



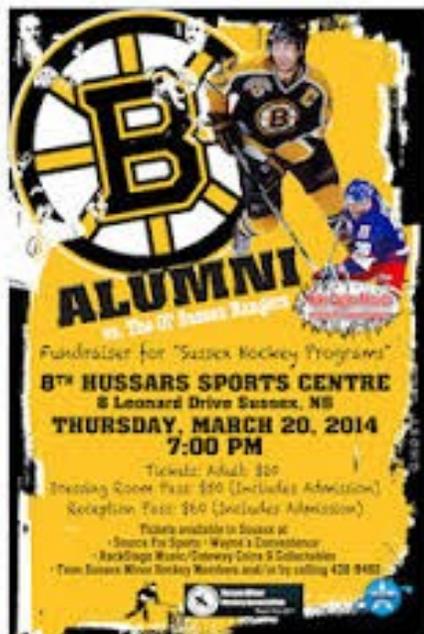
Promoting Academic Excellence and Personal Growth.

Sussex Elementary School Family News

Mar. 14, 2014

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

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



Don't forget the Boston Bruin Alumni are in town next Thursday, March 20th to play in a fun hockey game versus a local men's team! All proceeds from the event goes to the hockey programs in the Sussex area. SES has purchased 20 tickets and will be holding a trivia contest Monday and Tuesday with free tickets to the game as prizes. The alumni includes, Ray Bourque, who was one of the best defenseman to play the game. Tickets can be purchased from any family who has children in a hockey program and the cost per ticket is \$20. Tickets are also available at Sussex Source for Sports and Backstage Music.

On Friday March 21st a couple of alumni will visit SES around recess time for an assembly in the gym. Make sure you wear your favorite jersey to school.

SES Code of Conduct

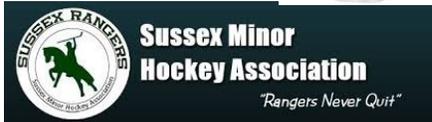
- > I will be responsible!
- > I will be respectful!
- > I will make good choices!
- > I will be prepared!
- > I will do my best!

The 2nd term report cards will be sent out on Monday March 24th. Our parent teacher evening on March 27th and the morning of March 28th will be structured in a student-led format. Specific times will be provided by your child's homeroom teacher.

Parents, be sure to check the lost and found when you are in for parent/teacher. All items will be sent to charity at the end of March.

We welcome donations of used books at any time. Our next used book sale will be in June. Feel free to drop some off when you are in for student-led conferences. Thank You!

Friday March 21st will be "Jersey Day at SES"



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Important Dates of Upcoming Events

Boston Bruins Alumni Game	Mar. 20th
Report Cards go home	Mar. 24th
Skating (KR, KM, KMcd, 1G, 1D)	Mar. 26
Student Led Parent Teacher Evening and Morning	Mar. 27/28

SES Snack of the Week Program

Although the program will be setup the same as the “snack of the week” initiative that we ran before Christmas, the reward component will be based on class participation. The class with the highest participation percentage will receive a complete day of healthy eating. Recess snacks will be fruit trays and juice. Lunch will include a sub or pizza lunch (class choice) served with milk or juice.

Each day classes will submit the snack totals for the class to the office and these numbers will be calculated into percentages. The standings will be posted at the end of each week and reviewed on the Monday AM announcements. An example of a class participating would be;

21 students in class A. During the first week (5 days in total) of the program the students bring the snack of the week with the following ratios;

Monday -	12 of 21 students bring the snack of the week. 57%
Tuesday -	15 of 21 students bring the snack of the week. 71%
Wednesday -	14 out of 19 bring the snack of the week. (2 absent) 74%
Thursday -	17 out of 20 bring the snack of the week. (1 absent) 85%
Friday -	13 out of 17 bring the snack of the week. (4 absent) 77%

Average participation rate at the end of week 1 = 72.8%

Week 1 (March 10-14) - Grapes

Week 3 (March 24-28) - Carrots

Week 5 (Apr. 7-11) - Apples

Week 7 (Apr. 21-25) - Grapes or bananas

Week 2 (March 17-21) - Bananas

Week 4 (March 31-Apr. 4) - Cucumber

Week 6 (Apr. 14-18) - Celery

Week 8 (Apr. 28—May 2) - Carrots

Thank you to all the parents for your support of this healthy eating initiative. Before Christmas this was a wonderful program. Hoping your continued support will make it even better!

We Can Make a Difference!!!!!! Wednesday March 26th

Sussex Elementary students and staff will be participating in a solidarity of silence. Everybody is encouraged donate a dollar if the teacher agrees to the task. Here are the times to be silent.

Kidergarten-10 minutes

Grade 1-20 minutes

Grade 2-30 minutes

Grade 3-40 minutes

Grade 4-2 hours

Grade 5-All day

You can talk at recesses!

Craig Keilburger was 12 when he decided he wanted to make a difference. He saw in the newspaper that there was a kid who got sold for 16 dollars and worked in a rug factory. One day he escaped and went to a nearby villages to tell his story. When he went to school he always finished by holding a pencil in one hand and a tool in the other and said “everyone should have the right to learn, no kid should have to work”.

