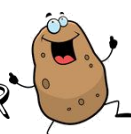











# Nackawic Middle School

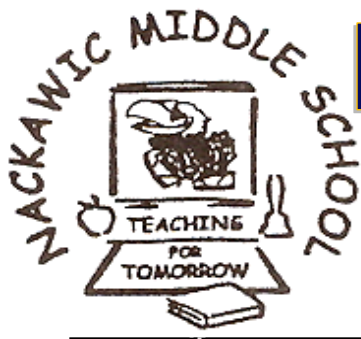
# CALENDAR OF EVENTS

## November

SUN	MON	TUE	WED	THU	FRI	SAT
27 <b>POTATO FUNDRAISER</b> 	28 	29	30	31 <b>SOCK HOP @ NOON</b> \$2 ADMISSION *FUNDRAISER FOR TERRY FOX* 	<b>POTATO FUNDRAISER</b> ORDERS DUE TODAY	2
3 <b>OPERATION CHRISTMAS CHILD</b>  Love in a shoe box	4	5 <b>CHILD SHOEBOXES NOV 1ST - 21ST</b>		6 <b>REMEMBRANCE DAY CEREMONY @ NHS</b> 	7 <b>NO SCHOOL PROFESSIONAL</b>	8 9
10	11  <b>NO SCHOOL HOLIDAY</b>	12 <b>FORESTRY CENTRE &amp; SCIENCE EAST FIELD TRIP GRADE 7</b> 	13	14 <b>DIVERSITY &amp; RESPECT ASSEMBLY</b> GUEST SPEAKER FROM THE MULTICULTURAL ASSOCIATION 	15	19
17	18	19	20	21 <b>REPORT CARDS GO HOME</b> <b>SHOE BOX PICK UP</b> <b>PARENT/ TEACHER INTERVIEWS 5:30PM- 7 PM</b> 	22 <b>NO SCHOOL PARENT TEACHER 9:00 AM-12:00PM</b> 	23
24	25	26	27	28	29	30







# NACKAWIC MIDDLE SCHOOL

50 Landegger Drive  
Nackawic, NB  
E6G 1E9

## November Newsletter

### POTATO FUNDRAISER



A big THANK YOU to all who supported our Potato Fundraiser so far. All money earned will go towards supporting fun student activities like dances, BBQs, field trips, busing/travel costs, and more!

We will be accepting orders until Friday, November 1st.



Order pick up will take place in the library on:  
**Thursday, Nov 7th from 5-8PM**  
**Friday, Nov 8th from 9AM— 1PM**

### Remembrance Day Ceremony

Our students will be joining Nackawic High School students for a Remembrance Day ceremony on Thursday, Nov 7th.



### Report Cards & Parent Teacher

Report cards will go home with students on **Thursday, Nov 21st, 2018.**

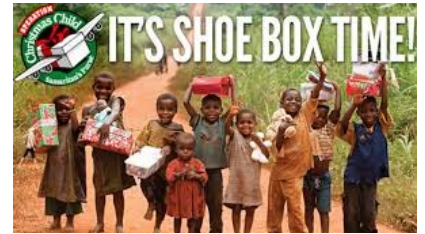


Parent/Teacher interviews are scheduled for:  
**Thursday Nov 21st from 5:30—7 PM**  
**Friday, November 22nd from 9 AM— 12 PM**

Please contact the office at 575-6010 to schedule a time for your interview.

### Operation Christmas Child

Have you heard of *Operation Christmas Child*? It is a program which provides an opportunity for young and old to participate in



a hands-on project that brings joy to hurting children around the world. In 2018, Canadians donated over 500 000 shoeboxes to this project. Each classroom will have boxes available for students to bring items to donate if they wish. Each class will decide whether boxes will be for a boy or girl, and what age category (2-4yrs, 5-9yrs, or 10-14yrs). If your family is interested in doing a box on their own, please have your child visit the office for a box to bring home.

There are certain suggestions and certain items which cannot go into these boxes. Anything you can do to help support this project would be greatly appreciated.

#### ITEMS TO INCLUDE:

- Toys and other gifts
- School supplies
- Non-liquid hygiene items
- A personal note and photo



#### ITEMS NOT PERMITTED:

- Food or candy
- Toothpaste
- Used or breakable items
- Deck of cards
- Items that can freeze, leak or melt
- Any item that could scare a child
- No toy guns or war related items



**Pick up date for full boxes will be Thursday, November 21st.**

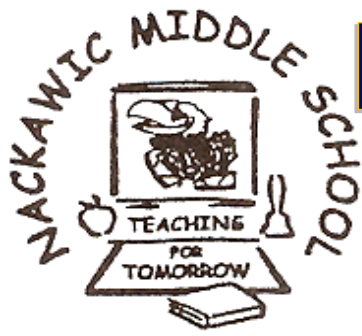
**HALLOWEEN SOCK HOP**  
**OCT 31ST**  
**NOON HOUR**  
**\$2 ADMISSION**

**FUNDRAISER FOR TERRY FOX**

**Every Friday is.....**

**HAT DAY**

Students can pay \$0.25 at the office and get to wear their hat all day!



# NACKAWIC MIDDLE SCHOOL

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## November Newsletter

Page 2

### Meals on Wheels



Our meals on wheels program is in full swing! Our first rotation of students have been making and delivering meals for 12 local seniors for the past 3 weeks. Students are enjoying learning food prep skills in the kitchen, and have really enjoyed connecting with community members. Our senior friends have been enjoying their delicious meals, and the weekly visits from NMS students.



## DID YOU KNOW?

Nackawic Middle School is on Facebook, Twitter and Instagram? Follow us and keep up to date with what's happening at our school!



### Anglophone West School District Fall Health Note: Food Security



Food Security affects the lives of many New Brunswickers and it has a large impact on health. In New Brunswick, 20% of children live in poverty and 11% of homes with children less than 18 years old are food insecure (1). Rural communities are often more at risk due to fewer resources and higher food costs.

A lack of food security can have an even greater impact on children. No one initiative alone will solve food insecurity. We need to work together to find solutions. What can you do to help your family and your community?

- Use more plant-based protein like dried peas, beans and lentils, instead of meat and make water your families drink of choice.
- Look for and prepare healthy, low cost recipes. Check out *Healthy Eating on a Budget* for ideas.
- Look into local bulk food buying programs, such as *Community Food Smart*. These programs will allow you to purchase fresh produce at a reduced cost.
- When donating to a food bank consider options such as fresh, frozen or canned (no salt or sugar added) vegetables and fruit, dried peas or beans, oatmeal, whole wheat pasta or peanut butter.
- Support universal school meal programs at your child's school. Universal programs have many benefits to the health and wellbeing of children and they help to protect the most vulnerable students.

Food security affects everyone in some way. We all have a role to play to help improve food security for everyone in our community. To learn more about food security in New Brunswick visit Food For All NB.

(1) *My Community at a Glance, NB Health Council, 2017.*  
Shauna Miller RD, Public Health

## STUDENT FEES

Student fees (\$35 per student) are due by September 30th. Fees are able to be paid with cash, cheque or online at: <https://anglophonewest.schoolcashionline.com>. If student fees are a financial hardship for your family, please let us know. We will work with your budget.

### Why do we collect student fees?

Student fees help cover costs of the following: Consumables for exploratory program (which includes a \$5 exploratory fee), school agendas, locks for lockers, field trips and busing costs, as well as school activities and guest speakers. These funds are used throughout the school year for educational purposes approved by the principal.

