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Help Your Child Develop Healthy Relationships

Basic respect is foundational to any good relationship. Respect means treating ourselves and others with consideration, dignity and caring how they feel. In a healthy relationship people feel safe to make their own choices and their views are valued. Trust, honesty and happiness are fostered and there is no control or abuse. By fostering self-respect in children, parents impart the following values and skills children require to express respect to others.

Value/ Skill	How to Foster
Understanding and Empathy	Can be modelled by striving to understand a child's point of view
Empathic Listening	Can be modeled by hearing and considering a child's ideas or problems.
Anger Management	Manage your own anger and assist them with skills such as counting to ten or taking deep breaths to help them calm down.
Conflict Resolution	Model ways to have a difference of opinion with someone that
Problem Solving and Decision-Making	Help a young person to develop their own capacities and solve their own problems
Honesty	Encourage honesty in your children by being honest with your-
Assertiveness	Stand up for yourself and say 'no' without being aggressive, you will also show your child how to stick up for themselves while still respecting others.

Adapted from Respectful Relations-Kids Helpline

<http://www.kidshelp.com.au/grownups/news-research/hot-topics/respectful-relationships.php#sthash.Q8ftl6xv.dpuf>

**Angiophone West
 School District
 Zone 4**



Building a Strong
 Foundation for Tomorrow

Millville Elementary School
 October



UPCOMING EVENTS:

- October 1st—7th Wellness Week in New Brunswick
- October 2nd School Assembly (12:20 pm) Wear School Colors Blue & Yellow
 Nature Trust of NB—Nature Conservation Presentation & Art Workshop
- October 4th-10th Fire Prevention Week
- October 6th **District Education Public Meeting #1 for Sustainability Study at M.E.S. (6:30 pm)**
- October 7th Cross Country Run in Nackawic for Grades 3-5 (9:15 am—1:30 pm)
- October 8th Professional Learning Day (NO SCHOOL)
- October 9th Professional Learning Day (NO SCHOOL)
- October 12th Thanksgiving Holiday (NO SCHOOL)
- October 22nd Kick-Off to Kindergarten (Time: TBA)
- October 31st **Halloween**
- November 1st Clocks Fall Back 1 Hour
- November 2nd School Assembly (11:00 am) Wear School Colors Blue & Yellow
- November 11th Remembrance Day Holiday
- November 28th Christmas Tea and Craft Sale (9:00 am-1:00 pm)



VERY IMPORTANT: October 6th at 6:30 pm is our first public meeting with the District Education Council regarding the future of Millville Elementary. WE NEED YOUR SUPPORT! Please join us. Community members are also welcome.

Kindergarten Registration Week will take place the week of October 13th—17th from 8:00 am to 3:45 pm daily. Please bring the following when registering your child:
Birth Certificate, Medicare Number and Immunization Record

If you know of any child who should register for the 2016-2017 school year, (born before December 31, 2016) please let them know or contact the school.

PLEASE NOTE: All children must be registered in their catchment area school.

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

MES WELCOMES AUTUMN

Autumn has arrived and the students at MES enjoyed a morning of making scarecrows. These beautiful creations will be displayed on the front lawn of the school. Thank you to Brian & Sharon Connor for donating the straw.

GREAT JOB EVERYONE!



We would also like to welcome new student, Zackry Marr to our school. We hope you like it here as much as we do.



Volunteers Needed!

Elementary Literacy Friends (Elf) is a supplementary volunteer-based reading achievement program that helps Grade 2 students who would benefit from additional one-on-one reading activities after school. Elf provides training, materials, and all of the support necessary for each volunteer to make a positive, lifelong impact on a student.

Volunteers do not need previous teaching experience; only a willingness to help and commit to the Elf requirements.

Following an initial 3-hour training session, the volunteer is matched with a student. The volunteer works with the student for 1 hour at the end of the school day, twice a week for 10 weeks.

To learn more about Elf or to register for training, please visit us online at www.elfnb.com or call 1.855.898.2533.



Anglophone West
Unification Relay
for the
Terry Fox Anniversary Run
2015

Students joined Juliette Graham in a 2.5 kilometer walk on the Trans Canada Trail as part of this event.



Even Hunter the Moose was happy to help raise money for this very worthwhile cause.

We were able to raise \$98.95.

WAY TO GO!



Thank you to all for participating!

Home & School Committee

Amy Morgan—President

Jasmine Ferguson—Vice-President

Natalie Larsen—Treasurer

Sonia Carter—Parent Member

Parent School Support Committee

Jane Brewer—Chairperson

Amy Morgan—Home & School Rep.

Bev Forbes—Community Member

Jocelyn Martin—Teacher Rep.

We would like to welcome any new members and thank everyone for taking on these very important roles. New members are always welcome to both committees. More information to follow regarding Home & School membership.

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 23 years.

We are pleased to announce that our Breakfast Program Grant application has been accepted for the 2015-2016 school year.