7 – Lee-ann Snow; Gr. 8 – Paige Luimes; Gr. 9 – Alex Sharpe; Gr. 10 – Shayna Cloutier; Gr. 11 – Will Luimes; Gr. 12 – Lydia Ketch**Students of the Month for October:**K-1 – Hannah Lauzier; Gr. 2 – Karlyn Boyd; Gr. 2-3 –Alaina Bedard; Gr. 4 – Amelia Bell; Gr. 5 – Savanna Walker; Gr. 6-7 – Nicholas Soetebeer; Gr. 8 – Lydia Dickinson; Gr. 9- Aliyah Cloutier; Gr. 10 – Marley Durling; Gr. 11 – Rachel Russell; Gr. 12- Janet McCorkellFree Clothing Swap***A free clothing exchange has been organized for Nov. 24th and 25th at parent teacher in our cafeteria. Parents and community are welcome to donate and take! If you have items you no longer need, this is a chance to recycle and help each other!***MCj04404240000[1] **Book Fair****November 21- 25th Open Daily at Noon and Parent Teacher on Nov 24 & 25th.****Check out some great Christmas gift ideas!** |

![happy-children[1]]()

***Vaccinations Protect Your Child***

**Diseases that were once common in childhood are now rare because of vaccines. Many of these diseases caused severe illness and sometimes death in children. Vaccinations given to infants, children and teens protect them against many of these serious illnesses. These vaccines can be given by your doctor, nurse practitioner or through Public Health clinics.**

*The influenza vaccine is also free of charge to all children and youth between 6 months and 18 years of age. The flu vaccine is available every year starting during the month of October. Flu can be a serious infection for children. Please contact your health care provider to ask about the flu vaccine for your child and family.* Public Health can answer questions that parents may have. Woodstock at 1-888-829-6444 (toll-free).

**![C:\Users\juliemc\AppData\Local\Microsoft\Windows\INetCache\IE\6U5ZGTJ5\CartoonKids(1)[1].gif]() Limiting Screen Time**

Today, many children have some sort of device that has a screen they can look at; a television, a tablet, or a cellphone. Studies are now showing that children spend almost 7.5 hours a day looking at screens- that’s a complete work day. Guidelines suggest that children ages 5-17 should limit their screen time to only 2 hours a day . Some children are spending more then 5 hours above the recommended time, looking at screens. Children learn best when they are actively involved. Activity and play are valuable in the development of a child’s brain.

By engaging with your child and getting them active, you help them develop creativity, problem solving, and many other important skills. So why not get away from the screens for a while, and try something fun!

 

**CHS Breakfast Program K-12**

We are happy to share that we once again have a daily breakfast program at CHS! Students in grades 4-12 have toast, yogurt, some days fruit and other options. K-3 have yogurt and easier to prepare items daily. Fruit & veggie trays and salad bar days and other events promote healthy eating for all students!

**Our nutrition program is proudly funded by Breakfast for Learning. Thanks to their support, we are able to offer students a healthy meal or snack during the day.**

Breakfast for Learning is a national charity that is committed to helping children across Canada realize their full potential in life by ensuring that all children attend school well-nourished and ready to learn, giving them the best chance of success in life.

As Canada’s first charity focused on child nutrition, Breakfast for Learning has been helping support school based nutrition programs in every province and territory for almost 24 years.

In the 2015/16 school year, Breakfast for Learning funded 1,900 breakfast, lunch and snack programs, served 241,485 children and youth, and provided more than 41 million nourishing meals and snacks.

Since 1992, Breakfast for Learning has helped 3.8 million children enjoy over 594 million healthy meals and snacks. For more information, please visit breakfastforlearning.ca.



