



"Soar with the Eagles"

# Gagetown School PARENT PAGE

May 6, 2015

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Just a reminder there will be no school for students on the next two Mondays, as there is an NBTA AGM Meeting on May 11 and May 18 is a holiday.

## Heritage Fair

Gagetown School hosted the Annual Heritage Fair on Thursday, April 23<sup>rd</sup> with 36 projects on display by students from grades 4 to 8. Congratulations to all of students who participated in the Fair. We would also like to take this opportunity to thank the judges who volunteered to "evaluate" the projects. A special thank you to:

- Leone Pippard
- Alex McGibbon
- Sue McGibbon
- Clair Ripley
- Bonnie Hamilton Bogart
- Dawn Bremner
- Kevin Breen
- Vaughn Blaney

Congratulations to the following students who finish top three for their grade level:

Grade	Bronze	Silver	Gold
4	Victoria	Isabel	Audrey
5	Ben	Cole	Riley
6			Helen
7	Johnathan	Rebecca	Chloe
8	Shae	Carl	Rory

Good luck to Helen and John Stoney and to Riley and Rory Pye who are advancing to the Regional Heritage Fair that will take place on May 13<sup>th</sup> at OHS.

## Celebration 55

As many of you know, Gagetown School is celebrating 55 years. A planning committee has been formed and is planning a school assembly on Wednesday, June 17<sup>th</sup> and an open house on Thursday, June 18<sup>th</sup> in conjunction with the home and school year-end celebration. We are searching for pictures and nostalgic items such as year books, uniforms, etc. If you would like to lend these items to the school, please drop them off to Miss Mersereau and be sure to have your name listed on them.

## Lego Club

Lego Club is now meeting once a week on Wednesdays at lunch time for students in Kindergarten to Grade 2.

If you have Lego items that you are no longer using at home and if you are interested in donating these to the school, please contact Miss Mersereau at 488-3561.



## Gardening Club

Gardening Club takes place once a week on Tuesdays at lunch time for students in Kindergarten to Grade 2. Thank you to Mrs. Estabrooks and friends for running this program!



## Middle Level Drama

The Gagetown Middle Level Drama Club participated in the Provincial Drama Festival on Tuesday, May 5<sup>th</sup> at the Black Box Theatre at St Thomas University.



Your hard work and dedication certainly paid off. A special thank you to the parents who assisted in painting and creating the props and to Ms. LeFloch, Ms. Mills and Mrs. Francis who volunteered to lead this club.

## Middle Level Volleyball

Middle Level Eagles continue to perform well this season. The championship game will be held the week of May 18- 22. Please see below for the games schedule.

### Middle Level Volleyball Games

Friday, May 8 – Home Game @ 3:30 pm

Tuesday, May 12 – Away Game at CFAS @ 5:15 pm

Wednesday, May 13 – Home Game @ 4 pm

Thursday, May 14 – Away Game at RMS @ 5:15 pm

**Go Eagles Go!!**

The team continues to practice on Mondays and Wednesdays from 2:45 to 4:15, on days that there are no games.

Thank you to all students who participated in the noon hour sock hop fundraiser for the Volleyball Team. We are looking forward to seeing the new players' shirts.

## Grade 5 to 8 Winterball

Students from grades 5 to 8 are gearing up for the Softball Season through Winterball (indoor softball clinics) on Tuesdays from 2:45 to 4:00. Thank you to Mrs. Francis, Ms. Hanson-Lacey and to Alyssa for coaching the club.

## Wrestling Club

The Gagetown Eagles Wrestling Club participated in a Wrestling Meet at St. Stephen School on Saturday, May 2<sup>nd</sup>. Congratulations to all team members who competed! Over 10 medals were won by the Gagetown Eagles.



The next Wrestling practice will be held on Thursday, May 7<sup>th</sup> from 2:45 to 4:15 pm.

