



Promoting Academic Excellence and Personal Growth

Sussex Elementary School Family News

Jan. 16, 2015

<http://susselelementary.nb.ed.nb.ca>

PROGRAMS INFORMATION FOR ELEMENTARY ENTRY POINT



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 2015.

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.

HAMPTON EDUCATION CENTER				
Date	Time	Location	Target Schools	Snow Date
Wednesday, February 11	7:00 P.M.	Sussex Middle School	Apohequi Elem. Norton Elem. Sussex Corner Elem. Sussex Elem.	Thursday, February 12 at Sussex Middle School
Tuesday, February 17	7:00 P.M.	Hampton Middle School	Dr.A.T.Leatherbarrow Hammond River Macdonald Consolidated Belleisle Elem.	Thursday, February 19 at Hampton Middle School
Wednesday, February 18	7:00 P.M.	Kennebecasis Valley High School	Lakefield Elem. Quispamsis Elem. Fairvale Elem. Kennebecasis Park Rothsay Elem.	Tuesday, February 19 at Kennebecasis Valley High School

GRADE 3 INFORMATION MEETINGS 2015

Grade 5 students , who are not in early French immersion, will need to make a grade 6 program choice as well. Details of the grade 6 program information evening is on page 2.

SES Code of Conduct

I will be;

Responsible

Respectful

Reliable

Pink Shirt Day Feb. 25th

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.

Important Dates for your Calendar

Welcome to Kindergarten 2015 Session 1 @3:30pm	Jan. 21st
Welcome to Kindergarten 2015 Session 2 @5:30pm	Jan. 21st
Professional Learning Day - no school for students	Feb. 13th
Young Theatre New Brunswick	Feb. 16th

Sussex Elementary is a Nut and Peanut FREE School!

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Family Literacy Day—Tuesday Jan. 27th

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. Read a "wake up" story in the morning (after reading your bedtime story the night before).
2. Search online for fun places to go in your community. Pick out a spot for your next family day trip.
3. Make up a new recipe together and post it online.
4. Tell knock-knock jokes together while doing the dishes.
5. Create a story with your family: take turns writing one sentence at a time, then read the whole story aloud when you're done.
6. Write a review of a book you read together as a family. Send it to the author through email or snail mail.
7. Organize a book swap at your school or with your friends.
8. Track your trip to school, the park, and the grocery store on a map. Find a different route to take to each place.
9. Learn to play a musical instrument. What about the ukulele?
10. Write a note to include in a grown-up's lunch – ask them to write back!
11. Make a popsicle stick model with your family.
12. Write your names graffiti-style using chalk on your sidewalk – you may need to shovel first!
13. Play a board game together.
14. Look up the words to your favorite song online. Have a sing-off with your friends!
15. Count how many steps it takes to get from your bedroom to your kitchen. Find out who in your family has the most steps to a snack!

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

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

PROGRAMS INFORMATION FOR MIDDLE SCHOOL ENTRY POINT



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 2015. 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 2015

Hampton Education Center				
Date	Time	Location	Target Schools	Snow Date
Tuesday, February 3	7:00 P.M.	Rothsay High School	Fairvale Elem. Kennebecasis Park Elem. Rothsay Elem. Lakefield Elem. Quispamsis Elem.	Thursday, February 5 at Rothsay High School
Wednesday, February 4	7:00 P.M.	Sussex Middle School	Apoahqui Elem. Norton Elem. Sussex Corner Elem. Sussex Elem.	Thursday, February 5 at Sussex Middle School
Tuesday, February 10	7:00 P.M.	Hampton Middle School	Hammond River Hampton Elem. Macdonald Consolidated Belleisle Elem.	Thursday, February 12 at Hampton Middle School

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 NB Trauma Program.

