



McADAM ELEMENTARY SCHOOL

Respect Yourself And Respect Others

MONTH: October 2017



WAY TO GO MES YOU RAISED \$140.00
FOR THE Terry Fox Run!

Registration for Kindergarten for the 2018-2019 School Year is October 10-13th: Daily 11:30 – 3:00PM

ENROLL NOW!

If you have a child who will turn five between now and December 31, 2018, it's time to register him/her for kindergarten!

Don't forget parents of Pre-K to bring:

- 1. Proof of Age:** Birth Certificate
- 2. Immunization:** Immunizations are required for school entry. This includes the 4 year old booster.

Questions?

Call Public Health in Fredericton and lower valley at 453-5200 and in Woodstock and Upper valley at 1-888-829-6444.

NB Routine Immunization Schedule

New Brunswick has a policy concerning required immunizations to attend school.

Policy 706: Proof of Immunization LINK:

<http://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/policies-politiques/e/706A.pdf>

HALLOWEEN SAFETY TIPS

- Place strips of reflective tape on the back and front of costumes, so that drivers can better see your child.
- Dress your child for the weather. Add layers if needed.
- Put your child's name, address and phone number on his/her costume.
- Do not use masks. Masks make it hard for children to see what's around them, including cars.

"Breakfast" Our Brain Food

Breakfast has been proven to be **one of the most important meals of the day**. Children who start their day with a full belly will be hungry to learn and not hungry for food. As families prepare for the return to school, it's important to get back into the routine of having a **healthy well balanced breakfast**. Try to include 3 out of the 4 food groups in your breakfast. This could be a slice of whole grain toast, piece of cheese and fruit or quick oatmeal with berries and yogurt.

Tips to Help Your Child Sleep Well

- Sleep Schedule.** Bedtime and wake-up time should be about the same time every day.
- Bedtime Routine.** Have a 20 to 30-minute bedtime routine that is the same every night.
- Bedroom.** Comfortable, quiet, and dark.
- Snack.** A light snack (such as milk and low-fat cheese) before bed is a good idea.
- Screen Time.** Keep the television out of the bedroom (TV, computer game playing, and other stimulating activities at bedtime can cause sleep problems). Limit cell phone use before bed. Cell phones should be turned off and not in the bedroom at bedtime.
- Caffeine.** Your child should avoid caffeine for at least 6 to 8 hours before bedtime. Caffeine can be found in many types of soda, coffee, iced tea, and chocolate.
- Evening Activities.** The hour before bed should be a quiet time.
- Naps.** Very long naps or too many naps should be avoided (can affect nighttime sleeping).
- Set Limits.** Be clear on what time lights are off and how many stories you will read.

Anglophone West School District Healthy Learners Program



Address:

29 Rose Street McAdam, NB, E6J 1Z1

Office Phone

506 784-6808

Website:

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

October 2017

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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			OCTOBER 10- 13TH Registration for Kindergarten Students for the 2018-2019 School Year 11:30 PM – 3:00 PM Please bring <ul style="list-style-type: none"> • Child's Birth Certificate • Child's Immunization Record 				
1 	SAFE ARRIVAL Please remember to call the school at 784-6808 if your child will be absent or running late		4 Progress Report Checklist	5 Cross Country at McAdam Campground 9:55AM	6 QSP KICK-OFF! Magazine & Gift Fundraiser! Progress Report To Be Returned To School	7 	
8 	9 NO SCHOOL <i>Happy Thanksgiving</i> 	REGISTRATION FOR KINDERGARTEN Oct 10-13th 11:30 – 3:00 PM If you have a child who will turn five between now and December 31, 2018, it's time to register him/her for Kindergarten!				14 	
15 	16 	17 PSSC MEETING 6:00PM @ MES	18 Volunteer Fire Dept. Presents Fire Safety	19	20 RCMP Internet Safety QSP ENDS All Envelopes To Be Returned	21 	
Safe School Week : October 16th - 20th							
22	23	24 PL Early Dismissal K-2-11AM 3-5: Noon	25 IMPORTANT! MILK MONEY @ 40 cents each WILL NOW BE COLLECTED EVERY THURSDAY MORNING	26	27 RCMP Halloween Safety!	28 	
29 	30 Picture Retakes! 	31 Happy Halloween 		HALLOWEEN RIDDLE! Q. Where Do Baby Ghosts Go During The Day? A. DayScare Centers!			

UPCOMING EVENTS NOVEMBER:

- November – MES Remembrance Day Service Date TBD
- November 6 – Bone Health @ 10:30 AM Grade 3/4
- November 13 – Remembrance Day (no school)
- November 20 – K-12 Report Cards Issued

November 23 – Scheduled Parent/Teacher Evening appointments

- November 24 – Parent/Teacher Scheduled Interviews and 1/2 Day Professional Learning – (no school for students)

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