



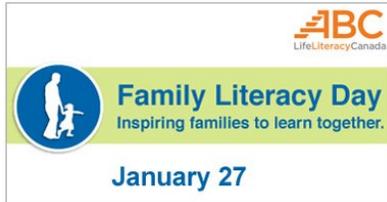
Promoting Academic Excellence and Personal Growth.

Sussex Elementary School Family News

Jan. 17, 2014

<http://susselementary.nbed.nb.ca>

Sussex Elementary - Peanut and Nut FREE School for 2013-14



ABC Life Literacy Canada is encouraging Canadian families to have "15 Minutes of Fun" learning together. Learning can happen at any time. Practicing literacy together every day has tremendous benefits for both children and parents. Here are

some great ways to get started;

1. Write a joke book with your family.
2. Read a bedtime story to the grown-up putting you to bed.
3. Make up a new recipe together and post it online.
4. Tell knock-knock jokes together while doing the dishes.
5. Make up riddles and tell them to your friends.
6. Create a family book club.
7. Build a drum with your family.
8. Surf the Internet and learn about your favourite animal.
9. Make up a song about your day to sing to your family at dinnertime.
10. Write messages to your family on sticky notes and post them around the house.
11. Create a story about what you'll be doing for Family Literacy Day.
12. Play a board game together.
13. Build an acrostic poem using your hero's name.
14. Make an origami boat and see if it will float.
- 15.

Visit the HSBC Learning Activity Centre for more fun literacy activities you can complete as a family!

<http://abclifeliteracy.ca/fld/family-literacy-day>

Important Dates for your Calendar

Skating (2M & 2S 9am) (1H & 2Br 9:45am)	Jan. 22nd
Family Literacy Day	Jan. 27th
Skating (1Mac & 1G 9am) (KM & 1D 9:45am)	Feb. 5th
Young Theatre NB @ SES	Feb. 18th
Skating (KR & KMu 9am) (1Mac & 1G & 1H 9:45am)	Feb. 19th
Pink Shirt Day at SES	Feb. 27th

SES Code of Conduct

- > I will be responsible!
- > I will be respectful!
- > I will make good choices!
- > I will be prepared!
- > I will do my best!

Pink Shirt Day - Feb. 27th

Pink Shirt Day began in 2007 after two Nova Scotia teenagers encouraged their fellow students to wear pink T-shirts in support of a pupil who was being bullied. Since then, schools, businesses and communities across Canada have recognized this day. The provincial government of New Brunswick is encouraging everyone to take a stand against bullying within our schools, communities and workplaces. AWARENESS of anti-bullying initiatives is key to fostering respect and tolerance for all members of our population and creates safe and healthy environments for both learning and working.

Info. in this Issue

Celebrate	Pg. 2
SES Video Announcements	Pg. 2
ELF - Volunteers Needed	Pg. 3
Mental Fitness	Pg. 3
Winter Safety	Pg. 3
Gr. 3 Program Info.	Pg. 4
Gr. 6 Program Info.	Pg. 5



JANUARY Ride the Changes

- Changes help us grow and learn
- Skill building and confidence building activities
- Resolutions, overcoming barriers to challenges
- Making changes

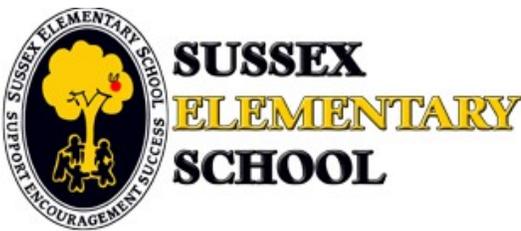
The Anglophone South School District challenges us to look at change as possibility. Let's see it from a new perspective as an opportunity to grow and learn.

Thought for the Month:

- "Perhaps we can't control it but we can learn to ride it ... like rapids on a great river. To take advantage of the flow and use it to take us where we want to go. To live in uncertainty, and yet act with confidence." Dewitt Jones
- "I can choose to think, feel and act. No other person makes me feel a certain way." Anonymous
- "There are no unresourceful students, only unresourceful states." Anonymous
- "Change the state and behaviour is changed." Anonymous

Sussex Elementary - Video Morning Announcements

Thanks to Mrs. Khedheri for initiating morning video announcements! So far, we have had 2 successful days and although we have continued to provide announcements over the intercom this initiative certainly meets the needs of the visual learners in our school. It also, provides parents an opportunity to see and hear what is happening at SES. It should allow parents to have a better understanding of upcoming events and things that are happening at SES. The students are very excited about this and it allows teachers the opportunity to play the video during snack time prior to recess so the students can see and hear the announcements a 2nd time. Our goal is to move to just video announcements since it provides flexibility to teachers. We will continue to play O'Canada and announce birthdays on the intercom at the start of each day. We are unable to announce birthdays using the video process since the videos are being posted to our school website and birthdates are considered information that is to be kept private. You will also notice that the students reading the announcements in the video are not introducing or identifying themselves. Again, this is part of the protection of student information policy that was introduced last year by our province. Our SES news team will be rotational. Our intent is to provide this to our grade 5 students who are seen as positive role models for our younger students. To see our morning announcements visit the SES website at <http://web1.nbed.nb.ca/sites/district6/SES/Pages/default.aspx> an click on AM Announcements. Then select January and video icons will appear with the date beside each one. Open the video or announcement of your choice. Thanks for supporting this initiative.



