

Good Evening,

**This is Mrs. McIntosh and it is Monday, March 9, 2020**

Hot Lunch Menu for tomorrow is Whole Wheat Waffles, Turkey Bacon, Salad Bar/Fruit and Milk. Cost if \$5.00. Salad Bar is available for a student price of \$2.50 and well as a Fresh Fruit Cup for \$1.00.

Activities taking place tomorrow are: 2:45–4:00 p.m. Gr. 3-6 Drama Practice; 7:00-8:30 p.m. Bantam Girls Basketball.

There will be an Open Gym for Middle School Boys Volleyball this Wednesday, March 11<sup>th</sup> and Friday, March 13<sup>th</sup> from 3:00-4:30 p.m. for any boys in Grades 6-8 interested in playing Volleyball.

Just a reminder that the deadline for yearbook orders and money is tomorrow.

On Monday, March 16th students who are involved in Partners for Youth will be going snowshoeing on the Meduxnekeag Trails in Woodstock. This is the make-up date for our Feb. 10<sup>th</sup> trip that was cancelled. The bus will be leaving CCS at 9:00 and will be returning to the school around 1:00. A student permission slip has been sent home with students with more details.

March is Nutrition Month. This year's theme is "More than Food: How you Eat is Important Too". New Brunswick Public health Dietitians encourage you to cook more often, enjoy your food and eat with others. Enter a contest for a chance to win a grocery gift card. Simply take a photo during the Month of March of you cooking or eating healthy food with others and share it using: #NutritionMonthNB2020. Winner will be drawn April 10<sup>th</sup>. For ideas go to [Canada.ca/FoodGuide](http://Canada.ca/FoodGuide).

Thank you and Have a Great Evening!

Mrs. McIntosh

CCS Website

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

School Closures

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