School Skating Schedule

	9am – 9:45am	9:45am-10:30am	
Jan. 21 st	2Mu. & 2 Bu & 2Ba	2 Br. & 3McC	
Jan. 28 th	3Bo/3F/&3's from 3/4D	KR & KM	
Feb. 4 th	KD & KMc.	1Mac. & 1B	
Feb. 11 th	1/2M & 1H & 2Ba	2Mu./2Bu/2Br.	
Feb. 17 th	9am – 9:45am KR & KMu	9:45am-10:30am KD & KMc.	10:30am-11:15am 1H, 1B, 1Mac.
Feb. 25 th	9am – 10:00am 2Br. & 2Bu.	10am-11am 2Mu., 2Ba, 1/2Mo	

Cafeteria Menu for January 2015



Grade 2-5 Cafeteria Menu (December 1st to January 30th)

	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice Meal (\$4.50) with milk	Sweet & Sour Meatballs served with Rice and Vegetables	Chicken Snack Wrap served with Carrot Sticks and dip	Lasagna and Caesar Salad	BBQ Chicken Flatbread served with Tossed Salad	Spaghetti with meat sauce served with a garlic stick
Option 1	Garlic Fingers- \$2.50 Bowl of Rice \$2.50	Pizza Slice- \$2.50 Hamburger- \$2.50	Garlic Fingers-\$2.50 Pancakes-\$2.50 Caesar Salad- \$2.50	Pizza Slice- \$2.50 Baked Fries- \$2.50 Tossed Salad- \$2.50	Garlic Fingers - \$2.50 Perogies- \$2.50
Option 2	Cheese Burger- \$3.60	Nachos and Cheese- \$3.60	Chicken Burger- \$3.60	Cheese Burger 3.60	Chicken Burger \$3.60
	Each Meal costs \$4.50 Can pay with cash The meal can be purchased with a ticket or a meal card. 20.00 meal card available				
\$3.60 Ticket Item	There is at least one of these items available daily. One \$3.60 ticket will purchase one of the following: (Chicken Burger, Cheese Burger or meat sandwiches (ham, turkey or chicken salad))				
\$ 2.50 Ticket Items	There is at least one of these items available daily. One \$2.50 ticket will purchase one of the following: Hamburger,Pizza Slice, Garlic Fingers, Baked Fries, Pancakes, Grilled Cheese, Egg Salad Sandwich, Sm Tossed or Caesar Salad, Soup & Crackers.				
\$ 1.50 Ticket Items	Not all of these items will be available daily. The canned juice will be available daily. One \$1.50 ticket will purchase one of the following: Pudding Cup, Can of Apple Juice, Can of Orange Juice, Bottled Water				
\$ 1.00 Ticket Items	The juice box will be available daily, but not all other choices will be available daily. One \$1.00 ticket will purchase one of the following items; Juice Box, Muffin, Yogurt, Veggie Bags, Apple, Banana, Orange, 2-Low Fat Cookies				
\$ 0.50 Ticket Items	Milk will be available daily to ALL grade levels from Kindergarten to Grade 5. One .50 cent ticket will purchase one of the following items; Chocolate Milk, White Milk				
All products that are used by Chartwells are "better for you". We use low fat cheese, lean meats and burgers, lite dressings and enriched breads. These followed by healthy cooking methods create a healthier way to eat!					
The Following Items are available at recess break:					
Yogurt \$1.00, Fresh Fruit \$1.00, Muffins \$1.00, Veggie Bags \$1.00					

Kindergarten & Grade 1 Cafeteria Menu (December 1st to January 30th)

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Grilled Cheese- \$2.50	None	Pancakes- \$2.50	None	Garlic Fingers - \$2.50

THE NEW BRUNSWICK STUDENT WELLNESS SURVEY (NBSWS)

The NBSWS is a provincial initiative of the New Brunswick Department of Healthy and Inclusive Communities (HIC) in cooperation with the Department of Education and Early Childhood Development. Data collection and analysis is carried out by the New Brunswick Health Council (NBHC). The purpose of this survey is to examine the health and wellness attitudes and behaviours of students in kindergarten to grade 5 and of parents of students in kindergarten to grade 5.

Importance of Student Wellness to Academic Development

The Feedback Report provides a unique opportunity to reinforce the importance of healthy lifestyle behaviors to student learning. Current research provides evidence of positive associations among the key focus areas and measures of students' academic readiness, engagement and success. For example:

HEALTHY EATING

Eating breakfast every day can help improve concentration, and increase students' potential to learn (Wesnes, et al., 2012). Body mass is an important indicator of scholastic achievement, attendance, behavior and physical fitness (Shore, et al., 2008).

