

MINTO ELEMENTARY AND MIDDLE SCHOOL

A COMMUNITY OF LEARNERS & LEADERS



MARCH NEWSLETTER 2018



Ms. Bryant
Principal

Mr. Richards
Vice Principal

SCHOOL MISSION STATEMENT

Promote a spirit of excellence... be caring, get involved, reach for success!

MEMS WEBSITE – <http://mems.nbed.nb.ca>

MEMS Celebrations:

The ENTIRE MEMS Staff felt very much celebrated as they were honored by various activities (including lots of treats!) by our **MEMS PSSC (Parent School Support Committee)** and our new **Home & School Association** during **Staff Appreciation Week** (Feb. 12th~16th). We would like to extend

our appreciation to the committees for their kindness and generosity. The Staff would like to say a sincere **THANK YOU** to our committee members: *Nicole Bailey, Lindsay Glenn, Denise McLong, Jessica Hoyt, Kelly Caissie, Jennifer vanLaren, Melanie Savoy, Joanne Barton, and Shelley Caissie*. We would also like to thank all other members of the school community who remembered the staff during Staff Appreciation Week.



MEMS Destination Conservation Green Team~

The MEMS DC Green Team has completed their Can Tab Contest which ran between Jan.8th and March 2nd. Congratulations to our winners, Miss Robin's grade 3 class, who have already enjoyed their ice cream treat prior to our March Break. We encourage everyone to send in can tabs from now until June for one more school-wide contest. Thanks, Mrs. Clowater, for your commitment to this program.



MEMS is always pleased to **REDUCE, RECYCLE, REUSE & RETHINK.**

Fish Friends

The Grade 4 students will once again be taking part in the Fish Friends Program. This is an annual, province wide program that gives students an opportunity to observe the life cycle of a salmon. The salmon eggs will hatch and we can watch the fish grow, right in the classroom! Students learn about the life of salmon and other aquatic creatures in marine and freshwater ecosystems.

Activities teach youngsters important conservation and environmental lessons in a hands-on classroom setting. At the end of the program, students release their fish into designated streams.

Community Breakfast

The grades 3-5 teaching team would like to extend a huge thank you to the citizens of Minto and surrounding areas and to all staff, students, and volunteers who came out to support the Community Breakfast that was held at MEMS on Saturday, February 24th, 2018. The breakfast was in support of the grades 3-5 students' Learn to Swim Program that they will be participating in at the Fredericton Indoor Pool starting in April. A total of over \$1700 was raised!! A special thank you goes out to the parents

who were able to donate a food item (bread, bacon, sausages or eggs) and another special thank you goes out to Minto Scotia Bank and their staff for volunteering their time to help out during the breakfast. In addition to volunteering their time, the Minto Scotia Bank will be matching the funds raised, bringing our grand total to just over \$3400. The elementary teaching team believes that opportunities like the Learn to Swim Program are beneficial to our students on so many levels and we are pleased to be able to offer them this wonderful experience; however, this opportunity would not have been possible without the support of the community, parents, and volunteers and we are beyond grateful. Thank you!



A special **thank you** to the grades 3-5 Teaching Team for organizing and taking on this fundraiser: Miss Robins, Mrs. Best, Mrs. West, Mrs. LeBlanc, Mme. Billings and Mlle. Cassista! ☺

MEMS School & Personal Wellness

March is **National Nutrition Month**. To celebrate, MEMS school staff and staff of **Queens North Community Health Centre**, under the direction of dietician Becky Callaghan, will be presenting our second annual **Wellness Spring Blitz** on March 20th. Healthy food and fun for everyone! ☺



Breakfast Program~ Thank you to Joy and all of our faithful volunteers who continue to make our program a successful one. We welcome anyone to contact the school at 327-7016 for more information on how you might be able to help out. The Breakfast Program continues to be made available every day to all students. On Mondays, we serve oatmeal and, on Wednesdays and Fridays, volunteers prepare toast with a choice of Wow Butter, jam or cinnamon toast. Milk is also free for students. On Tuesdays and Thursdays, parfaits (yogurt, granola and fresh berries) and smoothies are a huge hit, **thanks to our volunteers!** (Toast is not offered on the days other items are available.) Students are invited to pick up their breakfast in the Home Ec. Room from 8:15-8:30am daily. In the month of February (16 school days), we consumed approximately 129 ½ loaves of bread, 170 bowls of hot oatmeal, 465 parfaits, 407 smoothies and 1793 cartons of milk.

