



<u>March</u>	
23	Report Cards Issued
26-27	Student-Led Conferences
<u>April</u>	
3	Good Friday – no classes
6	Easter Monday – no classes
<u>May</u>	
1	Provincial Subject Council Day – no classes
15	AEFNB/NBTA Annual Meeting – no classes
18	Victoria Day – no classes
<u>June</u>	
19	Last day of school

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**Have you checked out our School Website?  
It is so easy to navigate and jammed full of  
information.**  
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### School Closure? Delay of busses?

Anglophone South School District is committed to the safe and efficient transportation of students and recognizes that it may be necessary to cancel a bus run(s), close school(s), or delay school opening to ensure students are not endangered by hazards brought on by poor weather or road conditions. Our decisions must be made prior to 6:30 am and they are based on the forecasts we have, and information we are able to collect on road conditions.

Your questions can be answered on local radio stations, on the ASD-S website, or . . .

- [http://twitter.com/ASD\\_South](http://twitter.com/ASD_South) Phone line (toll free): **1-855-535-7669 [SNOW]**

### **Celebrate notes . . .**

The students were recognized as Star Readers for the month of February: Blake Goddard, Jaden Armstrong, Jack Bell, Emma Hanrahan, Luise Lasangue, Kelsie Drost, Cory Hope, Jenna Grant, Zack Rouse, Brayley Smith.

Caught You at Your Best for the month of February: Izabella Gaunce, Brianna McLean-Goddard, Wyatt Dunn, Zackary Hall, Denton Landry, Brayley Smith.

Congratulations!!  
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### Home & School

Thank you to all volunteers who helped us put together the surprises for AES staff during Teacher Staff Appreciation Week. During TSAW, staff were given treats, meals, etc. They deserved a bit of pampering, considering all they do for our kids!

**The next AES Home and School Meeting will be held Monday, March 16 at 7:15 pm; all are welcome to attend.**  
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### “Kids Have Stress Too!”

***Did you know that all children, even very young children, experience stress?***

*Too much stress makes it difficult for children to concentrate, to learn, and to get along with others. But children can learn simple, age-appropriate coping strategies.*

The AES PSSC would like to sponsor this Psychology Foundation of Canada research-based prevention program. It is a program that educates parents, caregivers, and teachers on how to recognize and understand stress in children.

**More details will follow next month.**

### Parent School Support Committee Update

The PSSC would like to give you a heads up on an event that will tentatively be taking place in April at AES. The Wellness Evening organized by Ms. Surrett and staff last fall was a great success, and the PSSC is planning another one for this spring! This last event focused on physical health and wellbeing, the one coming up will centre around the mental health and wellbeing of students and family members. Join us for a special guest speaker, as well as an opportunity to talk one on one with experts on various topics from depression and mental illness, to dealing with a family break up, stress management, and much more. This will be a free event, and a great chance to get some answers to those questions that you didn't know who to ask! Watch the April newsletter for more details.

Do you have any questions about the Parent School Support Committee? The PSSC will have information available during the Parent/Teacher Meetings in late March, just in case there is something you would like to know. At the same time, there will also be an opportunity to sign up for a free workshop called "Kids Have Stress Too". More details to follow!

The next PSSC meeting is scheduled for Monday, March 16th, at 6 pm.



## Who are the Sussex Swordfish?

We are one of Swimming New Brunswick/Swimming Canada's newest clubs! We are proud to support the development of Sussex and Area Youth. As a user group we train at the Potash Corp Civic Center, in the 6 lane 25m competition pool. We attract a variety of swimmers from varying communities, ages and ability levels. Our high caliber coaching staff comes from a nationally certified coaching program recognized worldwide. We are Sussex's first competitive swim team and we are proud to call this home!

## Our Club Philosophy

To encourage and foster a swimmers love for the water. To help them achieve their goals, build self-confidence, self-discipline and team work. Swimming is an ideal physical activity that can be continued for a lifetime.

## Training Programs

Sussex Swordfish training programs are developed using the Canadian development model for Long Term Athlete Development. Training programs are adapted for swimmers age, ability level and personal goals. Swimmers will be assessed and put in an appropriate developmental group. Each program offers its own unique challenges to gradually encourage and increase a swimmers capability and efficiency. Graduation from one class to another is based on age and ability range and on an organic process to ensure a safe and

sustainable setting. New and up to date training regimens and drills are part of the coach's education and implemented into practices to further increase a swimmers capability. **We currently have space in our entry level group for new members!** The only requirement to enroll in the entry level group is that the swimmer is able to swim 15 meters unassisted. This group practices on Tuesdays and Thursdays between 5:45pm and 6:30pm at the Potash Corp Civic Center.

