



# Apohaqui Elementary News

## March

4-8 March Break  
22 Professional Learning & Report Card Prep – no classes for K-8 students

## April

5 Grades K-12 Parent Teacher Conferences – No classes  
19 Good Friday – no classes  
22 Easter Monday – no classes

## May

3 Provincial Subject Council Day – no classes  
6 Branch NBT A Annual Meeting – no classes  
20 Victoria Day – no classes

## June

21 Last day of school

## AES Home & School News

Welcome back from March Break, nicer longer days are ahead!

We are in serious need of HOT LUNCH HELPERS for the month of May & June or we run the risk of having to decrease our options. The schedule for hot lunch helpers is:

Monday – 1 person pick up @ 11:30 at Knocks Cafe and deliver to the school

Friday – 1 person pick up @ 11:30 Kingswood and deliver to school & serve + 1 person to help serve. This is approximately 1 hour commitment.

Volunteers must commit to a date as we must have a schedule prior placing the orders. If you can help with any of these day in May & June please let the office know with a phone number and our hot lunch coordinator will be in contact with you or email [aeshomeandschool@outlook.com](mailto:aeshomeandschool@outlook.com)

Our next meeting will be held March 18<sup>th</sup> at 7:00pm at the school. We welcome EVERYONE to join us. We will be discussing our Ready to Read challenge and playground improvements and fundraiser.

We look forward to seeing you there!

## Attendance Matters!

### PERFECT ATTENDANCE

### FOR THE MONTH OF FEBRUARY

Hannah A.	Jack B.	Mitchell C.
Jayden C.	Joel C.	Adison C.
Jack D.	Maya F.	Blake Ga.
Paisley G.	Jakob G.	Savannah G.
Blake Go.	Evan H.	Ian H.
Avery H.	Kennadi H.	Luke H.
Felicia L.	Jadyn L.	Reese L.
Claire L.	Jenessa L.	Sophia L.
Spencer L.	Parker M.	David M.
Jacob McK.	Parker McL.	Brieah M.
Marina N.	Declan O.	Parker O.
Jack P.	Paige P.	Dylan T.C.
Ally W.	Kyle W.	Kayden W.

Congratulations !

**THANK YOU**

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

### Parent School Support Committee

The next meeting will take place on Monday, March 18<sup>th</sup> at 6pm.



## Learning Addition and Subtraction

### Basic Facts

### Memorization or Automaticity?

Children who have a hard time learning their basic facts often believe that they have to commit a large number of facts to their memory because they have little or no understanding of the relationship among the facts. Children that have learned their facts have done so because they see these relationships among the facts and between addition and subtraction.

Teaching facts for automaticity rather than memorization focuses on building a deep understanding of the relationships.

Having your facts committed to memory is still the goal.

The process of learning addition and subtraction facts is the debate: learn by drill and practice or by focusing on the relationship. (Fosnot 2007)

+	0	1	2	3	4	5	6	7	8	9	10
0	0+0	0+1	0+2	0+3	0+4	0+5	0+6	0+7	0+8	0+9	0+10
1	1+0	1+1	1+2	1+3	1+4	1+5	1+6	1+7	1+8	1+9	1+10
2	2+0	2+1	2+2	2+3	2+4	2+5	2+6	2+7	2+8	2+9	2+10
3	3+0	3+1	3+2	3+3	3+4	3+5	3+6	3+7	3+8	3+9	3+10
4	4+0	4+1	4+2	4+3	4+4	4+5	4+6	4+7	4+8	4+9	4+10
5	5+0	5+1	5+2	5+3	5+4	5+5	5+6	5+7	5+8	5+9	5+10
6	6+0	6+1	6+2	6+3	6+4	6+5	6+6	6+7	6+8	6+9	6+10
7	7+0	7+1	7+2	7+3	7+4	7+5	7+6	7+7	7+8	7+9	7+10
8	8+0	8+1	8+2	8+3	8+4	8+5	8+6	8+7	8+8	8+9	8+10
9	9+0	9+1	9+2	9+3	9+4	9+5	9+6	9+7	9+8	9+9	9+10
10	10+0	10+1	10+2	10+3	10+4	10+5	10+6	10+7	10+8	10+9	10+10

Zero in Addition  
 Counting On 1, 2, 3; Order Property  
 Doubles, Doubles Plus One  
 Make a Ten (adding 7, 8, 9)  
 Add With Ten (10 as an Addend)

## March is Nutrition Month!

This year's theme for nutrition month is "Unlock the Potential of Food". This is an ideal time to learn more about healthy eating using the new Canada's Food Guide! The new guide uses a healthy plate to show proportions of food rather than portions sizes. There are several healthy recommendations that come with this new guide that highlight important aspects such as eating meals with others, cooking more often, enjoying your food, and being mindful of your eating habits. These are all important when it comes to having a healthy relationship with food.



Discover the new Canada's Food Guide at [Canada.ca/FoodGuide](http://Canada.ca/FoodGuide) ! Here is a list of what you can find:

- Food Guide Snapshot
- Canada's Dietary Guidelines
- Healthy Eating Guidelines
- Evidence behind Canada's food guide
- Revision process
- History of Canada's food guide
- Videos
- Recipes

### **Key messages in the new Food Guide are:**

- Eat a variety of healthy foods each day.
- Have plenty of vegetables and fruits.
- Eat protein foods.
- Choose whole grain foods.
- Make water your drink of choice

March 2019  
432-2021

apohaqui.nbed.nb.ca

# Apohaqui Elementary News



*Amiable, Enthusiastic, Supportive*

Anglophone South Website:  
<http://web1.nbed.nb.ca/sites/ASD-S>

## April Hot Lunch:

Student Name \_\_\_\_\_

Gr \_\_\_\_\_

Milk Money

19 Days X \$0.40 = \$7.60

Choc \_\_\_\_\_ White \_\_\_\_\_

Monday Hot Lunch (Chicken Soup with roll)

4 days X \$5.00 = \$20.00

Wednesday Hot Lunch (Pizza and veggie sticks)

4 days X \$2.50 = \$10.00

Friday Hot Lunch (Spaghetti and garlic bread)

2 days X \$3.50 = \$7.00

Total \$ Amount \_\_\_\_\_

**PAYMENT DUE ON TUESDAY, MARCH 19**