PHYSICAL ACTIVITY

Active and healthy students have increased levels of concentration, relaxation and focus. Participation in physical activity is positively related to academic performance in young people (Singh, A. et al., 2012).

TOBACCO-FREE LIVING

There is an association between tobacco use and low academic achievement and motivation in students; students who use tobacco tend to have lower academic grades than their peers (Morrison and Peterson, 2010). "*Adolescents who do well in school are less likely to smoke.*" There is an association between academic achievement and rates of smoking initiation (Morin, et al., 2012).

MENTAL FITNESS

The satisfaction of mental fitness needs (competence, relatedness and autonomy) in the educational context has been associated with a range of positive personal and academic outcomes, including enhanced academic self-esteem and engagement, increased scholastic confidence and performance, and decreased likelihood of dropping out of school (Morrison and Peterson, 2010).

Over the next few newsletters you will find results on these 4 categories as they pertain to Sussex Elementary School.

This newsletter focuses on the SES results from the Healthy Eating component of the survey. To view the entire survey results visit the SES website or click on the following link. Once on the website page scroll down to Important Links.

[NBSWS 2013-2014 for Sussex Elementary School](#)

On the following pages the component of Healthy Eating

HEALTHY EATING

Food Intake

The amount of vegetables and fruits children eat is an especially important marker. Children who eat fruits and vegetables five or more times a day are substantially less likely to be overweight or obese than those whose fruit and vegetable consumption is less frequent (Shields, 2006). Consuming an adequate amount of milk and milk products is also important. According to Canada's Food Guide, children in the age group 4-8 require two servings of milk per day, whereas children in the age group of 9-13 require three to four servings per day (Health Canada, 2011).

In addition, limiting food and beverages high in calories, fat, sugar and salt (sodium) is an important step toward better health and healthy body weight (Health Canada, 2011). Excessive regular consumption of non-nutritious beverages adversely affects the appropriate dietary balance of nutrients needed for optimal growth, development, body composition and health (Seifert, S.M., et al., 2009, Committee on Nutrition and the Council on Sports Medicine and Fitness, 2011).

Figure 1: KEY HEALTHY EATING INDICATORS THE DAY BEFORE THE SURVEY



Student response Grades 4-5

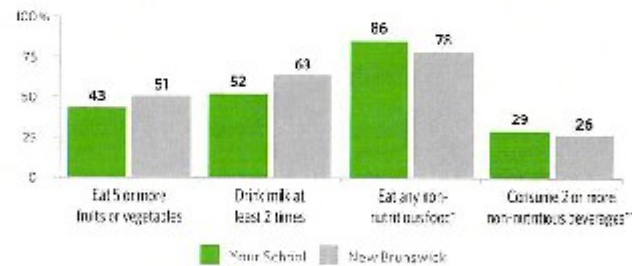
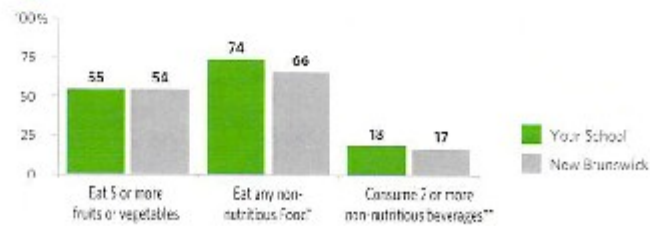


Figure 2: KEY HEALTHY EATING INDICATORS THE DAY BEFORE THE SURVEY



Parent response



* candy, sweets, chips or fries

** pop, flavored water, sport drinks, slushies, etc.



Student Response, Grades 4 and 5

As reported by students in grades 4 and 5 about themselves



Parent Response

As reported by parents of students in Kindergarten to Grade 5 about themselves



Parent Perspective

As reported by parents of students in Kindergarten to Grade 5 about their children

