

February



Brydon O'Grady  
Kyle Wellwood  
Brody Hawthorne



Helping your child learn...

Regardless of how well teachers are prepared to teach or how supportive the school environment, a child's ability to learn is greatly affected by how healthy they are. Children who arrive at school fed, rested, calm, and unworried are ready to learn. Parent's have an important role in helping students reach their learning potential.

There are many steps parents can take to help their children be healthy an able to learn.

- Set regular bedtimes that ensure at least 8 hours of sleep each night
- Provide a healthy breakfast
- Encourage your children to eat regular meals that include a variety of fruit and vegetables every day
- Set limits on screen time to less than 3 hours per day
- Encourage physical activity for 60-90 minutes each daily
- Be a role model by managing stress, being active, eating well and living tobacco free
- Provide a safe, caring and supportive environment at home
- Check in regularly with your child and encourage open communication
- Help your child make positive connections with other caring adults you trust

<http://www.icsh-cces.ca/>

[http://www.cdc.gov/HealthyYouth/health\\_and\\_academics](http://www.cdc.gov/HealthyYouth/health_and_academics)

Research Review:School-based Health Interventions and Academic Achievement

Julia Dilley, PhD MES

Written by:  
Health Learners in School Program  
Anglophone West School District

**In the event school is closed due to the weather, you may call the Anglophone West Office at 506-453-5454 or 1-888-388-4455. In most cases, cancellations are announced on local radio stations by 6:00 am.**

**Anglophone West  
School District  
Zone 4**



Building a Strong  
Foundation for Tomorrow

Millville Elementary School

2016



**UPCOMING EVENTS:**

**2016**

- |                       |   |
|-----------------------|---|
| <b>February 2nd</b>   | <b>Groundhog day</b>                                    |
| <b>February 14th</b>  | <b>Valentine's Day</b>                                  |
| <b>February 23rd</b>  | <b>Rocks &amp; Rings Workshop</b>                       |
| <b>February 25th</b>  | <b>Field trip to Nackawic for Curling &amp; Skating</b> |
| <b>February 26th</b>  | <b>Deadline for French Immersion Registration</b>       |
| <b>March 7th-11th</b> | <b>March Break</b>                                      |
| <b>March 16th</b>     | <b>Pre-Kindergarten Day (9:00-11:00 am)</b>             |
| <b>March 25th</b>     | <b>Good Friday HOLIDAY</b>                              |
| <b>March 28th</b>     | <b>Easter Monday HOLIDAY</b>                            |
| <b>March 29th</b>     | <b>Van Go Display Installed</b>                         |

**VanGO!**

VanGO is a partnership between the departments of Education and Early Childhood Development & Tourism, Heritage and Culture to promote awareness of artistic work . We are one of ten Anglophone Schools selected in the Province. This exhibition will be installed in our school beginning on March 29th and will remain here until April 26th. It will consist of 9 original artworks by contemporary NB artists. There will be an exhibition opening for students, their families and the community. More information to follow.

Our mission is to inspire students to achieve personal success by working together to create a safe, supportive, caring and welcoming learning environment.



# Library Corner

**In Library students are presently working a special snow globe project.**

**Pop in next week to see our display.**

**Reminder: Students who return their Library book on time are entered in a monthly draw so make sure you get your books in on time. You might get lucky!!!**

## Curling Canada Rocks & Rings Program

On February 23rd, students will be participating in the Rocks & Rings Program. This program is designed to introduce the Olympic sport of curling to elementary school children. Brittany Pye, a UNB student who works part time for Rocks & Rings will be delivering the program. On February 25th, students will have the opportunity to go to the Nackawic Curling Club to practice their skills. They will also be going to the Nackawic Arena for an hour of skating. Thank you to the Home & School Committee for sponsoring these events.

### Progress in International Reading Literacy Study (PIRLS)

This year our Grade 4 class has been selected to participate in the PIRLS assessment which will take place this spring. This is an educational research project investigating student achievement in reading. More than 50 countries participate in this study. PIRLS informs us about how our students in Canada are performing against their peers in other countries, as well as allowing us to compare programs of study and teaching practices. This will not affect your child's grades or progress in school, and individual student or school results will not be reported. More information will be sent home with Grade 4 students in the near future.

## Fire Prevention Week Contest Winner

The Office of the Fire Marshal has a fire safety draw each year. Students fill out the form in the Fire Safety Gazette and return it to the Fire Marshal's office. This year Lexi Marr was one of the lucky winners. She received a bookbag packed full of goodies such as a smoke alarm, a fire extinguisher and even a fireman's hat. Lexi received her bookbag on January 12th. Presenters were Mike Walton, Chief of the Hartland Fire Department and the President of the Central Valley Fire Fighters Association, Mike Agrell, Volunteer Fire Fighter for Millville and Mark Nowlan, Regional Fire Marshall along with arson dog, Mellow. **GREAT JOB & CONGRATUALATIONS LEXI!**



Yvonne Kershaw, Bassoonist, is with us once again through the Artist in Residence program made possible through the Fredericton Arts Alliance School Program. Stay tuned for an upcoming performance.

## Christmas Tea & Craft Sale Canteen

The Home & School made \$163.50 in sales during the Christmas Tea & Craft Sale. Thank you to everyone for your support.

The Home & School Moose on the Loose campaign has finished. The totals for each class is as follows:

Grade 4-5	Grade 3	Grade K-2
\$14.75 (quarters)	\$ 8.50 (quarters)	\$ 5.25
\$ 8.10 (dimes)	\$12.00 (dimes)	\$ 8.00 (dimes)
<u>\$22.85</u>	<u>\$20.50</u>	<u>\$13.25</u>



Thank you for your support. This money will help pay for our trip to the curling club and skating rink.

MES is Participating in the



## Get active, get healthy!

The 60 Minute Kids' Club is a free program that supports students and elementary schools, Physical Literacy and Health Strategies!

The 60MKC suite consist of two tools that support delivering and tracking healthy behaviours, and fundamental movement skills, to students 5-12 years old.

We will receive weekly tracking reports describing how the students are doing and how we are stacking up against other schools in the district, province and across the county.