As you can imagine, our Breakfast Program is an expensive undertaking so all donations are greatly appreciated. Gifts through “**memorials for loved ones**”, whether made through **Hogg Funeral & Crematorium Services** or directly to Minto Elementary and Middle School, have helped sustain our Breakfast Program. Your generosity is thoughtful and greatly appreciated by students and staff at Minto Elementary and Middle School.

Special thanks to various members of the community of Minto (and beyond) for supporting MEMS students through the Breakfast Program by generously contributing through:

- **Memorials**~ A donation to the MEMS Breakfast Program has been made in loving memory of Marie Lillian Boudreau and Yvonne Langin.
- **Friends** of the MEMS Breakfast Program~ Thank you to Pauline Johnson, Medavie Health Services, Lakeville Corner Women’s Institute, and to **Hogg Funeral & Crematorium Services** for their continued support in looking after and forwarding memorials. This is much appreciated.

Head Lice

Please know, throughout the school year we have cases of head lice reported to us. Head lice continues to be common among children, and outbreaks are possible whenever children are together. We will check the children periodically at school but parents should also make a point of checking carefully each night at home. Thank you for your assistance in this matter.

MEMS Co-curricular Student Participation

Our school is very pleased to provide students with numerous learning opportunities, both inside and outside of our building. We would like to take this opportunity to thank students for modeling good behavior which would warrant their participation in such activities. We would also like to remind students of our expectations (found on page four of our student handbook) which correspond with the Education Act of New Brunswick. Students are expected to:

- ~participate in learning to his/her potential
- ~accept increased responsibility for his/her learning
- ~attend to assigned homework
- ~attend school regularly and punctually
- ~contribute to our safe and positive learning environment
- ~be responsible for his/her conduct at school and to/from school
- ~respect the rights of others
- ~comply with school policies

Complying with these expectations will ensure the student is in good standing for participation in co-curricular and extracurricular events.

STUDENT FEES: Letters will be going home to those who have yet to pay student fees. Please help us out and pay your outstanding fee. Thank you. ☺

UPDATED INFORMATION: If you have new contact information, it is **imperative** the office is updated. We need to be able to contact you in case of emergency. Please call Joy at: 327-7016

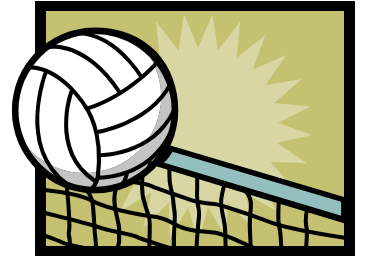


MEMS Cafeteria “St. Patrick’s Day” Dinner~ Friday, March 16th (11:20am-12:25pm)

Celebrate St. Patty’s Day with ham, mashed potatoes, peas, milk and apple crumble all for only \$6.50! Sounds great, Anne Marie. Thank you! ☺

MEMS Athletics/Sports

This past weekend MEMS hosted a Girls' and Boys' Basketball Tournament. It was a great success. Our Girls won the championship, going undefeated, and our Boys teams did very well. Huge thanks to the many parents who donated and volunteered with the canteen. That was so much appreciated. Also, thank you to coaches Brad Boudreau and Caryn Storey.



Basketball playoffs for all teams will be the week following the March Break.



Minlak at MEMS

Minlak is now accepting all makes of toner cartridges and ink cartridges. We accept one use only (not the refillable kind), with the box, if possible. People can leave them with their other recyclables in our drop-off barn which is open 24/7.

Community Connections

Local knitter donates~ Helen West donated to our school several beautifully handcrafted knitted hats and headbands which we have been able to distribute to our students who have needed such items on these cold winter days. Thank you, Helen! Your time, effort and talents are much appreciated and do not go by unnoticed. 😊

Walmart Donations (on the north side)~ We continue to receive generous donations from our friends at Walmart on the north side of Fredericton. Recently, we were the recipients of four boxes full of school supplies and incentives for our students. What a blessing to receive and share this time of year!

PSSTWorld~

ASD-W is proud to announce its new partnership with *PSSTWorld*, launching a cutting-edge school safety program into district schools. The *PSSTWorld* program is based on a proven 5-year pilot project designed by international safety expert, Theresa Campbell, in Surrey, BC. The program encourages student participation as a core factor in the improvement of school safety and culture. To become familiar with the *PSSTWorld* program, please visit:
<http://psstworld.com/about-us>.