HEALTHY EATING

Figure 3: BREAKFAST EATING HABITS

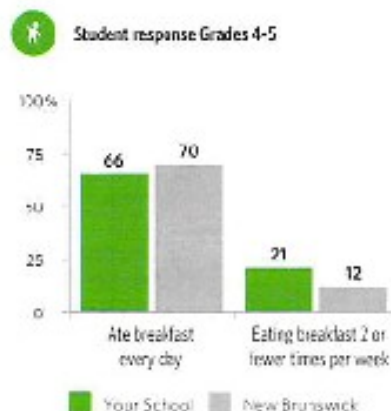


Figure 4: BREAKFAST EATING HABITS

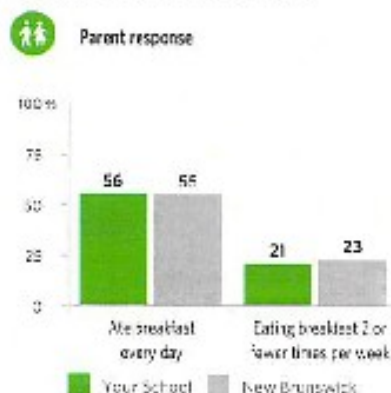
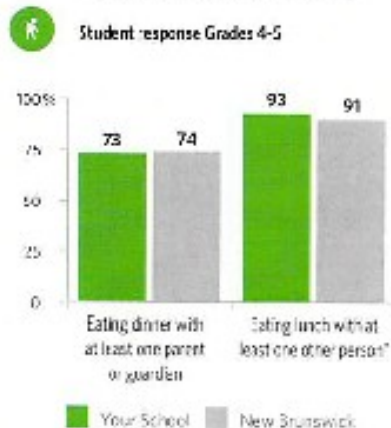


Figure 5: EATING MEALS WITH OTHERS (THE DAY BEFORE THE SURVEY)



* parent, sibling, relative, friend or others

Healthy Eating at Home

Healthy eating routines in both home and school settings play an important role in creating readiness for learning. For example, students who eat breakfast have improved memory, problem-solving skills and creative abilities (Health Canada, 2007).

Research has shown that those who eat a high-fiber cereal had the lowest body mass index (BMI), and those who skip breakfast had the highest BMI, and that eating breakfast can aid in weight loss or the prevention of weight gain. Eating breakfast tends to minimize impulsive snacking and overeating at other meals throughout the day. A healthy breakfast can provide the nutrients and energy needed to start the day with a combination of food groups (American Dietetic Association, 2010).

In New Brunswick, 70% of students in grades 4-5 ate breakfast every day in the week prior to the survey, while 12% ate breakfast only two times or less that week.

Social Relations Influence Healthy Eating

Family members influence students' eating routines and choices. Parents can play an important role in helping students develop healthy attitudes toward food through establishing consistent meal-time routines and modeling healthy food choices. Having meals together as a family can help to reinforce positive eating habits and provide opportunities for adults and children to talk about the day's events (Health Canada, 2011).

Eating family meals is linked with improved food choices and nutrient intake and healthier weights in children. Children and adolescents who frequently eat together with at least one other family member present have better food and nutrient intake (Dietitians of Canada, 2007). Eating the evening meal with the family is particularly important.

Television viewing during dinner may negate the positive effects of family meals. Children who eat in front of the TV have lower intake of vegetables and fruit and higher intake of fatty foods and soft drinks. Eating in front of the TV is linked to being overweight (Dietitians of Canada, 2007).

Twenty-two percent of the average trans-fat intake of Canadians is provided by foods consumed away from home, often in fast food restaurants and other food service environments (Health Canada, 2006). Strong and consistent evidence indicates that children and adults who eat fast food are at increased risk of weight gain, overweight and obesity. The strongest documented relationship between fast food and obesity is when one or more fast food meals are consumed per week (USDA, 2012). ■

Figure 6. **EATING MEALS WITH OTHERS
(THE DAY BEFORE THE SURVEY)**

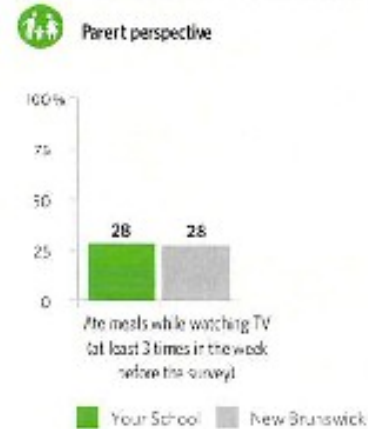


Figure 7. **FAMILY EATING HABITS
(THE WEEK BEFORE SURVEY)**

