



STUDENT FEES

Student fees were due on September 28. Student fees cover all of the school supplies that your child will need throughout the 2018-2019 school year. Each student will also need a book bag, lunch box, water bottle, and indoor footwear (these items are not included with the student fee). Please send payment as soon as possible.

Kindergarten Student Fee = \$60.00
Grade 1-5 Student Fee = \$50.00



K-5 FIELD TRIP TO RIVERVIEW ORCHARD

KCS students will travel by bus to Riverview Orchard on Thursday, October 4. They will have the opportunity to pick apples, go on a wagon ride, and enjoy the corn maze. KCS will be covering the cost for all students. Please ensure your child is dressed appropriately for the weather.

SCHOOL PICTURES

Harvey Studios will be at KCS to take school pictures on Friday, October 5. If your child is not able to attend school on that date, please let the office know. We will notify you of a picture re-take day if necessary.

You Are Invited!

Fall Fest

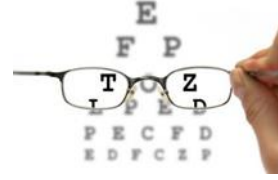
Friday, October 26
6:00pm-8:00pm

- *Glow-in-the-Dark Dance Party
- *Jack-o-Lantern Festivities
- *Make Your Own Slime Station
- *Costumes
- *Bonfire
- *Food



POP CAN TABS

The grade 4/5 class is collecting pop can tabs. Please save your tabs and send them to Mme Mazerolle.



Seeing All that Life Has to Offer!

One of our most important senses is sight. Having good eyesight contributes to our overall sense of well-being and is an important factor in achieving success at work, home, and school.

Tips for good eye health:

Eat a healthy, well-balanced diet. Eating a diet rich in antioxidants and Vitamin C (i.e. fruits, nuts, and vegetables) contributes to good eye health.

Get regular eye exams. Eye examinations are recommended every two years; sooner if any vision changes are noticed or if there is an injury to the eye(s).

Limit screen time. Screen time is hard on the eyes. For better eye health, limit screen time to less than 2 hours per day.

Take 20. Take a 20 second "eye break" from your computer screen by focusing on something 20 feet away every 20 minutes.

Exercise Regularly. Exercise improves blood circulation and oxygen flow to the eyes. For good eye health, exercise at least 60 minutes a day.

Get enough sleep. Getting adequate amounts of sleep at night maintains eye health. Health Canada recommends 9-11 hours of sleep at night for children ages 5-13 and 8-10 hours of sleep for youth 14-17.

Protect your eyes. Wear protective eyewear when doing at-risk activities. Wear sunglasses to protect eyes from the sun's harmful ultraviolet rays. When purchasing sunglasses, look for lenses that block out 99-100% of both UVA and UVB radiation.

For some families, lack of insurance can be a barrier to obtaining an early eye exam for their children. For those who lack private insurance coverage, there is a provincial dental and vision plan for children (18 years of age and younger) of lower-income families called the "Healthy Smiles, Clear Vision" program. Eligibility for the program is based on several criteria, including a limited family net income. To apply, families can download the application form at www.gnb.ca/socialdevelopment. For families who do not fit the financial eligibility criteria of the program, and are unable to afford vision exams for their children, please contact your school's *Healthy Learners in School Program* nurse.

Adapted from the Canadian Association of Optometrists
(<https://opto.ca/health-library/six-tips-for-good-eye-health>)

Healthy Learners in School Program ASD-W

Address:

3188 Woodstock Road
Fredericton, E3C 1K9

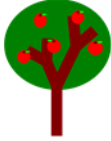




Office:

Phone: (506) 453-5414
Fax: (506) 457-7831

Website:

<http://web1.nbed.nb.ca/sites/ASD-W/Kingsclear/Pages/default.aspx>

OCTOBER 2018

| SATURDAY/ SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---------|--|--|---|
| | 1 | 2 | 3 Gr. 3-5 Cross Country Meet at New Maryland Elementary School 1:15pm-2:15pm | 4 K-5 Field Trip to Riverview Orchard  | 5 School Pictures  |
| 6/7  | 8 No School | 9 | 10 Gr. 3-5 Cross Country Districts at Nashwaaksis Middle School 1:15pm-2:15pm | 11 | 12 |
| 2019-2020 Kindergarten Registration | | | | | |
| Fire Safety Week | | | | | |
| 13/14 | 15 | 16 | 17 | 18 DEC Report at Fredericton High School 6:30pm | 19 |
| Safe Schools Week | | | | | |
| 20/21 | 22 P4K Meeting 6:00pm PSSC Meeting 7:00pm | 23 | 24 | 25 | 26 KCS Fall Fest 6:00pm-8:00pm  |
| 27/28 | 29 | 30 | 31 Wacky Wellness Wednesday: Wear Halloween Colours! \$1.00 per Student |  | |

FUN FACT
A blue whale's heart can weigh as much as an automobile! Wow!

WHAT'S UP!?

PARENTS FOR KINGSCLEAR (P4K)

Mark your calendars and invite a friend to KCS' **Fall Fest** on **Friday, October 26**, from **6:00pm-8:00pm**. There will be a glow-in-the-dark dance party, jack-o-lantern festivities, a make your own slime station, bonfire, food, and more! You can even dress-up and have your photo taken with your favourite princess or megazord!

Can you lend a hand to help make this KCS' fundraising event of the season? If so, please e-mail Heidi at Heidi.Billington@gmail.com.

P4K will meet on Monday, October 22, from 6:00pm-7:00pm to finalize details for Fall Fest 2018. Everyone is welcome!

PSSC

We need your help! On **October 18**, the District Education Council (DEC) will hold the next vote on the sustainability of KCS. The last two votes have been deferred because other local schools are full and there has been no decision to build a new school in Hanwell. We believe in the sustainability of our school. Please plan to attend this meeting to show your support as we give our latest updates before the DEC votes. The meeting will be held at **6:30pm** at the **Fredericton Education Centre** (1135 Prospect Street – attached to FHS) on **October 18**. Please wear school colours (**blue** and **red**)! We will share more information on the background of the study in the coming weeks.



Follow us on Facebook for information and updates!

https://www.facebook.com/KCS_PSSCP4K/

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