At the site, students have a popularized venue to **report safety concerns**—whether seen, heard or experienced—directly & anonymously to school district safety staff. Tips and reports regarding bullying, cyberbullying, abuse, sex/drug/weapons/gang crime, suicidal thoughts, vandalism and even potential for school attack are sent directly to district safety officials. The result is an improved potential for early conflict prevention, intervention and efficient resolution. Bystander and victimized students are empowered to act. Student offenders are deterred. Students, staff, administration and caregivers now have a safe (anonymous, if necessary), organized and popularized mode of action for reporting dangerous school incidents and concerns.

Speak to your children about the importance of respecting themselves and others. Make sure to explain the key difference between “telling” and “tattling” and the purpose of the tool is to get themselves or their friends OUT of trouble and not IN to trouble. Encourage your kids to talk to you about problems at school and be sure that they know they can now easily report safety concerns.

Together, we can minimize all forms of bullying, abuse and violence in our schools.



Make online payments with
SchoolCashOnline

- ✓ Field trips
- ✓ Sports Events
- ✓ Activity Fees

KEVGROUP
School Cash Simplified

School Cash Online is coming soon to MEMS! More information will be sent home later this month with your child explaining how you will be able to pay for school expenses without having to send in money to the school. This is a districtwide initiative.



A huge **SHOUT OUT** to our fabulous **Student Council** who helped us enjoy a week of fun activities with some great incentives for participation. Way to go, **SRC and Cubs!**

Important Dates to Remember

- March 12th Young Chefs afterschool program
- March 13th Middle School swim trip
- March 15th Roland Bibeau's French Music concert
- March 16th cafeteria's St. Patrick's Day dinner (\$6.50)
- March 16th HPV #2 for grade 7 girls
- March 19th Young Chefs afterschool program
- March 20th Second annual Wellness Spring Fling
- March 23rd ½ day for students (afternoon PL for Teachers)
- March 26th Young Chefs afterschool program
- March 27th Professional Learning Day for Teachers (no school for students)
- March 30th Good Friday, no school
- April 2nd Easter Monday
- April 9th-12th Report Cards go home to parents
- April 9th-19th MEMS Spring Scholastic Book Fair (more information to follow)
- April 12th Parent/Teacher interviews in evening, 6-8pm
- April 13th am~ PL for Staff (no school for students)
Parent/Teacher interviews, 1-3pm (visit our Book Fair while at school)
- April 16th K-2 students travel to the Playhouse
- April 18th National Talk With Our Kids About Money Day
- April 19th Book Fair ends
- April 24th ½ day for students (afternoon PL for Teachers)
- April 26th Middle School Spring Dance



National Nutrition Month March 2018

March is Nutrition Month! Public Health Dietitians from Horizon and Vitalité, along with Dietitians of Canada, want to help you *Unlock the Potential of Food* to enhance your life, improve your health, inspire children, fuel your activities and bring people together.

Having trouble staying energized? Think about eating regular meals and snacks, as needed. Avoid going long periods of time without eating. Snacking can be part of a healthy eating pattern and is a great way to get all the nutrients the body needs in a day. Some healthy snacks may include vegetables with hummus, trail mix, fruit and nut butters and high fibre granola bars. Want to set your kids up for a lifetime of healthy habits? Teach them to shop and cook! Have your kids help make a grocery list and get them involved in the kitchen with meal preparation. This could include washing and chopping up vegetables and setting the table for a meal. This will give them the power to discover better health as they grow.

Lifestyle, including what we eat, is a major influence on disease prevention. Healthy eating habits that include vegetables, fruit, whole grains, healthy fats and healthy protein sources such as legumes, nuts, seeds, meat, poultry, fish and dairy may help prevent type 2 diabetes, heart disease, stroke, dementia and some types of cancer. A bite of prevention goes a long way!

Food can promote healing! Food is crucial for the human body because it provides nutrients, which are used by the body for daily activity, growth, repair, and all bodily functions. Keep your immune system healthy by making better choices.

Food brings us together. Sit down and enjoy meals with family or friends! Sharing meals allows people to connect with each other, allows parents model good healthy habits, and improves quality of life by letting us stop and take a breath and appreciate the people around us and the food we are eating.