

# Hartland Community School News

hhs.nbed.nb.ca

March 2016

**MOTTO: From Believing to Achieving**  
**VISION: Empowering Our Students to Enrich Our World**



## Student of the Month January 2016

Kindergarten	Joel Trecartin
Grade One	Jordan Gallagher
Grade Two	Madeline Kee
Grade Three	Jade Acheson
Grade Four	Alex Merrithew
Grade Five	Owen Nason
Grade Six	Bryan Green
Grade Seven	Keeley Bunting
Grade Eight	Elijah Rich
Grade Nine	Laurel Allison
Grade Ten	Alisha Clifford-Bourgoin
Grade Eleven	Debra Lynn Carvalho
Grade Twelve	Jessica Culberson

## Student of the Month February 2016

Kindergarten	Noah Bubar
Grade One	Tess Green
Grade Two	Tovey Rideout
Grade Three	Evan Everett
Grade Four	J.P. Shaw
Grade Five	Layne Ross
Grade Six	Toren Cullins
Grade Seven	Rebekah Rich
Grade Eight	Madelyn Pelkey
Grade Nine	Owen Nancekievill
Grade Ten	Craig DeMerchant
Grade Eleven	Aspen Murray
Grade Twelve	Mariah Morley

### We Act

The members of Hartland Community School's *We Act Club* would like to thank all students and staff who contributed to our most recent fundraiser by purchasing one (or more!) Rafiki bracelet(s). In total, We Act sold 161 bracelets; 100% of the \$1610.00 raised will help support both the Kenyan artisans who make the bracelets and "Free the Children" communities. Your generosity is greatly appreciated!

### Report Cards

K-8 report cards will be sent home on March 24<sup>th</sup>.

Parent/Teacher interviews will be held for K-8's between 5 -7 pm and for Grades 9-12 from 6-8 pm. on Thursday, April 7<sup>th</sup>.

Parent/Teacher interviews will also be held from 8:30am - 11:30am on Friday April 8<sup>th</sup>.

\*Parents of K- 5 students will be receiving more information at a later date regarding interview times.

### No classes for students April 8th

**There will be no classes for students on April 8<sup>th</sup>** due to Parent/Teacher interviews in the morning and PD sessions in the afternoon.

### Staff Appreciation "Thank You"

The staff of Hartland Community School would like to send a big "thank you" to the PSSC, Campus Fire Group, Hartland Ministerial Association, our school administration and student council, as well as all other members of the community who expressed their gratitude during "Staff Appreciation Week." Thank you so much!

### Scholarships

A listing of February scholarships can be found on the bulletin board in the Guidance Area. Grade 12 students are strongly encouraged to pick up a copy as soon as possible and to visit the bulletin board regularly for other post-secondary information.

### Please note:

Parents and students may access the District website below for a full list of scholarships available to students.

<http://web1.nbed.nb.ca/sites/ASDW/scholarships/Pages/default.aspx>



### Elementary Drama

HCS Elementary Drama Club will be performing

at the Drama Festival to be held at WHS theatre on Wednesday March 23, 2016 at 1:30pm.

The HCS Elementary Drama Club will be presenting "The Little Mermaid" as a public performance on Thursday March 31, 2016 at 7pm in the cafetorium. Admission is by donation. Come join us for an evening of great entertainment!

### March Break

There will be no classes for students from March 7<sup>th</sup> to March 11<sup>th</sup>. Classes will resume on Monday March 14<sup>th</sup>. Have a great break!!

## **Science East presents a Night of Environmental Science**

The **Night of Environmental Science** has been rescheduled for Thursday, March 31st from 6:00-7:30 pm. Parents and students are invited to join us at HCS for this **free** event that is **open to all age groups**. It is sponsored by Science East in coordination with other environmental agencies such as NB Power, The Gaia Project, Nature NB, Conservation Council, Falls Brook Centre, and Ducks Unlimited. We encourage everyone to come out for an evening of hands-on science exploration as we investigate the current challenges facing New Brunswick's environment.

### **Helping your child learn...**



Regardless of how well teachers are prepared to teach or how supportive the school environment, a child's ability to learn is greatly affected by how healthy they are. Children who arrive at school fed, rested, calm, and unworried are ready to learn. Parent's have an important role in helping students reach their learning potential.

There are many steps parents can take to help their children be healthy and able to learn.

- Set regular bedtimes that ensure at least 8 hours of sleep each night
- Provide a healthy breakfast
- Encourage your children to eat regular meals that include a variety of fruit and vegetables every day
- Set limits on screen time to less than 3 hours per day
- Encourage physical activity for 60-90 minutes each daily
- Be a role model by managing stress, being active, eating well and living tobacco free
- Provide a safe, caring and supportive environment at home

- Check in regularly with your child and encourage open communication
- Help your child make positive connections with other caring adults you trust

<http://www.jcsh-cces.ca/>  
<http://www.cdc.gov/HealthyYouth/health and academics>



## **March is Nutrition Month**

This year's slogan is "Take a 100 Meal Journey: Make Small Changes, One Meal at a Time".

Eating well can boost your health and help you feel your best. Instead of trying to change everything at once, focus on making small lasting changes that you can stick with. Each week in March, try the tips below to make small positive changes to your meals and snacks.

- Week 1: Get ready! Pledge to make small changes: Take stock of your cupboards, fridge and freezer.
- Add an extra vegetable or fruit to your day.
  - Add a new whole grain, such as oats, barley or quinoa.
  - Eat fish more often.
  - Drink water!

Week 2: Quality counts! Take small steps to bump up the quality of your meals and snacks. Add to the colour on your plate... orange, green, purple, and red. Jump-start your day and power through your morning with a good breakfast.

Week 3: Prioritize your portion size; how much you eat is just as important as what you eat. Try eating slowly. Pay attention to hunger cues and feelings of fullness. Limit portions of foods which are high in fat, salt or sugar.

Week 4: Try something new! Do you think healthy eating is bland? Give new life to a favourite food by

experimenting with a variety of herbs and spices.

Week 5: Make it stick; planning how to manage healthy eating road blocks before they happen is the key to success. Put supportive strategies in place. Recruit family and friends to help on your path to healthier eating.

For more information about Nutrition Month please visit:

[www.NutritionMonth2016.ca](http://www.NutritionMonth2016.ca)