



Nashwaaksis
Memorial School
Fredericton, NB

October, 2019

Nashwaaksis Memorial Newsletter

The cold weather is upon us!

Parents/Guardians/Students,
The weather is starting to get colder and colder. Please ensure that your child comes to school with a jacket and something to cover their ears and hands on extra cold mornings/days.

Healthy snacks

We encourage healthy habits in our school and ask that all parents/guardians keep this in mind when sending in snacks/lunches with their children. If you have not seen the latest 'Canada's Food Guide', have a look at the link for some great directives on foods with high nutritional value... <https://food-guide.canada.ca/en/>



School Safety Week

Your children's safety is our top priority. As such, the week of October 21st-25th, we will be practicing a variety of school wide safety drills to ensure all students and staff are familiar with procedures in the event of an emergency.

These include: fire drills, bus evacuations, school lockdowns, and school evacuations.

Nutrition Donations

We have a variety of snacks for students available in our office. We also have some food for those students who have been unable to eat breakfast. Our school does have a nutrition fund however if anyone is willing and able to donate food and/or gift cards to our program it would be greatly appreciated by the children and staff. Some suggestions of things that you could donate include: Fresh fruit, fruit cups, applesauce cups, peanut free breakfast bars, nutria-grain bars, cereal (chex, shreddies, cherios, alphabets, etc.), cheese and crackers, yogurt tubes, yogurt, raisin boxes, and sandwich baggies.

Celebration Pictures

As we enter our 2nd month of the school year, NMS would like to acknowledge the wonderful accomplishments our students have made outside of school hours by asking families to send pictures to us! These types of accomplishments/special moments could range from extra-curriculars (Hockey, lacrosse, piano recital, gymnastics) to accomplishments at home (reading a book, a new pet, working on a project, volunteer work, etc.).

At NMS we know our students continue to excel beyond the school walls and we want to acknowledge this!

Twitter followers can tweet us @MemorialNasis with the hashtag #nashmoreroar or email alex.yaychuk@nbed.nb.ca

Community Partnerships

We at NMS are proud to work with outside groups all in the hopes of enhancing the learning experience for our students.

This month, our friends at York Care Centre and Northside Rotary will begin serving a hot breakfast meal to a different grade level every 3 weeks until the end of the school year!

ELF (Early Literacy Foundation) also starts this month with volunteers reading with some of our grade 2 students after school on Tuesdays and Thursdays!

Lice Prevention

To reduce the chance of you or your child contracting a case of head lice, start by not sharing items that touch the head. Doing so can lead to the spread of head lice. Avoid sharing:

- Combs/brushes
- Hair clips/accessories
- Hats/bike helmets
- Scarves/coats
- Towels

We encourage you to discuss preventative measures with your children.

Reminders to Parents/Guardians

- Have a look at our brand new Parent Handbook under the 'documents' section on the front page.
- We are a nut free school due to several allergies in our school. If your child brings food with 'Wow' butter on it, please label it to avoid confusion. Nutella is also not permitted in our school.
- Hot lunch forms go home Oct. 3 and are due on the 10th
- Milk forms go home Oct. 21 and are due on the 28th
- Follow us on twitter @MemorialNasis



Last Month's Highlights

Our students welcomed Dan Doiron into the building for some songs in anticipation of Harvest Jazz and Blues! Dan taught us that we all have the ability to make music and enjoy it together (see picture below).

Our school participated in 2 planned fire drills and our students showed wonderful behaviors that exhibited safety.

Terry Fox Day was another huge success. We raised over \$500 which surpassed our goal. All proceeds go to Cancer research. Thank you to all who contributed!

'Becca told me to' day was celebrated with students expressing a variety of acts of kindness.

Upcoming Events

Crazy Hair Day

Friday, October 11

Thanksgiving – No School

Monday, October 14

Picture re-take Day

Monday, October 21

Halloween Howl

Wednesday, October 23rd – 5:30pm-7:00pm – Come dressed up and ready to have a **GHOULISH TIME!** \$5.00 charge per person over the age of 4.

Orange & Black Day (Halloween!)

Thursday, October 31st – Students can wear these colors. No costumes are permitted due to school safety concerns.

Nashmore Roars go out to...

Mrs. Deponte for organizing our Terry Fox Assembly and collecting donations!

Mrs. Thibodeau, Mrs. O'Keefe, and Mr. Moore for practicing with our Cross Country team every week on the school playground! 2 more Wednesday meets remain for our team. Good luck everyone!