



# PARENT PAGE

January 19, 2015

Principal: Tammy Gee

Vice-Principal: Yvette Seeley Jones

Administrative Assistant: Marilyn Allaby  
(506) 368-2900

[http://sunburywest.nbed.nb.ca/About\\_Our\\_School.html](http://sunburywest.nbed.nb.ca/About_Our_School.html)

## MISSION STATEMENT

All students will receive an education that will help them to develop their potential as community members and life-long learners in a changing world.

## Playground Project

We are continuing to raise funds for the Playground Project. We hope to begin the playground upgrades in the spring of 2015. Tickets are on sale at the school for propane BBQ with all proceeds going to the playground project. We hope to have the new structure in place by September 2015!

## Attendance

If your child is going to be tardy or not in attendance, please notify the school by phone 368-2900 or email Miss Marilyn at [Marilyn.allaby@nbed.nb.ca](mailto:Marilyn.allaby@nbed.nb.ca) We have safe arrival at our school, so if you haven't notified us we will be calling.

## Parking Lot

During bus unloading time in the morning and bus loading time in the afternoon – vehicles **are not** permitted in our driveway. We have had many incidences lately of cars passing the buses in our driveway while their lights are flashing. This is a very dangerous activity.



## Grade 8 Quebec Trip

The second down payment for Québec of \$125.00 is due January 30<sup>th</sup>. With fundraising most kids don't owe the full amount. Mme Clerk sent the balances

## Dates to Remember:

January 23 <sup>rd</sup>	Middle Level - Sea Dogs Game – 5 pm departure from SWS
January 30 <sup>th</sup>	Middle Level Mini courses begin
February 2 <sup>nd</sup>	Report Cards
February 6 <sup>th</sup>	9:00 am Motivational Speaker - Janice Butler - Gymnasium
February 10 <sup>th</sup>	PSSC and Home and School Meetings PSSC - 6:30 pm Home and School - 7:15 pm
February 12 <sup>th</sup>	6:00 – 8:00 pm Student Lead Parent/Teacher Interviews <b>THIS IS A DATE CHANGE FROM ORIGINAL SCHOOL CALENDAR</b>
February 13 <sup>th</sup>	8:30 – 11:30 am Parent/Teacher
February 20 <sup>th</sup>	Blue Team Skating at Tri County 9 am
February 26 <sup>th</sup>	Grades 6 - 8 ML Semi Formal Dance
February 27 <sup>th</sup>	Winter Carnival Family Skate 10 – 11 am at the Tri-County Complex
March 2 <sup>nd</sup> – 6 <sup>th</sup>	March Break
March 13 <sup>th</sup>	Blue Team Skating at Tri County 9 am
April 9 <sup>th</sup>	Grade 7 Girl's immunizations

home with the students. If you have any questions about what your child owes or any questions about the trip please contact Mme Clerk at [Winifred.clerk@nbed.nb.ca](mailto:Winifred.clerk@nbed.nb.ca)

## Student Corner By Caitlyn Youngblood Gr. 4

Have you ever heard of the first woman to fly solo over the Atlantic Ocean? Amelia Earhart is her name, flying is her game! She's the woman that flew in men territory! Did you know: Amelia died when she was 40? In the early hours of July 3<sup>rd</sup> she was flying over



the pacific. She was running low on fuel. Her last words to the tower were: "We are running north and south!" Then Amelia and her navigator Fred Noonan were never heard from again! Here's a mini fun fact: Amelia tried to fly all over the Pacific to teach woman all over the world that they can do ANYTHING. Before Amelia left on her great Pacific adventure she left her husband a note saying: "Women must try to do things as men have tried. When they fail their failure must be but a challenge to others." Thank you Amelia Earhart for showing women that they can do ANYTHING!!!!

### **Healthy Minds**

Many of us focus on making changes with the start of the New Year. How about a resolution to improve your mental fitness? Mental fitness (positive mental health) is the capacity to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face. Every one of us has the need to: be recognized for our strengths and good qualities (competency), feel that we belong (relatedness) and make choices (autonomy). If this is something you might consider, below are some stages that you will go through in making a change and some ideas to help you along.....



Step 1- If you're not thinking about changing anything right now, here are some helpful ideas: do some research and reading about mental fitness, make a list of all the things that would be positive if you improved your mental fitness, ask yourself what it means to you if your present state of mental fitness stays the same?

Step 2- Thinking about changing? Start by pondering the positive things that mental fitness can do for you. This stage may last for a few weeks or months.

Step 3- Get ready to start the new behaviour. Pick a date to start one new activity that will increase your mental fitness. Consider the changes that you will need to make and plan

how you will fit it into your schedule. Get necessary supplies if needed.

Step 4- Take action for the change that you have planned. Example: Make connection with an old friend that you have lost touch with, learn a new activity or allot more time to a hobby or passion that you have, make some choices based on your own needs that will be positive for you. Step 5- Maintaining the changed behaviour for 6 months or more helps it to become part of your normal life routine.

(Applying the Stages of Change Theory, Peterborough County-City Health Unit)

If you come upon some difficulty, take a detailed look at your plan;

- Do you have the knowledge you need to help you make the change?
- Are there supports or services that can help you?
- Do you have the emotional support and encouragement from your family and friends?
- Does your physical environment help or hinder with the change?

Alter your plan accordingly.

### **Tri-County News**

- Junior B Rivercats Home Games- Friday Feb 6th vs Grand Lake, Saturday Feb 7th vs Shediac and Saturday, Feb 14th vs Sunny Corner. All games are at 8pm and please check out our team website at [www.tricountyrivercats.com](http://www.tricountyrivercats.com)

Junior B Year End Banquet being held April 4th

- March Break activities- Please check out our website at [www.tri-countycomplex.ca](http://www.tri-countycomplex.ca)

- Skate Sharpening at the TCC for \$5

- Community Breakfast's being held on Saturday, March 21st and 28th

