

January NEWSLETTER

Bath Elementary School
112 School Street, Bath, NB E7J 1C4
Phone: 278-6003 Fax: 278-6005
bes.nbed.nb.ca
Principal – Lisa McBrine

IMPORTANT DATES:

Jan 27	Family Literacy Day
Jan 28(Change)	PSSC Meeting – 5:30pm
Feb. 2-6	Report Card Week
Feb 12	Bath Middle School Sustainability Meeting @ 6:30 at BMS
Feb 13	Professional Learning/Parent Teacher (no school for students)
Feb 24/25/26	Skating at Northern Carleton Civic Centre (hockey/ski helmets are required)
Feb 25/26/27	Winter Carnival (more details to follow)
Feb 25	Pink Shirt Day
March Break	March 2-6

SKATING

Part of our Physical Education program is an ice-skating component. We will be going to the Northern Carleton Civic Centre on the mornings of February 24, 25, & 26th. Please ensure your child has skates and a helmet. **It is now regulation/law that students 18 and younger are required to wear an actual hockey or skiing helmet (bike helmets are not eligible).** The school has several pairs of skates if your child needs to borrow them and the arena has some helmets. **Please contact your child's teacher prior to these dates in order to make arrangements.** Primary students will be skating from 9:15 – 10:15 AM, each day, and the elementary students from 10:15 – 11:15 AM.

WINTER CLOTHING

As part of the daily routine, all students have an outdoor morning and lunch recess. Most of the students do come dressed appropriately for the cooler temperatures, and we do encourage all students to wear ski pants. As well, our bus drivers have asked that during these cold winter days that children waiting for the buses wear their ski pants. The buses are cold in the mornings, so please dress appropriately.



PINK SHIRT DAY

February 25th is designated Pink Shirt Day to bring attention to Anti-bullying. Wear PINK in support on February 25th!



STAFF CHANGES:

We would like to welcome new staff member, Nicole Carpenter who will be teaching Ms. McCarthy's Grade 5M, while she is on maternity leave. Mrs. Penny Giberson will remain with us as our part time Phys. Ed teacher. Best wishes to Mrs. Munro as she goes to Meduxnekeag Consolidated School. As well, we welcome back Mrs. Jackie Brennan and Mrs. Sarah McCarthy ☺

SCHOOL CLOSURES:

In the event of a storm, please listen to your radio station for notice of school cancellations. You may also call 1-888-388-4455 or 506-453-5454 anytime after 6:00 AM, or check the District's website for updates at www.asd-w.nbed.nb.ca

DRAMA

This year's play is **GOAL! "The Beautiful Game" of Football....er..Soccer.** Practice will be every Wednesday after school from 3-4pm unless otherwise noted. The Drama Festival is scheduled for March 25 & 26th in Woodstock. We will also be presenting at BES an evening (details to follow). We are in need of anything soccer; jerseys, soccer net(s), paraphernalia, etc.

FAMILY LITERACY

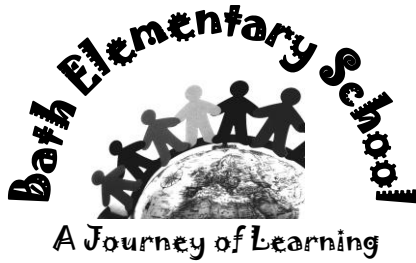
January 27th is Family Literacy Day. The entrance of the school has a display which provides parents with helpful hints for supporting their child in becoming great readers. As well, the Andrew and Laura McCain library have a number of activities scheduled for families and if this is of interest to you, we encourage you to visit their website for more details.

FRENCH IMMERSION

Planning for the parent information meetings is well under way and the goal is to have the meetings in February. Once the date is confirmed, information will be sent home to parents of children in grades two and five.

TECHNOLOGY

We would like to thank everyone for their kind donations of \$223.75 at the Christmas Concert in support of our technology goal. We are pleased to inform you that Bath Elementary School has met the 2nd phase of our plan with an additional ten new iPads soon arriving, bringing our total to 20!



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FLORENCEVILLE RECREATION DEPARTMENT

Learn to Skate: For children ages 4-8, starting Wednesday, January 14, Cost \$30, Time 4:15-5:00pm, 6 week program.


Adult Introductory Photography Course: Starting Monday, January 26, Cost \$95, Time 7-8:30pm at the NCCC, 6 week course.


For more information contact the Florenceville-Bristol Recreation Department @ 392-6763 Ext. 211.


A New Year's Resolution: Mental Fitness


Many of us focus on making changes with the start of the New Year. How about a resolution to improve your mental fitness? Mental fitness (positive mental health) is the capacity to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face. Every one of us has the need to: be recognized for our strengths and good qualities (competency), feel that we belong (relatedness) and make choices (autonomy). (Deci and Ryan, 2007).


If this is something you might consider, below are some stages that you will go through in making a change and some ideas to help you along.....

 Step 1- If you're not thinking about changing anything right now, here are some helpful ideas: do some research and reading about mental fitness, make a list of all the things that would be positive if you improved your mental fitness, ask yourself what it means to you if your present state of mental fitness stays the same?

 Step 2- Thinking about changing? Start by pondering the positive things that mental fitness can do for you. This stage may last for a few weeks or months.

 Step 3- Get ready to start the new behavior. Pick a date to start one new activity that will increase your mental fitness. Consider the changes that you will need to make and plan how you will fit it into your schedule. Get necessary supplies if needed.

 Step 4- Take action for the change that you have planned. Example: Make connection with an old friend that you have lost touch with, learn a new activity or allot more time to a hobby or passion that you have, make some choices based on your own needs that will be positive for you.

 Step 5- Maintaining the changed behavior for 6 months or more helps it to become part of your normal life routine.

(Applying the Stages of Change Theory, Peterborough County-City Health Unit)

If you come upon some difficulty, take a detailed look at your plan;

- Do you have the knowledge you need to help you make the change?
- Are there supports or services that can help you?
- Do you have the emotional support and encouragement from your family and friends?
- Does your physical environment help or hinder with the change?

Alter your plan accordingly.

Anglophone West School District
Woodstock Education Center