This Saturday, May 9<sup>th</sup> from 10 am – 1:30 pm, the wrestling team is invited to a wrestling clinic at OHS. This event is free to students and a barbeque with hot dogs for lunch will be served. Please note, this will be the final event for the wrestling team.

We would like to thank Bill Jackson, John Hall and Doug Hall for coaching the team.

### Middle Level Rugby

Middle Level Rugby will be starting at lunch on Tuesday, May 12 at 11:30. Noon hour sessions will be held on Mondays and Tuesdays. Thank you to Lee Breen and Bronwyn Gallagher for coaching the club. No experience necessary, all Middle Level students are welcomed.

### Math Competition

Congratulations to Jade Gibbon and Chloe Whalen who have been selected to represent Gagetown School at the UNB Provincial Math Competition on Friday, May 8<sup>th</sup>. We are very fortunate to have Mr. John Tarrel and Ms. Craig once again lead the club. There were 6 members of the Math Club who began noon hour math sessions in the fall and met on a weekly basis.

### Upcoming Dates - Mark Your Calendars

May 7	Grilled Cheese Sandwich Day
May 11	NBTA AGM Day - No School
May 14	Grilled Cheese Sandwich Day
May 18	Victoria Day Holiday- no school
May 21	Grilled Cheese Sandwich Day
May 25	Pizza & Grilled Cheese Day
May 28	Annual Volunteer Tea
May 29	Grilled Cheese Sandwich Day
	Kindergarten Orientation Day from 1:30 to 2:30



## Healthy Bag Lunches: Getting your Children Involved

Written by: Phyllis Reid-Jarvis, Dietitian, Certified Life Coach and Breakfast for Learning Board Member

Teaching kids cooking skills is a topic of great importance for the future health of our children. There are many benefits to making homemade lunches, including:

- Improving children's overall health and wellness while at school,
- Improving their ability to learn,
- Saving money, and
- Teaching children the importance of cooking/preparing their own meals from scratch.

However, if you are like most parents, making lunches can begin to feel like a chore after a while. Below are some ways to get your children involved in the lunch-making process, while making it fun for the entire family.

1. **Use Dinner Leftovers** - Make use of leftovers to save time and prevent food waste. Ask your children to help with portioning out leftovers into containers and bagging them for the next day's lunch.
2. **Ideas to Keep Lunches Warm** - For lunch items that need to be served hot, you can ask children to leave the thermos on the kitchen counter overnight. Simply add your warm meal to the thermos in the morning.

3. **Plan Ahead** - Encourage children to assemble an extra pizza, macaroni dish, or any other preferred dish during general meal preparation. Let kids know that the extra dish will be their lunch for the next day or two.
4. **Soups and Stews** - Cooking soups and stews can be a fun way to involve children in washing and chopping vegetables, dicing onions, crushing garlic, and breaking up herbs to add to the meal. If you are making a cream soup, ask them to help with pureeing the soup with a food processor (once it is cooled). The next morning, simply warm up the dish and pour it into a thermos.
5. **Taste Tests** - While cooking, ask children to taste meals and tell you what they think is missing. This process gets them actively involved in cooking and learning how to make meals that are nutritious and tasty.

For more lunch recipes visit:

[www.dairygoodness.ca/getenough/recipes/meals/lunch](http://www.dairygoodness.ca/getenough/recipes/meals/lunch) and [www.bonappetit.com/test-kitchen/common-mistakes/article/school-lunch-common-mistakes](http://www.bonappetit.com/test-kitchen/common-mistakes/article/school-lunch-common-mistakes)

### About Breakfast for Learning

Breakfast for Learning is committed to ensuring students attend school well nourished and ready to learn. During the 2014/15 school year, Breakfast for Learning invested in 2,174 breakfast, lunch and snack programs, serving 271,663 children and youth and providing over 44 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped 3.6 million children and youth across Canada enjoy over 554 million healthy meals and snacks. For more information, visit [breakfastforlearning.ca](http://breakfastforlearning.ca).