Home About Us ▾ Parent Resources ▾ Student Resources ▾ PSSC Event Calendar AM Announcements ▾ Li

Hampton Education Centre > Sussex Elementary > January 2014

January

- Live stream archive 16-01-2014 8.25 AM.wmv
- Live stream archive 17-01-2014 8.27 AM.wmv

The cafeteria menu for Jan. 7th to Feb. 28th can be found on our school website. It is located on the right side of the main page under the Sectional Heading: Important Links.



Volunteers Needed!

Elementary Literacy Friends (ELF) is a volunteer-based literacy program that helps Grade 2 students who would benefit from additional one-on-one literacy activities. ELF provides training, materials, feedback and all of the support necessary for each volunteer to make a positive, lifelong impact not just on a student, but on how that student will contribute to society throughout his or her life.

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, 2 twice a week for 10 weeks.

To learn more about ELF or to register to become a volunteer, visit us online at www.elfnb.com or call 1-855-898-2533

What is Mental Fitness?

The Department of Healthy and Inclusive Communities recently distributed copies of the 2014 Resource Calendar for Mental Fitness to schools across our region. The calendar has several suggestions on how we can build upon our own personal sense of competence, autonomy and relatedness as well as that of others. Mental fitness is defined as 'a sense of well-being (positive thoughts and feelings) experienced when our needs for competence (C), autonomy (A) and relatedness (R) are met.'

In the following excerpt from the calendar, we see how the importance of CAR relates to our school and classroom communities:

Competence: *The community recognizes the strengths and talents of the residents and uses these skills to accomplish common objectives. Residents feel valued and are proud of their accomplishments in the community.*

Autonomy: *The community listens to the residents and involves them in the process of decision-making. Residents support the decisions taken in the community.*

Relatedness: *Residents are proud to belong to their community; it is a place where they feel supported and encouraged. Residents support each other and nurture strong connections.*

Reference: www.gnb.ca/wellness

Winter Safety Week - January 19 - 25

Winter weather can be dangerous in several ways. The dropping temperatures and wind chills create climatic hazards, while the general indoor lethargy of winter can create health hazards due to overeating and less activity. Winter sports, holiday gifts and winter nutrition also present unique hazards that parents should be aware of in order to safeguard their children's health and well-being. With careful planning and supervision, however, children can enjoy the fun and freedom of playing indoors or outdoors on chilly winter days without substantial risk. Every year our grade 2 students are presented with winter safety information by the





IMPORTANT NOTICE TO ALL GRADE 2 PARENTS

Information Nights will be held, according to the following schedule, for parents of Grade 2 students entering Grade 3 in September 2014.

The information will be provided on two of the programs available at the Grade 3 level: English Prime and French Immersion – Grade 3 Program.

Parents/guardians are invited to attend the meeting for their school. If this is not convenient, please feel free to attend another meeting near you.

GRADE 3 INFORMATION MEETINGS 2014

Date	Time	Location	Target Schools	Snow Date
Tuesday Feb 11	7:00 P.M.	Sussex Middle School	AES NES SCES SES	Thursday Feb 13 at Sussex Middle School
Wednesday Feb 12	7:00 P.M.	Hampton Middle School	DATL HRES MCS BES	Thursday Feb 13 at Hampton Middle School
Monday Feb 17	7:00 P.M.	Kennebecasis Valley High School	LES QES FES KPES RES	Tuesday Feb 18 at Kennebecasis Valley High School



IMPORTANT NOTICE TO ALL GRADE 5 PARENTS

Information Nights will be held, according to the following schedule, for Grade 5 students and their parents entering Middle School in September 2014.

The information will be provided on two of the programs available at the Grade 6 level: English Prime Program and the Late French Immersion Program.

Parents/guardians are invited to attend the meeting for their school. If this is not convenient, please feel free to attend another meeting near you.

GRADE 6 INFORMATION MEETINGS 2014

Date	Time	Location	Target Schools	Snow Date
Monday Jan 27	7:00 P.M.	Rothesay High School	FES KPES RES LES QES	Monday Feb 3 at Rothesay High School
Tuesday Jan 28	7:00 P.M.	Sussex Middle School	AES NES SCES SES	Wednesday Jan 29 at Sussex Middle School
Monday Feb 10	7:00 P.M.	Hampton Middle School	HRES HES MCS BES	Tuesday Feb 11 at Hampton Middle School