Craig Keilburger decided to get other kids involved and they decided to call their group the group of 12 twelve year olds. That worked until one of them had their 13th birthday so then they named the group Free The Children. A couple of months later Craig asked his parents if he could go to India. He went to India and was worried for the children because of child labour.

Now Craig Keilburger is continuing his organization and for more information on Craig Keilburger and how to help free the children click here: [Free The Children](#).

Thanks to Maggie Melvin and Emma Hourihan for organizing this event.

SES

Home & School

seshomeandschool@gmail.com

March

2014

LAST CHANCE!

Sussex Co-op 50/50 draw—\$1

Each time you shop at the new Sussex Co-op, ask to play the 50/50. Until March 22, they are generously donating all proceeds to the SES Home & School. **It's a WIN WIN!**

Don't forget!

Norrads Recycling Center

There is an account set up for SES at the recycling center. When you return your recyclables, let them know you would like to donate the refund to SES Home & School.

What an easy way to support your school!

Join SES Home & School

We meet on the third
Tuesday each month at 6:30
in the school library
All are welcome!



Find us on facebook!
Sussex Elementary Home & School

Why do we fundraise?

- Playground Equipment
- Educational presentations & special speakers
- Field trips & outings
- Books, Electronics (Smart Boards)
- Theatre NB productions & other acts
- Christmas Dinner for teachers and staff with movie & popcorn for students
- Teacher Appreciation Week

**We thank you for your
past and continued
support!**

ANGRY KIDS & STRESSED OUT PARENTS



FOR IMMEDIATE RELEASE



@BountifulFilms

#angrykidsdoc



Bountiful Films on Facebook



CBC's Doc Zone Page for
ANGRY KIDS &
STRESSED OUT
PARENTS



www.bountiful.ca

How to Stop Crime, Save Billions, & Raise Happier, Healthier Children

Premieres on CBC Television Doc Zone
Thursday, March 27 at 9 pm (9:30 pm NT)
Repeats Saturday, March 29 at 11 pm ET (8 pm PT)
on CBC News Network.

Watch Trailer here: <http://youtu.be/l-BZNSAyNk8>

Angry Kids & Stressed Out Parents follows children and parents enrolled in groundbreaking early childhood interventions. These programs work with parents and kids to help children master the skills they need to do well in life, like self-control and self-regulation. From middle-class kids to children of poverty, we witness young lives transformed, social problems solved, and billions of taxpayer dollars saved.



Grade 2-5 Cafeteria Menu 2013-2014 (March 10th to April 4th)

	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice Meal (\$4.50)	BBQ Chicken Flatbread served with tossed salad or Grilled Cheese Sandwich with tossed	Slice of Pizza served with a Caesar Salad	Hot Turkey Sandwich served with mashed potatoes and vegetables	Chicken Fingers and Baked Fries	Spaghetti with meat sauce served with garlic stick
Option 1	Garlic Fingers - \$2.50 Hamburger \$2.50	Pizza Slice- \$2.50	Garlic Fingers-\$2.50	Pizza Slice - \$2.50 Baked Fries - \$2.50	Garlic Fingers - \$2.50 Grilled Cheese- \$2.50
Option 2	Nachos and Cheese \$3.00 Tossed Salad \$3.00	Caesar Salad \$3.00	Chicken Snack Wrap - \$3.00	Cheeseburger - \$3.00	Chickenburger \$3.00
Healthy Choice Meal \$4.50 Ticket	Each meal costs \$4.50. This does not include a drink. The meal can be purchased with a ticket or a meal card.				
\$3.00 Ticket Items	There is at least one of these items available daily. One \$3 dollar ticket will purchase one of the following: (Chicken Burger, Cheeseburger, Chicken Snack Wrap, Tossed Salad, Caesar Salad, Meat Sandwiches(ham, turkey, roast beef, 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: Pizza Slice, Garlic Fingers, Baked Fries, Pancakes, Grilled Cheese, Hamburger, Beef or Chicken Taco, Soup&Crackers, Egg Sandwich				
\$ 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 the recess break: Muffins-\$1.00 Yogurt- \$1.00 Fresh Fruit-\$1.00					

Kindergarten & Grade 1 Cafeteria Menu 2013-2014 (March 10th to April 4th)

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

BIKE RODEO

Sussex RCMP Detachment in conjunction with the Town of Sussex

Are hosting an annual bike rodeo for children of all ages

At the

8th Hussars Sports Center

(8 Leonard Drive, Sussex, NB)

On Saturday, the 26th of April, 2014 starting at 10:00 AM

All participants will be entered to win a new bicycle

Other prizes available to be won

FREE ADMISSION



To register please call A/Cst. Mark Wright at (506) 435-4883 by April 19th, 2014.

**"ANXIETY IN ADOLESCENCE"
HOW TO RECOGNIZE-HOW TO HELP
FOR PARENTS & CAREGIVERS**

Where: Sussex Middle School Cafeteria

When: Thursday March 20th @ 5:30pm

To Register:

Call 432-2065 Or email: Pamela.Drury@nbed.nb.ca

Do you recognize any of these signs in your child?

- Refusing to go to school
- Calling often to go home
- Frequent stomachaches
- Other physical complaints
- Not wanting to leave home
- Trouble sleeping/nightmares
- Avoidance of social situations
- Fears about safety of family
- Worry that something bad will happen
- Fears interfere with normal daily functioning