Visit <http://www.sussexswordfish.ca> to contact us for more information!



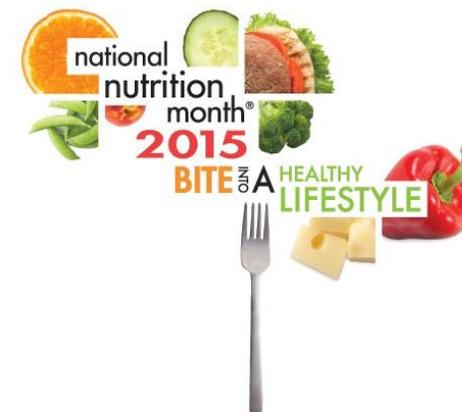
Thank you to the  
Home & School for all the  
wonderful treats  
provided to us  
during Staff Appreciation Week!

## March is Nutrition Month

### March is Nutrition Month across Canada!

As part of this, Apohaqui Elementary will be offering our students some healthy snacks throughout the month. The snacks will be fresh fruits and dairy products that could easily be incorporated into your child's lunch on a daily basis. Ask your children if they enjoyed these snacks.

Maybe they will ask for these to be included in their lunches too!



The theme for 2015 is "Bite into a Healthy Lifestyle," which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

### Here are some informative articles about school lunches from the Heart & Stroke Foundation –

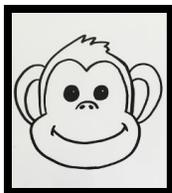
- 'Lunch Box Smarts'  
[http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.8767267/k.ADE9/Lunch\\_box\\_smarts.htm](http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.8767267/k.ADE9/Lunch_box_smarts.htm)
- 'Freshen Up School Lunches'  
<http://www.heartandstroke.com/site/apps/nlnet/content2.aspx?c=iklQLcMWJtE&b=4869055&ct=9034235>
- School-Safe Lunches  
<http://www.heartandstroke.com/site/apps/nlnet/content2.aspx?c=iklQLcMWJtE&b=4869055&ct=8571867>
- Kid-Friendly Lunches  
[http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3805979/k.D7E3/Recipes\\_Kidfriendly\\_lunches.htm](http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3805979/k.D7E3/Recipes_Kidfriendly_lunches.htm)



## Literacy Minute

Sounding out the beginning, middle and end of the word is an excellent reading strategy. It is often the first choice for most children when faced with an unfamiliar or challenging word. However, there are many reading strategies your children can rely on to help them decode words. Chunky Monkey and Skippy the Frog are two very helpful reading strategy friends.

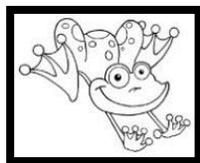
**CHUNKY MONKEY - Look for parts of the word that you know.**



**Endings** (er, ing, ed, es... ) amaz**ing**, us**ed**  
**Word Families** (ill, ip, ink, ide, oke, ump...) br**oke** cr**ump**le, st**ill**  
**Little Words** ( and, or, art, old...) s**and**wi**ch**, fi**n**ished, g**old**en

**SKIPPY THE FROG**

**Not sure of a word? Skippy the Frog says, "Read the first sound, skip over it and come back later!"**



The boy had a hard time pulling the h  wagon up the hill.  
The boy had a hard time pulling the heavy wagon up the hill.

## **Numeracy Nook**

### **Model Positive Attitudes Towards Math**

- Have fun together while doing math-related activities such as measuring ingredients for cooking, counting out dishes or cutlery for table setting, sorting laundry, building projects, working with tools, or sorting the recycling.
- Encourage your child to be curious about how things work; "I wonder if . . ."
- Model the old adage "try, try, try again!" Develop persistence and flexibility in thinking by encouraging and allowing many ways to approach a problem; "Can you think of a different way to put the shapes together?"
- Spend time talking about your positive math experiences in school and life. Children are often influenced by the attitudes of the adults around them; "When I was a kid I used to love playing card games too" or "Math can be hard, but if we keep trying we'll get it."